

# Springtime joy and appreciation



A bit of extra sunshine is sure to put a spring in our step. Crocuses will start blooming this month, reminding us of renewal, change, and the beauty of nature, giving us hope as we celebrate Earth Day on April 22. As much as we appreciate new growth, we appreciate the Unison community 100 times that amount!  
*Photo: Deborah Maier*

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# Protect yourself from scams

Vineeta Kapoor

Scammers can target any individual or business in Canada. Here are some tips to protect yourself or your business.

Don't be afraid to say no. High pressure sales tactics can be intimidating, and play on your emotions. If someone tries to get you to buy something or to send money right away, request information in writing, or simply hang up.

Do your research: Always verify that the organization you're dealing with is legitimate before you take any action:

- ▶ Verify Canadian charities with the CRA.
- ▶ Verify collection agencies with the appropriate provincial agency.
- ▶ Look online for the company's contact information and call them to confirm.
- ▶ Verify calls with your credit card company by calling the number on the back of your card.

If you've been contacted by a family member asking for money, touch base with other family members before giving away your money. The Grandparent Scam is a new method scammers are using against seniors, claiming they are a young relative in distress.

Watch out for fake or deceptive online or emailed ads. Always verify that the company and its services are real before you contact them.

Don't give out personal information. Beware of unsolicited calls that ask for your name, address, birthday, Social Insurance Number, or your banking information. If you didn't initiate the call, you don't know who you're talking to.

Scammers often pretend to be from the Canada Revenue Agency.

The CRA will not:

- ▶ Send refunds by e-transfer or text message.
- ▶ Demand or pressure immediate payment by Interac® e-transfer, cryptocurrency (bitcoin), prepaid credit cards, or gift cards from any type of retailer
- ▶ Threaten to deport or arrest you, or put you in prison.
- ▶ Use aggressive or threatening language.
- ▶ Set up an in-person meeting in a public location to collect a payment.
- ▶ Charge a fee to speak with a call centre agent.
- ▶ Ask for personal or financial information in a voicemail or email.

Many scams request upfront fees ahead of receiving goods, services, or a prize. It's illegal for a company to ask you to pay a fee upfront before they'll give you a loan. There are no prize fees or taxes in Canada. If you won something, it's free.

Protect your computer: Be suspicious of urgent-looking messages that pop up while you're browsing online. Don't click on them or contact them.

No legitimate company will call and claim your computer is infected with a virus. Some websites, such as music, game, movie, and adult sites, may try to install viruses or malware without your knowledge. Watch out for spelling, grammar, and formatting errors, and be wary of clicking on any attachments or links. They may contain viruses or spyware.

Make sure you have an-

ti-virus software installed on all your devices and keep your operating system up to date. Never give anyone remote access to your computer. If you are having problems with your system, bring it to a trusted, local technician.

Carefully consider who you're sharing explicit videos and photos with. Don't perform any explicit acts online.

Disable your webcam or any other camera connected to the internet when you aren't using it. Hackers can get remote access and record you.

Protect your online account by taking the following steps:

Create a strong password by:

- ▶ Using a minimum of 8 characters including upper & lower-case letters, at least one number & a symbol.
- ▶ Creating unique passwords for every online account.
- ▶ Using a combination of passphrases that are easy for you to remember but hard for others to guess.
- ▶ Enable multi-factor authentication.
- ▶ Only log into your accounts from trusted sources.
- ▶ Don't reveal personal information over social media.

Recognize spoofing: Spoofing is used to mislead victims and convince them that they

## Seniors Supports

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

- April 3rd: 9am-3pm
- April 16th: 9am-3pm
- May 14th: 9am-12 pm
- June 11th: 9am-12 pm
- July 16th: 9am-12 pm
- August 13th: 9am-12 pm
- September 17th: 9am-12 pm
- October 15th: 9am-12 pm
- November 26th: 9am-12 pm
- December 10th: 9am-12 pm



**Seniors Supports | 403-705-3246**

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

## Seniors Supports

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

- April: 1st, 15th, 29th

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

**Seniors Supports | 403-705-3246**

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

are communicating with someone legitimate.

Caller ID spoofing: Fraudsters can manipulate the phone number appearing on call display with a legitimate phone number from law enforcement agencies, financial institutions, government agencies or service providers.

Email spoofing: Fraudsters can manipulate a sender's email address to make you believe that you're receiving something from a legitimate source.

Website spoofing: Fraudsters will create fake websites that look legitimate and pretend to be financial institutions, a company offering employment, an investment company, or government agency.

To protect yourself from spoofing:

- ▶ Never assume that phone numbers appearing on your call display are accurate.
- ▶ Hang up and call the company or agency in question directly. Don't use the information provided in your first contact with a suspected fraudster.
- ▶ Check for the organization's legitimate contact information before getting in touch with them.
- ▶ Never click on links received via text message or email.
- ▶ Verify the URL and domain to make sure you are on an official website.

Businesses: Know who you're dealing with. Check invoices thoroughly for legitimate companies before making a payment. Scammers will use real company names like the Yellow Pages to make invoices seem authentic.

Compile a list of companies your business uses and share it with your employees, so they know which contacts are real and which aren't. Educate employees at every level to be wary of unsolicited calls. If they didn't initiate the call, they shouldn't provide or confirm any information, including:

- ▶ The business's address or phone number.
- ▶ Account numbers.
- ▶ Information about office equipment.

Only allow select staff to approve purchases and pay bills, and watch for anomalies.

Beware of larger orders than usual, multiple orders of the same item, and orders of big-ticket items.

You never have to give your personal information or money away when someone claims that you need to. Following the steps in this article will help you be prepared to take on scammers this tax season

## We will do your Income Tax For FREE

**March 3rd - April 30th 2025**  
Monday - Friday | 9am - 3pm

**Income tax volunteers** are available to file simple tax returns for seniors 55+ and AISH clients.

**Income limit:** \$35,000 per year for single or \$50,000 per year for a couple

Call 403-705-3246 to schedule an appointment.  
Kerby Centre, 1133-7 Avenue SW, Calgary, T2P 1B2.

**We do not prepare tax returns for self employment, business or rental income, capital gains or losses, bankruptcy.**



# The profound impact of volunteers

National Volunteer Appreciation week runs from April 27 - May 3 this year. Unison is a community that thrives when volunteers donate their time to help us, and we are certifiably and extravagantly lucky thanks to the number of volun-

teers that are in the building at any given time. Our volunteers work hard to make sure the older adults who visit Unison stay healthy and connected, and get the help they need. I'm proud to say that they're the heartbeat of our orga-

nization. We are incredibly fortunate to have individuals and groups step up and support our programs like the Free Tax Clinic at the Unison Kerby Centre, and Meals on Wheels at the Unison Veiner Centre.

Volunteering is about more than donating your time. It's about making an impact. At Unison, volunteers create connections to the community, and sometimes even save lives. One client from the Meals on Wheels program at the Unison Veiner Centre was rescued from a downward spiral of loneliness that made her lose her appetite, which was impacting her overall health. When our volunteers began delivering regular meals, they also provided food and health support, and the socialization the gradually improved her health, mood, and ability to start taking care of her-

self again. This client's family reached out to share her appreciation, saying it saved her mom.

The mission is simple, yet profound. We have heard time and again what a difference our volunteers make, and it's a moment of pride for us to know that we have provided a means for people to have such an impact.

The free tax clinic at Unison Kerby is no exception. This annual operation is entirely run by volunteers who take hundreds of clients and help them learn about the different benefits available to them. I overheard one client talking on the phone who said they were receiving a \$300 rebate after they were signed up for their senior's benefits. They weren't aware they qualified, but our knowledgeable and attentive volunteers plugged this client into a system that's often



Larry Mathieson, CEO and President

confusing, saving them the hassle, and ostensibly pulling them a bit farther out of poverty.

Volunteers are more than just helpers. They are an integral part of the fabric that unites us in our mission to help older adults live their best lives. Their time, compassion, and tireless efforts help our community feel seen and heard, fed and healthy, and with more money in their pocket.

## APRIL 2025

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

### Unison Board of Directors 2024 - 2025

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Larry Mathieson

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

#### Unison News

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## Annual General Meeting (AGM)



Notice of Unison Society 2025  
Annual General Meeting

Join us in-person or online on  
**Wednesday, April 16th**  
**from 10am - 11am**

*\* Please Note: A Unison at Kerby Centre membership is required to be a voting member. Voting for the AGM will take place in-person. Online access is for viewing only.*

#### Details to join us in-person:

- RSVP to [helloyyc@unisonalberta.com](mailto:helloyyc@unisonalberta.com) by April 12th  
Unison at Kerby Centre (1133 - 7th Avenue SW, Calgary)

#### Details to join us online:

- Register at [unison50plus.unisonalberta.com/event-6061585](http://unison50plus.unisonalberta.com/event-6061585)  
or scan the QR code



## 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

**By appointment ONLY! Admin fee \$5.**

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





Community Bread Market Locations  
for older adults & seniors 50+

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

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

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

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

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

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

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

APRIL 2025



APRIL 2025

Community Bread Markets  
for older adults & seniors 50+

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 1:30 pm - 3:00 pm Northminster United @ Highland Park (1st Wednesday of the month)	3	4
7	8 11:00 am - 12:00 pm Parkdale Nifty Fifties (2nd Tuesday of the month)	9 1:00 pm - 3:00 pm Carya Village Commons (2nd Wednesday of the month)	10 10:30 am - 12:00 pm Knox Presbyterian Church (2nd Thursday of the month)	11
14	15	16	17 11:00 am - 12:00 pm Bow Cliff Seniors 50+ (3rd Thursday of the month)	18
21	22	23	24 12:00 pm - 1:15 pm Confederation Park 55+ (4th Thursday of the month)	25
28	29	30		

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# ARE YOU PAYING MORE TAXES THAN YOU NEED TO?



CIBC PRIVATE WEALTH  
POPOWICH KARMALI  
ADVISORY GROUP

Taxes are the biggest lifetime expense for most Canadians. But a lot of people do not know exactly how much they will pay, or how taxes can impact their ability to sustain their retirement over time. Because the more money you spend in taxes, the less you have in your pocket to enjoy the lifestyle you want.

I find that people often equate tax filing with tax planning, when they are fundamentally different processes.

Filing your tax return is reactive; you are reporting income, deductions, and credits from the previous year to the CRA.

Retirees should file their tax returns every year, even if they have little to no income, for several important reasons.

Eligibility for some federal and provincial benefits are based on income reported on your tax return. For example, eligibility for the Guaranteed Income Supplement (GIS) for lower-income seniors depends on your annual income as reported on your tax return. You must also file your tax return to receive credits such as the GHST/HST credit—a tax-free quarterly payment to help lower-income Canadians with sales tax—and the Climate Action Incentive Payment (CAIP)—a rebate available to people who live in provinces with a carbon tax.

Additionally, if you have high medical costs, which can include prescriptions, home care, or mobility aids, you may be able to claim a deduction for them on your tax return. Additionally, if you or your spouse has a disability, you may be eligible to receive the Disability Tax Credit (DTC), which can reduce your taxes.

Unlike filing your tax return, tax planning cannot be taken year by year. You need a long-term strategy that looks at what you can do to reduce your taxes now and for years down the road.

There are three points in your retirement when you pay tax: when you make money, when you take money, and when you die. There are many different strategies available to address each of these points; however, what works for one family will not necessarily work for another. For example, if one spouse has higher income, a couple may be able to split their income and thus reduce the overall tax bill for the family. If you are a solo retiree, you will need to explore other options to minimize your taxes.

One of the key things I look at when building a tax strategy for my clients is the most optimal way to withdraw money. Most retirees have different categories of income: CPP, OAS, pensions, savings, and registered accounts, for example. Each of these sources is treated differently when it comes to tax,

so you need a plan to withdraw money in the most effective way possible.

Transitioning assets can also come with specific tax challenges. Couples are able to defer tax on death by rolling ownership of assets to the surviving spouse or common-law partner; however, individuals without a surviving partner will have tax liability right away. No one wants their loved ones to have to sell their assets just to pay the tax on their estate. These are issues that you need to address with your professional team in advance.

One common mistake I see clients make when it comes to tax planning is failing to get the professionals that they work with on the same page. One family could potentially have an accountant, an investment advisor, a financial planner, and a lawyer. If these professionals are working independently of one another and each only understands a small piece of your overall financial situation, their strategies will not be aligned and you could be paying more tax than you need to.

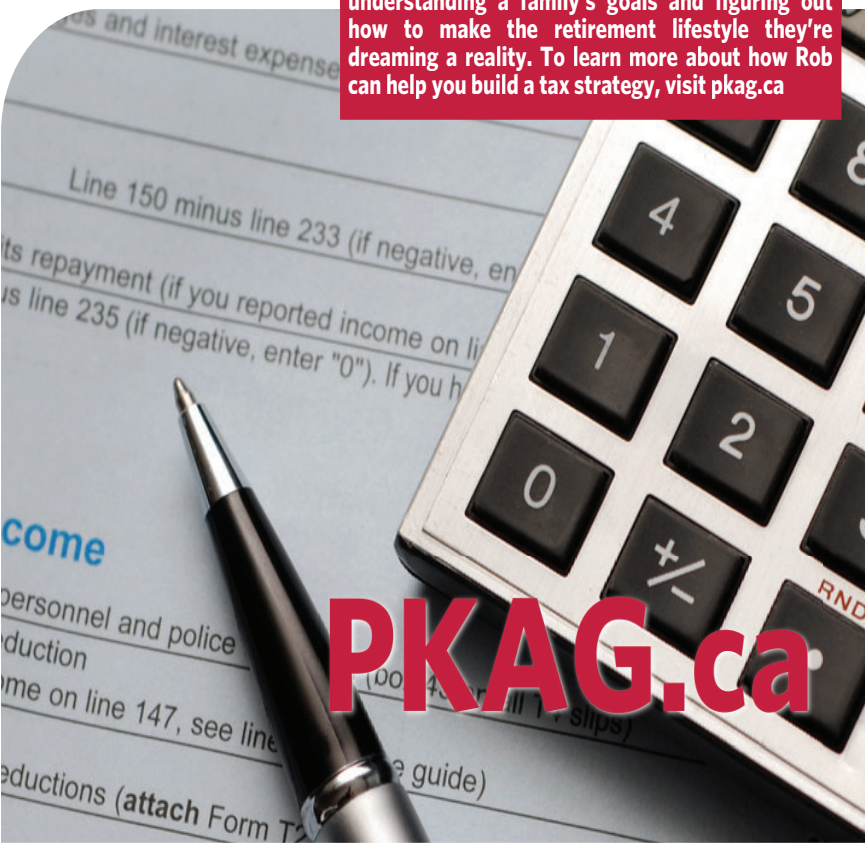
Many people do not realize that it is okay to ask your various advisors to communicate. When working with a team of professionals, I would suggest choosing a ‘quarterback’ to be responsible for driving the strategy and keeping everyone organized,

informed, and on the same page.

Your tax strategy should not be set-it-and-forget-it. It should be an ongoing conversation with your team, and your plan should be reviewed regularly to make sure it is keeping up with tax policies and with your changing circumstances.

Rob Gerrie is a Wealth Advisor with the Popowich Karmali Advisory Group, CIBC Wood Gundy. He has a degree in accounting and more than a decade of experience in the investment industry.

He believes that building an investment strategy is about so much more than numbers. It's about understanding a family's goals and figuring out how to make the retirement lifestyle they're dreaming a reality. To learn more about how Rob can help you build a tax strategy, visit [pkag.ca](http://pkag.ca)



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## Free Estate Planning Workshop



Tuesday, May 27th or  
Wednesday, May 28th



12:00 pm – 3:00 pm



Unison at Kerby Centre  
Kerby Centre Lounge

Space is limited.  
RSVP to secure your spot.  
[robl@unisonalberta.com](mailto:robl@unisonalberta.com)  
403-705-3235



unison  
At Kerby Centre

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

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

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GIVEAWAY  
AT EVENT



## April 1925

### Unison Staff

In April 1925, women won the right to vote in Newfoundland. Our Prime Minister was William Lyon Mackenzie King, and the Lieutenant Governor of Alberta was Robert Brett and then William Egbert. The Premier of Alberta was Herbert Greenfield, and then, John Edwards Brownlee.

The Western Canada Hockey League's Victoria Cougars won the Stanley Cup, beating the Montreal Canadiens 3 to 1. The Ottawa Senators won their first Grey Cup, defeating the Winnipeg Tammany Tigers 21 to 1. Canada's highest mountain, Mount Logan, was ascended for the first time. Canada's first chess grandmaster, Daniel Yanofsky, was born at the end of March in Winnipeg, and

cherished pianist Oscar Peterson was born in Montreal in the middle of August.

The Great Depression would hit Canada in four years' time, but in 1925, Canada was celebrating the construction of the Canadian National Railway's Grand Trunk Pacific line, which would gradually connect Canada from Quebec to the Pacific Ocean. The arts were flourishing, thanks in part to the Group of Seven, who were in the midst of capturing Canada's raw, natural beauty in a style that broke away from traditional European influence. The Vancouver School of Applied and Decorative Arts (now known as the Emily Carr University of Art and Design) first opened its doors. Post Office workers were brought under civil service regulations, which improved transparency and accountability in the public sector. The Lake of the Woods treaty was signed in February, establishing joint-management of the Lake of the Woods between Canada and the USA.

## Grieving Together Counselling Group

Have you lost a loved one,  
and are looking for support?  
Our 9 – week group program  
will help you rediscover  
yourself after loss.



Apr 17 – Jun 12

Kerby Center (Room 317)



Call us  
403-234-6566



Email us  
[lolaf@unisonalberta.com](mailto:lolaf@unisonalberta.com)



Join us for an inside scoop on all things generations 50+



🕒 Saturday | April 26th  
9am– 3pm

📍 Unison at Kerby Centre  
1133–7 Avenue S.W.  
Calgary, AB, T2P 1B2

For more information visit [UnisonAlberta.com/seniors-expo-2025](https://UnisonAlberta.com/seniors-expo-2025)

## Thank You to Our Sponsors!

### Platinum Sponsors



#### Silvera for Seniors

Silvera for Seniors is a non-profit provider of safe, affordable and well-priced housing and services to independent older adults. In addition to independent living, we also offer supportive living, which means daily dining, weekly housekeeping and life, learning and leisure programs. Located in all quadrants of Calgary, we offer non-market rental housing (where rent is geared to income), below-market rental housing (where rent is fixed at a percentage below the average market rates) and competitive mid-market housing (where rent is established through an assessment of comparable value propositions). Silvera provides a home for 2,330 seniors in 37 locations with 400 employees. Silvera's dedicated employees work with our volunteers, donors and partners to help older adults live their best lives.



#### Ears To You

Hi Calgary, we're not a big chain, we're your neighbours. Ears To You Calgary is locally owned and community focused, bringing expert hearing care right to your doorstep. Our mobile clinic offers free at-home hearing tests, personalized fittings, and state-of-the-art hearing technology to match your needs and budget. We're here to make hearing care more accessible than ever, with competitive pricing and professional aftercare included. Whether you're exploring hearing aids for the first time or looking for an upgrade, our trusted hearing professionals are here to help so you can stay connected to the people and sounds you love most. See you at home.

### Volunteer Sponsors



#### Caregivers Alberta

Caring for Caregivers

Caregivers Alberta is our province's only non-profit that is solely dedicated to supporting family caregivers. Founded in 2001 by a group of concerned caregivers, Caregivers Alberta strives to empower caregivers and promote their well-being by providing resources, one-on-one coaching, and programs and education for people caring for family members or friends. Alberta has one-million unpaid family caregivers. Who's caring for the caregivers? At Caregivers Alberta, our role is to care for and champion family caregivers so their role is sustainable for as long as they're needed.

### Partner Sponsors



#### Calgary Emergency Management Agency

The Calgary Emergency Management Agency (CEMA) is responsible for planning and coordinating response to major emergencies in Calgary. The agency consists of more than 54 member organizations, including city services, non-governmental organizations, businesses, community partners, emergency services, and other levels of government.

The work of the agency ensures that all Calgarians and visitors to our city are safe. This includes educating and raising awareness of disaster risks in Calgary to prepare the community and increase resilience.



### Rabboni Support Services

Rabboni Support Services Inc. was founded by a team of dedicated caregivers with over a decade of expertise, united by a mission to enrich the lives of seniors. Guided by a simple yet profound philosophy—treat the elderly with respect, compassion, and empathy, as we too will one day walk that path—we deliver care rooted in patience, understanding, and heartfelt dedication. We tackle challenges like isolation, loneliness, transportation, and lifestyle changes, empowering seniors to thrive in their own homes. Our services include joyful companionship, dependable transportation, engaging social and recreational opportunities, meticulous housekeeping, and refreshing respite care. Each offering is designed to foster emotional well-being, independence, and a sense of belonging. At Rabboni Support Services, we pride ourselves on being responsive, flexible, and passionately committed to making a difference.



### Calgary Heritage Housing

Calgary Heritage Housing operates 14 quality government subsidized seniors housing properties with 991 senior self-contained units. Our seniors enjoy an independent lifestyle. Subsidized housing should not feel like a compromise. Budget-minded seniors deserve to feel proud of where they live. We regularly ask ourselves whether we’d want our own parents to live in one of the buildings we manage. We would, and that’s how we know we’re doing things right. Our tenants must be capable of living independently (among other requirements), but we know that even the most fiercely independent among us can use a little assistance every now and then. To this end, we have tenant support workers on staff to help connect our seniors with available resources and supports in the community at large. In helping to support the senior’s quality of life, we hope to preserve their independence longer — which proves beneficial to everyone. You can find out more about us online at [calgaryheritagehousing.ca](http://calgaryheritagehousing.ca) or call 403-286-7402.



### Alberta Blue Cross

As the largest provider of health benefits in Alberta, we believe we have the potential and responsibility to impact people’s lives for the better. We believe all communities should thrive and we are committed to serving as a champion for wellness by promoting the health of Albertans.

## Friend Sponsors



### Destinations Seniors Downsizing

Destination Seniors Downsizing exclusively supports seniors. We help you and your family move to a smaller home, senior living community, or simpler lifestyle with minimal stress. Our senior-focused moving, downsizing, and estate organization services ensure a smooth, worry-free transition from start to finish. We offer step-by-step support with sorting and decluttering, careful packing, move coordination, estate cleanouts, and preparing the former house for sale. We also provide gentle guidance for those moving into senior living communities. By handling the details from start to finish, we remove the stress and help you feel right at home in your new space. With a commitment to respect, integrity, and honouring our clients’ wishes, our team helps seniors confidently embrace their next chapter. Whether planning ahead or facing an urgent move, we handle every detail carefully so families can focus on what truly matters.



### Heart to Home

Heart to Home Meals was established out of the belief that life should get easier for people as they age. To make this belief a reality, Heart to Home Meals has created a menu featuring more than 200 delicious meals, soups, and desserts, prepared with the nutritional needs of seniors in mind. The food is delivered frozen for free right to the homes of seniors by friendly delivery staff. Heart to Home Meals proudly serves communities across Ontario, Alberta, Nova Scotia, Manitoba, and British Columbia.



### Better Business Bureau

Since 1912, the Better Business Bureau (BBB) has been dedicated to fostering a culture of honesty and fairness in business transactions. In a marketplace flooded with choices, BBB is a go-to resource for making better, more informed purchasing decisions. With more than 5,000 Accredited Businesses across Alberta, BBB represents trust in the marketplace. BBB is proud to work closely with Unison sharing consumer news and fraud prevention strategies that are particularly relevant to the older adult. The BBB Marketplace Programs Coordinator, Odeta Doroftei can be reached at our Calgary office to talk more about how BBB can help.



## Chartwell Residences

Live your retirement years to the fullest at Chartwell

Your retirement years are an opportunity to embrace new experiences and spend your time exactly as you wish—and at Chartwell, we're here to help you make the most of them. Imagine savouring delicious, chef-prepared meals made fresh daily. Discover a new hobby or rekindle an old one through our fitness classes, art workshops, exciting outings, and more. And most importantly, enjoy peace of mind, knowing that housekeeping, transportation services, and flexible options are always available from staff you come to know and trust. Book a tour and explore our choice of five Calgary retirement homes today!

1-844-727-8679



## NEXT Stage Services

NEXT Stage Services provides compassionate support for seniors and families navigating life transitions. Whether downsizing, decluttering, moving into supportive living, or managing an estate after a loved one's passing, our team ensures a smooth, respectful process. We offer a free consultation to understand your needs and create a customized plan. Our services include packing, hiring and supervising movers, setting up your new home, selling or donating unwanted items, and environmentally responsible disposal. For estate transitions, we carefully sort valuables, arrange shipping or donations, and clear all spaces, including garages and sheds, to prepare the home for sale or rent. With professionalism and care, we handle every detail, ensuring your move or estate transition is stress-free and completed on time.



## DD West LLP

DD West LLP is a respected, specialized law firm in Calgary, dedicated to providing personalized legal services tailored to seniors' needs. With a strong emphasis on wills and estates, the firm ensures that clients' legacies are protected and their wishes clearly outlined. Their experienced team offers expert guidance in estate planning, probate, and estate administration, simplifying complex processes and providing peace of mind.

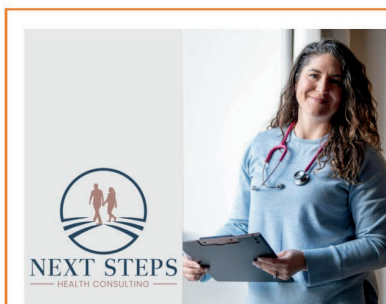
The firm addresses additional legal matters for seniors, including powers of attorney, guardianship, and healthcare directives. Known for professionalism and dedication, DD West LLP is a trusted partner for Calgary's senior community, prioritizing their futures with care and respect.



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Longevity Care is a local Home Care Service for Seniors in Calgary and area. The owner and Director of Care is a Registered Nurse who oversees the daily operations and ensures the highest standard of care is in place for her clients and the hiring of qualified caregivers. Longevity Care understands the importance of compassionate, reliable and professional care. We believe that every individual deserves the highest level of care and support, especially in the comfort of their own home.

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Next Steps Health Consulting provides expert clinical guidance to seniors and caregivers navigating aging, illness, and care transitions. With a proactive approach to care planning, we help families anticipate future challenges, reduce stress, and avoid crises.

By prioritizing dignity, autonomy, and well-being, we offer personalized support for everything from aging to advanced illness and end-of-life care. We also collaborate with healthcare providers to ensure seamless coordination, making complex decisions easier for families.

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## Check Out Our Free Sessions

### Drop-in Active Aging Free Activities:

- Drawing 10:00am – 12:00pm – Art Studio
- Sketching 12:30pm – 2:30pm – Art Studio
- Chair Yoga & Meditation 1:00pm – 2:00pm  
Room 305

### Drop-in Wellness Centre Free Activities

- Jeopardy 10:30am – 11:30am
- Wellness Program Information Session  
12:30pm – 1:30pm
- Laughter Yoga 2:00pm – 2:45pm

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# Springing back to life

Deborah Maier, Calgary Horticulture Society

Happy spring gardeners! April is such an exciting month. We can really see that the season has changed and soon, so soon, the garden is going to spring to life. At the beginning of the month, early blooming spring bulbs, such as snow drops and squill are blooming. These are usually the smallest spring flowers and look best if planted in swaths, but it is still delightful to see even an individual plant in bloom this early in the season.

Species tulip leaves are emerging from the soil and the prairie crocus can be found blooming on warm, sun-facing slopes. Later, more of the spring flowering bulbs will emerge and bloom. Buds on the trees and shrubs are plumping up and are showing signs of green. Larch trees will form violet flowers that will later become this year's cones. Pots and packs of pansies and viola will be available for purchase at garden centres. These lovely plants can take a freeze and still look great,

making them a nice addition to spring containers. While we may want to wander the garden to evaluate how well we've planned for spring colour or take note about what's coming up, we also need to prevent soil compaction that can be caused by walking on the newly thawed soil. The spring freeze-thaw process creates air pockets in the soil. When the temperatures drop below zero, the moisture in the soil forms ice crystals. The ice crystal swells as it forms. When it melts, it makes a tiny air pocket.

The air pockets help with drainage and plant root development. When the thawed soil is walked on, the air pockets collapse, compacting the soil. It may also be difficult to spot herbaceous perennials because they die back to the ground each season. Stepping on them in early spring can damage their crown and new growth. Having stepping stones and paths in the garden is not just an aesthetic element but an especially practical one in the spring—you have a dedicated place for your feet that won't have a negative impact on the garden.

Avoid walking on lawns in the spring for the same reasons. If you have an April project that requires you to regularly cross your lawn, put



Larch flower. Photo: Deborah Maier



down some boards for a temporary pathway. The board will distribute the impact of a footfall and help prevent compaction. And don't power or hand rake lawns in April either, as you will pull out newly forming grass plants. If you feel you must rake, wait until the lawn is at least 3 cm tall and plant roots are well established. If you are trying to lift leaves off the lawn, use a leaf rake. This rake is lighter and less likely to pull on the grass. If you can, leave the leaves in a pile in a corner of the yard as habitat for ladybugs and other helpful critters.

If you replaced your lawn with sedum turf, it will not tolerate any foot traffic now. Trampling over the dormant or emerging plants may kill them.

Be sure to take notes about your observations and photos of the yard; what's coming up, where do you need to walk, etc. Spring blooming bulbs are planted in the fall. Document what you want to plant, so you can remember when it is time to order (as early as June) or acquire at a garden centre in September.

Do you want to learn more about spring gardening?

Join us for another sign of spring, the Calgary Horticultural Society's Gardeners' Market, presented by greengate Garden Centres on April 26 at The Commons in ATCO Park Blue Flame Kitchen. It will ignite your excitement for the gardening season! Learn more at calhort.org.



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# A no-bake, healthy treat

Lynne Skyrie

The best fit for my life is to have easy to grab foods that are healthy, but don't taste healthy. Give me chocolate over leafy greens any day! That's why a recipe like this - no-baking, full of protein, only four ingredients, and tastes good- ends up being a staple in my house. Because it's full of protein, it helps maintain energy levels, muscle density, and with feeling satiated for longer between meals. The chocolate chips keep me coming back for more. Cleanup is a breeze because you only need one bowl, and you can mix everything by hand. Heck, just keep the bowl in the fridge and dip in with a spoon if you don't feel like rolling this recipe out! You can go one step further and roll these balls in shredded coconut, or why not sprinkles! Dip them in melted chocolate chips (just a few seconds in the microwave). Swap the chocolate chips for dried cranberries or another dry fruit. Add seeds for extra crunch and

heart health. The varieties are endless. You can have these for breakfast, dessert, or a snack. They'll give you good energy for the entire day!

Ingredients

- ▶ 1 cup peanut butter (or nut alternative)
- ▶ 1.5 cup quick oats
- ▶ 1/2 cup chocolate chips
- ▶ 4 servings of your favourite protein powder

Directions

- ▶ Combine all of the ingredients into a large mixing bowl.
- ▶ Wet your hands and use them to mix ingredients.
- ▶ Add one tbsp of water at a time (or try melted coconut oil) if mixture is too dry.
- ▶ Roll into balls (approx. 25-30)
- ▶ Store in fridge, or freeze for later.



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BY EMAIL: [CalgaryAdmin@earstoyou.ca](mailto:CalgaryAdmin@earstoyou.ca)

### April 2025 Weekly Specials for \$12

March 31 – April 4

Special: Chili topped with cheddar cheese and tortilla chips

Soup: Cabbage

April 7 – April 11

Special: Chicken quesadillas with choice of side

Soup: French onion

April 14 – April 18

Special: Honey soy chicken over rice & peppers

Soup: Ham & bean

April 21 – April 25

Easter Special \$14

Easter Special: Ham, mashed potatoes, green beans & dinner roll

Soup: Cream of asparagus

April 28 – May 2

Special: Fish & chips with homemade coleslaw

Soup: Lemon chicken orzo

Join us Wednesdays for happy hour from 1pm-3pm. Enjoy \$4 beer or wine, tasty wings, and dance along with the Kerby Sensations Band!

### We're open for breakfast & lunch!

Monday, Tuesday, Thursday, Friday: 9am – 2 pm  
Wing Wednesday: 9am – 3pm

Dance to the Kerby Sensations Band, every Wednesday

Piano serenades by Diana every Thursday

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Lunch Special includes Soup, Bun, Dessert & Beverage

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork Cutlet Savory Diced	2 Teriyaki Chicken Cheesy Hashbrowns	3 BBQ Pulled Pork Potato Wedges	4 Salisbury Steak Mashed
7 Battered Fish + Chips	8 Breaded Chicken Burger Baby Creamers	9 Spaghetti Meatsauce Garlic Toast	10 Chicken Kiev Savory Diced	11 Baked Ham Scalloped
14 Veal Cutlets Baby Creamers	15 Beef Stroganoff Bun	16 Turkey Dinner Mashed	17 Meatballs & Gravy Mashed	18 Good Friday
21 BBQ Pulled Pork Potato Wedges	22 Salisbury Steak Mashed	23 Sweet & Sour Chicken Balls Rice	24 Honey Garlic Chicken Mac & Cheese	25 Roast Beef Mashed
28 Turkey Schnitzel Savory Diced	29 Cheese Burger Potato Wedges	30 Perogy & Sausage		

= Heart Smart Recipe

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### Wellness Spotlight

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# Opinion – live and let live

Elisabeth Brunet

Some of us have different tastes and opinions. Take my cousin, Alex. He dislikes lettuce and chocolate, two things I can't quite understand. He enjoys horror films and romance novels, which I don't always get either. But that's alright – we don't have to agree on everything. We all have our preferences. And that's what makes life interesting.

Alex is also part of the 2SLGBTQ+ community. I've never thought much about that, just as I didn't think twice when my granddaughter wanted pastel crayons for Christmas instead of dolls. Everyone has their own way of living, and to me, that's perfectly fine. My motto is "live and let live" – something I believe makes the world a better place.

Differences add variety to life. Who wants to live in a world where we're all the same? Life is short. Plus, more chocolate for me!

Alex recently started attending meetings held by the Rainbow Elders Calgary. They meet twice a month at the Unison Kerby Centre, and I was so impressed by this group that I felt I needed to share it.

Rainbow Elders Calgary is a not-for-profit society with around 120 members. They host regular events like coffee meetups, music bingo, speaker events, potlucks, movie nights, and even all-inclusive swimming sessions. Lately, the group has been reaching out to younger people to offer a supportive place where they can feel safe.

I've known Alex my entire life, and I remember how hard it was for him growing up. He was teased because he didn't fit the mold of what was considered "normal." It took a lot of hard work and personal growth for Alex to feel confident and comfortable with who he is. And all because he wasn't interested in girls – something that's no big deal in my

eyes. It's why I support the work of Rainbow Elders Calgary. They're helping younger generations and reaching out to transgender youth to let them know it's who they were for fear of their safety. It's hard not to worry about the future they're facing. But I believe, just like Alex, they deserve the freedom to be who they are

get older, there's fears of what aging might look like for those who move into care facilities. Alex has been browsing different locations, and he's going to need to help managing his diabetes meds. What will being an older gay man look like if and when he settles in an old age home? It's troubling that he's saying he might have to go back in the closet. He's worried about discrimination and how that could affect the quality of his care. This is something that matters to me, and

I think it's important to talk about, especially knowing how anxious he was about coming out in the first place.

In the end, we all just want to have the freedom to be ourselves, without fear of judgment. I don't want Alex to worry, and I definitely worry enough for the both of us. I hope we're wrong! It's never too late to learn compassion and understanding.

To learn more about Rainbow Elders Calgary, and share it with people in your life that could use a community who will understand and support them, go to their website: [rainbowelderscalgary.ca](http://rainbowelderscalgary.ca)



**RAINBOW ELDERS CALGARY**  
~ advocating for 2SLGBTQ+ seniors  
~ connecting with 2SLGBTQ+ youth  
~ strengthening our community

safe to be themselves around them, because they also struggled when they were young. The 2SLGBTQ+ community sees how much the youth are struggling. These Elders also hid without fear or shame.

I often remind myself that people who are queer, trans, or identify in any part of the rainbow community have always been a part of our society. As we all



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# Pump & dump Meme coin frenzy

*Alberta Securities Commission*

On December 4, 2024, viral TikTok sensation Hailey Welch launched a crypto coin named after her infamous catchphrase “Hawk Tuah.” Interestingly, the Hawk Tuah Coin, or the \$HAWK token, was not created with any clearly defined purpose or utility. As noted by Welch’s publicist, it existed solely to bring fans together.

Driven by hype and fan frenzy on social media, the token launched with a 900 per cent spike from its starting price. At its peak, the \$HAWK – widely considered a meme coin among fans – reached nearly \$500 million in market capitalization. In traditional finance, market capitalization refers to the value of a company traded on the stock market. Within hours though, the coin’s value plummeted, losing almost 95 per cent of its value. According to a subsequent lawsuit filed by 12 investors, they lost more than \$151,000 combined after investing in the coin.

The meteoric rise and fall of the Hawk Tuah Coin highlights the volatile nature of crypto coins. It also serves as a reminder that meme coins can be created with suspect intent, often lacking any real utility beyond generating hype. The allure of quick profits and the excitement of buying into a social media frenzy can be tempting, but investing in these assets can be extremely high risk.

Crypto assets were designed to be part of a wider movement to build the foundations of a new decentralized financial system. In this system, transactions between two parties could take place without the need of a government or financial institution middleman. Although meme coins are a type of cryptocurrency, they do have differences.

Meme coins typically emerge from Internet culture, celebrating viral humour, social media trends, or influencers rather than financial fundamentals or real-world use. What makes these coins popular is their unique ability to capitalize on a sense of community and belonging through humour. Additionally, in some cases, uninitiated in-

vestors believe that the low price of meme coins makes them an easy and accessible investment option. However, because the value of meme coins is primarily driven by community sentiment – and anyone can

search the investment for its legitimacy and alignment with your financial goals and risk tolerance. Here are three red flags to watch for:

1. Unregistered individuals or trading platforms: Generally, in Canada, any-

(CTPs) or crypto exchanges to be registered with a provincial securities regulator, such as the Alberta Securities Commission. Always verify the registration status of a platform in your province before investing.

reveal potential red flags.

Remember, decentralization is a foundational principle of blockchain. Be wary when a small number of wallets hold most tokens. High wallet concentration – where a few wallets hold most of the tokens – could indicate centralization and make the coin vulnerable to manipulation. It is also worthwhile to explore code audits conducted on the coin by the crypto community to uncover any potential vulnerabilities or red flags of the coin.

3. Aggressive marketing and social media hype: Scammers often exploit social media to generate artificial demand and FOMO (Fear of Missing Out). Be cautious of over-the-top marketing and promises that sound too good to be true.

The humour and hype surrounding meme coins may seem harmless but can expose you to significant losses. The social media frenzy around the \$HAWK coin shows how easily manufactured hype can mask a pump-and-dump scheme. Remember, separating hype and celebrity interest from your investing decisions can help you better realize your long-term financial goals.



create a meme coin with the click of a button – they are particularly vulnerable to manipulation. This includes scams such as pump and dump schemes, particularly with new Initial Coin Offerings (ICOs).

A pump and dump scam typically takes place in two phases. The scheme begins when a group of coordinated actors – often the coin’s creators, early investors, or influencers – artificially inflate the coin’s price through aggressive online marketing campaigns and coordinated buying. They generate buzz through social media, often leveraging influencer partnerships, viral content, and promises of “going to the moon.” This is the “pump” phase.

Once enough unsuspecting investors buy into the scheme and drive up the price, the fraudsters execute the “dump.” In this phase, they sell their holdings en masse for a substantial profit, triggering a massive price collapse. Regular investors, drawn into the scheme by the hype and promises of quick riches, are left holding virtually worthless coins.

As with any scam, protecting your money begins with taking time to check first for warning signs. Before committing your money to any investment – traditional stocks and bonds, crypto or meme coins – ensure you thoroughly re-

search the investment for its legitimacy and alignment with your financial goals and risk tolerance. Here are three red flags to watch for:

2. Token distribution, ownership and audits: Just as fundamental analysis is crucial when investing in stocks, it is important you do your own research when investing in crypto. Understanding how the crypto token you’re interested in is shared or allocated among different user groups, such as the founders, investors, and the community can

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# Bruno's foray into carving

Ada Muser  
(photos and story)

Last time, Bruno shared his experiences as a clay sculptor. Never one to stop trying new things, he later moved to carving wood and subsequently soapstone in the journey to discover new artforms.

\* \* \* \* \*

When Michelangelo unveiled his immortal sculpture of David in 1504, someone asked him, "How in God's name could you have achieved a masterpiece like this from a crude slab of marble?"

"It was easy," Michelangelo replied. "All I did was chip away everything that didn't look like David."

There is a difference between the act of modelling and the act of carving. Although both methods result in a sculpture when finished.

In modelling, the artist builds the piece from the ground up by adding clay or wax to create the image. If a mistake happens, modelling material can be added. When carving, the redundant outer material is peeled away to get to the subject hidden inside. Any mistake would be hard to correct.

Studying the life and art of Michelangelo, you read: "... he set to work in search of the figure he had already seen in his mind's eye lying locked inside, wrestling his superb statue of the young David from the old form of the block of marble called Giant," and, "in Michelangelo's mind David seems to be battling to free himself from the rough-hewn stone, pressing out from within, as the force that drives through it flexes his muscles to the breaking point."

Michelangelo made a small model in stucco before carving and then enlarged it in proportion to the marble block he used for the statue. This part of the work is highly technical and less creative but is the only way to avoid mistakes.

\* \* \* \* \*

On vacation in the 1970s, driving through Tirol in Austria, on a secondary road winding through the mountains, Bruno bought several silly little carvings depicting elves' heads. They were about two by four inches in size, dirt

cheap - about a buck each in an obscure souvenir shop. They were fashioned from slices of pine boughs, taking advantage of the irregularities - the little bumps, knots and broken-off branches in the wood. It was more a craft than art, but they still intrigued Bruno who wondered if the little faces could be used as decorations when carving bigger wood items.

The following January, Bruno was throwing out the family Christmas tree. It occurred to him he could carve its trunk into a walking stick. He cut the branches off, trimmed the tree trunk to a proper length and carved seven troll faces along its length.

Just like the carver of souvenirs from Tirol, he let himself be guided by the imperfections in the wood. The larger knot of a side branch would become a nose, the small knot - a wart on the cheek. For the beard, he would retain the bark while peeling around it, and with a few cuts by a sharp knife, he cut the eyes and the mouth. The mouths were the key. They gave the faces character. There was no need to make a model first as the faces were caricatures and did not have to portray anyone in particular.

Carving a walking stick proved to be risky business. He was not working



with an inert block of material, but rather whittling an unwieldy long piece of wood he held by one hand and carved by the other. It takes just one slip of a chisel to have an accident.

Bruno's wife Elsa soon became tired of driving him, bleeding profusely, to emergency rooms at night.

Soon afterwards, Elsa noticed that a store with drafting supplies, tools, and copying services was selling small cuboids of carving soapstone. She bought one and suggested to Bruno that soapstone might be much safer, because it is heavy, does not wobble and can be easily fastened down. The carver can use both hands to do the work.

Natives in Africa, Australia and Inuit in Canada carve soapstone for practi-



cal items such as plates or oil lamps, but also make decorative pieces or figurines.

It was the kind of challenge Bruno found difficult to resist. He was eager to start, but the block of stone Elsa brought him was just a regular cuboid, and unlike wood sticks, had no imperfections fomenting his imagination. He tried to picture what was hiding in the soapstone block. He settled on an idea to carve the head of a young girl - his daughter's.

There used to be a cartoon showing a model sitting on a stool, a sculptor having an enormous block of marble in front of him, holding a hammer and a chisel ready to go, and asking the model to smile. How silly! Yet on this occasion, Bruno did just that. It was a dismal failure. He made an indentation to one side of the cuboid where he guessed an eye would be, but he quickly realized it was not the way to make portraits.

It had to be a simple design, minimalistic in appearance, more stylized than a realistic rendition of a human's head, and it had to be carved from the size of the soapstone he had. He came up with a stylized parrot cracking a nut with

its beak. It turned out nicely, except for a little indentation in one of the parrot's wings where his daughter's eye would have been.

Bruno was hooked. He started studying books about Northern Indigenous art for ideas, and he carved three pieces of various sizes that were Inuit in style and design. But it felt improper and fake because he was not an Inuit.

He learned how to work the soapstone, recognized the intricacies and limitations of the medium, and wanted to do something different even if it were technically difficult. Bruno set out to make his creations look light, even ephemeral.

This led him to study the art of the Italian Renaissance, the golden age of sculptors. He could not try to match the mastery of Michelangelo or Bernini, who carved paper-thin leaves or transparent-looking draperies from blocks of marble. Soapstone could not be made to look light. It is softer and easily breaks if it is too thin. That is why it is so suitable for carving simplified animals or persons in heavy parkas, more rounded than tall and thin.

Bruno's artistic work has always been dictated by the materials and techniques he had access to; he would subordinate the result to the material he was using rather than trying to bend materials or techniques to his will. He is a freewheeler and does not want to model his carvings in clay first and then transfer those using callipers and such. This leads to perfectionism and realism, and in his opinion, stolidity. It is difficult to make the finished sculpture look spontaneous. Only a few geniuses could avoid it, and Bruno is not one. It takes a lot of effort to make something look effortless!

When Bruno obtains a piece of soapstone, he lets it sit and waits for inspiration. It can take a long time, even years. Then he lets go, makes mistakes and causes imperfections happily. There were failures, but sculptures of a snake emerging from the rock and an ant with long, slender legs, an oversized head and antennae turned

out nicely and are original.

Self-training promotes individuality, although sometimes one spends too much time inventing things that have already been figured out. Bruno hit the wall with the finishing. He could not figure out how to



achieve the shine and natural sheen of pieces carved by Inuit and other native carvers. He probably should have taken courses to learn the basics, but that is not Bruno's style.

He experimented instead. He sanded the surfaces, shellacked or painted them with a polyurethane water-based clear gloss. Nothing worked until he stumbled on a solution rather serendipitously. During the 1988 Calgary Winter Olympic Games, there were many cultural events and demonstrations throughout the city.

Bruno came across an old Native gentleman sitting on a stool in the corner of a room chiselling a piece of soapstone. There was nobody around, there were no spectators, but the old gentleman did not care. He was probably glad. Bruno quietly watched the master at work for quite a while until he dared approach him.

"I like what you are doing, the design, the idea, and the workmanship," he said. "But how do you finish it at the end?"

"With Trewax Paste Wax and polish," he said.

"Trewax Paste Wax what?"

"You know, the floor polish. You heat your finished work in a kitchen oven and apply the Trewax Paste Wax. It will soak into the stone, and when it cools off you buff it."

How devilishly simple, Bruno thought. You never know what you can learn from a person sitting on a stool in the corner of a room unless you ask!

PREMIER CROSSWORD/ By Frank A. Longo

THREE-PART LINK

- ACROSS
- 1 Artifacts from Botswana, Kenya, etc.

9 Novelist Truman

15 Sends junk email to

20 Becomes a missing GI

21 Relative key of G major

22 Implied wordlessly

23 [Quick-Swift-Speedy]

25 Film ad, e.g.

26 Quite often

27 Wordless "yes"

28 Camp bed

29 Husband on "Bewitched"

30 — de plume

33 [Feat-Deed-Exploit]

37 Disregards

41 Sahara viper

42 Submit (to)

43 [Kinship-Brotherhood-Camaraderie]

47 Merchandise: Abbr.

48 Cushion

51 — Lingus

52 Lambaste

53 Sly laugh part

55 Old West casino game

56 Drug buster

58 — facto

59 [Custom-Tradition-Convention]

63 Thieved

65 Ark builder

67 Animal having a backbone

68 [Marriage-Nuptials-Union]

73 Gymnast Nadia

75 Gas brand in Canada

76 Cave dwarf of folk tales

79 [Personal-Confidential-Intimate]

81 — Bator, Mongolia

85 Territory

86 Skin malady

87 — Plaines

88 "Tired blood" condition

90 Cut, as 78-Down

91 Bummed out

92 Use a chair

94 [Peak-Height-Elevation]

98 On a cruise

100 Crooner — "King" Cole

101 Neighbors of Kenyans

102 [New-Novel-Innovative]

108 "Really? — who?!"

109 Sprinkle more halite on, as a snowy road

110 Burnt — crisp

111 "I'm — loss"

113 Soul singer India

117 "Stop, mate!"

118 [Nature-Essence-Quality]

123 Razz

124 Big — (WWI weapon)

125 "G Funk" rapper

126 Spanish national hero

127 Saunter with style

128 Is fixated (on)

DOWN

1 Taj Mahal locale

2 Baby zebra

3 Taken-back auto, e.g.

4 "True, right?"

5 Loutish guy

6 Responses to kitten pics

7 Verb go-with

8 Tinfoil maker

9 So-so grade

10 Mornings, in some ads

11 "Wise Guys" co-star Joe

12 Vidalia, e.g.

13 Foot, to a toddler

14 Suffix with south

15 London cathedral

16 Scored a 3 on, say, as a golf hole

17 Nut of an oak

18 Copycat

19 Pebble

24 Fed. health agcy.

29 Kicked out of the game, informally

31 Tram rocks

32 "Thank you," in Paris

34 "Rent" co-star Diggs

35 Tel Aviv loc.

36 Equivalents to 12.5%

37 "Elementary" actor Rhys

38 Outstanding

39 A bigot thinks with one

40 Take a pic of

44 Part of TGIF

45 Simple sandal

46 Informal "Huh?!"

48 Super-natural

49 In — (stagnant)

50 Finished

54 Latin "Lo!"

55 Soft felt hat

57 Cling (to)

59 Analyze the structure of

60 Some Greek consonants

61 Platform for iPhones

62 Lit — (coll. course)

64 "Giant" author Ferber

66 Unlock

69 Crime solver: Abbr.

70 Cold brewed beverage

71 Cairo's river

72 Tally up

73 Tax pros

74 Kind of whale

77 Seventh-century pope

78 Grassy yards

80 Belief system

82 Meadow

83 Pals, in Paris

84 Boys, in Baja

88 Opposing

89 Summit

92 Stiffly formal, as speech

93 Lacks being

95 Inhabiting our planet

96 Old Egypt-Syr. alliance

97 Perils

98 Andre of tennis

99 Gibson of tennis

102 Declaim

103 Make merry

104 Knighted Newton

105 Skyrockets

106 Have a meal

107 Court reporter, for short

112 Saudi or Iraqi

114 Spanish waterways

115 "Picnic" playwright William

116 Hen products

118 "NCIS: Hawaii" airtel

119 "Eureka!"

120 Coral islet

121 Rd. relatives

122 Golf prop
- |     |     |     |    |    |    |     |     |    |     |     |     |     |     |     |     |     |     |     |     |     |
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| 43  |     |     |    |    |    |     | 44  | 45 |     |     |     | 46  |     | 47  |     |     |     | 48  | 49  | 50  |
| 51  |     |     |    | 52 |    |     |     |    |     |     |     | 53  | 54  |     |     |     | 55  |     |     |     |
| 56  |     |     | 57 |    | 58 |     |     |    |     | 59  | 60  |     |     |     | 61  | 62  |     |     |     |     |
| 63  |     |     |    | 64 |    |     |     | 65 | 66  |     |     |     | 67  |     |     |     |     |     |     |     |
|     |     | 68  |    |    | 69 | 70  | 71  |    |     |     |     | 72  |     |     |     |     |     |     |     |     |
| 73  | 74  |     |    |    |    |     |     |    | 75  |     |     |     |     |     | 76  |     |     | 77  | 78  |     |
| 79  |     |     |    |    |    |     |     | 80 |     |     |     | 81  | 82  | 83  | 84  |     | 85  |     |     |     |
| 86  |     |     |    |    |    | 87  |     |    |     |     | 88  |     |     |     |     | 89  |     | 90  |     |     |
| 91  |     |     |    | 92 | 93 |     |     | 94 | 95  | 96  |     |     |     |     |     |     |     | 97  |     |     |
|     |     |     | 98 |    |    |     |     | 99 |     | 100 |     |     |     |     | 101 |     |     |     |     |     |
| 102 | 103 | 104 |    |    |    |     |     |    | 105 |     |     |     | 106 | 107 |     | 108 |     |     |     |     |
| 109 |     |     |    |    |    |     | 110 |    |     |     |     | 111 |     | 112 |     |     | 113 | 114 | 115 | 116 |
| 117 |     |     |    |    |    | 118 |     |    |     |     | 119 | 120 |     |     |     | 121 | 122 |     |     |     |
| 123 |     |     |    |    |    |     | 124 |    |     |     |     |     |     | 125 |     |     |     |     |     |     |
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| 3 |   |   |   | 6 | 7 |   | 9 |   |
| 1 | 3 | 2 |   |   |   | 4 |   |   |
|   |   |   | 9 |   | 8 |   |   |   |
|   |   | 5 |   |   |   | 7 | 1 | 6 |
|   | 1 |   | 7 | 2 |   |   |   | 8 |
| 8 |   | 3 |   | 9 | 6 |   |   | 4 |
|   |   | 4 | 8 |   | 3 | 9 |   |   |
- Solutions  
see p.24
- 
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- 
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# Medicine Hat

## Celebrating our volunteers

Tammy Poole

Volunteering is about more than just giving time – it's about making a difference. Whether supporting an organization, the community, or an individual in need, volunteers are the heart of everything we do at the Unison.

In April, we take time to recognize and celebrate our incredible volunteers at the Unison Veiner and Strathcona Centres in Medicine Hat. To date, we have 231 dedicated volunteers helping in many different departments. Our volunteers offer their time, smiles, kindness, and patience every single day.

Our front desk receptionists are the friendly faces who greet everyone as they walk through our doors. They make new and returning members feel welcome, assist with program registrations, provide building tours, and handle countless inquiries. Their patience and warm smiles set the tone for a positive experience.

Our Meals on Wheels drivers deliver between 120 to 150 meals daily—rain, shine, or even in -40°C weather. But they do

more than just drop off meals. For many clients, they're a lifeline, offering a friendly visit and a quick check-in. Sometimes, they are the only person a client may see all week, making their presence even more meaningful.

Transportation volunteers provide essential rides for low-income seniors to medical appointments, such as the doctor, dentist, and optometrist. These volunteers pick up

are safe, and will get to the appointment they need. This program is for low-income seniors, and with 126 clients, we cover many miles for appointments. Our volunteer drivers are doing anywhere from 25-30 rides per week - and growing! The clients just love getting to know our drivers!

We have a small group of volunteers we call the Travel Club. This group organizes and plans



Volunteers create spaces for community, relaxation, and fun. Photo: Tammy Poole

our clients, drive them to appointments, and ensure they get home safely. Clients enjoy visiting and laughing with their drivers, knowing they

trips to the Rosebud Theatre, Spruce Meadows, Christmas markets, and even an upcoming cruise, scheduled for 2026. They spend many hours plan-



unison 50 years  
At Veiner Centre 1975-2025

### Closure Alert

Unison at Veiner Centre  
closed on **April 18th** for  
Good Friday

ning every detail and attend the trips as Unison Veiner hosts. These trips sell like hot cakes, sometimes needing extra buses to meet demand.

Another very busy group is our events committee. These volunteers organize all the Unison Veiner dances, bingo nights, speed dating, spring tea, and new events each month. They handle decorating, setting up tables, booking performers, and all the cleanup. They generously donate their time in the evenings and on weekends to make these events happen.

Each week, we have a large group of volunteers in the Veiner Bistro. Some help in the kitchen with food prep, dishwashing, and running the

debit machine, while others clear tables and visit with members. Another team works behind the scenes cleaning and organizing all the Meals on Wheels boxes when they return from delivery. This wonderful group of people helps keep the Veiner Bistro running smoothly.

With tax season here, it's time for the Community Volunteer Income Tax Program to assist seniors with their annual finances. For the next two months, these volunteers will be busy meeting with seniors and getting their taxes done. It's a very hectic job, but their work is invaluable.

And last but certainly not least, we have our amazing activity leads. These volunteers make sure all the card games, pool room activities, and exercise classes run smoothly. They are the main contacts for staff if any issues arise. With so many activities happening, this role needs many, many volunteers.

We are incredibly fortunate to have such a dedicated team of volunteers who bring life, warmth, and energy to the Unison Veiner and Strathcona Centres. Their generosity and commitment make a profound impact, and we are deeply grateful for each and every one of them!

Please join us in saying THANK-YOU to are many Incredible Volunteers!

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# Wheeling out meals is a group effort

Cori Fischer

For Unison Veiner’s 50th anniversary, we’re happy to highlight one of our most endearing and pivotal efforts - our Meals on Wheels program. Way before we began serving seniors in our city, Meals on Wheels started as a community effort in the United Kingdom during the Blitz, of the Second World War.

A group of women formed the Women’s Volunteer Service for Civil Defence. They prepared and delivered meals to people who lost their homes to the war. The name came from the bicycles, strollers, carts, and the occasional cars used to make sure everyone had enough to eat after living through trauma.

In Canada, Meals on Wheels launched out of the Red Cross, in Brantford, Ontario in the 1960s after Elsie Matthews discovered MOW while traveling in England and it quickly spread across the country.

Not much has changed since the program first started in the 1940s. MOW was organized and run by volunteers back then, as it still is today. You can find MOW in the UK, Australia, the USA, and Canada. A majority of MOW clients worldwide are older adults, and some regions



Meals on Wheels clients enjoy freshly prepared meals. Photo: Susanna Clegg

also feed clients’ pets! One element that is the same regardless of location are the safety and wellness checks that come along with meal delivery. It’s this element that people in Medicine Hat find so empowering, and we often hear from clients who say they can remain in their homes because they know someone is looking out for them. A study was done in 2013 on the impact of Meals on Wheels, and they found that home meal delivery services “significantly improved diet quality, increased nutrient intake, and reduced food insecurity.” The study also brings up the positive implication of socializing with delivery drivers, and an improvement in quality of life. We can’t argue with that!

Last month, March for Meals raised funds to help

us continue to serve our community in Medicine Hat. Some of our clients have injuries that prevent them from moving around the kitchen. Others have their family reach out because their noticed their loved one is in a downward spiral and stopped taking care of themselves because they were lonely. Isolation is a serious issue for seniors, and we’re here to help with a warm, fresh meal, smile, and a fiendly chat. You can help by donating any amount to [unisonalbera.com/donate](http://unisonalbera.com/donate).



Volunteers used whatever means available to them, like bicycles, to deliver community food support. Photo: Daniel Salgado

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Director of Operations

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— games room and lounge

— on-site manager

# Medicine Hat Veiner Activities

## What's Happening in April

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

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

### Presentations & Events

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

**April 1**  
Ask a Financial Advisor–Craig Elder, RBC Dominion Securities  
10am – 11am | Registration Required | Boardroom

**April 1**  
Book Review Crew  
1pm – 2pm | Dining Room

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

**April 4 – 5**  
Scrapbooking Fanatics  
Starting at 4:30pm on the 4th | Registration Required

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

**April 9**  
Dementia Support Group  
10am – 12pm | Boardroom | Register by calling 403-528-2700

**April 10**  
Counselling Services with Ben Feere  
9am–12pm | Registration Required

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

**April 15**  
Bridges Grandparents Group  
10:30am – 12pm | Boardroom | Register by calling Kayla 403-526-7473

**April 17**  
Dementia Support Group  
9:30am – 12pm | Boardroom | Register by calling 403-528-2700

**April 25**  
Book Club  
10am – 11am | Boardroom

### Wellness Wednesdays

Open to members and non-members  
April 2 | Movie Matinee “The Mummy (1999)” |  
Craft Room | 2pm – 4pm

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

April 16 | Optima Rocks with Jodi  
Craft Room | 2:15pm – 4pm

April 23 | Life Long Learning: “*Relationships Around Grandchildren*” | Boardroom | 1pm – 2:30pm | Registration Required

### Looking Forward

- Paintergirl “Flower” Paint Night**  
Tuesday, May 6 | 6pm – 9pm  
Craft Room | Mem: \$35 | NonMem: \$40 (Cash Only)
- Spring Fling Dance**  
May 24  
\$10/ticket | 7pm – 10:30pm
- Estate & Administration Planning Presentations**  
May 6th & 20th  
10am – 11:30am | South MP Room | Registration Required

### Veiner Centre Spotlight

- Thursday Craft Night: Easter Theme**  
April 3  
\$20/person (cash only) | Craft Room | 5:30 – 6:30pm
- CRA & Canada Service**  
April 8  
1pm – 3:30pm | Boardroom | Registration Required
- Easter Ham Lunch**  
April 11  
11:30am – 1:30pm | Everyone Welcomed
- Spring Tea – with VC Choir**  
April 12  
2:00pm – 4pm | \$10/Ticket
- 10 Day Canada East Coast Cruise 2026 Information Session**  
April 22  
1pm | Craft Room | Registration Required

# Medicine Hat Strathcona Activities

## What's Happening in April

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

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

### Fitness Class Spotlight

All fitness classes require registration  
**High Beginner Line Dancing**  
9:00 – 9:50am | Mondays | Mar 10 – May 26 | Free

**Chair Yoga & More**  
Mar 31 – May 5 | Mondays  
12pm – 12:45pm & 4pm – 4:45pm  
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**  
Mar 11 – May 1 | Tuesdays & Thursdays  
4pm – 4:50pm | M: \$112 | NonM: \$160

**Functional Fitness**  
Apr 1 – May 6 | Tuesdays | 11:45am – 12:30pm  
M: \$42 | Non-Member: \$60

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

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

**Qigong & Chair Yoga**  
Apr 2 – May 7 | Wednesdays | 12pm – 1pm  
M: \$42 | Non-Member: \$60

**Chair Yoga & More**  
Apr 3 – May 8 | Thursdays | 1pm – 1:45pm  
Members: \$42 | Non-Member: \$60

### 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 Saturday of Every Month**  
9am – 11am  
Fitness Room at Strathcona | Drop in Only

**Looking Foward**  
**Yin Yoga**  
May 9 – June 27 | 1pm – 2pm  
Mem: \$24 | NonMem: \$40

**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](http://unisonalberta.com/active-aging-calgary)**

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

Unison Travel Spotlight

**Banff Gondola & Hot Springs Day Trip**  
**Tuesday, April 15, 2025**  
8:30 AM – 6:00 PM  
Members: \$185 | Non-Members: \$215  
Cut-off date: Tuesday, April 1, 2025 | Transportation – Universal

The Banff Gondola + Banff Hot Springs package includes two of Banff’s most popular attractions. Take in the views from the Banff Gondola then enjoy a soak in the Banff Up-per Hot Springs. Bring Lunch & Swimming Gear. *Trip is not suitable for persons with reduced mobility.*

For more information, please contact **Unison Travel** at **403-705-3237** or **[travel@unisonalberta.com](mailto:travel@unisonalberta.com)**

Active Aging Spotlight

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

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

Register NOW! **403-705-3233** or **[Program@UnisonAlberta.com](mailto:Program@UnisonAlberta.com)**

Active Aging Spotlight

**Portrait Drawing Workshop**  
Tuesday, April 8th / 1pm – 3pm  
Member: \$50 | Non-Member: \$80  
Location: **Kerby Centre – Room 313**  
Instructor: Hamideh Khadem Sohi

Fantastic opportunity for all levels! The workshop covers the essential rules of portrait drawing, providing a great chance to improve your skills and gain new knowledge.  
*\*Supplies not included: Need to bring HB, 3B and 6B, sketch book and eraser.*

Register NOW! **403-705-3233** or **[Program@UnisonAlberta.com](mailto:Program@UnisonAlberta.com)**

Active Aging Spotlight

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

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

Register NOW! **403-705-3233** or **[Program@UnisonAlberta.com](mailto:Program@UnisonAlberta.com)**

Active Aging Spotlight

**Flamenco Dance Beginner**  
Mondays April 21 – May 12 (4 Weeks) / 1:00pm – 2:00pm  
Member: \$54 | Non-Member: \$84  
Location: **Kerby Centre – Room 205**  
Instructor: Honey Sturdy

No previous dance experience is required—just bring your enthusiasm and energy! Our experienced instructor will lead you through the basic flamenco steps, footwork, and hand movements, ensuring everyone feels at ease and confident.

Register NOW! **403-705-3233** or **[Program@UnisonAlberta.com](mailto:Program@UnisonAlberta.com)**

# Unison for Generations 50+ Calgary In-Person Activities

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

## Wise Owl Boutique Half Price Sale on RED tag items! Apr 21 – 25, 2025

Hours: 10:00 am – 3:00 pm



### Wellness Spotlight

#### Grieving Together Counselling Group

Thursdays, April 17 – June 12 | 1pm– 2:30pm  
Member: \$60 | Non-member: \$120  
Instructor: Sarah Warren

Have you lost a loved one, and are looking for support? Our 9 – week group program will help you rediscover yourself after loss and learn skills to start enjoying and loving your best life again. During your first session, we will conduct an assessment to better understand your needs and goals.

**Register Now!**  
403-234-6566/ [Lolaf@unisonalberta.com](mailto:Lolaf@unisonalberta.com)



### 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 our weekly guided meditation!  
\*Attend both events for the cost of \$5.

**Register Now!**  
403-234-6566/ [Lolaf@unisonalberta.com](mailto:Lolaf@unisonalberta.com)



### Wellness Spotlight

#### Creating Boundaries Workshop

Tuesday, April 22 and 29 | 1 pm – 3 pm  
Member: \$25 | Non-member: \$50  
Instructor: Sharon Falconer

Join us for a 2-week workshop about setting and maintaining healthy boundaries in relationships with friends and co-workers.

Brought to you by the Unison Wellness Center and Unison Elder Abuse Shelter.

**Register Now!**  
403-234-6566/ [Lolaf@unisonalberta.com](mailto:Lolaf@unisonalberta.com)



### Wellness Spotlight

#### Caregivers Peer Support Group

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

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

**Register Now!**  
403-234-6566/ [Lolaf@unisonalberta.com](mailto: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!



## Senior's Equine Program at Roarr

Thursday, April 24, 2025  
10: 45 am – 1:30 pm  
Member: \$35 | Non-member: \$70  
Maximum People: 16 | Cut-off Date: April 17

Join us for a unique and heartwarming experience, combining the joy of equine interaction with community support for seniors. The program ensures that participating seniors engage in therapeutic equine activities and receive a delicious warm meal provided by Roarr. Bus leaves Unison at Kerby Centre at 11 am to get to Roarr at 11:30 am.

**Register Now!**  
403-234-6566/  
[Lolaf@unisonalberta.com](mailto:Lolaf@unisonalberta.com)



# Unison for Generations 50+ Online Activities

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

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

## Online Class Spotlight

### GENTLE SOULFUL YOGA Online Course – Spring – Z16

Wednesdays | April 9 – June 11  
10 classes | Members: \$ FREE  
9:00 am – 10:00 am

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.

\*This class does not cover chair positions.

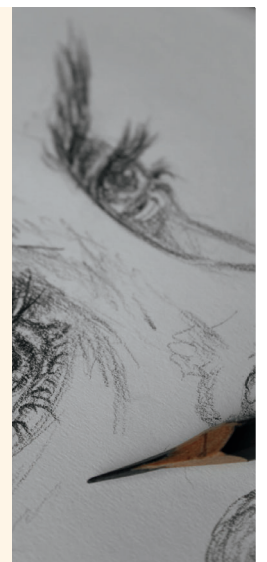


## Online Class Spotlight

### NEW! EXPLORING SKETCHING Online Course – Spring – Z15

Fridays | April 25 – June 13 (8 Classes)  
9:30 am – 10:30 am | Members: \$ FREE

New to sketching or is your pencil an extension of your arm? Join Sally and the rest of the online sketching community each Friday to explore a new subject, new technique, or maybe a new medium. All you need is a pencil and paper to participate, but if you feel like breaking out your chalk or pastels you are free to do so. There is no obligation to share your work, but it is encouraged and welcomed!



## Online Class Spotlight

### SUCCULENT GARDEN POTS FOR SMALL SPACES – ZW03 Online Workshop

Thursday, May 15 | 10:00 pm – 11:30 pm  
Members: \$36 | Non-Members: \$66

Have some fun creating with the many sizes, shapes and colours of drought-tolerant succulents. Join Elaine from the Calgary Horticultural Society as she teaches us how to create beauty with potted succulents. This easy to maintain and movable garden will brighten any patio, balcony or window.



## Online Class Spotlight

### EDIBLE GARDEN IN SMALL SPACES – ZL04 Online Lecture

Wednesday, April 16th | 1:00 pm – 2:00 pm  
Member: \$10 | Non-Member: \$10  
Speaker: Janet Melrose, Calgary Horticultural Society

Edible gardening not only provides food for the table but contributes to our food security. It also supports our mental well-being as well as providing gentle physical movement. Having a small space is no barrier to a viable and productive edible garden!



## Online Class Spotlight

## Online Class Spotlight

### FREE ONLINE PRESENTATIONS:

#### MACGYVER YOUR STRESS: Flipping the switch on your physical responses.

With speaker Navin Jetha, Unison Instructor  
Tuesday, April 15th | 1:00 pm – 1:30 pm

#### THE NATURE OF TAI CHI

With speaker Adrian Buczek, Unison Instructor (Tai Chi)  
Tuesday, April 29th | 2:00 pm – 2:30

#### TAKING CARE OF YOUR HEARING HEALTH: A guide to making informed decisions

With speaker TRISH EHMAN, Registered Hearing Aid Practitioner, Owner Ears To You Calgary  
Tuesday, May 6th | 1:00 pm – 2:00 pm

#### CAREGIVING, COMMUNICATION, AND CONFLICT

With speaker Sandra Scott, Program Development Assistant, Caregivers Alberta  
Wednesday, May 14th | 1:00 pm – 2:00 pm

#### ONLINE WORKSHOPS:

##### ONLINE SAFETY: YOUR PERSONAL INFORMATION

Members: \$32 | Non-Members: \$62  
Friday, April 11th | 10:00 am – 11:30 pm

##### SOCIAL MEDIA: INSTAGRAM BASICS

Members: \$32 | Non-Members: \$62  
Friday, April 25th | 1:00 pm – 2:30 pm

##### SOCIAL MEDIA: YOUTUBE ACCOUNTS S

Members: \$32 | Non-Members: \$62  
Friday, May 9th | 1:00 pm – 2:30 pm

## Online Programs Website



### ONLINE COURSES:

#### FITNESS WITH DAN – Online Course – Spring – Z11

Mondays | 9:00 am – 10:00 am  
Members: \$ 29 / Non-Members: \$59

#### STAY FIT – Online Course – Spring – Z03

Mondays & Thursdays | 11:00 am – 12:00 pm  
Member Price: \$64 – 2 member household \$102.40  
Non-Member Price: \$94 | SASC: \$74

#### BASIC SEATED YOGA – Online Course – Spring – Z10B

Mondays | 12:30 pm – 1:30 pm  
Members: \$29 / Non-Members: \$59

#### FITNESS OVER 50! – Online Course – Spring – Z01

Tuesdays | 9:30 am – 10:30 am  
Members: \$29 / Non-Members: \$59

#### MEMORY WRITING – Online Course – Spring – Z14

Tuesdays | May 13 – June 17 (6 classes) 3:00 pm – 4:00 pm  
Members: \$35 / Non-Members: \$65

#### MUSCLE STRENGTH & CORE BALANCE – Online Course – Spring – Z08

Fridays | 11:30 am – 12:30 pm  
Members: \$ 29 / Non-Members: \$59

# Every child needs the wisdom of grandmothers

Debbie Olsen, *University of Alberta Folio*

A group of five Indigenous grandmothers across Alberta is collaborating with University of Alberta researchers to develop digital stories and a booklet to share traditional teachings and cultural practices with their communities and beyond.

“Supporting Indigenous children’s development and well-being starts during pregnancy by helping mothers develop stronger connections to culture,” says Stephanie Montesanti, associate professor in the School of Public Health and director of the CARE Research Lab.

“Connection to culture through the sharing of traditional knowledge improves health and enhances wellness across generations as mothers share knowledge and traditions with their children.”

With representation from Treaty 6, 7 and 8, as well as the Métis Nation of Alberta, the Grand-

mothers’ Wisdom Network supports Indigenous mothers, pregnant women and their children living on and off-reserve in Alberta.

“There is no greater teacher in Cree culture than a kokum or grandmother,” explains Elder Muriel Lee of Ermineskin Cree Nation, Treaty 6. “Grandmothers are the real knowledge keepers, and the Grandmothers’ Wisdom Network has given each of us an avenue to share traditional knowledge. It has been the most meaningful and purposeful task I have undertaken in my life.”

Indigenous people’s health and well-being are closely tied to their culture and cultural identity, which are established from a very early age. Grandmothers are sacred in Indigenous communities, playing a vital role by providing a connection to kinship and passing on traditional knowledge — both of which promote healthy environments in early life.

Unfortunately, the dam-

aging effects of colonization disrupted the transfer of traditional knowledge, leading to long-lasting consequences on the physical and mental well-being of Indigenous peoples.

One of the lasting effects of residential schools is that many Indigenous people have lost their language and are disconnected from their culture.

“As a survivor of residential school, I lost all my connections to my culture, and I had no traditional parenting knowledge,” says Blackfoot Elder Jackie Bromley of the Kainai Blood Tribe, Treaty 7. “Many younger people remain disconnected from their culture, and they don’t know what they should do when they have a baby. If we do not share these teachings, who will?”

The elders participating in this network feel a shared sense of urgency for traditional knowledge to be shared — especially with new mothers.

“It’s so important that

we teach young mothers how to care for their children,” explains Elder Lee. “Each of the grandmothers shares their knowledge in their own way. In Cree culture, we believe a child belongs to the Creator and is only on loan to the parent. Caring for a new life is a sacred duty.”

The Grandmothers’ Wisdom Network has also been important to the grandmothers who lead it. They support each other, share knowledge and discuss ways to disseminate traditional knowledge within their respective communities.

Traditional knowledge is sacred, and the group is focused on finding culturally appropriate ways of sharing it effectively with Indigenous mothers. They are now working on developing digital stories focused on healthy Indigenous families, along with a booklet that contains cultural teachings and ceremonies to provide guidance on pregnancy, child-

birth and early-life care.

Beginning in spring 2025, the grandmothers and trained health-care workers will provide the booklet to Indigenous mothers and their families. Future work will involve health-care providers using the booklet to enhance understanding and awareness of cultural aspects of pregnancy, childbirth and early life among Indigenous peoples. Montesanti and her graduate student, Sarah Demedeiros, work closely with the grandmothers, building trust and relationships to develop these knowledge resources.

“Traditional knowledge has been suppressed for centuries,” says Montesanti, who is also a member of the Women and Children’s Health Research Institute (WCHRI). “These grandmothers are remarkable women who have overcome challenges, and they each work so hard to share their wisdom and knowledge to improve the health of their communities.”

# A need to diversify dermatology

Adrianna MacPherson, *University of Alberta Folio*

A new addition to Canada’s authoritative pharmacy resource aims to give pharmacists the knowledge they need to better diagnose and treat dermatological conditions for people of colour.

There’s a critical lack of diversity in education and literature on dermatological conditions, explains Ravina Sanghera, clinical associate professor in the Faculty of Pharmacy and Pharmaceutical Sciences.

“There’s data showcasing that those with different skin tones, because they are not being diagnosed accurately or face delays in diagnosis, are actually having increased morbidity or impact from their disease.”

Sanghera and Parbeer Grewal, a clinical professor from the Faculty of Medicine & Dentistry, are looking to change that.

To address the knowledge gap and give health-care professionals the information they need to treat all patients effectively, Sanghera and Grewal are co-authors of “Dermatological Considerations

in Skin of Colour,” a new chapter in the Compendium of Pharmaceuticals and Specialties, the main reference used by pharmacists across the country.

The new chapter includes information on how common dermatological conditions may present or be managed differently in skin of colour. As a visual aid, it also features a more diverse range of photos depicting these conditions on various skin tones, as well as links to other helpful resources and databases with additional information.

As a practising clinician, Sanghera has seen the devastating effects that inaccurate or delayed diagnoses stemming from these health-care inequities can have on patients.

She remembers one patient with eczema, a condition that’s typically relatively minor and managed with moisturizers or steroid creams. However, because the patient was unable to see a specialist for a long time, his eczema “was so severe that he could barely walk, and there was profuse swelling in his legs.”

“The amount of pain

he was in was not something that’s normally seen with that skin condition, but it had just progressed so much.”

Another patient, who had previously received an eczema diagnosis, came into Grewal’s clinic for treatment. When they took a biopsy, they discovered that the South Asian man had been misdiagnosed by his original practitioner.

“It was actually a quite invasive melanoma,” says Grewal. “Somebody who came in to get a cream was diagnosed as having a severe form of skin cancer.”

Along with highlighting existing inequities with the aim of getting patients diagnosed more rapidly and accurately, the new chapter also provides guidance on a more inclusive approach to care that integrates cultural factors and relevant context into any recommendations, she explains.

“When we develop care plans, we need to be integrating patients’ beliefs, values and experiences with the health system,” she says. “We need to create inclusive environments where patients feel

comfortable seeking care for their skin condition.”

For example, she explains, some cultural practices such as hair oiling or cupping can exacerbate certain skin conditions. However, if the practices are important to the patient, a recommendation to stop them altogether may not be the most appropriate choice. Instead, clinicians should find a way to tailor their recommendations and care plan to the specific patient and their needs.

She also notes that many skin conditions can cause either a loss or gain in pigmentation, which can add complexity to conversations with patients. Sanghera recalls an infant who had a severe diaper rash. When she discussed the treatment with the child’s parents, she found they were concerned about the rash healing but were equally distressed about the potential longer-lasting impact of the white patches that had developed on their child.

“I had to work with them and explain that it will take time to heal and repigment,” says Sanghera.

“That’s very different counselling and a very different conversation than just, ‘You have a diaper rash, let’s treat it with zinc oxide.’”

Additional factors in dermatology-related health inequity among racialized populations include issues like lack of access to clean water or affordable moisturizers in some communities, distrust of the health-care system because of negative experiences, and the fact that many common dermatology scoring tools such as SCORAD and EASI tend to underestimate disease severity in skin of colour, Sanghera says.

The reception to the new chapter has been positive so far, she notes. She and Grewal have been invited to present components of it at professional conferences. The co-authors also have their sights set on educating the next generation of practitioners so they can treat skin of colour more confidently, with Sanghera instructing pharmacy students and Grewal teaching dermatology and medical residents.

# Volunteer spotlight

*April 27th kicks off Volunteer Appreciation Week. We could not offer our programs, services, and supports without the time and dedication of our amazing volunteers. Unison at Kerby Centre and Unison at Veiner Centre appreciate each and every person who takes time out of their day to help us out in hundreds of different ways. Thank you for making Unison the special place that it is!*

Unison Veiner Centre



Penny O’Neil has been a Meals on Wheels volunteer for two and a half years, along with the reception desk at the Strathcona Centre. We are glad that she chose to move to Medicine Hat after retirement to be closer to family. Joining the Unison Veiner Centre gave Penny the opportunity to meet new people and get to know the city. It

warms her heart to see that she can help in the community. She hopes her cheery ‘good morning!’ with a big smile, will make someone’s day. Family is a very important part of Penny’s life, and she enjoys spending as much time with them as she can. Penny loves listening to Shania, Dolly, and Reba, while enjoying a good romance novel or biography. Her favorite foods are a good roast chicken with mashed potatoes, especially if someone else does the cooking! Penny’s motto is, “be good to yourself.” Penny, we thank you for all you do and your commitment to the Unison Veiner Centre. We could not do it without you!

Unison Kerby Centre



Born and raised in India, Mobeen Nassur moved to Calgary from Dubai after retiring to be closer to his daughter. Living nearby, he often passed by Unison at Kerby Centre and had a strong desire to support people in need. He joined the Seniors Supports program, where he helps old-

er adults navigate benefits and housing services. In just six months, Mobeen has dedicated 438 hours to volunteering, assisting 227 clients. His commitment has made a real difference in the lives of seniors. “It is very rewarding; I always look forward to coming here,” he shares. Mobeen is motivated by the heartfelt gratitude from the people he helps. One moment that touched him deeply was when an elderly couple he assisted returned the next day to give him a Christmas stocking with a single piece of chocolate inside, a small yet powerful

gesture of appreciation. Mobeen finds personal fulfillment in volunteering. It keeps him engaged, connected, and aware of the challenges many older adults face. As a senior himself, he values the peer-to-peer support, knowing that sometimes, all someone needs is a sympathetic ear. His advice to others is that “everyone should take the opportunity to volunteer.” For Mobeen, volunteering is more than just an activity—it’s a way to make a meaningful impact while continuing to grow, learn, and be part of a caring community.



## Volunteers Needed!

- **Memberships:** Help process memberships, make phone calls, and perform other office tasks as needed. Flexible hours.
- **Office Support:** Volunteer with our Thrive Food Security Program! Organize client records, respond to inquiries, coordinate grocery deliveries, schedule food bank appointments, and create a warm, welcoming space for the community. Shifts available Tuesday through Friday, 10 am – 3 pm.
- **Café Cashier:** Do you have excellent customer service skills and a positive attitude? Help us at the Kerby Café by working the cash register, taking orders, and serving food!
- **Thrive Market Support:** Help our market-goers with their shopping, sharing information about Unison programs, and administrative duties.
- **Adult Day Program:** Help run engaging programs and assist staff with different tasks in a welcoming environment. Shifts available on Fridays, 8am – 3pm.

For more information, contact: [volunteerg@unisonalberta.com](mailto:volunteerg@unisonalberta.com)

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### Closure Alert

Unison at Kerby Centre closed **on April 18th** for Good Friday

# Tales from behind the counter

Mel Lefebvre

Every week, Dianna Palamarek readies herself for her volunteer roles. She’s either greeting clients at the YMCA or sharing her incredible people skills with us at Unison Kerby Centre. Dianna has been behind the counter at the Kerby Café since July 2024. “I wanted to learn the cash register again,” Dianna says, chuckling. When she was a teenager in Lacombe, Dianna also worked a cash register and wanted to refresh her skills as the go-between for customers and kitchen staff. “As a teen, it was no problem!” she laughs.

If you’ve ever enjoyed food at the Kerby Café, you’ve probably met Dianna. She’s always ready with a smile. Her patient attentiveness and ‘customer is always right’ ethos have made her an important part of the Kerby experience. Dianna knows some meals need special instructions, like when it comes to food allergies (the Kerby Café makes an incredible gluten-free Reuben sandwich, by the way). Not only will she enter your order into the system, but she’ll also voice your special instructions directly to her friends in the back, working diligently to prepare your meal.

A people person through and through, Dianna says Unison Kerby Centre opened the world up for her. “It lets me be more social. I get to know people, and it’s a lot of fun,” she says. Beyond the Café, the welcoming community at Unison has made a big difference in her life. Dianna has been learning a new skill by taking a watercolor class every Thursday on the 3rd floor of Unison Kerby. She was already well-versed in sketching, but this class has given her a new lease on art. “I sent one of my paintings to a friend in Montreal as a gift,” she says.

Before moving to Calgary, Dianna lived in the Montreal community of Notre-Dame-de-Grâce for 26 years. She worked as a companion for seniors. “If someone needed my help at home for a loved one, I’d go and keep them company, prepare meals, and make sure people and couples could go out and about,” Dianna explains. In addition, Dianna volunteered in nursing homes, teaching and running bridge clubs for any-

one who wanted to learn.

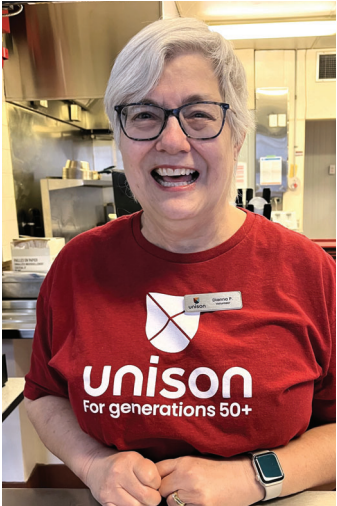
As a longtime volunteer and someone who thrives on social interaction and responsibility, Dianna’s approach to life is rooted in a thoughtful, strategic mindset. She credits much of this to her love of chess, a game that has shaped her critical thinking skills, patience, and ability to stay level-headed.

Dianna has been teaching chess for over 40 years and has a remarkable track record. In 1990, she represented Canada at the Women’s Olympiad and even played Russian chess grandmaster Boris Spassky in 1987. “I drew him,” she says. “He said that my game was the best of the 20 people he played at one time.”

Dianna’s life has been

impacted by several key moves. After her husband retired from McGill University’s IT department, he asked if she wanted to return to Alberta. The answer was, “Sure!”

“My parents lived in Lacombe, so we stayed in Calgary and visited often,



sometimes with my one of my sisters,” she says. When her mother became ill with Parkinson’s Disease and Lewy Body Dementia, Dianna put her companionship experience to work. “I had so much experience with dementia patients,” she shares, and her care work was a natural fit.

Dianna has spent most of her life caring for people. She realized she needed more of that in her life. One day, as she was hopping on the train at the Kerby station to go to a doctor’s appointment, she noticed our building for the first time. “I said, ‘Ah!’” and something clicked into place. Dianna had been aware of the area before, from her visits to Contemporary Calgary (across the street), but she

had never really gone beyond the train and the art. Noticing Unison for the first time and then diving in to learn more gave her a raison d’être. “Unison IS community,” she shares.

Dianna says volunteering is easy, especially with such a supportive community. Unison has even found its way into her everyday life. “It’s funny—today I had an empty egg carton, and I remembered seeing a sign in the building asking for them, so I brought it in to donate,” she laughs. Whether it’s a smile at the Café, exploring new creative outlets or finding ways, big and small, to contribute, Dianna’s presence at Unison feels like the perfect next chapter in a life built on connection and caring.



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# Leaving your legacy

Jenna Bever

Have you ever made a Will, an Enduring Power of Attorney (EPA), or a Personal Directive (PD)? If the answer is no, you're not alone. These three legal documents are the components that make up your Estate Plan. An Estate Plan makes sure that your loved ones are taken care of and that the friends, family, and charitable organizations important to you are considered.

These three Estate Planning documents (Will, EPA and PD) work together to ensure your interests are protected while you're alive, and allow to 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 EPA and PD. The biggest difference between these and a Will is that an EPA and PD are intended to protect your interests (both financial and health) while you're still alive, but you may not have full decision-making capability. The Will,

on the other hand, is valid once we have passed on.

A Last Will and Testament is a testamentary document. It is meant to set out how you would like your affairs handled after you've passed, and by whom. It is arguably the most important tool to help protect your assets, preserve your wishes, and provide for your family, friends and loved ones.

In a Will, you appoint someone, called the Executor, to look after the distribution of your assets. Your Executor is ideally someone you trust, resides in the same city or province as you, and is younger than you.

The Will provides the Executor with certain instructions, powers, and responsibilities. It is important to meet with a lawyer to discuss your options and ensure you are clear about the process.

The Will also sets out the beneficiaries - the people you want to receive your assets ie: money, bank accounts, investments, homes and possessions.

There are steps that must be taken to ensure

your Will is formalized and pursuant to laws in the province you live in. Discussing these formalities with a lawyer ensures that your Will is effective and valid.

Your Estate is essentially everything you own, from a vacation home to your favourite teacup and in between. It is all your money, investments, bank accounts, cars, homes and possessions. Your Estate is also a legal "person." This means your Executor can act on behalf of your Estate if there are any issues with the distribution of assets and payment of debts. This is often essential when dealing with insurance companies and pension administrators to ensure funds are properly distributed to your intended beneficiaries.

If you don't have a Will, you are dependent on provincial legislation which sets out the distribution of your estate and may be different from what your preference may be. For example, you may have no spouse or children, but you do have a dear friend to whom you

would distribute your estate. If you pass without a will, your estate will be given to your closest living relative, who could be someone you hardly know, rather than someone whose presence in your life meant a great deal.

Another example is relevant for those with adult children who lack the maturity to handle an estate or are struggling with the challenge of addiction. Without a Will, your child automatically inherits your estate at a time in their lives where they lack the capacity to responsibly manage their inheritance. Speak with your lawyer about having a Trustee appointed that will manage funds for that adult child.

Should you bother making a Will if you don't have a large Estate?

Yes! A common misconception is, "I don't have much so what's the point in making a Will?" In addition to being the best way to ensure the people, charities and organizations that are important to you benefit from your Estate, Wills

also provide important powers and responsibilities to the named Executor that are often essential to dealing with insurance companies, banks, and pension administrators. An Estate is a legal person and without a properly named Executor, there are obstacles that will prevent your loved ones from administering your assets and/or pay debts.

Your Will is essential, but it is only one step in navigating the intricacies of Estate Planning. The Enduring Power of Attorney and Personal Directive ensure that your finances and property, as well as 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 with expertise in preparing Estate Plans for clients at any stage of life. Jenna will be at the Senior's Expo on Saturday April 26th where she would be delighted to answer questions. Reach her directly at 587-324-2034 or [jbever@ddwestllp.com](mailto:jbever@ddwestllp.com).

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

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

**Visit Jenna at the 2025 Seniors' Expo at Kerby Centre on April 26, or check out her profile at [ddwestllp.com](http://ddwestllp.com).**



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**JENNA BEVER**  
**Estate Planning**



# DONOR IMPACT

Your difference in action

## Unison is built on three pillars

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



## Our Tax Clinic helps low-income seniors

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

## The impact is staggering

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



## Seniors Supports leads the way

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



## Every dollar helps

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



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



[UnisonAlberta.com/Seniors-Expo-2025](http://UnisonAlberta.com/Seniors-Expo-2025)

## Join us for an inside scoop on all things generations 50+

Saturday, April 26th, 2025 | 9am-3pm  
Unison at Kerby Centre

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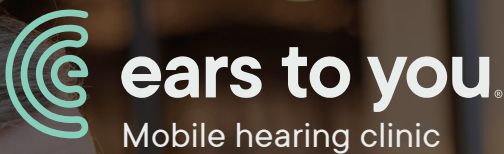
**Join our team! We'll be participating on Saturday, May 24th in the 5km and 10km races!**

### Ways to support Team Unison!

**Join our Unison at the Kerby Centre Team!**



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**JOIN US AT THE  
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CENTRE**

**SATURDAY, APRIL 26TH  
9AM - 3PM**



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