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Rainbow Elders Calgary welcomes you

Heather Nicholson

My first experience with Rainbow Elders Calgary (REC) was two years ago at the Stonewall Gala at the BMO centre. I was volunteering and during the course of the evening, I noticed a happy group of seniors all decked out in pride colours having a wonderful time. I went right over and said, "Who are you and how do I find you?" They gave me their card and invited me to the Unison Kerby Centre to enjoy coffee and cookies and chat every other Wednesday. I had only recently moved to Calgary with my partner and had been looking forward to developing some queer connections for conversation and fun events. Well! Here they were!

I am an immigrant to Canada, leaving my country of birth due to legislation that forbids my existence. I have been here since the turn of the millennia, mostly in the Maritimes and Ontario. Canada welcomed me with open arms, gave me gainful employment in the Canadian Forces and a life far beyond

my expectations. At REC, I met other veterans, and other folk who have known hardship due to their sexual orientation, people with a variety of employment and familial experience and a common desire to live their lives authentically and without fear.

We have a bundle of fun together. Rainbow Elders provides mean-

ingful support by organizing social events and recreational opportunities. Many of our events are free, like Bird Watching with Abby, picnics in the park, and our bi-monthly

meet-up at Unison Kerby. We sponsor dances twice a year and participate with Super-membership events like lawn bowling. As seniors, we believe we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth. Camp Fyrefly is a retreat sponsored by the Centre for Sexuality for youth leaders

mer, and we are looking forward to this year's visit.

A national study by Mount Royal University researcher, Dr. Celeste Pang PhD., explored how aging-related issues impact seniors in the queer and transexual communities. It suggested the senior community is concerned about being open members of the 2SLGBTQ+ family

if they must move to an assisted-living or long-term care facility. This isolation is partly due to unaddressed gaps in social connections and recreational provisions for 2SLGBTQ+ seniors in Calgary in these facilities. Rainbow Elders was instrumental in reinforcing how essential our organization is to ensure that people can always be their true selves. Pang's book, released in 2023 by Egale Canada, Aging and Liv-

ing Well Among LGBTQI Older Adults in Canada: Findings from a National Study is being touted as a tool illustrating how unique our stories can be.

Rainbow Elders Calgary is a volunteer-led non-profit organization working to make significant differences in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation and loneliness. Younger members of our community can have elders with whom to talk and share their thoughts and feelings whereas that may not be available within their sphere. We also have a mission to educate the long-term care and assisted-living clients and staff about diversity and how to create a safe space for 2SLGBTQ+ citizens.

We invite you to attend one of our safe social events such as a dance or a picnic in the park during the summer. We've been to films and concerts together, as well as enjoyed pizza and pop afternoons. Email rainbowelderscalgary@gmail.com for more information.



SENIORS' WEEK JUNE 2 – 6 2025

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SENIORS WEEK EVENTS

MON, JUNE 2

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11AM – 12AM | ROOM 317 | WELLNESS ACTIVITY

Live Well, Be Well. Understanding Mental Wellness. Drop-in charge: \$3.

1–4 PM | LECTURE HALL

Free Documentary: "For Our Grandchildren – Later is Too Late"

Hosted by Eco-Elders for Climate Action

RSVP: andresg@unisonalberta.com or scan QR code to register.



TUE, JUNE 3

10AM – 11AM | WELLNESS ACTIVITY

River Walk. Drop-in charge: \$2. Meet at room 317.

2:30–4:30 PM | GYM | ELDER SONG CONCERT

No-cost event, to register, scan QR code.



WED, JUNE 4

1–3 PM | GYM

Free Wednesday Dance with the Kerby Sensation Band

THU, JUNE 5

10 AM–2 PM | LOUNGE

Free Holistic Planning: From Funerals to Finances. Registration is now closed.



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Celebrating aging! Seniors' week is packed with free presentations, activities and more!

Agism –not aging – is the issue

In June, we celebrate aging most at Unison. This month we celebrate Seniors’ Week (June 2 – 8), World Elder Abuse Awareness Day, and Father’s Day (both June 15). If you are subscribed to our e-newsletter you have been hearing about some of the special ac-

tivities and events going on at Unison to celebrate each of these. You’ll also learn more in this edition of Unison News. Too often, society treats aging as a problem to be solved instead of a journey to be celebrated. At Unison, we see things differently. For

Generations 50+, aging is not a decline - it’s an evolution. It’s a time of rediscovery, contribution, and connection. It’s the moment when experience meets purpose. The truth is, we are living longer and healthier than ever before. That’s not a challenge - it’s a victory. And with that gift of time comes opportunity. The opportunity to mentor, to advocate, to learn something new, to volunteer, to travel, to create, to lead. These aren’t sidelines to aging. They are aging done well. When I speak with members of our community, I’m struck by how vibrant and engaged they are. From the retired nurse now mentoring health students, to the former construction worker building community gardens, our community is not slowing down—they’re shifting gears. And what they bring to their communities—resilience, empathy, and wisdom—is irreplaceable. If you visit our YouTube channel you will find Ginny MacColl’s video. At the age of 71, Ginny made history as the oldest competitor to complete an obstacle on the American Ninja Warrior TV show, with a Guinness

World record to recognize her achievements. A few decades ago, our members probably hadn’t considered breaking world records or appearing on national television as a Ninja Warrior. However, our world is changing and so are older adults. We must continue to challenge outdated narratives about aging. Age is not a limitation, but a lens - a perspective forged by lived experience. And in a world facing complex social, economic, and environmental challenges, that perspective is not only relevant, it’s essential. Over the last year I have become a fan of Peter Attia’s podcast The Drive. Dr Attia is a physician focused on longevity. In his book, *Outlive*, he encourages readers to pick 10 physical tasks you want to be able to do until you die. The 10-item list is Peter Attia’s “Centenarian Decathlon,” and it is a focus on proactively preparing yourself to age in a way that is vibrant and allows you to spend your older years in an engaged and active way. At Unison, we are proud to celebrate this stage of life. We believe in supporting healthy aging through inclusive



Larry Mathieson, CEO and President

services, community programs, and advocacy that recognizes the dignity and value of every person over 50. We work to remove barriers—whether physical, digital, or social—that stand in the way of full participation. So let’s flip the script on aging. Let’s recognize it not as the end of the book, but a powerful new chapter with as much potential, passion, and promise as any that came before. Because aging is not about counting the years—it’s about making the years count. To the 50+ Generation, I say: your story matters more than ever. Keep writing it boldly. We’re here with you every step of the way.

JUNE 2025

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Closure Alert

All Unison locations will be **closed on July 1st** for Canada Day.



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Banff in the 1960s

Divergent Views of the National Park Ideal

C.J. Taylor

Except from A CENTURY OF PARKS CANADA 1911-2011, University of Calgary Press

During the 1960s Banff National Park was at the epicentre of a revolution in thinking about what national parks should or should not be. The National Parks Branch and others in the federal government sought to come to terms with the conflicting aims of a national park as they had been established: as both a protected natural area and a recreation area for public benefit. This dilemma or contradiction had been recognized by the first commissioner of national parks, James B. Harkin, who wrote: “‘Use without abuse’ – how can it be attained? That is the problem which must confront everyone who is responsible for the protection and development of our national parks.”

Harkin believed that a middle road could be charted, permitting increased development while protecting those values that make the parks special places. With some variations, this has continued to be the creed of Parks Canada through to the present. At times, however, this balancing act has been difficult to achieve, and one of the most difficult cases occurred at Banff in the 1960s, when overdevelopment threatened the mountain scenery that attracted tourists in the first place. The number of visitors had been rising through the 1950s,

but the pace quickened in the 1960s. Banff had had a half million visitors in 1950; this doubled by 1960 and doubled again, to two million, by 1966. This rapid growth was due to a number of factors: the post-war boom, growing young families, and the increasing popularity of motor tourism.

During the 1950s, Alberta greatly expanded and upgraded their highway systems, making travel by car easier and faster. As roads brought more visitors, the visitors demanded more facilities: accommodation, gas stations, and then more roads. Here, more than ever before, Harkin’s warning from a previous era was in danger of being realized: that development was in danger of destroying “the very thing that distinguished [parks] from the outside world.” But Banff also revealed that increased tourist traffic was not the only reason for the reassessment of the national park ideal. The growing influence of universities on shaping government policy, vested local interests, the increased complexity and size of the Parks Branch and the federal bureaucracy, a more affluent population, and a more critical mindset about environmental issues all shaped approaches to the management of the park.

Before the 1960s Banff National Park was managed fairly simply, by an engineering service that managed front-country development and a warden

service that looked after the backcountry, while a few commercial resorts such as the Canadian Pacific Railway’s Banff Springs Hotel looked after tourist services. During



The preservation of Canada’s national parks, thanks to a more democratic and ecological mindset, helped protect locations like Moraine Lake. Photo: David Wirzba.

the 1960s this system began to change, as planners and interpretive specialists were added to the mix. At the same time academic and environmental interest groups lobbied for what they considered to be more appropriate use in the park.

The debate that emerged around Banff National Park in the 1960s would shape the outlook toward all national parks for a generation or more. In 1963 the Banff Crag and Canyon announced that two new motels were planned for Banff Avenue, while the Rimrock Hotel opened in July of that year. Meanwhile, the park embarked on a bold plan to expand and upgrade its campgrounds. At first park planners aimed to phase out the large and unsightly Tunnel Mountain Camp-

ground in the town of Banff and replace it with a series of medium-sized, attractively landscaped campgrounds ringing the town. To this end, Two Jack and Johnston Canyon

Campgrounds added 400 new units to the Banff area between 1960 and 1965. Even this wasn’t enough, and the old Tunnel Mountain campground remained in use, attracting numerous complaints. One visitor wrote: “The crowded, squalid, and unsanitary conditions of the camp are truly beyond belief.” At Lake Louise, the old campground was closed without regret and a new one was built between 1963 and 1965, providing space for 221 tents and 189 trailers. Growth in the tourist industry and the expansion of the park organization also increased the populations of the urban communities within the mountain parks, especially the town of Banff and the village of Lake Louise. While many of the residents of Banff were park employees, many were

also private businessmen, with names like the Brewsters, Harmons, Luxtons, and Whytes – families that went back generations.

The Canadian Pacific Railway was also an important component of the park, and its Banff Springs Hotel and Chateau Lake Louise were major tourist centres in themselves. During the 1960s these established forces were joined by new faces relocating to Banff to open motels and restaurants. At the other end of the social spectrum, Banff became a magnet for travelling youth who camped by the museum, sometimes climbed the mountains, or just hung out.

A central planning division, created in 1957, was tasked with establishing policies and guidelines for future development in all the national parks. Park planners were helped by the work of consultants. Two studies of townsites in Banff, in 1960 and 1961, had made some wide-ranging recommendations, although very little from these reports had been acted upon. Soon after, the appointment of a Banff townsite manager eased the administration of municipal affairs. But a conflict was brewing between the town and Ottawa over the future identity of the town; a conflict spurred by this bureaucratic reorganization, which generated new discussion within the federal government about the nature of parks management. An uneasy relationship between Parks Canada and the community of Banff would



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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!

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Banff in the 1960s continued

continue until that community was granted limited municipal status in 1990. Ironically, one area of particular agreement between the minister and the Banff Advisory Council involved ski hills. Since 1960, there had been considerable new development at Norquay, Sunshine, and Lake Louise to accommodate the new craze in downhill skiing that had been precipitated by the Winter Olympic Games of 1960, held in Squaw Valley, California. Recognizing that demand for outdoor recreation could rapidly outstrip the supply of suitable wilderness areas, they believed that, given sufficient information, rational choices could be made to satisfy all of these demands. In

the 1960s, zoning became the cornerstone of the planning process in parks across North America. The first Banff provisional master plan delineated five management zones. Two were tagged as wilderness areas; one was a transition zone, allowing limited development but accessible by road; another permitted developed outdoor recreation areas, such as ski hills; and the fifth was for intensive use areas such as a townsite or service centre. While the plan promised to balance protection with visitor use, it was clearly preoccupied with managing more development, not managing natural areas. Moreover, profound changes in attitude were underway within the Na-

tional Parks Branch itself. While the end of the 1960s ushered in a new outlook in national parks generally, and Banff in particular, there was by no means consensus about the ideal way that a national park should be maintained or developed. Despite a new interest in ecology and wildlife, the scales were still tipped in favour of more rather than less development. In 1988, the same year that a new National Parks Act established ecological integrity as the paramount value guiding park management, Parks Canada approved a new management plan for Banff, which articulated this new philosophy of national parks: Resource protection will take precedence over

visitor use and facility development where conflicts occur. Visitor use will be managed to safeguard natural and cultural resources, as well as the aesthetics of the park. Park resources will be managed on an ecological basis; cooperating and coordinating resource management with the other parks in the four mountain park block, and with provincial and private interests managing adjacent lands. The issues fomenting in Banff in the 1960s influenced a subsequent generation of managers, planners, and environmental activists. The culture of the National Parks Branch shifted away from an engineer-dominated ethos to one that gave greater voice to biologists. The degree to which this shift is reflected within the agency is still contentious. Still, there was a paradigm shift in thinking about national

park ideals in the 1960s. While the Branch continued to heed the needs and objectives of sophisticated business interests in Banff, a democratization of the decision-making process caused it to pay attention to other sectors of the Canadian public, including an increasingly militant environmental movement. Planners tried to reconcile these varying viewpoints in drafting their management plans, but the decision to incorporate public consultation was itself a result of the debates of the 1960s. The controversy over development at Banff energized the crusading mission of organizations such as the Canadian Parks and Wilderness Society, and they inspired people ... to pursue careers advocating the benefits of protected heritage areas around the world. *For the full transcript, visit press.ucalgary.ca/books*



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Prune in June for your best bloom

Deborah Maier
Calgary Horticultural
Society

The garden has burst into bloom. In May and at the beginning of June the flowering shrubs, many with only a hint of green for leaves, bloom. Forsythia with their yellow flowers stand out among the whites and pinks of Nanking cherries and double-flowering plums, and the whites, pinks, and purples of lilacs. Forsythias are some of the earliest blooming shrubs.

Haskaps are also an early blooming shrub with yellow flowers, but their blooms are much paler than those of a forsythia. Haskap blooms are often hidden under the plant's leaves as the leaf is more fully formed when the plant blooms and the flowers hang down.

Ninebark, dogwood, and cherry shrubs also bloom in spring. The list goes on.

While dead and damaged branches can be removed at any time,



Mugo pine candle. Photo: Deborah Maier

pruning for shape or rejuvenation should happen after the shrub has stopped flowering and the blooms are beginning to fade. This usually happens in June.

It is important to remove unwanted branches just after the blooms fade and before the shrub starts putting energy into fruit production to have that energy directed to new growth and bud setting for next year. Yes,

the buds for flowers and leaves start to form a year in advance. Pruning later can still benefit the shrub by improving air circulation, but what is removed will not be replaced.

Lilacs, a great plant for Calgary gardens, bloom from late May to mid-June. The pruning rule holds for lilacs, too. Prune them after the flowers fade. Some gardeners like to deadhead the spent blossoms, which can make the shrub look tidier, but it is not necessary. While some gardeners think it enhances next year's blooms, a visit to an abandoned homestead with lilac shrubs planted long before the home was abandoned, will show that lilac will still bloom prolifically without being deadheaded. So, if you have the time and can reach the ends of the branches, go ahead and deadhead your lilac, just don't feel it's a required garden task. Shrub lilacs can be shaped into tidy multi-stem plants or hedges. Miss Kim lilacs, with their smaller flowers

and leaves, are often used for low hedges. Pruning for these features should be done shortly after flowering. This will allow time for the plant to put on new growth and form buds before fall. Pruning suckers out should wait until fall so that the pruning doesn't encourage new suckers to form.

We may not think that conifers need pruning but if you want to ensure that the conifer has a full look or want to manage its size, then they should be pruned in June. It is often recommended to use candling techniques to manage the size of Mugo pines. What that means is the candle, the new growth, is broken or snipped off at a third or half its length. Also remember, if you purchase a plant labelled as dwarf, it means it is smaller than typical for the species. Read the tag for the mature size to determine how big it will grow—dwarf can still be too big for the space you want it to live in.

While size can be

managed with pruning, it is always best to read plant tags and select shrubs with a mature size that suits your yard.



Sour cherry. Photo: Deborah Maier

Except for woody plants that have a spring sap run, birch for example, most shrubs can be pruned year-round, but there are tradeoffs. You will forfeit some of next year's flowers and fruit on spring blooming shrubs if they are pruned later in the year.

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

A sensational musical tradition

Mel Lefebvre

Let's meet the band - Kevin, Bob, Steve, David, Colleen, Judy, and Geoff. Not quite the same ring as John, Paul, George and Ringo, but together these seven musicians make the Unison Kerby Centre come alive every Wednesday afternoon. They arrive with instruments in tow, and as they begin their soundcheck, people start strapping on their dancing shoes. They call themselves The Kerby Sensations - Unison's very own house band. For decades, they've been serenading the Unison Kerby Centre, bringing rhythm and joy to the weekly social scene.

"As far as we know, we've been around for 30 years. I'm not really sure," laughs bandleader and vocalist Kevin O'Connor, who joined the group in 2019. Kevin is the one who carefully selects songs for their weekly sets, keeping the dancers in mind at all times. "I believe you have to keep the music flowing,"

he says. "It's absolutely gratifying. When you play music for people to dance to, you know when you're getting it right. No one's going to dance to music they're not enjoying."

It's a labour of love for the entire group, made up entirely of volunteers. Take clarinetist Bob Betty, for example. Bob is a retired chemical engineer who picked up his instrument again about 20 years ago. "I've been playing in bands longer than I worked," he jokes. Bob credits Kevin with putting on a great show, and says it's the camaraderie that keeps them coming back week after week.

Pianist Steve Angyalfi, a retired oncologist, has been playing with the band for four years. He started taking piano lessons alongside his daughter two decades ago, and the hobby stuck. "I really look forward to this every week," he says. "It keeps the mind active." Then there's David Crocker, the

band's keyboard player and a former manager in the primary care network. He began playing music in church as a teenager before finding his groove in the rock and roll scene from the '60s through the '80s. "I like the old stuff," David grins. "Everyone brings their own style, and that's what makes it interesting."

Colleen Crossweller is one of the group's newer musicians, but you wouldn't know it from the way she plays. She picked up the trombone in 2020 and joined the Kerby Sensations soon after. "Find something to do when you retire," she advises. "Why not music?"

Holding the rhythm on guitar is Judy Threet, whose lifelong love of music began with the ukulele at age five. Her journey has taken her across the country, through a PhD in philosophy, and into a career building and selling guitars. "I've never played for people who dance," she says, smiling. "It's a total-

ly different thing when the room moves with you."

Rounding out the lineup is saxophonist Geoff Paskuski. Geoff is the youngest of the bunch, and a soon-to-be-retired lawyer. Geoff has been with the Kerby Sensations for a year and a half, after meeting Kevin in another band. "Kevin needed someone to fill a spot," he says. "There's a lot of room to be creative here. It's a really rewarding experience, especially thanks to the dancers. It's a real community."

The music shifts from week to week, but always with an ear toward the crowd. Familiar favourites like *Beyond the Sea* get toes

tapping and couples gliding across the floor. Even during slower numbers, like Leonard Cohen's *Dance Me to the End of Love*, the energy remains high.

"What makes it special is that all kinds of people, in different situations, come to dance," says David. "I noticed a fellow in a wheelchair. His head was on a rest, completely immobile, but, I could see him tapping his finger. That's how you know it matters."

At the heart of the Kerby Sensations is more than just music. It's connection, movement, and joy, shared note by note, beat by beat. And on Wednesdays at Unison, it's magic.



Dancing shoes - activated! Photo: Mel Lefebvre

Bruno brings his mother to Prague

Ada Muser

President of the Czech Republic Petr Pavel and his wife Eva officially moved into Lumbe’s Villa in Prague’s historic Hradčany quarter on October 27, 2023.

Hidden in the Castle’s service grounds, the Villa is in Lumbe’s Garden inside a security zone with no public access. The west side backs onto a high stone wall separating it from a city street.

Lumbe’s Villa takes its name from the physician Karel Lumbe, who bought the building in 1852. In 1925, the state purchased the villa from Lumbe’s heirs. It was used by the employees of the Prague Castle as a warehouse.

The Villa was falling into disrepair before President Václav Havel renovated it for use by official state guests. It has been used by a succession of Czech presidents.

Bruno’s grandfather, Miloš Jiránek, studied at the Academy of Fine Arts in Prague. In 1905, he married Antonína Zedníková. They had twin boys in 1907, and in 1911, his daughter Milada, Bruno’s mother, was born only two months before Miloš died. Bruno’s grandmother became a single mother with three children at 27.

Miloš was not recognized by his generation, selling only 12 paintings in his lifetime. He supported his family by writing articles about art for magazines, often criticizing works by his teachers, which got him evicted from the Academy. The frequently broke young couple rented an

old, decrepit little house in the Hradčany Quarter because it was inexpensive.

As a painter, Jiránek was a post-impressionist who professed a harmony of colour. His artistic compositions of unusual views of the nearby Prague Castle and portraits of the interior of the old building are beautiful and still appreciated. He was able to capture the atmosphere, the material of objects and the character of people in his sketches. Most of these paintings are now owned by the Czech National Gallery.

Antonína and Miloš spent the last six years of Miloš’s life there, their best. He died when he was only 36 years old after a

and with dreamy black eyes. Despite having three children already, she enchanted Jaroslav Císař, nicknamed “Bátůška,” a Czech diplomat who was 10 years her junior

After they wed, Bátůška was sent to the Czechoslovakian embassy in London, England. His assignment lasted nine years. They left the boys with relatives but took Bruno’s mother, Milada, with them. Subsequently, she had a British upbringing, growing up in diplomatic circles, she met the leading politicians of the era and became a proud, self-assured, perfect lady that even the Czech communist goons could not



Lumbe’s Villa before restoration, Bruno’s mother, Milada, with Elsa on the right. Photo provided by Ada Muser

nervous breakdown. The family stayed in the place for another eight years. According to Bruno’s mother, living in a small, run-down little house amongst the greenery was magical, and she remembered it fondly.

Bruno’s grandmother, Antonína, remarried nine years later. She was a beautiful woman, dark-haired

break when they overran the country in 1948.

Bruno remembers that the secret police wanted to debrief her in 1963 after she had visited England, where her parents, brother, uncle and cousins lived in exile, and were active dissidents. Milada declined to go to the police headquarters, saying they gave her the creeps



Painting by Miloš Jiránek, from the Balcony Series. Private collection. Photo provided by Ada Muser

and offered that she would be happy to invite the secret agent for an “afternoon tea” to her house instead. Surprisingly, he agreed.

The agent arrived at the appointed time, and while she was brewing the tea, he searched through her bookcases. When she returned, he stood in the middle of the room holding an open book.

“Most of the books in your library are banned,” he said.

“Of course,” Bruno’s mother replied with the proverbial aplomb of an English-bred lady, “what did you expect from me?”

All he could manage was to smile.

The not-so-kind, turbulent winds of history blew Bruno to Canada in 1968, where he and his wife, Elsa, received political asylum. It did not look like he would ever see his mother again, but that changed in 1989. The new Czech democratic government cleared Bruno and Elsa’s political criminal records, and they started visiting relatives again. By this time, Bruno’s mother was 79, and she would lay horrible guilt on him, demanding that they come and see her more regularly. Mothers are very good at this, and the pressure increased after she reached 90.

Bruno and Elsa did not mind; Europe, after all, is an interesting continent.

While in the Czech Republic, they would take the mother out every other day for a trip somewhere. It was a special treat as otherwise she was housebound. She was frail, walked with a cane, and could not see well, but was still alert and mentally fit.

In 2002, when she was 91, she sheepishly asked if Bruno would take her to

Prague, 200 km away, to see the old house on Prague Castle grounds where she was born. Bruno, did not mind driving 400 km in one day, a sure sign that Canada had seeped into his core. Mother perked up and guided them through Prague’s convoluted medieval streets with ease. They parked by the Hradčany Castle’s Riding School, which was converted into an art gallery, and leaning on her cane, led them across the terrace towards the vegetable gardens, the official access to the “cottage” she remembered.

By the gate at the end of the terrace, they were stopped by heavily armed security guards. There was no arguing, no cajoling them. The mother’s age, her cane and her emotional story made no impression on them. Mother pulled Bruno back to avoid arguments, and they returned to the car.

She directed Bruno to the next intersection above the castle with a mischievous smile, turn left and then left again into the street U Brusnice. She said there would be a high stone wall on the left and a small door right behind the house that was never locked. Indeed, there was a door. Sure, Bruno thought, still unlocked after 85 years with strict security!

The street was barely wide enough for two cars to pass, and very deserted as there were no buildings on the other side of the street. They stopped by the door, and Bruno went to open it, knowing how ridiculous a notion it was.

The door opened with a groan, and the back of the little house was in front of him. It was still decrepit and was not inhabited. Some construction equipment and materials were lying around.

As his mother was leaving the car, the city police arrived and waved them on. It was a no-stopping zone. Bruno told the officer why they stopped, that the old lady with the cane was his mother in her nineties, who could not walk far and asked where he could park the car legally.

Oddly, the officer was not concerned that some strangers were attempting to enter the high-security area through a door that should be locked. Her detail

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National Indigenous Peoples Day
Sunday, June 21st, 2025

Let's celebrate the rich and diverse cultural expressions and stories of First Nations, Inuit, and Métis peoples.



Bruno and his mother visit Prague, continued

was parking control. She said that if they did not stay long and leave before 2:00 PM, when her shift ended, they could stay, and she would watch the car. That is the kind of police attitude we need here in Calgary!

When they made it to the front of the house, Bruno's mother became a little girl again. She described the house layout from the outside and pointed out the balcony above the main entrance, which is featured in the paintings by her father that became the famous "Balcony series." Looking out of the living room through the glass door of

the balcony, she said, one could see huge, old chestnut trees that flowered so prettily in the spring, but they were gone now.

Memories flooded in, like the time they locked themselves out of the house, and Mother would be lifted on the roof of a lean-to on the side of the house and break in through the bathroom window.

She used to play with friends nearby. Sometimes, the children would meet an old man wearing his signature army cap with a tricolour ribbon affixed above the visor, riding his horse. He was the first

Czech President Masaryk, then over 70 years old.

There was no end to her enthusiasm. When Bruno saw the twinkle in his mother's eye, he was touched. It made the trip worthwhile.

Eventually, a fellow showed up, probably one of the gardeners. He was indignant when he saw them, but Bruno's mother charmed him with her stories. He loosened up and mentioned that the building was being renovated.

"When you leave," he said, "close the door behind you."

Several months later, Bruno received clippings

from the Czech newspaper by mail from his mother. He learned that the little old house is actually a historical Lumbe's Villa, which was recently renovated for use by the Czech Presidents when they wanted to escape the hustle and bustle of their formal residence in the heart of the castle.

Peter Pavel is the third President to live in the Villa. Bruno speculates that the door behind the house is now either bricked over or permanently locked. Or maybe it is the President's secret escape route when sneaking out incognito to have a beer in a pub nearby.

It was mentioned that "the last renovations included construction of a new sandstone driveway from the street U Brusnice to the Villa". Bruno hopes it is not so. He prefers to believe things are still the same as they were in 2002 or, better yet, in 1911 when his mother was born.

* * * * *

With a chuckle, Bruno realizes that through the twists of fate, he is the only person with a painting of the Czech President's balcony rendered from the inside of the residence hanging on the wall in his bedroom. What are the odds of that?

A new chapter in pain management

Nick Ward

I'll never forget the car ride.

Not sure how we got on the topic of cannabis, but I know that we spent a good hour and a bit chewing on whether cannabis would ever be legal. It was the early 2000s and my parents insisted that since cannabis would never be legal, it wasn't moral for me or anyone else to use it.

At the time all I had to respond with was my heartfelt belief that this magnificent plant would not only be legal but its health benefits would also be revealed. Even though they still don't consume, my folks have softened their views and conceded cannabis has its uses especially on the medical side.

While there are many medically supported applications, in recent years, a notable shift has occurred in the landscape of pain management among older adults in Canada. Once stigmatized and largely inaccessible, cannabis has emerged as a viable option for many seeking relief from chronic pain and other age-related ailments.

A Growing Trend Among Older Adults

Since the legalization

of cannabis in Canada in 2018, there has been a significant increase in its use among older adults. Statistics indicate that past-year cannabis consumption among Canadians aged 55 to 65 rose from 19.3% in 2018 to 24.5% in 2019, with continued growth in subsequent years. This trend reflects a broader shift in attitudes, as seniors become more open to considering cannabis as a legitimate option for managing health concerns.

Chronic pain is a common issue among older adults, often leading to the use of over-the-counter (OTC) pain relievers or prescription medications. However, emerging research suggests that cannabis may offer an effective alternative. A multi-site prospective study involving patients over 50 years of age found that medical cannabis use was associated with significant improvements in pain, sleep, and overall quality of life.

Furthermore, a study published in the Journal of Pain reported that medical cannabis use was linked to a 64% decrease in opioid use among participants, along with fewer side effects and

improved quality of life. These findings underscore the potential of cannabis as a tool for reducing reliance on more harmful medications. This doesn't mean cannabis is always a substitute for prescribed pain medication, consult with your healthcare professional before discontinuing or altering doses.

Understanding CBD and THC: Finding the Right Balance

Cannabis contains various compounds, with cannabidiol (CBD) and tetrahydrocannabinol (THC) being the most prominent. CBD is non-psychoactive and is often utilized by consumers and patients for its pain-relieving and anti-inflammatory effects without the "high" associated with THC. However, THC also plays a role in pain management and can be ingested in precise doses as well as through topical application with little to no intoxicating effects.

Healthcare providers often recommend starting with low doses and gradually adjusting to find the optimal balance. For instance, a combination of CBD and low-dose THC has been found to be effective in managing chronic pain while minimizing side effects. There are over 100 cannabinoids that scientists have identified. Some like CBG, CBN and CBC are also being studied for their impact on pain, sleep and other aspects of healing.

One of the significant advantages of incorporating cannabis into pain management is the potential to reduce the use of traditional medications, such as opioids and over-the-counter pain tablets like Advil or Tylenol.

Long-term use of these medications can lead to adverse effects, including gastrointestinal issues, kidney damage, and increased risk of addiction.

Studies have shown that medical cannabis use among older adults is associated with decreased use of prescription opioids and other pain medications. This substitution effect not only alleviates pain but also minimizes the risks associated with conventional drugs.

Despite the growing acceptance of cannabis, some seniors still face stigma or hesitation in discussing its use with healthcare providers or even family members. However, the landscape is changing, with more medical professionals recognizing the therapeutic potential of cannabis and encouraging open dialogue.

Educational initiatives and community programs are also playing a role in demystifying cannabis use among older adults. By providing

accurate information and support, these efforts help seniors make informed decisions about incorporating cannabis into their wellness routines.

The integration of cannabis into pain management strategies offers a promising avenue for older adults seeking relief from chronic pain and a better quality of life. As research continues to validate its efficacy and safety, and as societal attitudes evolve, cannabis is poised to become an increasingly accepted component of senior healthcare.

For those considering this option, consulting with healthcare professionals and starting with low doses can pave the way for a safe and effective experience. With the right guidance and an open mind, cannabis may indeed be a valuable ally in the journey toward active and fulfilling aging. It might even lead to a bit of relaxation and, dare I say, fun. Something we all could use a bit more of couldn't we?



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How to read a fund fact sheet

Alberta Securities Commission

April 2025 marked the most volatile month for markets since COVID, pushing investor anxiety to new highs, as many stocks and other investment assets rapidly decreased and increased in value.

With inflation and global trade uncertainty on people’s minds, it is easy to feel anxious. In times like these, going back to the basics — like portfolio diversification — can be a helpful strategy in reducing the impacts of volatility. Investment funds like mutual funds and exchange-traded funds (ETFs) offer a simple way for Canadians to diversify by buying a basket of stocks and other investments in one fund rather than individual companies. According to National Bank Financial, many Canadians turned to ETFs in March 2025 amid market uncertainty.

But with so many options, choosing the right investment fund can be confusing. That’s where a fund fact sheet can be a powerful decision-making tool for Albertans looking to build resilient portfolios.

A fund fact sheet (available on the website of the financial institution offering the product) is a document that provides key information about a mutual fund

or an ETF. While layouts may vary slightly depending on the fund, these documents are often in plain language and designed to be easily compared — like a product brochure.

A typical fund fact sheet includes: the fund’s objectives, top investments, management fees, investment strategy, risk rating, and past performance history.

To safeguard investors and empower them make informed decisions, Canadian Securities Administrators made fund fact sheets mandatory disclosure for Mutual Funds and ETFs in June 2013 and December 2016 respectively. As part of the requirements, a fund fact sheet must be updated at least annually, or whenever material changes occur.

Five things to consider when reading a fund fact sheet:

1. Match the fund’s objective with your financial goals. The fund objective, found right at the top, offers a clear statement of what the fund aims to achieve. Some funds are designed to grow your money, others aim to provide steady income, and some focus on preserving capital.

But how do you make this information work for you? Translate the fund’s objective into real-life terms. Ask your-

self: Does the fund help me work towards the goals I’m investing for?

If you’re saving for a short-term goal, a high-risk fund like an all-equity option might not be the best fit. But with a longer time horizon, like retirement 30 years down the road, a growth fund might fit your goals.

2. Analyze exposure risk through sector and geographic allocation

This section of the fund fact sheet dives into the types of assets the fund holds. In addition to the top 10 holdings, look closely at the sector and geographic allocations.

This matters because overlapping exposure can reduce the benefits of diversification.

For Albertans, it’s especially important to watch out for home bias with funds that heavily invest in sectors like energy or agriculture — industries that are a significant part of the province’s economy. If you already own individual energy stocks, buying a fund that is also heavily energy-weighted may throw off your portfolio balance. If that sector takes a hit, your losses could be magnified.

3. Don’t take the risk rating at face value

Most fund fact sheets include a simple risk label: low, medium, or high, to give you a basic idea of the fund’s volatility and return potential. Generally, the higher the level of risk the higher the potential return from a fund. While this is a helpful starting point, it’s not the whole picture.

For a holistic view, look for these two key risk metrics, usually available on the fund’s website:

Standard deviation — This shows how much a fund’s returns can vary



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from the average. A higher standard deviation means greater volatility.

Sharpe ratio — This measures the return you’re getting for the risk you’re taking. A higher Sharpe ratio indicates that the fund is providing better returns for the amount of risk taken.

While risk labels are helpful, the numbers explained above can give you a clearer picture of how a fund might behave through market swings.

4. Consider the Management Expense Ratio (MER)

Every investment fund charges a fee known as the Management Expense Ratio (MER). This fee covers the cost of managing the fund and is deducted from your returns.

Typically, mutual funds are actively managed by a fund manager and come with higher MERs, usually between .75 and 2.5 per cent. ETFs, on the other hand, are often passively managed, tracking an index which is a market sector or segment, and usually have lower MERs, ranging from 0.05 to 0.5 per cent.

MERs can quietly eat into your returns over time. For example, a 2 per cent MER on a \$10,000 investment is \$200 per year in fees, while 0.25 per cent MER is \$25. Lower fees mean more of your money stays invested.

5. Common terms you might see on

a fund fact sheet

As you read a fund fact sheet, you might come across some additional terms. Here’s a quick guide:

Net Asset Value (NAV): The per-unit value of the fund, calculated by dividing the total value (assets minus liabilities) by the number of units.

Distribution yield: The income the fund pays out, including dividends, interest, and other income distributions.

Turnover ratio: How frequently the fund buys and sells investments. Higher turnover often means more active management — and potentially higher fees.

Benchmark: An index (like the S&P/TSX Composite Index) used to compare the fund’s performance.

Bid-ask spread: The difference between the price a buyer is willing to pay and what a seller asks. A narrower spread is better — it means you lose less value when trading.

A volatile market’s headlines can rattle any investor. But investing wisely isn’t about reacting to the news. It’s about sticking to the fundamentals.

Fund fact sheets are an essential tool that empowers you to make informed investing decisions. Please take time to understand it and set yourself up for long-term diversification.

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Life is better, Together! Don't face aging alone. Imagine the possibilities with Unison.

Danielle's easy chicken bake

Lynne Skyrrie

Between Wednesday's dancing with the Kerby Sensations, pickleball, and laughter yoga at the Wellness Connection Centre, who has time to cook? Unison keeps our schedules busy, but now and then, a home cooked meal can soothe the soul. Cooking - it can happen to the best of us!

This month's recipe is an easy one, and you can substitute just about any ingredient to make it your own, or replace foods that might trigger allergies. This cozy chicken bake is the perfect no fuss dinner for busy nights. With



Easy Chicken Bake

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---------------------------------------|--|
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| 9 Turkey Schnitzel Savory Diced | 10 Honey Garlic Chicken Rice | 11 Meatballs in Mushroom Sauce Mashed Potatoes | 12 Tuna Casserole Bun | 13 Roast Beef Mashed Potato Yorkshire Pudding |
| 16 Battered Fish & Chips | 17 Chicken Cordon Bleu Mashed Potato | 18 Veal Cutlets Baby Creamers | 19 Perogy's & Sausage | 20 Sweet & Sour Pork Rice |
| 23 Stuffed Broc/Ched Chicken Tater Tots | 24 Beef Goulash Bun | 25 Turkey Schnitzel Baby Creamers | 26 Salisbury Steak Mashed Potatoes | 27 Baked Chicken Breast Savory Diced |
| 30 Sausage Cheesy Hashbrowns | | | | |

♥ = Heart Smart Recipe

unison
At Veiner Centre

just a few ingredients and minimal prep. It's comfort food - easy, delicious, and satisfying!

Here are a few substitutions that still give you a contrast of flavours and textures: Swap bell peppers for carrot, sweet potato or zucchini. Add mango, lime, and onions for zing. Instead of cream cheese, try Greek yogurt, silken tofu, or cottage cheese.

Don't like chicken? Try cubed firm tofu, pork, or fish. Be silly and add beans! Choose your favourite salsa, or add whole grape or cherry tomatoes.

Easy Chicken Bake

You will need

- ▶ Chicken breasts (2 -4) [cubed]
- ▶ 8oz softened cream cheese
- ▶ 1/3 cup salsa (more if you like salsa)
- ▶ Add fajita/ taco spice if you have it, but not required.
- ▶ 2 large bell peppers [cubed]
- ▶ 1.5 cups of cheese (more if you like cheese).
- ▶ 1 cup of cooked rice or pasta.

Preparation

- ▶ Preheat oven 375F
- ▶ Prepare rice or pasta. Set aside.
- ▶ Cut and measure out all ingredients, and combine in a medium bowl.
- ▶ Mix until chicken is coated in cream cheese and salsa.
- ▶ Lay all ingredients (except rice/pasta) in a baking dish.
- ▶ Bake 25- 35 minutes (until chicken is cooked through)
- ▶ Serve with side of rice or pasta.

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Aging with peace of mind

Cooperative Memorial Society

Aging is a journey filled with wisdom, growth, and cherished experiences. It's also a time to reflect on the legacy we wish to leave behind and to take steps to ensure our wishes are honoured when the time comes. One way to celebrate aging is by planning ahead for life's inevitable transitions, including end-of-life arrangements. The Cooperative Memorial Society (CMS) has been helping Albertans do just that since 1966.

CMS is a member-owned, non-profit organization that believes everyone deserves the dignity of making their own choices about their final farewell. By planning ahead, members can relieve their loved ones of stressful decisions while saving them thousands of dollars on the costs.

Working with locally owned funeral homes, CMS offers discounted funeral plans that respect diverse values, traditions, and cultural practices. It's about putting your wishes first—honouring your journey, your story, and your peace of mind.

The Gift of Planning Ahead Talking about funeral arrangements might seem daunting, but it's one of the most thoughtful gifts you can give your family. Taking control of your own arrangements now means sparing your loved ones from making difficult decisions during a time of grief. It also helps avoid the financial strain that can arise when no plans are in place.

For many in Alberta's diverse communities, planning a funeral can feel overwhelming, especially when cultural or religious customs come into play. CMS recognizes the importance of honouring these traditions while keeping arrangements simple and affordable. Members can choose from a variety of plans and customize them to reflect their personal and cultural preferences.

Supporting Your Choices with Affordable Options CMS membership comes with many benefits, including access to discounted funeral plans through reputable, local-

ly owned funeral homes. These plans are clear and straightforward, designed to minimize financial stress on families. At a time when corporate funeral chains can impose high costs, CMS offers a community-centered alternative.

Another key benefit is secure online storage of funeral preferences, allowing loved ones to access plans with ease—whether from afar or in person. CMS also provides educational resources and community presentations to help individuals make informed decisions about their end-of-life planning.

Aging with Intention and Peace of Mind Embracing aging means celebrating life, reflecting on our values, and taking proactive steps to care for those we love. Preparing for the future is an essential part of that journey.

CMS makes planning ahead simple and accessible, providing compassionate support and practical solutions for all Albertans. Membership is just \$40 for a lifetime of benefits. Information is available in six languages, ensuring accessibility for everyone.

To learn more about how CMS can support your

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Cooperative Memorial Society

- ✓ Trusted partnerships with locally-owned funeral homes
- ✓ Exclusive discounts with planning professionals
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- ✓ No pressure – just straightforward, affordable options
- ✓ Peace of mind knowing your wishes are documented



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Aging is a time to embrace the richness of

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This isn't your granny's film festival

Kathleen Burke

If you've often thought that you'd like to see more films starring people in their "third age," and not in roles where anyone over 60 is represented as slightly scatty old dears who spend their days knitting or falling asleep in front of the TV, then THIRDACTION's offerings are for you. The festival began in 2017, led by Mitzi Murray, who was eager to present older adults as positive and productive. Covid interrupted live showings in 2020, but the festival survived in an online format and in fact, organizers took the opportunity to of-

fer monthly film showings online in addition to the annual festival.

Despite the challenges of organizing and publicizing this new film festival, and a change of leadership, the festival survived and continues to present interesting and engaging films of all kinds from around the world.

Volunteer reviewers spend the winter months viewing and assessing the quality and significance of film submissions - which have really only criterion - one of



Dierdre started climbing mountains in her 70s. Photo provided by Kathleen Burke.

the lead roles must be about someone aged 60 plus, or the subject matter must be of particular interest to "third agers."

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ears to you

This year's festival, under the direction of Lyn Cadence, will be held from June 6-8 at the

Confluence (formerly Fort Calgary) as well as online. A further opportunity to catch this year's programme will available through on-demand, online video, Canada wide, from June 11-15.

Festival goers can expect to see a variety of films: documentaries, cartoons, and short as well as full length works covering topics as diverse as divorce and male mid-life crisis, amazing athletic achievements such as those of by Dierdre Wolownikn, who started marathon running in her fifties, then took up solo climbing and is still scaling mountains in her 70s, artists and their work, and some serious issues such as the challenges of dementia; all chosen to represent the wide variety of interests and concerns that appeal especially to us as we age. There will also be a session devoted to short films made by Canadian filmmakers in their 60s plus a number of special guest speakers.

The people behind THIRDACTION are passionate about showing the world that there's a lot to celebrate as we age and that film is a great medium for inspiring us and challenging stereotypes. Some films confront the realities of aging in ways that seek to encourage rather than depress us - and we need to be heard!

For more information and to order tickets, visit <https://www.thirdactionfilmfest.ca>



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- September 17

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Seniors Supports

Staff from the **CRA** will be at Unison Kerby Centre to help you with printing T-slips, notices of assessment, and answering questions on benefits & credits.

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

- June 10 and 24
- July 8 and 22
- Aug 5 and 19
- Sept 2 and 16
- Oct 7 and 21
- Nov 4 and 18
- Dec 2 and 16

Seniors Supports | 403-705-3246 | UnisonAlberta.com

Call us for guidance and support with Housing | Benefits & Pensions | Tax Support



Housing Application Assistance

Book an appointment now
and receive assistance with
housing applications with a
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By appointment ONLY! Admin fee \$5.

Call Seniors Supports at **403-705-3246**

Benefits and Pensions

We can assist you with applying for:

- Canada Pension Plan (CPP)
- CPP Disability
- Guaranteed Income Supplement (GIS)
- Old Age Security (OAS)
- Alberta Seniors Benefits (ASB)
- Assured Income for the Severely Handicapped (AISH)
- FairEntry Applications

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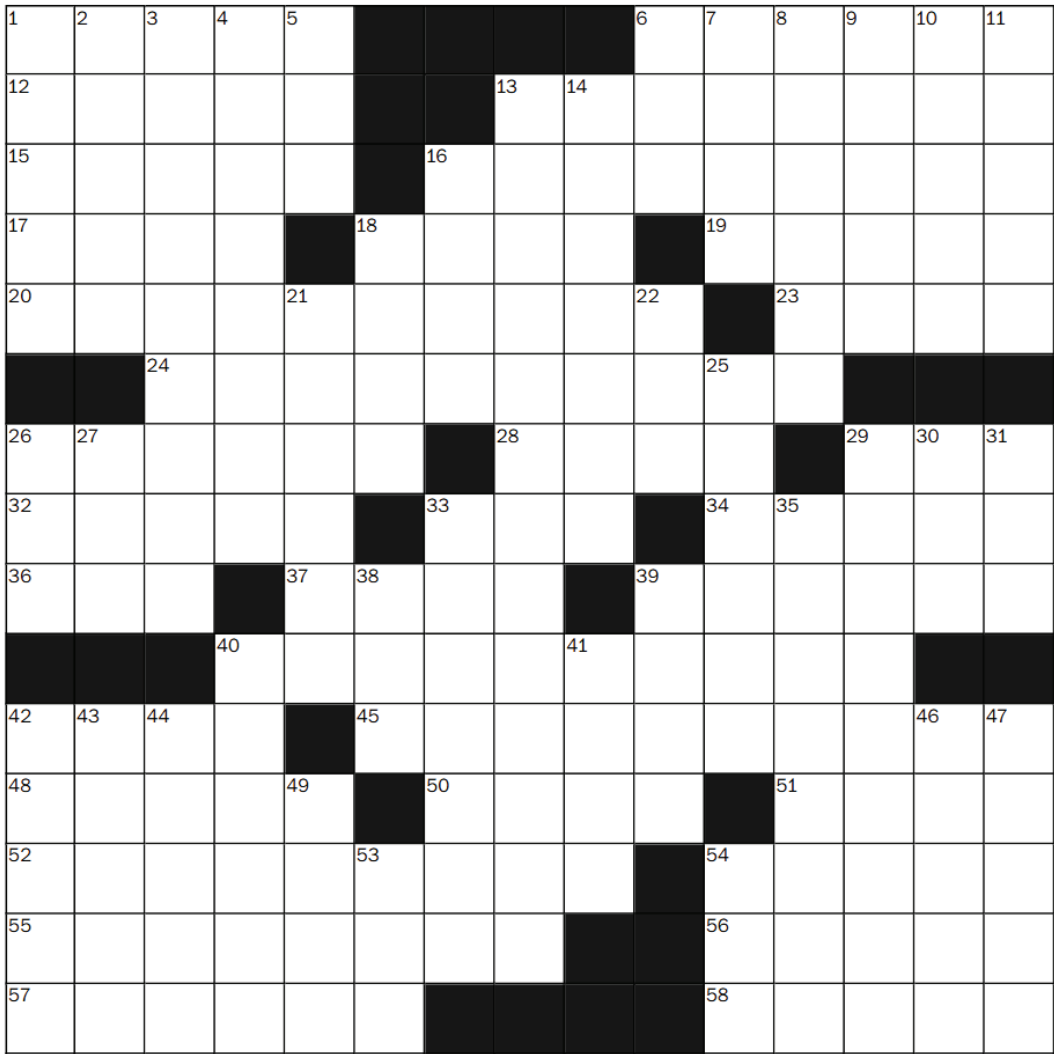


Riddle me this



1) David's father has three sons: Snap, Crackle, and?

2) I am easy to lift, but hard to throw. What am I?



June Crossword Puzzle

ACROSS

- 1 Plays for laughs
- 6 "Phooey!"
- 12 AMC model whose passenger's side door was longer than its driver's side door
- 13 Herb also known as dragon's wort
- 15 Some geometry products
- 16 "Save your breath"
- 17 One looking for a deal?
- 18 Baroness address
- 19 Ready for a massage, say
- 20 White noise machine option
- 23 Like some MIA flights
- 24 Barely gets wet?
- 26 Speed's mysterious rival, in cartoons
- 28 Hawk
- 29 Reunion gp.
- 32 Tickle
- 33 Org. impersonated in some scams
- 34 Broadcasting
- 36 Take care of a gray area, perhaps
- 37 Bloke
- 39 Lives (in)
- 40 Concert workers
- 42 Faucet handle
- 45 Runner-up

- 48 Navel type
- 50 Home of the Imiloa Astronomy Center
- 51 "In __ of gifts ..."
- 52 Road warning
- 54 Monument to Balzac sculptor
- 55 Admits defeat, informally
- 56 Still waters?
- 57 __-sense
- 58 Was unproductive

DOWN

- 1 Part of BASE jumping
- 2 Gold standard
- 3 Answer to a cold call?
- 4 Treats with a cuppa
- 5 SAT takers
- 6 Frame works?
- 7 Close on a set
- 8 Country rock great Emmylou
- 9 Push
- 10 Run the numbers?
- 11 Prepare for camel pose
- 13 Heading on a sidewalk chalkboard
- 14 "Got a clue?"
- 16 Make whole, in a way
- 18 Minnesota team with four championships
- 21 Set the scene?
- 22 Nothing at all
- 25 Worked in the fields, say
- 44 Mushroom in ramen
- 46 Commandeer
- 47 Ready to play
- 49 Effortlessness
- 53 Something that's cut and dried
- 54 Squeeze bunt result

Thinking About Moving?
We offer a **FREE** market evaluation and help Seniors find their **perfect next home.**
Call today for a FREE consultation - We're here to help every step of the way!
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403-605-3774
info@TheMolzanTeam.com


Solution on p. 26

- 26 "Wicked!"
- 27 Evanescence lead singer Lee
- 29 Object of worship in Exodus
- 30 French for garlic
- 31 Miss after a wedding
- 33 Female grouse
- 35 Recent recruits

- 38 Owns
- 39 Bond villain with prosthetic hands
- 40 Outbid at the last moment
- 41 Like pizza for breakfast, often
- 42 Rainforest phenomena
- 43 Eligible to be drafted?

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hombre071@gmail.com

June Sudoku (solution, p. 26)

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



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Want to Help Support Alberta's Caregivers?

Caregivers Alberta is creating a Volunteer Seniors Ambassador Program to connect with senior caregivers throughout the province.

If you are 65 or older and would like to learn more about becoming a Senior Caregiver Ambassador, visit caregiversalberta.ca/get-involved/volunteer or email volunteer@caregiversalberta.ca.





Unison

At Veiner Centre

50 years

1975 – 2025

A legacy of leadership in elder abuse prevention

Erin Reeder

As the Unison Veiner Centre marks its 50th anniversary, we reflect on its central role in shaping elder abuse awareness and prevention in Medicine Hat. **CRANE: A Community-Led Beginning (2003–2015)**

In preparation for a public education campaign led by the Alberta Elder Abuse Awareness Network in 2003, and in response to a growing number of local disclosures of abuse, the Senior Citizens Advisory Committee (SCAC) and Senior Services at the Veiner Centre introduced the concept of a coordinated response. The result was CRANE (Community Response to Abuse and Neglect of Elders). CRANE’s purpose

was summed up in its “EAR” approach: Education – Advocacy – Response. Over 40 stakeholders contributed to shaping the service delivery model, inspired by best practices shared by Edmonton’s Elder Abuse Intervention Team. The model emphasized collaboration, education, and accessible community-based support.

Unison’s Veiner Centre served as the weekday point of contact, and public awareness efforts included volunteer-folded origami cranes, posters, a tabletop display, and slide presentations. CRANE hosted numerous community training events and became an executive member of the Alberta Elder Abuse Awareness Network (AEAAN) from 2004 to

2023. In 2007, CRANE received the Community Organization Award at Alberta’s Solicitor General Crime Prevention Awards.

From 2011 to 2013, CRANE delivered multiple training sessions, including Taking Action Against Elder Abuse and It’s Not Right: Neighbours, Friends, and Families for Older Adults. It also presented at provincial conferences in 2011 and 2015. At its peak, CRANE had around 50 member agencies actively working together to support older adults and raise public awareness. **Building on the Foundation: 2017–2024**

In 2017, the Taking Action Against Elder Abuse Coordinated Community Response (CCR) Grant



Community Organization Award Presentation by Solicitor General and Minister of Public Security Fred Lindsay to Jeanette Devore, Community Response to Abuse and Neglect of Elders (CRANE).

supported a new regional initiative led by the Canadian Mental Health Association Alberta Southeast Region. This led to the formation of the CCR Committee in 2018 and later, the Medicine Hat & Area Elder Abuse Prevention Coalition (MHEAPC) in 2019. Unison Veiner Centre remained a key stakeholder, and its role in education and outreach deepened.

In 2021, Medicine Hat Family Services launched the Elder Abuse Case Management Program, supporting 65 older adults in its first year. By August 2022, the Veiner Centre officially assumed operation of the program, bringing elder abuse case manage-

ment directly into a trusted senior-serving setting. **Scaling Up with Provincial Support**

The momentum continued with a \$7.4 million provincial announcement in 2023, including \$3.2 million for elder abuse programming through AEAAC. This allowed for expanded education, case management, and awareness initiatives in high-need communities like Medicine Hat.

On June 26, 2024, the Veiner Centre received \$10,000 in Safe Spaces funding, enhancing its capacity to provide emergency shelter in partnership with senior lodges. **Looking Ahead**

From CRANE’s origami-folded hope to today’s provincially recognized elder abuse response system, the Unison Veiner Centre has maintained a constant presence. Unison has helped build a network of support, education, and intervention that continues to evolve.

As we celebrate 50 years of community service, the Unison Veiner Centre’s commitment to elder abuse prevention stands as a powerful reminder of what is possible when a community comes together to protect its most vulnerable.

With research support from Shantel Ottenbreit, longtime elder abuse prevention advocate, former co-chair of MHEAPC, and current chair of the Medicine Hat Senior Services Providers Committee.

Seniors Needed for Focus Groups

Monday, June 23rd

Tuesday, June 24th

Barcolux Inc., The Centre for Innovation at Medicine Hat College and The Veiner Centre–Unison are jointly sponsoring **two Focus Groups** to hear what individuals over the age of 60 think about **a new product that is being designed to treat Advanced Sleep Phase Disorder (ASPD).**

To register for one of the two sessions please **call 403-529-8307** or **come in person** at the front desk at the Veiner Centre.

*This is a free event. A complimentary lunch, coffee and snacks will be provided.

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Three key documents to plan your estate

Jenna Bever

Have you made a Will, an Enduring Power of Attorney (EPA), or Personal Directive (PD)? If the answer is no, you're not alone. These three Estate Planning documents (Will, EPA and PD) make up your Estate Plan. They are all important and work together to ensure your interests are protected while alive and allow you to set out your wishes for your property and health care.

While most people have heard of a Will, not everyone is familiar with the EP or PD. The biggest difference between these two documents and a Will is that an EPA and PD are intended to protect your interests (both financial and health/personal) while you're still alive. Generally, the EPA and PD come into effect should you ever lose the ability to make reasoned decisions on your own behalf. The Will, on the other hand, is a testamentary document that comes into effect once we have passed. It is intended to distribute our assets, and appoint

someone to deal with any and all administrative issues related to our estate.

An Enduring Power of Attorney (EPA) is a legal document you create when you are capable, and of sound mind. The EPA appoints someone to be your Attorney should you ever lose the ability to make reasoned decisions for yourself. An Attorney's role is to manage your property, and finances should you ever require someone to assist you.

A question I often get is, "can't I just appoint an Attorney if I ever need one?" The answer is no.

The EPA must be written by a person who has the mental capacity and ability to understand what an EPA is at the time that they sign it. This document sets out who you want to take care of your property and finances should you ever suffer any type of illness that impacts your ability to make reasonable decisions for yourself. It also lays out certain powers and responsibilities that your appointed attorney must follow.

There are certain steps that must be taken to ensure an EPA is an effective legal document, which you can discuss with a lawyer to ensure that your EPA is effective and valid.

An EPA is very important because it cares for you if you are ever in a situation where you cannot make reasonable, informed decisions for yourself, (i.e., severe dementia, a bad stroke, or an accident), and you need someone to make important decisions for you or take care of your property, (paying your rent or mortgage and paying bills). Your appointed Attorney will be able to step in and assist you. If you do not have a signed EPA, there is no assumption at law as to who would be the person to assist you, not even a family member. In such a case, your loved ones would have to make a costly, stressful and often time-consuming application to the Courts to take care of you.

In addition, the person who applies to the court to be appointed as your trustee may not be the person you would want to take

on that role. An Attorney has a lot of responsibility and there are unfortunately many instances where we see people, especially seniors, are taken advantage of by bad actors.

Like the EPA, a Personal Directive is a legal document created when you are capable, and of sound mind, and which appoints someone to make decisions on your behalf should you ever lose capacity. This person is called your Agent. An Agent's role is to assist you by making all personal and health care decisions on your behalf. Like an EPA, you cannot create a PD after losing capacity. The PD can only be created by someone capable of understanding the document and its ramifications at the time they sign it. This document sets out who you want to manage your health care and wellness preferences should you ever suffer an illness that impacts your ability to make reasonable decisions for yourself. For example, giving doctors instructions, or hiring health care aides to help take care of you in a preferred

location. Your appointed Agent will step in and follow your PD wishes.

There are certain steps that must be taken to ensure a PD is an effective legal document, which you should discuss with a lawyer to ensure that your PD is effective and valid.

Without a PD, there is no assumption in the law as to who would be the person to make decisions on your behalf, not even a family member. In such a case, your loved ones would have to make a costly, and often time-consuming and stressful application to the courts to be appointed as your guardian and have the legal authority to take care of you.

The EPA and PD are 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.

Jenna Bever is a Wills and Estates lawyer with DD West LLP and she has experience in preparing Estate Plans for clients from all walks and stages

Medicine Hat Veiner Activities

What's Happening in June

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

June 3
Ask a Financial Advisor–Craig Elder, RBC Dominion Securities
10am – 11am | Registration Required | Boardroom

June 3
Book Review Crew
1pm – 2pm | Dining Room

June 3
Card Makers
1pm – 4pm | Boardroom | Registration Required | bring your own supplies

June 10
Alzheimer Society Care Partner Support Group
1:30pm – 3pm | Craft Room | Register with Kristel (403) 528-2700

June 11
Dementia Support Group
10am – 12pm | Boardroom | Register by calling 403-528-2700

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

June 19
Dementia Support Group
9:30am – 12pm | Boardroom | Register by calling 403-528-2700

June 17
First Link Connections
1pm – 3pm | Boardroom | Register by calling 403-528-2700

June 17
Bridges Grandparents Group
10:30am – 12pm | Boardroom | Register by calling Kayla 403-526-7473

June 27
Book Club
10am – 11am | Boardroom

June 27 – 29
Scrapbooking Fanatics
Starting at 4:30pm on the 27th | Registration Required

Wellness Wednesdays

Open to members and non-members

June 4 | Movie Matinee “Pirates of the Caribbean” |
Craft Room | 2pm – 4pm

June 11 FREE Hearin Health check with Ear Wax
Re
Boardroom | 1pm – 4pm | Registration Required

June 18 | Pet Therapy with Kenzy
Games Room | Craft Room | 10:30am

June 18 | Optima Rocks with Jodi
Craft Room | 2:15pm – 4pm

June 25 | Life Long Learning: “Conflict Resolution Part II”
Boardroom | 1pm – 2:30pm | Registration Required

Veiner Centre Seniors Week

| |
|--|
| Fall Prevention Trivia June 2 South MP 10:30am – 11:30am Drop in Only |
| Jigsaw Puzzle Contest June 3 6:30pm – 8:30pm \$25/team of 4 Registration Required |
| Fitness in the Park June 4 Lion's Park at the Circuit Training Equipment Free 9:30am – 10:30am Registration Required |
| Exercises & Stretches for Golf & Pickleball June 4 Strathcona 1pm – 2pm Mem: \$5 NonMem: \$10 |
| Thursday Craft Night: Notepad Holder June 5 Craft Room 5:30pm – 6:30pm Registration Required |

| |
|---|
| Active A in Activites Steady Moves Workshop – With Erynn Wednesday, June 11 Strathcona Centre 1pm –2pm Mem:\$5 Non-Mem: \$10 |
| Movie Night: “Deep Water Horizen” Thursday, June 19 5:30pm – 7:30pm Craft Room Free to members |

| |
|---|
| U comin Tri s Rosebud – Dream: A New Canadian Muscial Wednesday, July 9th Members: \$125 Non-Members: \$140 Includes transportation, lunch and show |
|---|

Medicine Hat Strathcona Activities

What's Happening in June

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

| Mondays | Tuesdays | Wednesdays | Thursdays | Fridays |
|----------------------------------|------------------------------------|--|----------------------------|-----------------------------------|
| High Beginner Line Dancing 9am | Fun & Fitness 9am & 10am | Absolute Beginner Line Dancing 8:30 am | Fun & Fitness 9am & 10am | Pickleball Beginner 9am |
| Table Tennis 10am | Functional Fitness 11:45am | Beginner Line Dancing 9am | Beginner Pickleball 11am | Table Tennis 10am |
| Chair Yoga & More 12pm | Pickleball –Skills & Drills 11am | Table Tennis 10am | Chair Yoga & More 1pm | Yin Yoga 12pm |
| Pickleball Intermediate 1pm | Pickleball –Beginner 12:35pm | Qigong & Chair Yoga 12pm | All Level Fitness – 4:15pm | Pickleball Intermediate 12:55pm |
| Pickleball Advance 2:30pm | All Level Fitness – 4:15pm | Pickleball – 1pm | | Pickleball Advance 3pm |
| Yang Short Form 7pm | Yang Short Form 7pm | Weapons Form 7pm | | Pickleball Open Session 6pm |
| Yang Long Form 8pm | Chen Style Short Form 7:30pm | | | |
| | Fan Form 8:15pm | | | |

Fitness Class Spotlight

All fitness classes require registration
High Beginner Line Dancing
9:00 – 9:50am | Mondays | Jun 2 – Aug 27 | 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
Jun 4 – Aug 27 | Wednesdays
8:30am – 9am | FREE

Beginner Line Dancing
Jun 4 – Aug 27 | 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

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


Unison Travel Spotlight

Drumheller: Royal Tyrrell Museum and The Hoodoos – Day Trip

Wednesday, June 11th, 2025 | 8:00 AM – 7:00 PM
Members: \$95 | Non-Members: \$125
Cut-off date: Wednesday, May 28th, 2025

Includes bus transportation by Universal Coach Lines Ltd and admission tickets to Royal Tyrell Museum of Palaeontology. Ensure you have your Health Care Card and government-issued photo ID.
Trip is suitable for persons with reduced mobility. Bring appropriate clothing and footwear, as well as your own lunch.

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



Active Aging Spotlight

Intermediate Drawing

Mondays, June 2nd – July 7th (6 Weeks)
1 pm – 3 pm
Member: \$99 | Non-Member: \$129
Location: **Kerby Centre – Room 313**
Instructor: Hamideh Khadem Sohi

Have you always been interested in drawing? If so, this is the perfect place for you! Build a solid foundation and grasp the basics of drawing to become the artist you've always dreamed of being!
Supplies not included.

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



Active Aging Spotlight

Self Defense

Tuesday, June 24th
10 am –12 pm
Member: \$50 | Non-Member: \$80
Location: **Kerby Centre – Room 312**
Instructor: Don Muldoon

Regardless of your size or strength, there are several simple self-defense techniques you can learn to protect yourself. These skills are an effective way of creating a diversion and can be learned by anyone.

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



Active Aging Spotlight

Learn to Use Social Media

Every Tuesday 10 am – 11 am | 11 am – 12 pm
Every Thursday 1 pm – 2 pm | 2 pm – 3 pm
Member: \$10 per session
Location: **Kerby Centre – Room 312 | 313**
Instructor: Sheeba Rivington

Curious about Facebook, Instagram, or other social media platforms but not sure where to start? Join us for a relaxed drop-in session where you can ask questions, get tips, and learn at your own pace.
Special Members Pricing! Book a 1-hour one-on-one session.

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



Active Aging Spotlight

Photography with Smartphone

Tuesdays, June 3rd – June 24th (4 Weeks)
1 pm – 3 pm
Member: \$64 | Non-Member: \$94
Location: **Kerby Centre – Room 312**
Instructor: Hamideh Khadem Sohi

Our instructor can teach you how to capture compelling images using your smartphone. From composition techniques to editing tips, the instructor's aim is to empower students to unleash their creativity through mobile photography.

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!
June 23-27, 2025

Hours: 10:00 am – 3:00 pm



Wellness Spotlight

Live Well Be Well*

Mondays | 11 am – 12 pm
Cost \$3 | drop-in fee per person/session

Join our weekly wellness series for insightful presentations and conversations.

Meditation Monday*

Mondays | 10 am – 10:45 pm
Cost \$3 | drop-in fee per person/session

Join both activities on June 2nd as part of Seniors' Week!

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



Wellness Spotlight

River Walk

Tuesdays, 10 am – 11:15 am
Cost \$2 | drop-in fee per person/session

A Mindful Riverwalk to the East of the Bow River and other parks.

Come and enjoy the sights, sounds along the river, and visit other parks around downtown with our weekly walking groups. 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

Indigenous Drum Circle

Tuesdays, September 9, 16, and 23
1 pm – 2:30 pm
Charges Apply
Instructor: Dorvina Pearline White Quills
Location: Wellness Center – Room 317

Join to learn about the Indigenous way of drumming. Learn about the teachings behind Traditional Hand Drum songs from a new perspective. Passed from her mentors. Respect for the Hand drum is to be in a clean and sober state of mind. All are welcome to participate.

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!

Wellness Spotlight

Compass for Caregivers

Thursdays, July 10, 17, 24, and 31, 2025
1 pm – 2:30 pm
Member: \$85 | Non-member: \$170
Location: Wellness Center – Room 317

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

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



Wellness Spotlight

Friend Fridays – Social Hour at the Wellness Centre

2nd & 3rd Fridays of the Month
1 pm – 2:30 pm
Cost \$3 | drop-in fee per person/session
Location: Wellness Center

Looking for a relaxed space to chat and connect? Drop in for Friend Fridays! No registration, just a free hour for a good company. Everyone is welcome to come in, share a conversation, and enjoy friendly connections.

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 – Summer – Z01

July 7 – July 28 (4 weeks)
Mondays | 9:00 am – 10:00am
Members: \$26 | Non-Members: \$56

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 Leung
Location: Online – Zoom



Online Class Spotlight

Fitness over 50! – Online Course – Summer – Z05

July 8 – July 29 (4 weeks)
Tuesdays | 9:30am – 10:30am
Members: \$26 | Non-Members: \$56

Join us for a combination of movement, strength, core and stretch class. You will incorporate hand weights and other items that you will have around the home like stretch bands, towels, etc. All levels welcome!

Instructor: Dave Goldenberg
Location: Online – Zoom



Online Class Spotlight

Gentle Soulful Yoga – Online Course – Summer – Z09

July 9 – July 30 (4 weeks)
Wednesdays | 9:00am – 10:00am
Members: \$26 | Non-Members: \$56

Join Navin for a more traditional, slow, grounding, and meditative yoga class. Navin will help you find your center, stretch our limbs, and provide alternative movements.

Instructor: Navin Jetha
Location: Online – Zoom



Online Class Spotlight

Chair Dancing – Online Course – Summer – Z07

July 11 – Aug 1 (4 weeks)
Thursdays | 1:00pm – 2:00pm
Members: \$26 | Non-Members: \$56

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! The smiles and laughter are all part of the strength training program.

Instructor: Dave Goldenberg
Location: Online – Zoom



Online Class Spotlight

Online Class Spotlight

Muscle Strength & Core Balance – Online Course – Summer – Z03

Fridays July 11 – Aug 1 (4 weeks) | 11:30am – 12:30am
Members: \$26 | Non-Members: \$56
Instructor: Dan Leung
Location: Online – Zoom

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.

ONLINE PRESENTATIONS:

CRUISING WITH DAVE!
Tuesday, June 3rd | 1:00 pm

RENTERS AWARENESS
With speaker ALI JAVAD ZADEH, Realtor – Residential and Property Manager | Wednesday, June 18th | 1:00 pm

Moving Forward: Managing Hip & Knee Arthritis Without Surgery
With speaker Dr. Batinić from Momentum Health
Friday, June 27th | 10:00 am

Nutrition for Healthy Aging
With Registered Dietitian Carol Holland from JM Nutrition
Wednesday, July 9th | 10:00 am

Creating Connections: Tools for Supporting the Hard of Hearing
Session with Deaf & Hear Alberta
Tuesday, July 15th | 10:00 am

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**

Active Aging

Course Registration Summer Session

Registration opens June 2nd for members and June 11th for non-members

Register in person at Kerby Centre in Room 306 or by phone at 403-705-3233

Online registration is available now
Unison50plus.unisonalberta.com



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 403-705-3233**

Classes offered in our satellite locations: Unison at Wild Rose (1317 1 St NW, Calgary, AB T2M 2S5)

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|---|--|
| Line Dancing Beginner (Member: \$42 Non Member: \$72 per course) <u>Instructor:</u> Dianne Sandstrom | W01 Monday July 7 – Aug 25 (No Class Aug 4) - 7 Weeks 10:30am – 11:30am Wild Rose Church |
| No partner? No problem! This fun and easy class will teach you the basics of line dancing. You'll improve your coordination, stay sharp, and feel more confident as you learn new moves. | |
| Ukulele Beginner (Member: \$75 Non Member: \$105 per course) <u>Instructor:</u> Lorraine Smith | W02 Friday July 11– Aug 29 (8 Weeks) 10am – 11am Wild Rose Church |
| Perfect for beginners. You'll learn basic chords, strumming, and play along with familiar songs—plus, singing is encouraged! Bring your own ukulele (soprano, concert, or tenor) and a clip-on tuner. <i>If you need a uke, contact the Active Aging Department for help.</i> | |
| Summer Themed Acrylic Painting Workshop (Member \$60 Non Member \$90) <u>Instructor:</u> Hamideh Khadem Sohi | W03 Monday July 28 10am – 12pm Wild Rose Church |
| Whether you are a beginner or an advanced student, there is something new to learn. It is a great chance to improve your skills and gain some new knowledge. Don't miss our t on this fantastic opportunity! *Supplies included* | |
| Fitness with Dan (Member: \$48 Non Member: \$78) <u>Instructor:</u> Dan Leung | W04 Tuesday July 8 – Aug 26 (8 Weeks) 10am – 11am Wild Rose Church |
| Traditional aerobics class with emphasis on cardiovascular training. You are encouraged to work at your own pace. | |

Active Living Courses *Appropriate workout attire and footwear are required for all fitness classes*

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| Chen Tai Chi (Member \$26 Non Member \$56) <u>Instructor:</u> Adrian Buczek | A01 Thursday July 10 – July 31 (4 Weeks) 2:15pm – 3:15pm Room 205 – Kerby Centre | A02 Thursday Aug 7 – Aug 28 (4 Weeks) 2:15pm – 3:15pm Room 205 – Kerby Centre |
| Chen Tai Chi and Tai Chi Qi Gong is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Helps to reduce stress, increase coordination, balance and range of motion. | | |
| Fitness with Dan (Member \$26 Non Member \$56) <u>Instructor:</u> Dan Leung | A03 Wednesday July 9 – July 30 (4 weeks) 10am – 11am Gym – Kerby Centre | A04 Wednesday Aug 6 – Aug 27 (4 weeks) 10am – 11am Gym – Kerby Centre |
| Traditional aerobics class with emphasis on cardiovascular training. You are encouraged to work at your own pace. | | |
| Muscle Strength & Core Balance (Member \$39 Non Member \$69) <u>Instructor:</u> Dan Leung | A05 Friday July 25 – Aug 29 (6 Weeks) 9am – 10am Gym – Kerby Centre | |
| Strong core balance. Various equipment will be used to train muscles associated with activities for daily living. | | |
| Stretching & Mobility (Member \$26 Non Member \$56) <u>Instructor:</u> Dave Goldenberg | A06 Tuesday July 8 – July 29 (4 Weeks) 11:15am – 12:15pm Room 205 – Kerby Centre | A07 Tuesday Aug 5 – Aug 26 (4 Weeks) 11:15am – 12:15pm Room 205 – Kerby Centre |
| Improve your flexibility, enhance your range of motion, and rejuvenate your body. Don't let stiffness and immobility hold you back from enjoying a vibrant and active lifestyle. | | |

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| Core Essentials & Balance (Member \$26 Non Member \$56) <u>Instructor:</u> Navin Jetha | A08 Thursday July 10 – July 31 (4 Weeks) 11:00am – 12pm Room 205 – Kerby Centre | A09 Thursday Aug 7 – Aug 28 (4 Weeks) 11:00am – 12pm Room 205 – Kerby Centre |
| Strengthen your core and improve your balance in this fun and energizing class! You'll work on your abs, lower back, and posture with a mix of bodyweight and resistance exercises. Perfect for all levels, this class helps you move with confidence and feel stronger! | | |
| Feet to the Beat (Member \$26 Non Member \$56) <u>Instructor:</u> Kym Butler | A10 Friday Aug 8 – Aug 29 (4 Weeks) 1pm – 2pm Room 205 – Kerby Centre | |
| Develop and maintain coordination, agility, balance and overall mobility through a better understanding of music and rhythm. | | |
| Line Dancing (Member \$26 Non Member \$56) <u>Instructor:</u> Glenis Martin | Introductory Beginners A11 Thursday Aug 7 – Aug 28 (4 weeks) 11:30am – 12:30pm Gym – Kerby Centre | Intermediate Beginners A12 Thursday Aug 7 – Aug 28 (4 Weeks) 1pm – 2pm Gym – Kerby Centre |
| No partner? No problem! This fun and easy class will teach you the basics of line dancing. You'll improve your coordination, stay sharp, and feel more confident as you learn new moves. <i>For Intermediate class, participants need to have some previous experience.</i> | | |
| Chair Yoga (Member \$34 Non Member \$64) <u>Instructor:</u> Gina Komanac | A13 Wednesday July 2 – July 30 (5 Weeks) 1:15pm – 2:15pm Room 205 – Kerby Centre | |
| Great way to relax and rejuvenate! Learn basic yoga postures in a comfortable and social environment. Options provided for all levels. | | |
| Flex Fusion Yoga (Member \$20 Non Member \$50) <u>Instructor:</u> Gina Komanac | A14 Monday July14 – July 28 (3 Weeks) 11:30am – 12:30pm Room 205 – Kerby Centre | |
| Learn kind and beneficial yoga poses while increasing strength and balance. You must be able to get up and down off of the floor, but a chair can be used for additional confidence in the class. <i>Please provide your own yoga mat.</i> | | |
| Zumba Gold (Member \$26 Non Member \$56 per course) <u>Instructor:</u> Maaike Seaward | | |
| A15 Tuesday July 8 – July 29 (4 Weeks) 10am – 11am Gym – Kerby Centre | A16 Thursday July 10 – July 31 (4 Weeks) 10am – 11am Gym – Kerby Centre | |
| A17 Tuesday Aug 5 – Aug 26 (4 Weeks) 10am – 11am Gym – Kerby Centre | A18 Thursday Aug 7 – Aug 28 (4 Weeks) 10am – 11am Gym – Kerby Centre | |
| An easy-to-follow program that lets you move to the beat at your own speed. Classes provide modified, low-impact moves for active older adults or anyone looking for a low impact, low intensity workout. | | |

Academic Courses
Arts

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| Arts in the Afternoon: Acrylic (Member \$105 Non Member \$135 per course) <u>Instructor:</u> Hamideh Khadem Sohi | B01 Wednesday July 23 – Aug 13 (4 Weeks) 1pm – 3pm Room 313 – Kerby Centre |
| Designed for beginners. You will be guided step by step to create a finished acrylic painting each week. Classes will cover blending, reflection, depth, various brush techniques and more. <i>All supplies are included.</i> | |
| Drawing (Member \$99 Non Member \$129 per course) <u>Instructor:</u> Hamideh Khadem Sohi | B02 Monday July 21 – Aug 18 (4 Weeks). No class Aug 4 1pm – 3pm Room 313 – Kerby Centre |
| Interested in drawing? Gain a solid foundation and understanding of the basics to drawing and become the artist you've always dreamed you could be! <i>Supplies not included.</i> | |
| Watercolour (Member \$155 Non Member \$185) <u>Instructor:</u> Hamideh Khadem Sohi | B03 Friday July 25 – Aug 15 (4 Weeks) 10:00am – 3:00pm Room 313 –Kerby Centre |
| Are you looking to learn the skill of watercolour painting for yourself? This class may be for you! <i>The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.</i> | |
| Waterfall Acrylic Painting Workshop (Member \$60 Non Member \$90) <u>Instructor:</u> Hamideh Khadem Sohi | B04 Monday Aug 11 10am – 12pm Room 313 – Kerby Centre |
| In this workshop, we'll explore how to create soft, watercolour-like effects using easy-to-work acrylic paints on canvas. No experience needed—just a willingness to try something new and enjoy the creative process. <i>All supplies, including canvases are provided.</i> | |

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| Portrait Watercolor Workshop (Member \$60 Non Member \$90) <u>Instructor:</u> Hamideh Khadem Soni | B05 Thursday Aug 14 9:30am – 1:30pm Room 313 – Kerby Centre |
| Bring your art to life with color in this creative 4-hour workshop! Participants are asked to bring a completed portrait drawing—any style or subject you choose. With the guidance of an experienced instructor, you'll learn how to add depth, expression, and vibrancy using watercolors. <i>Supplies not included!</i> | |

General Interest

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| Origami Workshop (Member \$15 Non Member \$45) <u>Instructor:</u> Kumiko Sato | B06 Monday July 21 10am – 11am Room 108 – Kerby Centre | B07 Monday Aug 18 10am – 11am Room 108 – Kerby Centre |
| Specially crafted for seniors to enjoy the art of paper folding in a relaxed and supportive environment. This activity stimulates your creativity and brings a sense of joy! | | |

Digital Skills Training

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| Modern Tech for Everyday Living Introduction to Online Safety, Phishing & Scam Awareness (Member \$100 Non Member \$130) <u>Instructor:</u> Adrian Ray | | B08 Friday July 11 – Aug 29 (8 Weeks) 11am – 12:30pm Room 305 – Kerby Centre | |
| You'll learn how to take and edit photos, send messages with emojis and attachments, scan QR codes, navigate with Google Maps. You will also learn how to spot phishing emails and scam messages, understand basic online safety practices to protect your privacy. | | | |
| Learn to use Social Media Special Member Pricing – \$10 per session <u>Instructor:</u> Sheeba Rivington | Tuesday – Room 312 10:00am – 11:00pm and 11:00 – 12:00pm | | Thursday – Room 312 1:00pm – 2:00pm and 2:00pm – 3:00pm |
| Curious about Facebook, Instagram, or other social media platforms but not sure where to start? Join us for a relaxed drop-in session where you can ask questions, get tips, and learn at your own pace. Bring your smartphone, tablet, or questions. | | | |

Online Programs

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| Fitness with Dan (Member \$26 Non Member \$56) <u>Instructor:</u> Dan Leung | Z01 Monday July 7 – July 28 (4 Weeks) 9am – 10am Online Zoom | Z02 Monday Aug 11 – Sept 1 (4 Weeks) 9am – 10am Online Zoom |
| Traditional aerobics class with emphasis on cardiovascular training. You are encouraged to work at your own pace. | | |
| Muscle Strength & Core Balance (Member \$26 Non Member \$56) <u>Instructor:</u> Dan Leung | Z03 Friday July 11 – Aug 1 (4 Weeks) 11:30am – 12:30pm Online Zoom | Z04 Friday Aug 8 – Aug 29 (4 Weeks) 11:30am – 12:30pm Online Zoom |
| Strong core balance. Various equipment will be used to train muscles associated with activities for daily living. | | |
| Fitness over 50! (Member \$26 Non Member \$56) <u>Instructor:</u> Dave Goldenberg | Z05 Friday Tuesday July 8 – July 29 (4 Weeks) 9:30am – 10:30am Online Zoom | Z06 Tuesday Aug 5 – Aug 26 (4 Weeks) 9:30am – 10:30am Online Zoom |
| Join us for a combination of movement, strength, core and stretch class with a side of music trivia. This course involves a good warm up and nice long cool down/stretch. Dave will take you through some mild cardio (movement | | |
| Chair Dancing (Member \$26 Non Member \$56) <u>Instructor:</u> Dave Goldenberg | Z07 Thursday July 10 – July 31 (4 Weeks) 1:00pm – 2:00pm Online Zoom | Z08 Thursday Aug 7 – Aug 28 (4 Weeks) 1:00pm – 2:00pm Online Zoom |
| 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! The smiles and laughter are all part of the strength training program. | | |
| Gentle Soulful Yoga (Member \$26 Non Member \$56) <u>Instructor:</u> Navin Jetha | Z09 Wednesday July 9 – July 30 (4 Weeks) 9:00am – 10:00am Online Zoom | Z10 Wednesday Aug 6 – Aug 27 (4 Weeks) 9:00am – 10:00am Online Zoom |
| Join Navin for a more traditional, slow, grounding, and meditative yoga class. Navin will help you find your center, stretch our limbs, and provide alternative movements to accommodate those who need them. | | |
| Chen Tai Chi (Member \$26 Non Member \$56) <u>Instructor:</u> Adrian Buczek | Z11 Tuesday July 8 – July 29 (4 Weeks) 11:00am – 12:00pm Online Zoom | Z12 Tuesday Aug 5 – Aug 26 (4 Weeks) 11:00am – 12:00pm Online Zoom |
| Chen Tai Chi and Tai Chi Qi Gong is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits – helps to reduce stress, increase coordination, balance and range of motion. | | |

Volunteer spotlight

Unison Veiner Centre Enid Luk



Enid Luk is a dedicated volunteer who has been helping Unison Veiner Centre for 17 years. Her expertise is with the Community Volunteer Income Tax Program (CVITP), and her work has been invaluable to low-income seniors. Many seniors struggle with taxes and lack the resources for professional help. Enid ensures se-

niors can file accurately, access the tax credits and benefits they need, and reduce stress. Enid finds it fulfilling to help people with such an important task, and her commitment to volunteering has kept her busy, especially during tax season. The Strathcona Centre can get quite hectic, but Enid handles it all with grace. Outside of volunteering, Enid enjoys swimming, watching singing competitions, and staying informed by keeping up with the news. When she's in the mood for music, country is her go-to choice. Enid's personal motto is "Live and enjoy my current life," a sentiment she clearly embodies in everything she does. Thank you, Enid, for all your years of selfless service and dedica-

tion to helping seniors. We truly appreciate your time, energy, and unwavering support!

Unison Kerby Centre Mike & Nadine Bertin



Mike and Nadine Bertin have been volunteering at Unison Kerby Centre since 2023,

bringing warmth, dedication, and a deep desire to give back. Both retired - Mike from law enforcement and Nadine from the Canada Revenue Agency - they've found new purpose supporting the Unison community. Mike started at reception and now spends most of his volunteering time in the Kerby Café kitchen, prepping meals, and helping at events, working at the tax clinic reception, and delivering groceries through the Thrive Food Security Program. Mike's

volunteering highlights are meeting people from different cultures and experiences, and hearing their stories. "It's soul appeasement," he says. Nadine volunteers in the Seniors Supports department, and is a big help with tax preparation and Thrive deliveries. Her focus is on helping clients feel understood. "You don't know what you don't know," she explains, emphasizing how she breaks down information to clients to make it less overwhelming. She's learned the ins and outs of Unison's programs so she can guide clients toward services that suit their needs. They both have a thirst for learning - whether it's new kitchen skills for Mike or helpful resources for Nadine - and the satisfaction of connecting with others. "Everyone has a story," Nadine says, "and giving people the chance to tell it, with care and respect, means everything." Nadine has been a flexible and resourceful voice when media visits the Unison Kerby Centre, often lending her voice and expertise on topics that are important for seniors in Calgary. To date, Mike has contributed over 1,500 hours and Nadine over 2,000 in an incredible reflection of their generosity and dedication. We are deeply grateful for all they do. Their compassion, commitment, and willingness to go above and beyond have made a difference in the lives of Unison's clients. We heartily thank you, Mike and Nadine, for everything you've done to help our community!

Volunteer opportunities



- Kerby Café Cashier:** The Kerby Café is looking for volunteer cashiers to help take orders and handle payments. It's a great way to meet people and brighten someone's day!
- Kitchen prep:** Join our kitchen prep team! Volunteers help chop, prep, and plate meals that keep the Kerby café running smoothly. Training provided.
- Housing & Benefits:** Help seniors navigate housing, benefits, and community programs. Provide consultations, assist with applications, and connect clients to vital resources. Training provided.
- Office Support:** Volunteer with our Thrive Food Security Program! Help keep client records organized, respond to inquiries, coordinate grocery deliveries, and schedule food bank appointments.
- Administrative Assistant:** Support our team with filing, data entry, phone calls, and scheduling.

For more information: volunteer@unisonalberta.com

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Riddle answers

- David's father has three sons: Snap, Crackle, and **David**.
- I am easy to lift, but hard to throw. What am I? **A feather**.

Grow the conversation around elder abuse

Meaghan Westlund

What happens to our clients once they move on from Unison's Elder Abuse Shelter? For one year after leaving the shelter, our Outreach team works with clients to help them avoid returning to the people and places that caused them harm. Our team supports the transition back to society, making sure clients are integrating into the community, have their basic needs met, and advocate for their connection to resources and referrals. The outreach team has seen great success, but, we've also seen a greater need in the community.

Despite reaching out and spreading awareness in the community, elder abuse has been increasing during the last few years. We see this trend and work to go deeper to address the root cause of family violence.

Connecting with youth is one of the avenues we are exploring this year in honour of World Elder Abuse Awareness Day (WEAAD).

WEAAD is acknowledged every year on June 15th. This year's theme is "Grow the Conversation. Recognize the Signs, Reduce the Risks." We are looking to younger generations to address elder abuse and work to end the cycle of family violence.

Unison has partnered with GoodLinks, an organization that connects youth with older adults, bridging the intergenerational divide. This year, GoodLinks has connected a junior high school, St. Ambrose, with the seniors' residence, Atria. The students receive elder abuse awareness training, then share stories with Atria's residents. The students then create art that explores a creative prompt, which for this year, is How



to Keep your Older Adult Safe. The resulting art is a collection of portraits, landscapes, and dreamy interpretations of what safety for seniors means to them. The artwork is bound in a book, and available for

purchase, with all proceeds supporting the work of the Calgary Elder Abuse Awareness Collective.

Unison will be honouring WEAAD on Friday, June 13th. Join us a day of awareness and discussion

with senior serving agencies in the Calgary Elder Abuse Awareness Collective.

For more information, please email meaghanw@unisonalberta.com

Pets can be a lifeline for seniors

Sally Johnston, Calgary Humane Society

There's something universally heartwarming about the way a pet greets you at the door or curls up beside you after a long day. For many, pets are a source of comfort and joy, but for seniors, they can be so much more. Pets are not just companions; they are family, routine, purpose, and often, the last link to a lifetime of memories.

As people age, the world can sometimes shrink. Friends move away, mobility decreases, and health concerns can limit independence. In this stage of life, the companionship of a beloved animal can be transformative. A dog or cat doesn't just offer unconditional love. They provide consistency in an unpredictable world. They ask for little but give endlessly: a reason to wake up, a reason to smile, a reason to go for a walk and breathe fresh air.

The Calgary Humane Society has seen firsthand how deep and essential this connection runs. Through our Continued Companionship Seniors Program, we support low-income older adults in keeping the pets they love by helping to cover the cost of essential veterinary care. While

the medical treatments we offer are important, what we're really preserving is something far more meaningful: the unbreakable human-animal bond.

Many of the seniors we meet have built entire routines around their pets. Morning coffee on the porch while the cat surveys the yard. Afternoon walks with a dog who knows every crack in the sidewalk. Conversations held in quiet kitchens with a parrot or rabbit as the trusted listener. For those aging in place or living alone, a pet can offer a rare kind of stability and companionship—one that doesn't fade when

it's bills strain every dollar, the cost of veterinary care can feel impossible. The result? Seniors who are forced to consider surrendering the one living being that keeps them grounded.

That's where our Seniors Program steps in. By offering financial support for urgent and preventative care, we make it possible for pets to remain with their people, where they belong. But the support doesn't stop there. Often, veterinary needs are just the beginning. What begins as a call about a limping dog or a sick cat can open the door to broader conversations about isola-

partners to connect seniors not just to veterinary services, but to the human services they need to thrive. It's not unusual for a vet appointment to turn into a referral for food assistance, mental health support, or senior outreach programming. In supporting the pet, we often uncover ways to support the person too.

These moments reveal something we believe deeply: helping animals isn't separate from helping people. In fact, the two are often inseparable.

The bond between a senior and their pet is not just emotional—it's protective. Studies have shown that pet ownership in older adults is associated with lower blood pressure, improved heart health, reduced depression, and greater cognitive function. Simply put, pets help seniors live longer and live better.

That's why our programming extends far beyond the clinic. Whether it's helping seniors advocate for pet-friendly housing through our Pets and Renters initiative, or offering temporary pet housing through our Pet Safekeeping Program for



Photo: Pietro Schellino

those navigating crisis, we're committed to ensuring that no senior has to choose between their well-being and their pet.

These aren't just programs—they're lifelines. They are our answer to a society that too often forgets the value of aging and the importance of connection.

At Calgary Humane Society, we believe the best place for any pet is with the person who loves them. And for seniors, that love is often the thread that ties their past to their present and brings purpose to each new day. We're proud to stand behind them—not just for the health of their pets, but for the strength of the bond that gives life so much of its meaning.

Because preserving that bond isn't just about saving animals. It's about honoring the people who have spent a lifetime loving them.



Dogs are a person's best friend with good reason!
Photo: Chewy (Unsplash)

the phone stops ringing, or the visitors stop coming.

But aging on a limited income can bring hard choices. When rent, medication, groceries, and util-

ity bills strain every dollar, the cost of veterinary care can feel impossible.

That's why the Seniors Program is built on collaboration. We work with a network of community



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