

Cheers to a Happy New Year!



Happy New Year to our wonderful community! We have so many plans for 2025 at Unison that will bring smiles, and create cherished moments as we make our way through the rest of winter. See page 19 for activities that will warm your heart and have coming back for more!

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JANUARY 2025

**Support our
Community
Canned
Veggie Drive**



Drop off canned vegetables throughout January 2025 to support the Kerby Centre Market, Calgary's only senior-specific food bank! Our goal is to collect 1000 lbs. of canned vegetables - **with the support of our community, this is possible!**

The Kerby Centre Market helps seniors in need of supplemental food, including fresh, frozen & non-perishable items. The market offers choice, dignity and connection to supports, providing immediate food assistance, reducing isolation and building community.

The books of my life

Barbara Ellis
Unison News

We have entered the unknown, as far as this New Year is concerned. The New Year is like starting a new book. While I may know some things about this book, for instance, how many chapters and pages there are, and hints from the synopsis on the back cover as to what I'm about to read, the book remains a mystery. Like a new book, so it is with the new year ahead. I know how many months, weeks and days there will be, and I have four seasons to look forward to. There will also

be special days, such as Canada Day, Mother's Day and Father's Day, and celebrations like Easter, Thanksgiving and Christmas. I have birthdays and anniversaries to look forward to, and a most joyful event, the birth of a new baby. The rest of the year is veiled in mystery.

At the start of each new year, I am the sole writer and editor of my own story. As I step boldly into my future, I have a basic idea of what lies ahead of me. When I take out my new calendar, I dutifully write all the constants I must remember, such as birth-

days, anniversaries, and doctor appointments. Other appointments, like doctor appointments and holiday plans, may be subject to change.

Each new day opens a new chapter, and so, minute by minute, my story unfolds. The fact that some of the pages are dull and repetitive is something I have learned to expect as part of my senior years. Even so, something different occasionally happens to brighten my day. Unfortunately, at this time of my life, the day can also bring sad news such as the passing of a friend. I have come to accept

the birth of a baby, and the loss of a loved one, is the circle of life.

My bookshelf has accumulated over 80 life volumes. Some, slender from lack of content, recount my childhood. The books of my teenage years are filled with energy and anticipation, growing in page numbers that reflect my years. I was ready to grab any adventure that came my way. As I grew older and wiser, I became more cautious about life's offerings. My books reflect this with more succinct content, mirroring my discernment when choosing the

friends who made up the characters in my story.

My life books are just as varied as anyone else's. A few of my books are exciting, full of stories about traveling to beautiful and unique places. These are bursting with love and laughter, recounting times I travelled alone, with my sister, or one of my nieces. There are precious books about holidays with my parents, of wonderful sunny days swimming in the lake, or skimming the water in my father's boat. These pages contain special tales about leisurely walks along the beach, where I tossed a stick into the water for our dog to fetch, while my mother and father followed arm in arm behind me.

I have questions about the days ahead as I begin writing my new book. What is next in this ever-changing world of ours? I hope that peace and sanity will prevail.

I wonder about my health, and the health and wellbeing of my friends and neighbors. As I look out on this beautiful winter wonderland, I am mindful of how lucky I am to have a warm little nook to call my own. I know many have no home, no food, and no hope. I wonder about adding stories about hope into my new book, such as, if the world at large will put money to good use instead of into weapons. Maybe one day, but for now, I will go on writing my book, page by page, chapter by chapter, until the end.

I hope that when I write that last word, in the final paragraph, and place the final period after the last word, that all will still be well in my world. The Irish legend tells us we may find gold at the end of the rainbow. Well, my wish is not for gold, just health and contentment.

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Strong as a 90 year-old

It is January. This month always gets us thinking about a fresh start. The new year is the perfect time to think about ways to stay healthy, and it's a popular time to start a new physical or mental fitness program.

Centre and Unison at Kerby Centre, we have classes and programs for both.

This month, I want to talk about our Active Aging Programs in Medicine Hat and Calgary. I thought I would start by finding research about why

physical exercise is so important for older adults.

I went to PubMed online and searched "aging and exercise" to find a really good article about why you need to get physical this month. Well, instead of a few articles, PubMed produced 18,258 research papers about aging and exercise.

As it turns out, exercise is good for your mental health, it reduces the likelihood of falls, and the probability of a cardiac incident, it has been associated with decrease risks of dementia and Alzheimer's. I quickly gave up on trying to scan almost 20,000 articles.

In my PubMed reading, I found it interesting that researchers took a group of ninety-year-olds and put them on a weightlifting program.

You might not typically think of your

ninth decade as the time to start pumping iron, but the evidence is clear.

The nonagenarians in the PubMed study built muscle and strength. Their muscle fibers grew, and their resistance to injury from falls diminished.

You don't have to wait until you're 90, though. You can start today.

The fitness classes offered by our Active Aging staff in Calgary and Medicine Hat have plenty of options, and you can find them on our website, or here, in Unison News.

These days, you have a choice of in-person classes, or joining in online, so it's never been easier to start exploring Active Aging.

We have been beefing up our online fitness classes, and you hop on a Zoom class (and you can turn your camera off if that makes you more comfortable).



Larry Mathieson, CEO and President

Virtual, remote classes are a regular part of our Active Aging program. Plus, they are free to our members, so you can take as many classes as you want without worrying about additional costs. Not that the added health benefits and longevity aren't worth the cost of membership and then some.

JANUARY 2025

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

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Make an impact. Leave a legacy.

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New frostbite treatment

Gillian Rutherford
University of Alberta Folio

A medical team at the University of Alberta has invented a new way to warm up frozen hands and feet, and it is thanks to inspiration from sous vide cooking technology.

The research team has developed a device to provide a more reliable, aseptic and economical treatment for frostbite, to be used in emergency rooms, shelters and even outdoors.

“Frostbite disproportionately affects unhoused persons, people with mental illness and socially isolated people,” says Matthew Douma, RN, adjunct professor of critical care medicine in the Faculty of Medicine & Dentistry, and co principal investigator of a project looking into frostbite cases in Alberta. “This is a condition that has been inadequately treated due to neglect and marginalization.”

The device, known as a Precision Warm Water Circulator, is inspired by the sous vide cooking method, because it provides continuously circulating water at a precise temperature, in the case of the device between 37 C and 42 C. The device is portable, operated from a cart and can be supplied with a battery pack, with a 20 cm deep water basin.

“Evidence reviews show that the best possible treatment for frostbite is immediate or rapid immersion in circulating warm water,” says Douma, who helps write treatment guidelines for the American Red Cross, the American Heart Association and the Heart and Stroke Foundation of Canada.

Douma says his team considered the alternatives and came up with the device as the solution to all of the other methods’ problems: A tub of warm water cools too quickly. Running water from a tap is not always a consistent temperature, risking burns to the skin, and sinks are not sanitary. Tucking frozen hands under your arms - which you may have learned as a child - might warm hands that are cold but does not provide enough heat to remedy frostbite.

Exposed skin starts to freeze at 0 C. At first, it starts to feel more firm to the touch, and will eventually freeze solid. The freezing process is usually painful though, dangerously, the pain disappears once the skin and its nerves are completely frozen. Damage

to blood vessels and cells is caused by ice crystals in the tissue that interfere with circulation, ultimately leading to tissue death. Frozen tissue will turn black about three days after the injury.

Douma and his co-principal investigator Scott MacLean, assistant professor of emergency medicine at the U of A and physician at Edmonton’s Royal Alexandra Hospital, reviewed Alberta hospital records over the past three years to track frostbite diagnoses.

They found more than 1,500 cases of frostbite per year across Alberta, including more than 100 each year that were serious enough to require amputation.

That’s why Douma is making the device available through a non-profit social enterprise called

Miteh Health Solutions at the cost-recovery price of about \$7,000 per unit, with a “buy one, give one” model where devices purchased result in a device being donated to charities and not-for-profit organizations, like emergency shelters.

I wanted to do something this year, for this frostbite season, to make it easier for people who work in emergency departments and shelters to rewarm frostbite and prevent a lifetime of disability for patients.

“I realized there’s a big gap between what ought to be done and what is actually done,” explains Douma. “I wanted to do something this year, for this frostbite season, to make it easier for people who work in emergency departments and shelters to rewarm frost-

bite and prevent a lifetime of disability for patients.”

The device has gone through preclinical testing (<https://www.medrxiv.org/content/10.1101/2024.11.04.24316457 V1>) using frozen pig legs and healthy volunteers, and it outperformed two other rewarming methods - using a bucket of water and using a sink and faucet - according to the team.

“Our study concludes that the immersion circulator method is superior to other methods as it achieves faster and more consistent rewarming,” they report. “This method has the potential to enhance frostbite treatment protocols, particularly in clinical and field settings where consistent rewarming is difficult to achieve.”

Douma notes that time is of the essence when it

comes to saving tissue.

“The science around frostbite and rewarming is not as robust as, say, the science around heart attack or stroke, but we think the same concepts apply and that it’s a time-sensitive condition,” he says. “While tissue is frozen, it isn’t getting blood flow. So the tissue is dying. We need to rapidly get the blood flow back just like you do for a heart attack or stroke.”

Douma believes with aggressive frostbite screening and timely rewarming, more limbs and digits can be saved, and other treatments can be introduced.

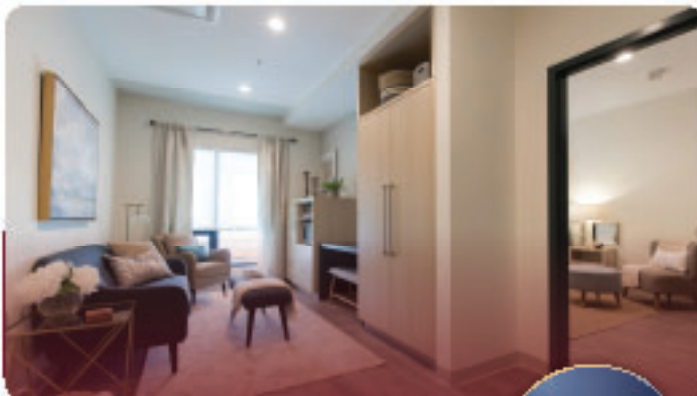
The research was funded by the Alberta Registered Nurses Educational Trust.



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Dutch elm disease prevention tips

Deborah Maier
Calgary Horticultural Society

Elegant. Majestic. These are words often used to describe the American elm tree (*Ulmus americana*). In Calgary, American elms are notable trees. When they line streets, their vase-shape creates lovely arches over the road that provide cool shade in the summer.

Sadly, in many parts of North America, these trees have been decimated by Dutch Elm Disease (DED). In 2020, two cases were found in Lethbridge. The trees were removed, and no further cases have been reported. This fall, five cases of DED were diagnosed in Edmonton. Any tree with the disease must be cut down as there is no cure and the tree will

die. It can take as little as a few weeks, to a couple of years, for the tree to succumb to the disease.

Dutch Elm Disease is a fungal pathogen that blocks the tree's water channels and is carried by three species of beetles from infected trees to healthy trees. The beetles are simply the way the disease moves around, and not the cause. An early sign of infection is leaf wilt, droop, and curl. Leaves may yellow and fall out of season. If you notice an elm with these tell-tale signs, and there are small boreholes in the bark, it is time to call an arborist for an inspection and consultation. They will be able to confirm if it is a case of DED by taking a sample (between June 1st to September 30th) and



Elm archway. Photo: Deborah Maier

sending it for testing at the Alberta Plant Health Lab. Testing is done to rule out other diseases (*Verticillium* wilt and *Dothiorella* wilt), and

to determine if the tree needs to be removed.

The winter months don't rule out preventive measures for DED. Elm trees have a restricted pruning period and can only be pruned between October 1 and March 31. A bucket truck is often needed for proper pruning, so it is best to delegate this task to an arborist familiar with the American elm. These trees don't have a central trunk, and the curving branches can make it challenging to find a supportive pruning perch.

Winter is also a time many of us enjoy burning logs in the fireplace. To help prevent the spread of DED, only buy firewood from a reputable lumber dealer, because firewood transportation is one way DED can spread. Alberta has the largest DED-free stand of forest in all of Canada, and

it's illegal to transport in wood from Saskatchewan, which has a high rate of DED infection.

If you have an elm in your neighbourhood, take time to observe its health and look for symptoms. Many Calgary elms are bothered by European Elm Scale. If the bark of the elm is black and sticky, it is likely caused by honeydew excreted by the insects and the mould that forms on it. Scale insects stress the tree and make it more susceptible to other pests. Help keep your trees healthy by ensuring that they get enough water. A deep monthly soak will keep your tree healthy and strong, and more able to withstand pests and infection. When the warm weather returns and you think about planting a tree, consider the benefits of diversity. Many pests are tree-specific, so planting a species that differs from the trees in your neighbourhood is like placing a roadblock in a pest's path.

While the infected elm trees in Lethbridge and Edmonton were removed, their presence reminds us how fragile our ecosystem is, and how easily an outbreak can occur. We can each play a part to keep our trees safe from DED. Empower yourself with up-to-date information by visiting the Government of Alberta's Dutch Elm Disease website (www.alberta.ca/dutch-elm-disease), and calhort.org for local events and ways to get involved in keeping Alberta free from DED. Prevention is the key.



Healthy elm leaves. Photo: Canva

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Protect yourself against the flu

Mohamed Toufic El Hussein RN, PhD, NP, mProfessor, School of Nursing and Midwifery

Influenza is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness and, at times, death. The flu spreads mainly through droplets when people with flu cough, sneeze, or talk. It can also spread by touching a surface or object that has a flu virus and then touching the mouth, nose, or eyes.

Although anyone can get the flu, certain groups are at a higher risk of developing serious complications. This includes young children, pregnant women, people with certain chronic health conditions, and especially older adults aged 65 years and over.

Older adults are more vulnerable to the flu. As we age, our immune defenses weaken, a process known as immunosenescence, which reduces the body's ability to fight infections like the flu. This weakened immunity is compounded by the presence of chronic conditions such as heart disease, diabetes, and chronic obstructive pulmonary disease (COPD), which are common in older adults and further increase susceptibility to severe complications. Additionally,

aging affects the body's inflammatory response, leading to dysregulated immune activation, which can worsen flu outcomes. As a result, older adults are at a significantly higher risk of severe symptoms, hospitalization, and death,

tion is crucial for older adults. Here's why:

1. **Reduced Risk of Severe Illness:** Flu vaccines have been shown to reduce the risk of flu-related hospitalizations and deaths in older adults.
2. **Protection Against Complications:** Vacci-

vaccines are specifically recommended for people aged 65 years and older.

1. **High-Dose Flu Vaccine:** This vaccine contains a higher dose of antigen, which helps to create a stronger immune response in older adults. An example is

grow in eggs, making it a good option for people with egg allergies. Flublok is an example of a recombinant flu vaccine.

The best time to get vaccinated is before the flu season begins, typically September or October. However, vaccination still provides protection. It is important to get vaccinated every year because influenza viruses change and the vaccine is updated annually to protect against the most common strains.

For older adults, flu can be particularly dangerous, but vaccination offers a powerful tool to reduce the risk of severe illness and complications. By choosing the right vaccine and getting vaccinated annually, older adults can protect themselves and contribute to the overall health of their community.

HD vaccines have shown better efficacy than standard-dose (SD) vaccines in preventing laboratory-confirmed influenza (LCI), even when the vaccine strains do not perfectly match circulating viruses. This is due to the higher antigen content in HD vaccines, which elicits a stronger immune response that is crucial for older adults with weaker immune systems. The adjuvant MF59 (Fluad) vaccine boosts immune responses in older adults by enhancing antigen uptake and activating immune cells, which may provide broader protection. Observational studies have suggested that it reduces influenza-related complications in the older population.

According to the National Advisory Committee on Immunization (NACI) (2024-2025) "most of the evidence supporting the use of influenza vaccines in adults aged 65 years and older is available for the high-dose (HD) influenza vaccine, followed by the adjuvanted (Adj) and recombinant (RIV) influenza vaccines."



Photo: Kelly Sikkema

accounting for the majority of flu-related hospitalizations and fatalities annually. Preventive strategies, including high-dose or adjuvanted vaccines, are crucial to reduce these risks in this vulnerable population.

Vaccination is the best way to protect against influenza and its associated complications. Flu vaccina-

nation can help prevent serious complications such as pneumonia, which can be life-threatening for older adults.

3. **Community Immunity:** By getting vaccinated, older adults also help protect those around them, including family members and caregivers who might be at risk.

Several types of flu

high-dose fluid.

2. **Adjuvanted Flu Vaccine:** This vaccine includes an adjuvant that helps boost the body's immune response to the vaccine. Fluad is an example of an adjuvant influenza vaccine.

3. **Recombinant Flu Vaccine:** This type of vaccine is produced using a method that does not require the virus to

Protection Beyond Flu: How To Stay Healthy This Holiday Season

FREE In-Person Presentation



Thursday, January 16th



10:00 AM - 11:00 AM



Unison at Kerby Centre,
Lounge Room



Speaker:

Mohamed El Hussein is a Ph.D.-prepared Nurse practitioner.



Join us for a presentation by Dr. Mohamed Toufic El Hussein (RN, PhD, NP), Professor at Mount Royal University and Adjunct Associate Professor at the University of Calgary, on influenza burden, vaccine efficacy and safety, and NACI updates in the Canadian context in 2025.



Support provided by Sanofi

RSVP NOW! Contact Marinai@UnisonAlberta.com or 403-705-3177

The gift of investment literacy

Alberta Securities Commission

Why not give a gift that goes beyond the ordinary this holiday season? As we gather to celebrate the season, inspire your loved ones with tools and resources that can help them build a strong financial future. According to a CIBC Financial Literacy and Preparedness Report, 60% of Canadians expressed a desire to boost their financial knowledge. During the holidays, it's the perfect time to spark conversations and empower those around you to take meaningful steps toward lasting financial independence. Here are a few ways to encourage your loved

ones to take charge of their financial future: Introduce loved ones to the basics of investing. Investing can seem intimidating, especially for beginners. Start by outlining dreams and plans for the coming year. Whether it's planning for retirement, a vacation, or building up savings, having a conversation can lead to investing for the future. When it comes to investing, part of the conversation should include risk tolerance. That is, assessing their comfort level with markets that fluctuate. The Alberta Securities Commission (ASC) has tools that help determine risk tolerance,

like this CheckFirst risk tolerance quiz. This quiz provides insights that can help someone select investments that align with their financial preferences and goals. Help friends and family see the value in tools like financial planners to help keep them on track. These can help them stay accountable, monitor progress, and adjust plans as needed, making the journey toward achieving their goals both manageable and motivating. Give the gift of compound interest: Compound interest allows investments to grow exponentially over time. Interest is



Learning how to do online banking is a good investment. Photo: Austin Distel

calculated on the original investment amount (called the initial principle) and previously accumulated interest. Looking at examples of how small contributions today can lead to significant growth in the future can make investing feel achievable and exciting. The ASC's CheckFirst's compound interest calculator is an excellent tool for understanding their current financial situation, and what they can do to build a financially successful future. Start a conversation about future goals. In the New Year, we have a chance to reflect on the past year and make plans that will span the coming months. It's a

perfect time to talk to your loved ones about their financial goals. You can make two columns: short-term, and long-term goals. Different types of investments, funds, accounts and strategies are available for each type of goal. For short-term objectives, like buying a house, or paying down a mortgage, the RRSP Home Buyers' Plan is designed to help achieve this efficiently. Long-term goals, like retirement savings, may benefit from accounts such as a Tax-Free Savings Account (TFSA) or a Registered Retirement Savings Plan (RRSP). Here, investments with the potential for higher returns, such as exchange-traded funds (ETFs), mutual funds, or stocks, could offer more growth over time. Investing in the financial literacy of your loved ones can help them take control of their finances and start achieving their dreams. You can also consider gifting a small contribution to a registered investment account like a tax-free savings account (TFSA) or a registered education savings plan (RESP). It's a thoughtful and practical way to help loved ones take steps toward their financial goals.



Estate planning can be part of your financial journey. Photo: Breno Assis



FREE Estate Planning Workshop

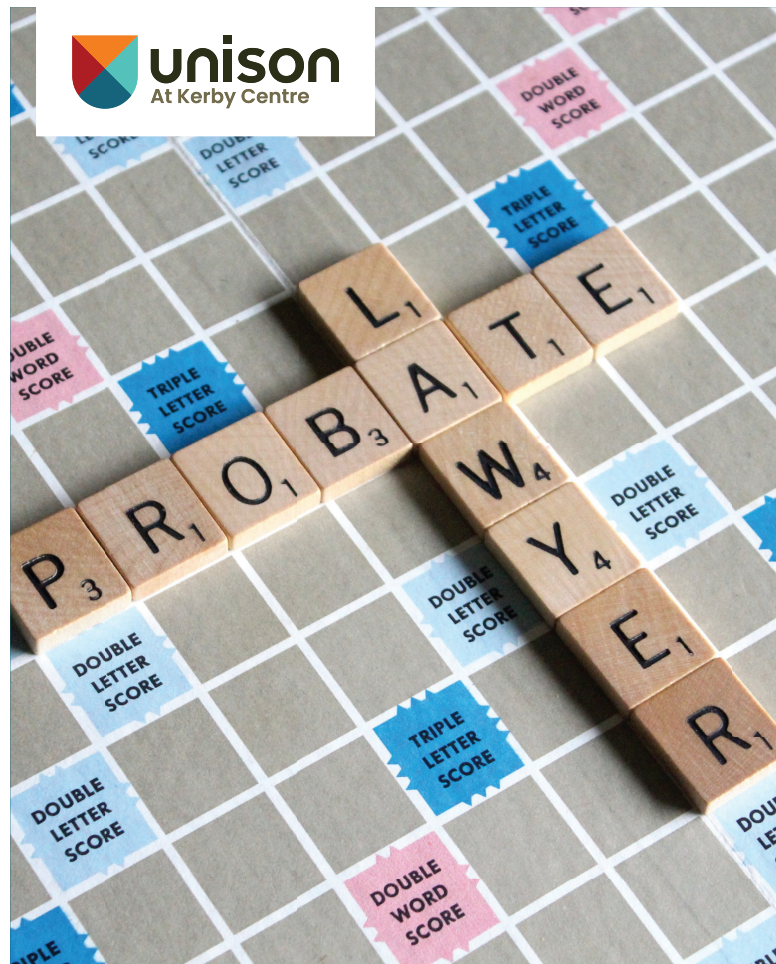
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10:00am - 3pm

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Bruno's day at the opera

Ada Muser

Collins Dictionary: "Day out" is a trip to somewhere for a day, especially for pleasure.

* * * * *

Corn has been with us for thousands of years. In the 1600s, Iroquois were documented popping corn in heated pottery jars - a time-consuming process. It became a staple of their diet. On its own, though, this fluffy, white stuff was flavourless.

When Chicago candy store owner Charles Cretors invented the electric popping machine in 1885, he was selling popcorn with butter and salt. Movie theatres began serving it in the early 1900s and has become a permanent part of movie theatre experience.

* * * * *

Bruno's mother was every inch a lady. She and little Bruno, who, owing to her British upbringing, was always dressed properly, like a little Lord Fauntleroy, were out shopping one day. On a busy pedestrian street in the central European city where the family lived in the 1950s, they noticed a newly installed bakery shop. Peering through the window, they saw which snacks were sold. Mother stopped and stared, who, ever proper, was slightly out of character for her. "Look, popcorn!" she exclaimed.

In that instant, she was a little girl once more. All she was miss-

ing was a bow in her hair, or perhaps a girl's boater hat with a ribbon. Her eyes twinkled, and she stepped more lightly. It was a magical transformation. She bought two paper cornets of popcorn, and savoured the airy treat right there, in the street. The little boy was not impressed by the bland stuff, learning much later it was missing butter. But his delighted mother was taken back to her childhood in England in the 1920s.

* * * * *

Today, Bruno and his family were enjoying a day out. They were attending the live transmission of an opera at the movie theatre. The New York Met Opera's Live in HD Series allowed opera lovers on five continents savour the operatic splendour only the grandest of opera houses can provide. The three-hour (or longer) screening is a feast for the eyes and a balm for the soul, at the incredible value of only \$25.19 (taxes included).

In the English-speaking world, classical theatre is very popular. It has been around since the 5th century, BC, originating in ancient Greece. Opera, conversely, was launched into the world much later. Opera drew from Medieval and Renaissance court-side entertainment popular throughout the late 16th century. It is a dramatic form of theatre that combines acting, singing, orchestral music, and sometimes dance to tell a story. It is complex and can be difficult to stage properly.

The first ever opera, *Daphne*, premiered



Teatro Alla Scala. Photo: Eduardo Rodriguez

during the Baroque era, in 1597 in Medici Florence, Italy. Until the end of the 18th century, Italy dominated the operatic scene, after which it spread to the rest of Europe, and eventually, the world.

Operas initially intended to impress dignitaries and paint rulers and the court in a favourable light. They are musical extravaganzas with a centuries-long tradition of excellence. It is a serious art form often describing historical events and reiterating ancient wisdom, particularly in the genre, Opera Seria, known for being stately, formal, and dignified, often portraying tragedies. This is contrary to the light-heartedness of the operatic genre - Opera Buffa, which might poke fun at social custom, and focuses on everyday people. There is solace in its allegories.

Before going to the opera, one needs to become familiarized with the synopsis. The enjoyment comes from the grandeur of the performance, the beauty of the melodies, and the mastery of the singers.

Opera on a giant

screen in a movie theatre is different from seeing a movie. The line drawn in the sand is popcorn. Chomping and smacking one's lips while watching a play is considered bad taste, indeed.

There are still places where opera is revered. The Teatro Alla Scala in Milano, Italy, and the Staatsoper in Vienna, Austria, delights locals and visitors alike.

A night out at the opera is often a highlight for travelers. To enjoy the full operatic experience, a midnight snack is a must. In Italy, visit the Galleria Vittorio Emanuele II near the Teatro Alla Scala. If you find yourself in Austria, pop into Café Mozart in Hotel Sacher, or Gerstner K.u.K. Hofzuckerbäck, across the street from the Staatsoper.

While one can't fly off to Milano or Vienna



Photo: Maiken Ingvorsden



A cosy place where everyone knows your name.

Photo: Maria Orlova

as often as one wants, one can imitate all the above with panache on an affordable scale, right here at home. To make it a day out, Bruno and Elsa like to treat themselves to dinner after a show at one of their two regular spots.

There is something intimate about going to a favourite restaurant and becoming a regular. It is nice to have a favourite table, and when the waiter comes to take your order, they are already bringing a bottle of red wine, asking if you will have 'the usual.' Bruno and Elsa enjoy this comfortable familiarity at two bar-restaurants, nestled halfway between the theatre and home.

For today's day out, it is Dudley's Lounge in the venerable Carriage House. They have the steak sandwich, rare, with extra Caesar salad. On Saturdays, Mary is the server, and they know she has a big family and many grandchildren.

On weekdays, it is usually William, the bar manager. He has worked there for 30 years and complains about his sciatica, but it never seem to spoil his mood. The atmosphere is very much like in the TV show Cheers "where everybody knows your name."

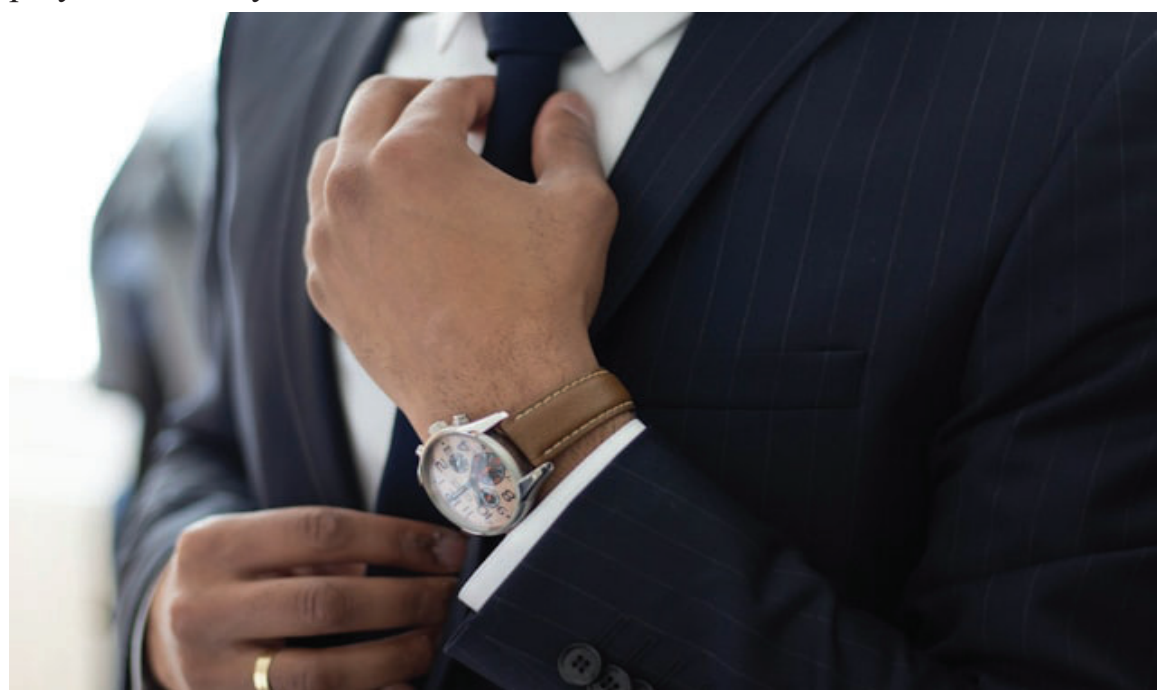
The Carriage House Hotel was built in 1968 on the corner of Macleod Trail and 90th Avenue in Calgary.

That makes it old by Canadian standards and is a city landmark.

Today, it is known as the go-to place for the best steak sandwich in town and Sunday brunch.

One of the Carriage House's original owners is the legend, Leo Sheftel. Kind, friendly Leo was always circulating between tables, greeting guests and pouring coffee until he passed away in 2004. His daughter still comes in on the weekends and, just like her father, greets the guests.

Leo was a hands-on manager. In one iconic instance, Leo was keeping an eye on a new employee - a 14-year-old



Bruno discovered pride in his appearance. Photo: Ruth Zimmerman

youth who was standing nervously by the kitchen on his first day. Leo stepped in to help. "Why are you just standing

there? Come with me," Leo said, and showed the new hire how to bus tables and support dining room staff.

Bruno, now 56, has vivid memories of the Carriage House Hotel throughout its history, and the impact it has had on his life. He has worked across the street from the hotel since 1969, and his employer was a regular. In the earlier days, the boss' favourite - the steak sandwich - cost under \$5. He was on a first-name basis with Leo. One day, the boss ventured to the design department where Bruno was working as a junior draftsman. He said to Bruno, "If you would not dress so shab-

bly, I would take you out to Carriage House for steak sandwich."

Bruno realized the boss wanted him to look presentable and wear a tie.

Lucky for Bruno, his boss checked in again about joining him for lunch. Bruno surprised him by producing a necktie from the top left-hand drawer of his desk. Slipping it over his head, Bruno smiled and said, "Here we go," and with a laugh, off they went.

Bruno learned: Image is everything.

If you are thinking that all this talk about opera is some sort of highbrow stuff, I suggest that you treat this article like a recipe for soup from my prized cookbook: "When making a white creamy vegetable soup you can substitute leek for cauliflower." It will still be good, but it will taste differently.

If it suits you, go ahead and substitute a James Bond movie with popcorn for the opera. Go to the Carriage House for a steak sandwich afterwards and have a day out, but it won't quite be the same thing.

KERBY Café

January 2025 Weekly Specials

January 2nd to January 3rd, 2025
Special: Fish and chips with homemade coleslaw and tartar sauce (\$12.00)
Soup of the week: Roasted tomato soup

January 6th to January 10th, 2025
Special: Cajun chicken and cheddar ciabatta sandwich, with your choice of side (\$12.00)
Soup of the week: Turkey soup

January 11th - January 17th
Special: Chicken quesadillas, served with your choice of side (\$12.00)
Soup of the week: Potato leek soup

January 23rd - January 27th
Special: Mushroom Swiss burger, with your choice of side (\$12.00)
Soup of the week: Mushroom soup

We're open for breakfast & lunch!
Monday, Tuesday, Thursday, Friday: 8am - 2pm. **Wednesday:** 8am - 3pm

Kool Mo' - Smooth Jazz on the piano, playing classical and audience favorites every Tuesday and Friday

Diane - Enjoy lovely piano serenades every Thursday

Kerby Café will be **closed for New Year's day on Wednesday January 1, 2025.**

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A tale of tar and feathers

Amanda Borys
Historical Columnist

Nurse Alice Knowles knew the affair was a bad idea. For one thing, Dr. John Allen, the hospital's anesthesiologist, was a married man with two daughters. For another, Alice was 27 years old to John's 60 years. Lastle, Nurse Knowles knew that Ethel Allen, John's wife, had a reputation for being 'high strung.'

The truth behind Ethel's reputation came to light when she learned about her husband's infidelity. The

sordid consequences began when Ethel first contacted Alice in December 1938 to return some books John had loaned her.

Ethel discovered where Alice was working, and tried confronting her while she was helping a new mother with her baby. Ethel tried to speak with Alice alone, but the new mother refused to leave. She then tried to get Alice to leave the house with her. Alice again refused, and was met with a slap across the face that broke her glasses.

Several days later,

Alice narrowly missed Ethel as she was returning home. Waiting for her at the door, was Ethel. Alice spun around and quickly walked away before she could be spotted, spending the night at a hotel. She learned that Ethel waited for her until 2 AM.

Things between the two women came to a head on the evening of July 18, 1939. Alice had only been home for about 15 minutes when there was a knock at the door. She opened it to find Ethel and her daughter, Betty. Alice let them in, and Ethel

wasted no time getting to the point.

Ethel demanded to know how long she had been her husband's mistress, and a short but heated argument ensued. During this time, and Betty popped out for a few moments, leaving the two women alone, with the door ajar. When Betty returned, she was not empty-handed. Before Alice realized what was happening, the mother-daughter pair had knocked Alice to the ground. While Ethel pinned her down, Betty opened what she

fetches from the car — a can of roofing tar. Ethel egged her daughter on, encouraging her to make sure Alice's eyes and mouth received a generous serving of the black, noxious goo. The pair had a pillow ready, ripped open to expose feathers that were meant to stick to the tar. At that moment, however, Ethel slipped, and Alice wriggled free, and ran. Alice bolted outside, calling for help. Police arrived, and not long after, medical professionals who brought her to the nearby hospital. Luckily, Alice was not seriously injured. Ethel and Betty had managed to sneak away, making a break for home.

The next day, Detective Crichton arrested Ethel and Betty at home. Ethel tried to take the full blame, insisting Betty had nothing to do with what happened to Alice. However, as John advised his wife to be quiet, both women were taken into custody.

The trial of Ethel and Betty Allen for the assault on Nurse Alice Knowles caused a sensation in Calgary, and the courtroom was packed with spectators, some who arrived hours before the trial to get a seat.

Defense counsel J. McKinley Cameron entered a plea of not guilty for both women. Arguing that Alice was not seriously injured, he tried getting the court to reduce the charge from causing bodily harm, to common assault. He was not successful, and Magistrate D. Cameron Sinclair maintained the original charge.

As the trial rolled on, two witnesses were called. Mel Smith, a driver for a dry-cleaning business, testified that he picked up stained clothing from

Happy Holidays from Ears To You

To all the wonderful members of the Unison Kerby Centre, thank you for your incredible support this year. Your trust in us as your partner in hearing healthcare means the world to us, and we look forward to continuing to serve you in the years ahead.

As the holiday season brings us together, we hope you enjoy the opportunity to create lasting memories and connect with loved ones. Whether it's a heartfelt conversation or laughter over shared stories, these moments are what make this time of year so special.

If you or a loved one is experiencing hearing loss, don't hesitate to reach out - we're here to help.

Trish Ehman,

Registered Hearing Aid Practitioner
Owner, Ears To You Calgary



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trish.ehman@earstoyou.ca

Tar and feathers, continued

the Allens the day after the attack. He stated that Ethel told him the stains were tar. The assistant city chemist, James Young, confirmed the presence of tar, comparable to the contents of the can retrieved from Alice's apartment. Alice's landlord, Leo Dvorkin, was also called to testify, but was excused when he was hospitalized with an illness. His young daughter, who witnessed the aftermath of the attack, suffered flashbacks for the

rest of her life whenever she smelled tar. The trial was then delayed, allowing for a psychological evaluation of Ethel by Dr. George Johnson. Dr. Johnson concluded that "certain elements of her mental makeup led me to think her process of logical reasoning was at fault," and that Ethel suffered from an abnormal mental process. He also found her to be "very much self-centered," which allowed her to justify the attack on Alice based on her



Ethel Margaret Allen's grave, Medicine Hat, Alberta. Photo: Amanda Borys

own feelings. In fact, Dr. Johnson concluded that Ethel did not

feel any guilt over the attack.

Finally, on August 23, 1939, Ethel took the stand in her own defense. She claimed she attacked Alice because of changes in her husband's behaviour during their affair. Ethel claimed John had become both physically and mentally abusive. Ethel also tried to protect her daughter, stating that she forced Betty to participate against her will.

Both Ethel and Betty Allen were found guilty. Ethel was sentenced to 45 days in

Fort Saskatchewan jail, while Betty received 15 days and a fine of \$4,100. The two women were released on \$100 bonds while waiting for an appeal, but it was delayed until January 1940. Because they were to begin their sentences on November 3, 1939, their appeal was abandoned. The family moved to Lethbridge sometime after this. John enlisted in the Royal Canadian Army Medical Corps during World War II and served as the medical officer for internment camps in the Calgary area. He was discharged in 1945 and died on July 24, 1946, barely a week before his 68th birthday. Ethel outlived her husband by 23 years and was buried in the same plot as him, with their daughter, Anne Humphries, between them.

Betty married Leslie Plottel of Vancouver on May 17, 1955. She died in April 1982 and was buried, unmarked, with her father.

Seniors Supports

SERVICE CANADA staff will be at Kerby Centre from 9 AM to 3 PM on these 2025 dates:

- **January 8th:** 9am-12 pm
- **February 12th:** 9am-12 pm
- **March 6th:** 9am-3pm
- **March 20th:** 9am-3pm
- **April 3rd:** 9am-3pm
- **April 16th:** 9am-3pm
- **May 14th:** 9am-12 pm
- **June 11th:** 9am-12 pm
- **July 16th:** 9am-12 pm
- **August 13th:** 9am-12 pm
- **September 17th:** 9am-12 pm
- **October 15th:** 9am-12 pm
- **November 26th:** 9am-12 pm
- **December 10th:** 9am-12 pm



Seniors Supports | 403-705-3246

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

Double-dose of Sudoku

Mel Lefebvre

As the new editor of Unison News, I thought I would start on a fun note and include two sudoku games this month!

If you love Sudoku, you're not alone. Number puzzles have been popular since the 1800s, with origins pointing to France. Sudoku as

we now know it, was introduced in Japan in 1984. The first time Sudoku was published in newspapers outside Japan was in 2004. It

became very popular, very quickly. There is even an annual World Sudoku Championship, organized by the World Puzzle Federation! In

English, Sudoku translates to, "the digits must be single." I hope readers enjoy a double-dose of Sudoku this month. Answers to both puzzles are on page 22.

Easy

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

Medium

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

Assisted dying and mental decline

*Dying with Dignity,
Calgary Chapter*

The ability to make decisions about your medical care, and maintain your dignity, is one of the principals behind Medical Assistance in Dying (MAID). As a form of treatment, MAID can be requested by a patient who has been diagnosed with an incurable illness. This is legal in Canada under strict and specific circumstances. Advance requests can be made by patients with long-term, irreversible conditions that may lead to mental degradation, like dementia and Alzheimer's disease.

Alzheimer's disease and dementia are serious and incurable,

and there is contention over requesting MAID at diagnosis. In the early stages, while cognitive function and awareness are still relatively strong, patients are unlikely to receive approval for MAID. Guidelines require that an individual must already be in an advanced state of decline and suffering. As the disease progresses, patients may lose their decision-making capacity and would not be eligible for MAID. Patients must have full decision-making capacity to qualify. Most Canadian provinces have failed to change laws to make it easier for patients with long-term declining conditions to request MAID.

In Canada, only Quebec has changed

their laws to accommodate Advanced Requests for MAID. The Quebec government began modifying its laws in June 2023, permitting people with serious and incurable illnesses, such as Alzheimer's disease and dementia, to ask for MAID approval while they have the mental capacity to provide consent. This change is, however, in conflict with the Criminal Code. After several years of calling on the federal government to adapt the Code, Quebec has proceeded with Advance Requests despite proactive federal measures. The province has instructed its prosecutor's office not to pursue charges against healthcare providers who process Advance Requests.

Under Quebec's guidelines, the patient completing an Advance Request describes the severity of their symptoms, detailing the ways the condition is intolerable. This may include consistently not being able to recognize close family members, or not being able to participate in activities that provide meaning and contentment. The Advanced



Compassionate care from trusted individuals is the cornerstone of advanced requests in MAID. Photo: Saulo Meza

Request threshold is determined on a case-by-case basis. To qualify, a patient must have a diagnosis, and the mental capacity to make decisions. Once approved, the patient designates trusted people who will ensure the patient's wishes expressed in their Advanced Request for MAID are respected and carried out.

Trusted people have the responsibility to monitor the patient's prognosis alongside healthcare professionals and alert the MAID provider once a threshold has been passed as outlined in the Advanced Request. The patient can modify or withdraw their request at any time while they still have mental capacity.

Advance Requests have gained sup-

port in Canada. The Alzheimer Society of Canada states "We support the right of people living with dementia to have autonomy over decisions affecting their health and life, including making an advance request for MAID while they are still able."

Not all healthcare practitioners support Advanced Requests – arguing that Canada needs to provide better support to patients with dementia and other capacity-losing conditions.

Dying with Dignity Canada provides a middle-ground to bring both perspectives some context; increasing the availability and quality of patient care while allowing patients to make decisions that without needing to wait until care standards improve. Dying with Dignity believes that these decisions need to be guided by the patient and be based on their unique values and perspectives.

A 2023 Ipsos poll, commissioned by Dying with Dignity, asked respondents whether they would support advance requests for MAID. Overall support for individuals with a grievous and irremediable medical condition, is clear, with 82 per cent in favour.

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www.theinnerflo.com

Seniors Supports

CRA staff will be at Kerby Centre from 9 AM to 3 PM on these 2025 dates:

- January: 7th, 21st
- February: 4th, 18th
- March: 4th, 18th
- April: 1st, 15th, 29th
- May 14th
- June 14th

- Printing T-slips.
- Printing notice of assessments.
- Answering questions on benefits and credits.



Seniors Supports | 403-705-3246

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



We are deeply grateful for your incredible support throughout 2024! Your generosity allows us to continue providing seniors with essential services and addressing critical issues like food insecurity, social isolation, and elder abuse.

"No one has ever become poor by giving."
— Anne Frank

**THANK YOU FOR MAKING A
DIFFERENCE!**



Why do some resist flu treatment?

*Adrianna MacPherson
University of Alberta
Folio*

Researchers at the University of Alberta looked at conversations between pharmacists and patients before and after an educational intervention to find out why some people refuse recommended pneumococcal vaccines and how pharmacists can help with vaccination uptake.

“Knowing why individuals choose to receive vaccines or not can be really important in terms of being able to meet patients where they’re at and provide them with the best possible information to make an informed decision,” says Danielle Nagy, a PhD student in the Faculty of Pharmacy and Pharmaceutical Sciences, and co-author of a study exploring reasons for pneumococcal vaccine refusal.

The pneumococcal vaccine is recommended for all adults over 65 due

to the health consequences pneumococcal infections can have on older adults. But only 58 per cent of Canadians in this range have been vaccinated, far short of the Public Health Agency of Canada’s 80 per cent target.

Pharmacists play a key role in providing vaccinations because they are accessible in communities and have a broad scope of practice. And previous studies have shown that pharmacist intervention can improve vaccination uptake among patients. The missing piece, says Nagy, is more knowledge about why certain eligible people opt out of the pneumococcal vaccination.

In the study - part of an ongoing research project to develop and test an intervention program aimed at improving pneumococcal vaccine uptake that can be easily adopted into community pharmacies - researchers tested the influence of an educational inter-

vention designed to enhance pharmacists’ knowledge and ability to promote the vaccine. They found that patients cited different reasons for refusing the vaccine before and after the intervention, indicating that the patient-pharmacist conversations became more effective at addressing various factors behind vaccine hesitancy.

“Vaccination and immunization is a huge role we play in the public health sphere,” says Darius

Ramrattan, an undergraduate student who was involved in the study as part of his community pharmacy placement. “As someone on the front lines right now, I can see the impact of work like this in pharmacies.”

Participating pharmacies received a toolkit with an educational video Nagy created, key points addressing some of the common concerns patients expressed, and documentation templates to ease the

administrative burden on the

pharmacists. Due to the variety of pneumococcal vaccines available, the toolkits also included a decision tree to help pharmacists identify the most suitable vaccine for each patient.

“With the decision tree, the pharmacist can say, ‘Here’s the person sitting in front of me. Based on what I’ve collected from them, these are the specific vaccines we’re going to recommend and here are the



Pharmacists want to understand why some people resist vaccinations against influenza.
Photo: CDC

Vaccine hesitancy, continued



Seniors are more vulnerable to the influenza virus. Photo: Jon Meyer

strengths and weaknesses of each,” explains professor Scot Simpson, Endowed Chair in Patient Health Management

and principal investigator on the study. “We really wanted a comprehensive toolkit that could be implemented across

the province in a variety of community pharmacy settings,” adds Nagy. Researchers ana-

lyzed 656 conversations between pharmacists and patients at 13 pharmacies across Alberta to test the efficacy of the toolkit and identify any common factors for refusal that pharmacists could address in their conversations.

The three primary reasons for refusal that pharmacists noted from their conversations with patients were due to lack of perceived benefit, cost, and lack of time or the need for more time to think about the decision.

Vaccination refusal due to lack of perceived benefit declined significantly, from 9-4 per cent to 4.7 per cent.

“It really reiterates

the importance of pharmacists in health promotion, especially with respect to administering vaccines and providing that education to patients,” says Nagy. “And it highlights that these conversations we have with patients really can influence an individual’s decision.”

Refusal due to cost increased after the educational intervention, but the researchers explain this is because patients became more aware of all the vaccination options available to them, as some variations of the pneumococcal vaccination are out-of-pocket expenses at the pharmacy but free in other health-care settings. These patients may have gone on to receive a vaccination, just not in the pharmacy.

“For the main project this study is part of, we used provincial immunization records so it doesn’t matter where the person got the vaccine, we’ll be able to identify that they received it.”

To address refusal due to lack of time, the toolkit encouraged pharmacists to take a proactive approach, identifying and contacting patients who would benefit from the vaccination. “That way, people coming in would have prepared to spend more time interacting with the pharmacist,” says Simpson.

Next steps involve rolling out the toolkits in 40 to 50 additional pharmacies to prove the educational intervention is effective on a larger scale. The researchers also note there may be opportunities to expand the concept to target other recommended vaccinations with the aim of increasing uptake.

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Medicine Hat

A look back: Veiner turns 50!

Cori Fischer

Like the movie *Jaws* and *One Flew Over the Cuckoo's Nest*, Unison Veiner Centre turns 50 in 2025! We will be celebrating our golden anniversary all year long and will be sharing stories from our half-decade of operation. Our community of members, volunteers, and staff help make Veiner an amazing hub of activities and services for Medicine Hat's seniors, but it all started thanks to one man – Harry Veiner.

When Mr. Veiner, Mayor of Medicine Hat, was at a council meeting in October 1973, he decided to offer up an acre of his land to develop a gathering place for seniors. A recreation facility was drawn up and approved by council in March of 1974, and built in 1975. Funding came in from the Alberta Government, and the city of Medicine Hat to get the centre up and running and begin offering programs and a support structure for the older population.

The development of Veiner Centre was met with eagerness and a recognition of need within the community. The centre was launched as a multi-purpose social service, cultural drop-in, and information facility for residents aged 50 and older. The plan included a housing registry to assist in securing affordable accommodation, and support for caregivers who needed respite. News coverage from this time recounts that "It (the Veiner Centre) is needed. The Veiner Centre should be built as a service to senior citizens who have made their contributions to the community's growth and development and well-being."

The new Veiner Centre offered (and still does!) a wide variety of services and programs. Members could brush up on a new skill or learn

something new. Courses were offered on sewing, jewelry making, defensive driving, banking, cooking, fitness, will and estate planning, income tax support, and arts and crafts. Home support and maintenance, like snow removal and landscaping, was offered for the 60-plus residents, or those living with a disability.

Additional programs that were added include the food security initiative, Meals on Wheels, which is still in operation today. Warm and nutritious meals are brought to seniors to help them stay healthy and in good spirits. Another similar sounding service, Wheels to Meals, provided transportation for seniors to attend a midday banquet once per month at Veiner, which was particularly important for seniors dealing with isolation. Both programs offer a critical activity for well-being, allowing participants to socialize and enjoy some entertainment.

The Veiner Centre was building momentum, and earning a reputation. By 2009, there were 1,732 members, and local doctors were recommending Veiner's fitness centre to seniors recovering from hip and knee replacement surgery. Minister of Seniors, Mary Anne Jablonski, visited in January, and noted impressively how use of the fitness centre increased by 247 per cent between 2006-2010.

All good stories have a bit of tension and drama, and the Veiner Centre is no exception. In 2013, a massive flood affecting Southern Alberta destroyed our building. The activities at Veiner made do by relocating around Medicine Hat so that seniors could continue gathering and benefitting from our services and programs. Amazingly, most of the displaced activity groups survived five long years of alternative loca-



Friends dine together at the Veiner Bistro. Photo: Cori Fischer

tions while the new centre was being constructed. Meals on Wheels hung on and delivered food and friendly faces to vulnerable seniors, who were also grappling with the effects of flooding. A new centre was on the horizon, and in the autumn of 2018, a new facility was ready for Veiner. Almost...

The town of Medicine Hat wanted the new facility to be run by a non-profit organization, and released a request for proposals. The problem was that Veiner did not have official non-profit

status, and had to shift to a different structure in order to be competitive in the bid for the new property. Thankfully, this change didn't create a blockage for Veiner, and with the added non-profit status, Unison Kerby applied, and secured the contract in 2021. By September 2021, Unison Veiner was in full swing, with staff hired to manage day-to-day operations, and reinstate meals on Wheels, and add programs and services to support seniors in Medicine Hat.

Unison Veiner Centre

continues to offer many of the same services and programs as our original facility, and more is added on a regular basis. We are thrilled to share the different ways our members, volunteer, staff, and the entire community have stood by us, and make Unison Veiner an exceptional hub for seniors. To honour and celebrate our anniversary, a limited-edition calendar has been created by local artist Michelle Winger. Come and visit Unison Veiner to purchase a calendar, and stay for a coffee in the Bistro!



Discover Veiner Centre: 50 Years of Serving Seniors

UnisonAlberta.com



Saamis Teepee

M. Winger

Medicine Hat Veiner Activities

What's Happening in January

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

Mondays

Quilting
Craft Room | 9am

Board Games
South MP | 9:30am

Men's Shed
Boardroom | 11am

Canasta
South MP | 12:30pm

Euchre
North MP | 1pm

Shuffleboard
Games Room | 1pm

Tuesdays

Strathcona Arts Studio
Craft Room | 9am

Chess
Dining Room | 9am

Ukulele Group
North MP | 10am-12pm

Duplicate Bridge
North MP | 12:45pm

Crib
South MP | 1pm & 6:30pm

Bridge
North MP | 6pm

Board Games
Dining Room | 6:30pm

Wednesdays

Mahjong
South MP | 9am

Bocce Ball
North MP | 9:30am

Canasta Lessons
Dining Room | 10am

Veiner Centre Choir
10am

Duplicate Bridge
South MP | 12:30pm

Hearts
Dining Room | 1pm

Scrabble
North MP | 1pm

Pinochle
North MP | 1pm

Bridge Lessons
South MP | 3:30pm

Thursdays

Strathcona Arts Studio
Craft Room | 9am

Jam Session
South MP | 9:30am

Canasta
South MP | 12:30pm

Euchre
North MP | 1pm

Shuffleboard
Games Room | 1pm

BINGO
Boardroom | 2pm

Duplicate Bridge
North MP | 6pm

Norwegian Whist
South MP | 6:30pm

Fridays

Quilting
Craft Room | 9am

Mahjong
South MP | 9am

Duplicate Bridge
North MP | 12:45pm

Kaiser Club
Dining Room | 1pm

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

Stitch & Laugh
Boardroom | 1pm

Presentations & Events

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

January 7

Book Review Crew
1pm – 2pm | Dining Room

January 7

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

January 9

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

January 10 – 12

Scrapbooking Fanatics
Starting at 4:30pm on the 10th | Registration Required

January 14

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

January 15

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

January 16

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

January 21

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

January 21

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

January 24

Book Club
10am – 11am | Boardroom

Wellness Wednesdays

Open to members and non-members

January 8 | Movie Matinee "I Care A Lot" | Craft Room | 2pm – 4pm

January 15 | Pet Therapy with Kenzy
Games Room | Craft Room | 10:30am

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

January 22 | Life Long Learning:
"Healing After the Holidays"
Boardroom | 1pm – 2:30pm
Registration Required

Looking Forward

Senior Safety Series

February 20
9am – 12pm | North MP | Everyone Welcomed

Valentines Dinner

February 12
More details to come

Active Aging Spotlight

Steady Moves Education & Exercise Series

Jan 9 – Feb 27 | 1pm – 2:30pm
Craft Room | Registration Required

Medicine Hat Strathcona Activities

What's Happening in January

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

Mondays

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

Tuesdays

Fun & Fitness | 9am & 10am
 Solid Gold Fitness | 11:45am
 Pickleball -Skills & Drills | 11am
 Pickleball -Beginner | 12:35pm
 Floor Curling | 2pm
 All Level Fitness - 4pm
 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
 Cornhole - 1pm *NEW*
 Pickleball - 4pm
 Weapons Form | 7pm

Thursdays

Fun & Fitness | 9am & 10am
 Beginner Pickleball | 11am
 Chair Yoga & More | 1pm
 Floor Curling | 2pm
 All Level Fitness - 4pm

Fridays

Pickleball Beginner | 9am
 Table Tennis | 10am
 Yin Yoga | 12pm
 Pickleball Intermediate | 1pm
 Pickleball Advance | 3pm
 Pickleball Open Session | 6pm

Fitness Class Spotlight

All fitness classes require registration

High Beginner Line Dancing

9:00 - 9:50am | Mondays | Jan 6 - Mar 3 | Free

Chair Yoga & More

Jan 6 - Feb 10 | Mondays | 12pm - 12:45pm
 Members: \$42 | Non-Member: \$60

Fun & Fitness

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

All Levels Group Fitness *NEW*

Jan 14 - Mar 6 | Tuesdays & Thursdays
 4pm - 4:50pm | M: \$112 | NonM: \$160

Solid Gold Fitness

Jan 7 - Feb 13 | Tuesdays | 11:45am - 12:30pm
 M: \$42 Non-Member: \$60

Absolute Beginner Line Dancing

Jan 8 - Mar 5 | Wednesdays |
 8:30am - 9am | FREE

Beginner Line Dancing

Jan 8 - Mar 5 | Wednesdays
 9am - 9:45am | FREE

Qigong & Chair Yoga

Jan 8 - Feb 12 | Wednesdays | 12pm - 1pm
 M: \$42 Non-Member: \$60

Chair Yoga & More *NEW*

Jan 6 - Feb 10 | Thursdays | 1pm - 1:45pm
 Members: \$42 | Non-Member: \$60

Yin Yoga *NEW*

Jan 10 - Feb 28 | Fridays | 12pm - 1:00pm
 Members: \$24 | Non-Member: \$40

Tai Chi Fitness Classes

Yang Short Form

Jan 13 - Apr 1 | Mondays & Tuesdays | 7pm - 8pm & 7pm - 7:30pm

Yang Long Form

Jan 13 - Mar 31 | Mondays | 8pm - 9pm
 Yang Short Form completion is necessary before starting Yang Long Form

Chen Style Short Form

Jan 14 - Apr 1 | Tuesdays | 7:30pm - 8:15pm

Fan Form

Jan 14 - Apr 1 | Tuesdays | 8:15pm - 9pm

Weapons Form

Jan 15 - Apr 2 | Wednesdays | 7pm - 9pm
 Must have completed Yang or Chen form before registering for this class. No exceptions

Walking Soccer

January 11 - February 22
 10am - 11am | Strathcona Centre
 Registration Required

Fitness Orientation

1st 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

Unison for Generations 50+ Calgary In-Person Activities

Register in person at **Unison at Kerby Centre in Room 306** or by phone at **403-705-3233**
Online registration and full details at unisonalberta.com/active-aging-calgary

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

Unison Travel Spotlight

Dazzling Zoolights and Delightful Dinner - Evening Trip

January 3rd, 2025 | 4 pm - 9 pm
Meet at Kerby Centre
Members | Super Members - \$98.00
Non-Members - \$128.00
Cut-off Date: Tuesday, December 17, 2024
Includes dinner, admission fees + bus transportation by Willco
Non-refundable. Travel credit may be requested up to 1 week before the cut-off date.
For more information, please contact **Kerby Travel Desk** at **403-705-3237**



Active Aging Spotlight

Fitness with Dan

W06: Tuesday Jan 14 - Feb 18 (6 Weeks)
10:00am - 11:00am
Location: Wild Rose Church
Member | Super Member: \$44
Non-Member: \$74

Instructor: Dan Leung 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.

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



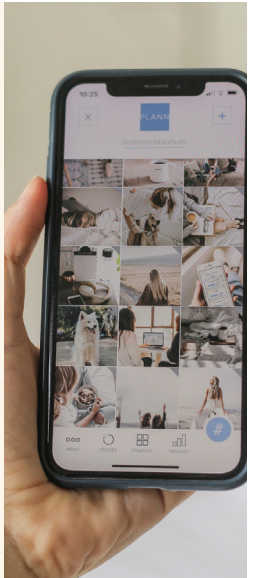
Active Aging Spotlight

Photography with your Smartphone

K01: Thursday, Feb 20 | 10:30am - 12:30pm
Member | Super Member: \$50
Non-Member: \$80
Location: Knox Presbyterian Church

Learn to capture stunning photos with your smartphone! Discover composition techniques, editing tips, and creative tricks to elevate your mobile photography.

Instructor: Hamideh Khadem Sohi
Register NOW!
403-705-3233 or Program@UnisonAlberta.com



Active Aging Spotlight

Flamenco

R205: Monday January 13
1:00pm - 3:00pm
Member | Super Member: \$50
Non-Member: \$80

Join us for a Flamenco Dance workshop, designed to ignite your passion for movement and rhythm! This lively and expressive dance style, rich in Spanish tradition, is perfect for you looking to try something new while staying active. No prior dance experience is necessary—just bring your enthusiasm and energy!

Instructor: Honey Sturdy

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



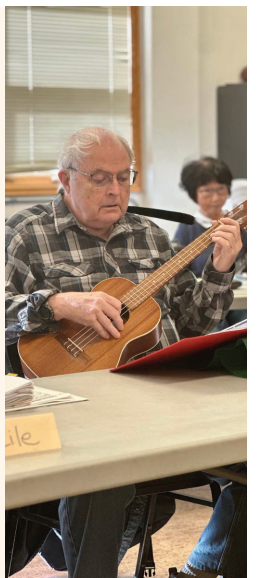
Active Aging Spotlight

Ukulele Beginner

W03: Friday, Jan 10 - Feb 14 (6 Weeks), 10:00 - 11:00am
W04: Friday Mar 14 - Apr 18 (6 Weeks), 10:00 - 11:00am
Location: Wild Rose Church

This beginner-friendly class is perfect for those new to the ukulele. Learn basic chords, rhythm strums, and sing along as you play—starting on day one! Bring a working ukulele and a clip-on tuner, or contact the Active Aging Department for help purchasing one. Instruction focuses on soprano, concert, or tenor ukuleles.

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/active-aging-calgary

Wise Owl Boutique Half Price Sale on RED tag items! January 20-24

Hours: 10:00 am – 3:00 pm



Wellness Spotlight

Meditation Monday

Mondays | 10 am – 10:45 am
Wellness Connection Centre
Drop-in Fee Per Person:
\$3 /Session

Join our weekly Guided Meditation!

Attend both Meditation and Live Well Be Well for the cost of \$5

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



Wellness Spotlight

Live Well Be Well

Mondays | 11 am – 12 pm
Wellness Connection Centre
Drop-in Fee Per Person:
\$3 /Session

Join our weekly wellness series for engaging presentations and conversations.

Attend both Meditation and Live Well Be Well for the cost of \$5

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



Wellness Spotlight

Head to Toe: Activity and Conversation

Tuesday's weekly Riverwalk Schedule **has changed** for a new wellness-focused activity and conversation session, for the winter months.

Nov 26 – Mar 25, every 2nd and 4th Tuesday of the month | 10:00 am – 11:00 am
Where: Wellness Connection Centre
Drop-in Fee: \$3 /Session

River Walk (\$2 fee) will now **be limited** to the 1st and 3rd Tuesday of the month during this time.

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



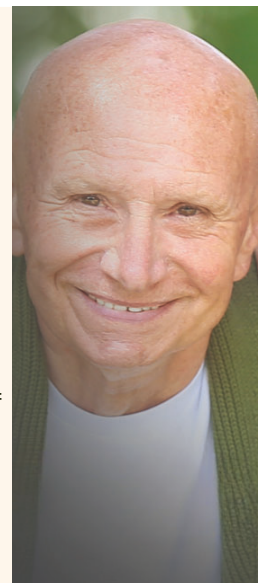
Wellness Spotlight

Caregivers Peer Support Group at Kerby Centre

Every last Wednesday of the month
1pm – 2pm | FREE

Are you a Caregiver to a loved one? Unison's Wellness Centre and Caregivers Alberta in collaboration are here to empower caregivers and help their well-being by providing a supportive group where you can connect with other caregivers. In our program, you can have open conversations about the ups and downs of caregiving while learning about topics relevant to caregivers.

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



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



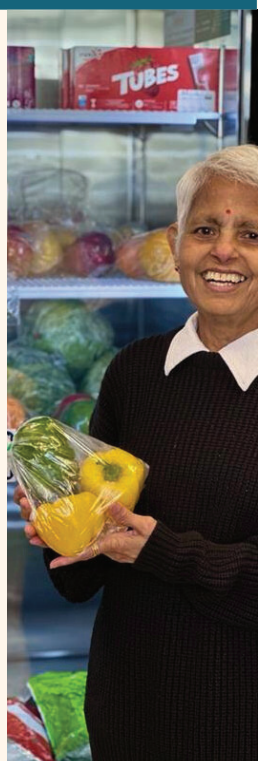
Host a Food Drive for Kerby Market!

Kerby Centre Market is Calgary's only senior-specific food bank!

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

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

Support Seniors through Kerby Centre Market!



Unison for Generations 50+ Online Activities

Register in person at **Unison at Kerby Centre in Room 306** or by email at heatherd@unisonalberta.com or call **403-462-5080**. Online registration and full details at unisonalberta.com/online-resources

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

Online Class Spotlight

NEW! Basic Seated Yoga – FREE for Members

Mondays, Jan 6 – Feb 10 (6 classes),
2:15 pm – 3:15 pm
FREE for Members

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.

Register NOW! Visit the link, or call us.
kerbycentre23.wildapricot.org/event-5803648
403-462-5080



Online Class Spotlight

NEW! Chair Dancing

Thursdays, Jan 9 – March 6 (9 classes),
1:30 pm – 2:30 pm
FREE for Members

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 (or standing, if you prefer, or both!), you will move, get your heart beating, and your legs tapping. The smiles and laughter are all part of the strength training program. We can't wait to Chair Dance with you!

Register NOW!
kerbycentre23.wildapricot.org/event-5930861
403-462-5080



Online Class Spotlight

Fitness with Dan (new time)

Mondays | 9:00 am – 10:00 am
Z11A: Jan 6 – Feb 3 (5 classes)
Z11B: Feb 24 – Mar 24 (5 classes)
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.

Registration Z11A:
<https://kerbycentre23.wildapricot.org/event-5930842>
Registration Z11B:
<https://kerbycentre23.wildapricot.org/event-5930874>



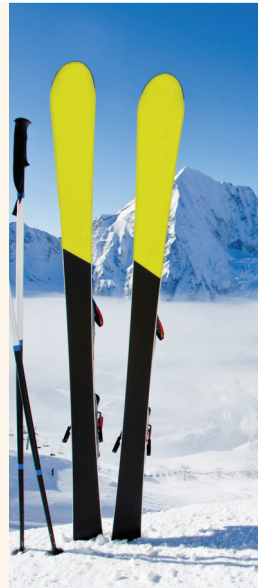
Online Class Spotlight

Ski & Winter Fit

Mondays, Thursdays | 11:00 am – 12:00 pm
Z03A: Jan 2 – Feb 10 (12 classes)
Z03B: Feb 20 – Mar 31 (12 classes)
Members: \$64; 2 member household \$102.40
Non-Members: \$94
SASC (Seniors Alpine Ski Club): \$74

This six-week course will focus on balance & strength training exercises designed to get you ready to stay safe on your feet during the winter! This class is not just for skiing!

Registration Z03A:
<https://kerbycentre23.wildapricot.org/event-5930851>
Registration Z03B:
<https://kerbycentre23.wildapricot.org/event-5930845>



Online Class Spotlight

Online Class Spotlight

You spoke and we listened.

Our full semester online classes are now being broken up into two courses each semester, in order to keep our classes financially accessible. Thank you to everyone who filled out our 2024 online survey.

Fitness Over 50!

Tuesdays | 9:30 am – 10:30 am
Z01A: Jan 7 – Feb 18 (7 classes)
Z01B: Feb 18 – Mar 18 (5 classes)
Members: \$ 29 | Non-Members: \$59

Registration **Z01A:**
<https://kerbycentre23.wildapricot.org/event-5930842>
Registration **Z01B:**
<https://kerbycentre23.wildapricot.org/event-5930838>

Journaling 101

Tuesdays | 11:00 am – 12:00 pm
Z17A: Jan 7 – Feb 4 (5 classes)
Z17B: Feb 18 – Mar 18 (5 classes)
Members: \$ 29 | Non-Members: \$59

Registration **Z17A:**
<https://kerbycentre23.wildapricot.org/event-5930892>
Registration **Z17B:**
<https://kerbycentre23.wildapricot.org/event-5930897>

Muscle Strength & Core Balance

Fridays | 11:30 am – 12:30 pm
Z08A: Jan 10 – Feb 7 (5 classes)
Z08B: Feb 21 – Mar 21 (5 classes)
Members: \$ 29 | Non-Members: \$59

Registration **Z08A:**
<https://kerbycentre23.wildapricot.org/event-5930698>
Registration **Z08B:**
<https://kerbycentre23.wildapricot.org/event-5930701>

Functionally Fit

Mondays | Jan 6 – Feb 10 (6 classes) | 1:00 pm – 2:00 pm
Members: \$ 35 | Non-Members: \$ 65

Register NOW!
<https://kerbycentre23.wildapricot.org/event-5930867>

Gentle Soulful Yoga

Wednesdays | 9:00 am – 10:00 am
Z16A: Jan 8 – Feb 5 (5 classes)
Z16B: Feb 19 – Mar 19 (5 classes)
Members: \$ 29 | Non-Members: \$59

Registration **Z16A:**
<https://kerbycentre23.wildapricot.org/event-5930884>
Registration **Z16B:**
<https://kerbycentre23.wildapricot.org/event-5930880>

Tai Chi Online (New Time)

Tuesdays | 11:00 am – 12:00 pm
Z06A: Jan 7 – Feb 4 (5 classes)
Z06B: Feb 18 – Mar 18 (5 classes)
Members: \$ 29 | Non-Members: \$59

Registration **Z06A:**
<https://kerbycentre23.wildapricot.org/event-5933435>
Registration **Z06B:**
<https://kerbycentre23.wildapricot.org/event-5933441>

The gift of shuffleboard

Contributor

Shortly after moving to Medicine Hat from Fort St John, Pat and Gerald Pope were keen on establishing connections

in their new community. Before long, they were invited to the Shuffleboard Club at Unison at Veiner Centre. Intrigued, they decid-

ed to check it out, hoping to make new friends and embrace the vibrant spirit of their new hometown.

As Pat and Gerald immersed themselves in the Shuffleboard Club, they quickly noticed a challenge the club faced – a shortage of shuffleboard tables. With more players than tables, members had to rotate, diminishing the joy of the game.

Driven by a desire to give back to the community that embraced them so warmly, Pat and Gerald decided to make a difference. They generously donated funds to buy two brand new shuffleboard tables for the Veiner Centre.

Thanks to the Pope's heartfelt contribution, the Veiner Centre's Shuffleboard Club is buzzing with excitement and camaraderie. No longer do club members have to endure lengthy wait times; instead, they can enjoy the game they love without interruptions. The sound of laughter and the clatter of shuffleboard pucks echo through



Pat and Gerald Pope, with shuffleboards at the Unison Veiner Centre.

the centre, fostering an atmosphere of joy and connection.

Pat and Gerald's donation has provided tangible benefits in the form of new tables and enriched the lives of Unison members, strengthening the sense of community at Veiner Centre. Their act of kindness has created a ripple effect of happiness. Pat, and Gerald Pope's com-

passion and community spirit have transformed the Shuffleboard Club, bringing shared moments of fun to the wonderful members at Veiner Centre. This is the power of giving, and we thank everyone who has contributed to making our community a warmer and more welcoming place for all.



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Easy Solution

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

Medium Solution

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

C	O	A	S	T	A	L		T	E	E		N	B	C		A	D	L	I	B									
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EDMONTON RIVER CREE - JANUARY 19 - 22, 2025
PP: DBLE - \$585 TRPL /QUAD - \$575 SGLE - \$800

CAMROSE RESORT - MARCH 17 - 19, 2025
PP: DBLE OCCP: \$365.00 SGLE OCCP: \$475.00

SEATTLE, BLUE JAYS - MAY 7 - 13, 2025
PP: DBLE: \$2395 TRPL - \$2150 SGLE: \$3575

DEADWOOD, SD - MAY 25 - 31, 2025
PP: DBLE: \$1285 TRPL - \$1125 SGLE: \$1735

DENVER, BLUE JAYS - AUG 2 - 9, 2025
PP: DBLE: \$2500 TRPL - \$2200 SGLE: \$3700

AIR TOUR

NASHVILLE - APRIL 6 - 11, 2025
PP: DBLE: \$3699 SGLE: \$4499

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Please include
Topics you are interested in and links to previously published work.

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