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Editor's corner: Cosmic stew and the caregiver sandwich

Mel Lefebvre

Caregiving is a broad term. It can mean anything from a one-time grocery run to a 24/7 commitment that takes over your life. It's never as intense as existing between the layers of two generations that need your help. If you're familiar with the term 'sandwich generation,' you'll understand what I mean.

On one end of the sandwich generation are aging loved ones (usually a parent or two, maybe also in-laws), and at the other end is a younger generation that still depends on you (kids, grandkids, and what-not). In that whirlwind of being needed, the middle of the sandwich has to exist in their own right - working, caring for themselves, maintaining their own relationships, hobbies, jobs, pets, homes, and so on.

Caregiving is never straightforward. Needs change and people burn out. We each need support, kindness, and flexibility. If we are a singular force, taking care of everyone without expressing our own needs, we can become sick, hurt, and emotionally fried.

Sometimes, all a caregiver wants is an hour to themselves where nobody asks them anything. As the parent to two elementary school-aged children, I relish moments where I

can just mindlessly scroll on my phone for a few minutes, watching videos of cats without interruption. It can happen! But the burnout is real.

My father passed away decades ago, and my mom lives in Montreal. I don't entirely identify as a sandwich generation person because of the physical distance between me and my surviving parent, but I do have a bit of spice in my generational sandwich.

I have an older sister (also in Montreal) who lives with severe autism and a mood disorder that subjects her to occasional bouts of violence. She lives in a home with around-the-clock caretakers, and will never be able to live independently. I think often about what will happen once my mom can no longer be there for her in the same capacity as she always has been.

Mom visits my sister once a week for lunch, and she's always there for birthdays and holidays. My sister has a hefty, packed schedule of appointments and medication assessments, day programs, activities, meals, and so on. My mom is there for every doctors and emergency room visit. I don't know what will happen when she can no longer do these things for my sister. And

at that point, will my mom be needing help herself?

My parents were sandwiched between my aging grandparents, me, and my sister. My grandparents lived well into their 90s, so it was a very large sandwich - more like an overstuffed sub. In that time, I went to university, moved out, married and began a family of my own. I also moved to the other side of the country, putting four massive provinces between me and my family.

My mom has never had the opportunity to have reprieve from the sandwich. With all grandparents now gone, she's more of an open-faced Reuben (that's a fun Montreal reference). My sister has a well-oiled care system in Quebec, and with my work schedule and kids in Calgary, I can't take over my mom's tasks when she is no longer able to. My mom would never move to Calgary to stay with us, because she will not leave my sister behind, and moving my sister across the country is out of the question.

Caring for caregivers who have complicated needs, like distance and massive prior obligations, takes an emotional and mental toll. There are no easy answers. Perhaps my personal generational sandwich is more of a cosmic stew. Luckily, I work somewhere that supports situations that



My sister and mom, colouring a mandala at my sister's residence in Montreal. Photo courtesy of Joanne Lefebvre.

don't fit neatly in a box.

One of the many things I love about Unison is the attention we give to caregivers. We host presentations and workshops on caring for the caregiver regularly throughout the year. Our Adult Day Program (ADP) gives caregivers respite while our amazing staff cares for their older adult. Our Wellness Connection Centre has support groups for caregivers, and wonderful activities like laughter yoga to help shake off layers of stress. I have attended one such laughter yoga class, and the memory itself always cracks a big smile.

Caregivers give of themselves - including

giving things they also need, like time, energy, love, attention, and grace. You usually get more when you give, but if you don't also receive care that lifts your spirit, then you will probably give until your tank is empty.

This August, take a moment to reflect on the people who have cared for you, and show them gratitude. Find some way to make them smile. Maybe in a literal act of thanks, treat them to their favourite sandwich! The Reuben in the Kerby Cafe is one of the best I've ever had, and as a Montrealer, I feel I can make such a claim. It pairs well with fries and a heaping dash of gratitude!



Dance with the Kerby Sensations!

Join us every Wednesday from
12:45 – 3:00 PM in the Kerby Café
Always fun, always free!



Our 2024 summer food drive collected **2,156 lbs of food** for the Kerby Centre Market.
Let's do it again!

Help us reach our goal by dropping off donations between now and September 5!

Most needed items

- canned fruits & vegetables
- canned beans & pasta
- rice/lentils
- dry pasta
- granola/quick oats
- condiments
- jams/jellies
- coffee/tea

The Kerby Centre Market helps seniors who need supplemental food, including fresh, frozen & non-perishable items.

Food is where we start! The market offers choice, dignity and connection to support and resources, providing immediate food assistance, reducing isolation, and building community.

President’s Message: Transparency in numbers

In June, Statistics Canada released the preliminary findings of their annual survey of giving and volunteering in Canada. The Blackbaud Institute also released its annual report on the status of Canadian Fundraising. Both reports indicate similar themes, and, they are not good. For example, the number of Canadians donating has declined by about 3 million since 2018. When you think of it, the demand on charities across the country has increased substantially since 2018. Unfortunately, this is not a new trend. Over the past decade, the percentage of Canadians donating has dropped from 82% to 54%.

Why does this matter? Organizations like Unison provide a lot of needed charitable services and programs in Southern Alberta. In a typical year, some level of government provides us with grants or contracts that cover about 45% of our operational costs, allowing us to provide all that we do for seniors in the community. You might ask where the rest of the money comes from. The paper you are reading right now is one of those sources of revenue. Advertisers pay for a spot in Unison News each month, and these revenues pay the salaries of the staff who create the paper. Any profit we receive funds our programs. We refer to Unison News as a social enterprise, and if you like what we are doing, please support our advertisers. Obviously, we are highly reliant on donations. If you are one of our cash donors, thank you for supporting what we do.

Before 2020, we did not have programs to address seniors’ food insecurity. Now, every year, we give away over \$400,000 worth of food in Calgary alone. Most of that food is donated to Unison. We run an Elder Abuse Shelter, and we operate Elder Abuse prevention and outreach services in Calgary and Medicine Hat. In Calgary, the government grants us

about a million dollars to operate the Elder Abuse Shelter, but we also rely on another million dollars a year from our donors to fund this vital service. In 2019, our total revenue from all sources was about \$3.9 million. We spent all that money (actually a little more...) delivering programs and services for seniors. I started working here in January 2020 and since then, we have had a greater and greater demand for services to support seniors. This year, our total revenue is projected to be over seven million dollars which we will use to provide additional services and programs for seniors. We are quickly closing in on doubling the revenue we generated and spent before the pandemic on the delivery of programs. We are thankful to our new donors and our long-term supporters.

Each week, between 60 - 70% of the donations we receive come from our members. These members already buy an annual membership, and they spend money on fees to attend programs and groups. They use our services, but they also donate so that other older adults can benefit from what we do. We appreciate the generosity of members who donate their money and time volunteering to make things better for other old-



Larry Mathieson, CEO and President

er adults in Southern Alberta. Even if you don’t use our programs, we would love your support. In Medicine Hat, we run a Meals on Wheels program. The international Meals on Wheels body works with a number of universities to study the benefits of these programs. There is a good body of research that suggests that you should be interested in seniors’ nutrition and food security because it is a highly cost-effective way to reduce health care costs where you live. So even if you don’t see yourself as needing or using our services, you might want to donate to improve your access to health care and reduce your taxes. Well, that is probably too big a promise for me to make- but maybe I’ll promise that we’ll be here when you need us.

August 2025

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

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For More information on Unison Alberta
Call 403-265-0661 or visit
www.unisonalberta.com



KERBY Café

Summer Hours

The Kerby Café will be closed on Fridays in July and August

Membership Fee Notice

Starting August 1st, our annual membership fee will be \$35.

An optional annual parking pass will also be available for \$10.

We appreciate your continued support and understanding as we make these small updates to help sustain our programs and services.



Seniors Supports cares

Unison Staff

Every month, Unison News features some repeat material - and it's deliberate. Our Seniors Supports department works hard every day to connect seniors with benefits, housing resources, and a compassionate ear. We know times are tough, especially for seniors subsisting on a fixed-income. Everything is more expensive. Your savings are dwindling away to compensate for the fact that the price of groceries and utilities are higher than ever. Inflation happens. We live in a capitalist system that endlessly seeks profit. The problem we see is related to the fact that fixed incomes and pensions have not been modified to meet inflation. If anything, things have become more challenging for seniors. Consider the \$600 price tag for an uninsured round of shingles vaccines. Many costs are passed on to individuals who suffer under the weight of the cost of living. That's also why Seniors Supports exists.

When you make an appointment for housing, tax support, benefits and pensions, or come by when the Canada Revenue Agency or Service Canada are at the Unison Kerby Centre, you're meeting with people who have made it their life's work to support you. It's worth repeating in every issue of our flagship newspaper, and we will continue to do so as a reminder of why we are here. The mission, values, and goals of Unison are to help seniors live their best lives. That looks different for everybody, but we can assume you will live more comfortably after learning you qualify for benefits you previously didn't know about. If we could freely distribute cold hard cash to seniors in need, believe me, we would! As a non-profit organization, we rely on the generosity of our community, our sponsors, our members and our advertisers. We're grateful for the support we receive that lets us 'give it back' to our community. We hope that the Seniors Supports services we offer help you.



Plan Ahead Session & Personal Directive Workshop

To register, call 403-265-0661

Advance care planning is a crucial process that helps individuals consider their future care preferences. This informative session will guide you through the importance of advance care planning, followed by dedicated time to complete your own Personal Directive.

September 18th, 2025 | 9:00 am – 12:00 pm
Unison at Kerby Centre (Room 205)
1133 7 Ave SW, Calgary

Presented by:
Ellen Mi (Project Coordinator, Covenant Health Palliative Institute)
Lindsey Louro (Associate Lawyer, McLeod Law LLP)
Vineeta Kapoor (Manager of Seniors Supports & Volunteers, Unison)

Benefits and Pensions

We can assist you with applying for:

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

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Housing Conversations

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FREE Drop-in






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

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

CRA Staff will be at Kerby Centre from 9am – 3pm on:

- Aug 12 and 19
- Sept 2 and 16
- Oct 7 and 21
- Nov 4 and 18
- Dec 2 and 16




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


Seniors Supports

Staff from Service Canada will be at Unison Kerby Centre to help you sign up for the Canadian Dental Care plan, and to answer questions about Federal benefits.

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

- August 13
- September 17
- October 15
- November 26
- December 10





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Bruno’s day out in Rosebud

Ada Muser

The story of the Little Engine has been told many times: a stranded train cannot find an engine willing to take it over difficult terrain. “I can’t; that is too much to pull for me,” says the great engine built for hard work. The train asks for another engine, and another, only to hear excuses and be refused. Finally, the little engine is willing to try thinking that “it can.”

As it nears the top of the grade, it slows down. “I think I can, I think I can,” puffed the little locomotive. It reached the top by drawing on all its reserves and then descended, congratulating itself by saying, “I thought I could, I thought I could.”

* * * * *

It is unusual to drive through the largest industrial area on the east side of Calgary in pursuit of culture. But today, Bruno and Elsa took a one-and-a-half-hour drive northeast to see a play called ‘Dream’ by Terry Bachynski at the Rosebud Theatre.

At first, the prairies are flat, but after Strathmore, they exit the Trans-Canada Highway and take the scenic highway No. 840 to get to Rosebud. Here, the Alberta prairies undulate. These are the foothills of the foothills. Broader and deeper valleys were carved out by the mighty Bow, the Oldman, the South Saskatchewan and the Red Deer rivers flowing from the east slopes of the Rockies on their way southeast and in a huge curve, gradually turning northeast, ultimately to Hudson Bay.

Small tributaries gently cut into the terrain, forming petite enclaves with patches of trees in which farmsteads and small settlements are nestled. Rosebud, once a small village, now unincorporated, is one of them. Cree people called the enclave Akokiniskway, translated as, “By the river of many roses.” It lies near the edge of the Canadian Badlands, the storied land of dinosaurs.

The first recorded settlers were James and Eliza Wishart, who came in 1885. It is local legend that James paraphrased the Old Testament: “Here’s the Promised Land, we go no further.”

The beauty of the tiny valley has attracted many people throughout the years, from nature lovers to artists. A. Y. Jackson, a member of the Group of Seven, and Henry George Glyde painted the area in the 1940s.

The Canadian Northern Railway built a line through Rosebud in the early 20th century. The railway station was a simple coal-heated boxcar until 1919, when a proper building was constructed. The last trains on the line through Rosebud stopped running around 2008, after almost a century of service. Over the years, farming and coal mining have been the region’s primary industries.

When Severn Creek School closed its doors in 1972, the good times ended. Many of the local businesses closed, and the hamlet’s population dropped to under a dozen people. It was a decline familiar to other prairie towns. What seemed to be the final nail in its coffin was when the only general store, the Haskayne Kenney Mercantile, closed the same year. Perhaps that was the moment when the proverbial stranded train started looking for an engine.

The Haskayne Kenney Mercantile building was sold in 1973 to Crescent Heights Baptist Church, which was looking to establish a youth retreat. It is from this humble beginning that the Rosebud School of the Arts evolved.

The little locomotive started up the hill – “I think I can, I think I can”. In 1983, the school launched what is now known as Rosebud Theatre. Students and staff wrote, rehearsed and performed an original production on an outdoor stage and named the production a “Commedia del’Arte. To this day, 174 shows have been staged.

Rosebud became a tourist hotspot in Alberta, visited by over 35,000 people each year despite not having a convenience store, a gas station, or a population of more than 100. The story of the little train is now concluded. “I thought I could, I thought I could.”

* * * * *

Most visitors come for the theatre, run by the Rosebud School of the

Arts, the main industry in town. However, a place dominated by artists, actors, and assorted creative people is bound to be a bit zany, so there is more to see before the dinner and the show starts, and it can be a complete “day out”.

Akokiniskway Art Gallery is located in the historic Rosebud Church. The Centennial Museum displays artifacts of Rosebud’s throughout the years. Two-room shack nearby calls itself the Gallery of Unique Gifts. It is too small to have been a dwelling in the past, but who knows?

Farther down the street, someone’s house has a working model train layout in the front yard plus other whimsical “folk art” like a picture frame placed on an easel in front of a real flower pot, and a wheelbarrow standing up with handles for legs and the wheel for a head, is dressed as a gardener. That stretches one’s imagination a bit. Rocks on the edge of a sidewalk are painted like little houses.

There is no way around the fact that this is a one-industry town. One can be fooled by the signs on stores and other attractions showing their opening hours. Most of them ignore the posted hours of operation and simply open either very close to show time, while others open after the show’s end.

Visiting the theatre starts at the main intersection in town. It cannot be missed; there is only one. The former general store on the southwest corner was repurposed to be the ticket office and the restaurant, with buffet meals served in large or small rooms, and in a lean-to addition called a “greenhouse room”. This annex is more intimate, with tables for two, but also most peculiar, with the heating and air conditioning registers slapped on the walls high up by the ceiling, and steep stairs leading down to the underworld, implying that the whole thing was an afterthought, but it adds to its character.

The buffet is good: the food is substantial and plentiful, and the service is excellent. Rosebud’s main theatre is known as the Opera House, and is across the street from the main building. It has a seating

capacity of 232. The Studio venue, which is another more intimate performance space on campus, seats 70.

* * * * *

Bruno and Elsa came to see the musical called ‘Dream’ by Terry Bachynski.

The author wrote: “Developing the show with Rosebud Theatre has been a dream come true for me. If you had asked me even six years ago if I would ever write a musical, I would have said, “nope.” Then COVID-19 happened. I had a year in our house with my new piano and plenty of time.

‘Dream’ tells the story of my father Eddie’s troubled youth and his desire to build a life for himself, notwithstanding the hardships encountered along his path. It is an amazing story, and I think he

big cities shows often are.

The play is a pure Canadiana placed in a small country town in Ontario, a hundred years ago. It was a place inhabited by deeply religious and decent, yet street-smart people. Life was simple, unassuming, and the citizens - relaxed. Materially, they had everything they needed, the philosophy so beautifully expressed in the lyrics of The Co-op Song – “If you can’t buy it in the Co-op, you don’t need it!”

If the Rosebud Theatre is not professionally on level with Broadway and other major theatres, its strength is exactly in that fact. Even the orchestra consists of only a piano, banjo, guitar and a bass, but it works perfectly in the intimate theatre. As Eddie and Joanne, Mark Kazakov and Karyssa Komar, respectively, and



Dream’s final applause. Photo: Ada Muser

was a remarkable man.”

In the opening number, a young Eddie says his dream is to have a room of his own with a bed and maybe two chairs, and people who care about him. It’s his way of saying he wants a loving family. His father was a drunk who beat his mother, him, and his brother. He had been sent to foster farms previously, but it was not the family he dreamed of. They made him sleep in the barn, and eat leftovers, and the abuse was emotionally scarring. So, he kept escaping and finding himself in trouble.

Gran, the widow he is sent to as a last resort, not only offers him her youngest son’s room but also shares her meals with him. Eddie is grateful, but he must learn discipline and fit into the community.

* * * * *

It is a true-life story, put together very cleverly. It is billed as the “New Canadian Musical”, akin to the best of Broadway. However, it is not pretentious or showy, and to its credit, not as full of clichés as the

the rest of the players have strong, expressive voices, they do justice to Bachynski’s songs and dialogue.

‘Dream’ has a world premiere in Rosebud, and it is a good thing, as the old wisdom is that “the context of the environment in which an art piece (in this case, a show) is placed contributes significantly to its appearance.”

A hundred years later, one would be hardly pressed to duplicate the atmosphere, time, and place this story tells, but Rosebud came in as close as could be. The little hamlet today is a throwback to the same time, lifestyles, zest for life, and willingness to work hard and make something out of what fate had dealt them.

‘Dream’ is an uplifting musical about family, community, faith, and the healing power of redemption, and it is bringing Rosebud audiences to their feet. By the time this article is published, the show will still be running until August 30, 2025.

A lifeline of support at Caregivers Alberta

Matt Salopek

Meet Patty, an inspiring individual from Central Alberta whose caregiving journey took a hopeful turn with the compassionate support of caregiver coach Lana Matthews.

On September 11, 2024, Patty met Lana for the first time—an encounter that became a defining moment in her experience as a caregiver. “During our first session, she created a sanctuary where I could pour out my heart, sharing the depths of my emotional pain and the weight of caregiving,” Patty shared. “Lana listened with profound empathy and understanding, never once making me feel judged. She validated my overwhelming feelings, assuring me that my emotions were real and justified.”

Lana, who has her own caregiving background, became more than a coach—she became a trusted companion. “Her caregiving experience forged a deep connection, allowing us to walk this path together. Lana helped me uncover inner strength, guiding me toward resources that would lighten my load,” Patty recalled. “Two months later, she celebrated my growth, empowering me to spread my wings and soar, knowing her support would be there if needed.”

Patty’s story reflects

what many caregivers across Alberta experience—emotional, physical, and mental strain, often in isolation. But it also reveals the power of connection, compassion, and personalized support.

At Caregivers Alberta, stories like Patty’s are why we exist. As the only charitable organization in Alberta solely dedicated to supporting unpaid family and friend caregivers, we’re here to ensure no caregiver faces their journey alone.

Founded in 2001 by a group of concerned caregivers, our purpose is to uplift and support those who care for others by offering tailored programs, resources, and community connections. With over one million unpaid caregivers across the province, these individuals are the invisible backbone of Alberta’s health and social systems—quietly dedicating themselves to the well-being of those they love. But who supports them? That’s where we come in.

How We Support Caregivers:

Caregiver Support Line Becoming a caregiver can feel overwhelming. Our support line provides a direct connection to someone who understands. Whether you’re new to caregiving or facing a tough moment, we’re here to listen and help guide you forward.

System Navigation

Finding support shouldn’t be a burden. Our system navigation service helps you access healthcare services and community resources tailored to your caregiving situation—saving you time and stress.

Caregiver Coaching

Receive one-on-one support from a trained caregiver coach who will help assess your situation, identify your needs, and create a plan to preserve your well-being. Together, you’ll work through challenges and regain a sense of control.

Caregiver Support Communities

There is strength in knowing you’re not alone. Join a peer-support group where caregivers come together to share experiences, talk through challenges, and offer one another encouragement and ideas.

Workshops and Education Sessions

Grow your skills and confidence through webinars, live sessions, and self-paced learning. Topics range from stress management to navigating complex systems—all designed to fit your schedule.

Work & Care

One in four working Albertans is also a caregiver. Our Work & Care program helps employers discover the benefit of creating caregiver-friendly

workplaces. This education program supports employers in implementing changes to practices, policies or workplace culture to help their caregiving employees better balance paid work alongside an unpaid caregiving role. Work & Care helps organizations create healthier teams and more compassionate workplaces.

Caregiver Connect®

With your permission, a healthcare provider can refer you to our Caregiver Connect® team—or you can contact us directly. We’ll match you with local supports and Caregivers Alberta programs that meet your specific needs, offering personalized help through every stage of your journey. Caregivers are often the first to arrive and the last to leave. They manage appointments, provide physical and emotional care, navigate complex systems, and hold space for their loved ones—all while juggling their own responsibilities. The toll can be immense. But so can the growth, resilience, and connection—when support is present. Patty’s journey shows what’s possible when caregivers are met with empathy instead of expectation. When they’re offered tools, not just tasks. When they’re reminded that they matter too. Whether you’re a caregiver, know someone who is,

or simply want to make a difference, there are many ways to get involved with Caregivers Alberta:

- Reach out if you or someone you know is navigating caregiving.
- Share our resources with your community or workplace.
- Encourage employers to explore our Work & Care program.
- Donate, volunteer or partner with us to help sustain and grow our support offerings.

As a registered non-profit charitable organization, we rely on grants and the generosity of donors—many of whom have experienced caregiving themselves. Your support makes it possible for us to continue walking alongside caregivers like Patty. When you give, you’re helping ensure that caregivers across Alberta feel championed and never alone.

At Caregivers Alberta, we believe caregiving shouldn’t mean giving up yourself. With the right support, every caregiver can be seen, strengthened, and sustained.

As Patty puts it: “Lana helped me uncover inner strength... empowering me to spread my wings and soar.” Let’s make sure every caregiver in Alberta has the chance to do the same.

Visit caregiversalberta.ca to learn more.

Four critical life and death documents

Cooperative Memorial Society

One of the greatest gifts we can give families is the peace of mind that comes from knowing that your wishes are clear and legally protected. In Alberta, four critical documents ensure personal, financial, and end-of-life wishes are honoured.

These documents manage one’s affairs and preserve family heritage, safeguard legacies, and reduce burdens on those who may already be carrying caregiving responsibilities.

Thoughtful preparation helps Albertans honour their cultural traditions and family values while ensuring legal and financial protection.

1. Personal Directive

A Personal Directive is a legal document that names someone to make personal decisions if an individual becomes unable to do so due to illness or injury. This includes decisions related to health care, accommodation, personal services, and other non-financial matters. Having a Personal Directive en-

sures that personal care preferences are honoured and relieves loved ones from making difficult decisions without guidance.

Without this document, loved ones may have to apply to the court to be appointed as the decision-maker, causing stress and delays. It’s essential to communicate its existence to the chosen representative and family members, particularly when caregiving roles are involved.

2. Enduring Power of Attorney

An Enduring Power of Attorney (EPOA) designates someone to make financial and legal decisions if mental capacity is lost. This can include managing finances, paying bills, selling property, and handling investments. The EPOA protects financial interests and ensures continuity without the need for court intervention.

Choosing a trusted representative and discussing wishes ahead of time is crucial. Taking proactive steps to establish an EPOA prevents financial confusion and protects assets during challenging times,

especially when caregiving is already demanding.

3. Financial Plans (Including Will and Estate Plans)

Financial plans outline how assets, property, and financial affairs will be managed and distributed after passing. A Will names a personal representative, assigns guardianship for minor children, and specifies asset distribution. Comprehensive estate planning helps minimize tax implications and reduce the legal burden on loved ones.

Thoughtful financial planning helps avoid family disputes and ensures that wishes are followed. Consulting with a legal professional can create a plan that respects family heritage and cultural traditions.

4. Funeral and Burial Plans

Funeral and burial plans detail preferences for funeral arrangements, including burial or cremation choices, service types, and pre-payment arrangements. Documenting these wishes relieves family members from making tough decisions during grief and ensures that final wishes are respected.

The Cooperative Memorial Society (CMS) helps members document preferences securely online, making them accessible to loved ones whether arrangements are needed from afar or in person. Pre-planning also allows for cost savings and avoids high-pressure sales tactics while honouring cultural practices and traditions.

Having these four critical documents in place ensures that wishes are followed and protects loved ones from legal and financial complications. Clear, legally binding instructions reduce the risk of family conflict and provide much-needed guidance during emotional times.

How to Get Started

1. Consult a Legal Professional: Seek advice from someone experienced in estate planning to draft documents correctly. CMS has a list of trusted professionals on their website who offer preferred pricing to members.

2. Communicate Wishes: Talk to family members, designated repre-

sentatives, and healthcare providers to ensure everyone is informed. Discussing plans openly helps preserve family heritage and ensures everyone understands the choices made.

3. Store Documents Safely: Keep originals in a secure place and provide copies to trusted individuals. Make sure the personal representative knows where to find them.

For more information on creating these documents, visit the Alberta Government’s website or Alberta Health Services for guidance on Personal Directives and advance care planning. CMS also provides resources and support to help document final wishes and offers affordable funeral and burial planning services.

To learn more about how CMS can support end-of-life planning, visit coopmemorial.org or call 403-248-2044. Membership is just \$40 for a lifetime of support, with information available in six languages to serve Alberta’s diverse community.

The dog days of summer

Deborah Maier, Calgary Horticultural Society

August mid-afternoons make me think of the phrase “dog days of summer.” Calgary’s location at the edge of the prairie accentuates those longings for a cooler time. The sun is hot and the wind is drying. If we have grass and are water-wise, the long grass rustles and the short grass crunches under our feet. Add to that soundtrack the buzz and clicks of grasshoppers. It can seem oppressive and gives me visions of an old dog hanging out in the shade, waiting perfectly still, too hot and tired to move until the weather changes. I know that in the phrase “dog days of summer,” the dog being referred to is the star Sirius, also known as the dog star, but an over-heated dog is what I think of.

By now, many gardeners are feeling hot and tired, too. The novelty of working in the garden has worn off. The good news is that all the hard work put into the garden earlier in the season is paying off. Weeding and mulching has prevented weeds from going to seed

and the seeds from taking root, so the work has diminished. General care of the garden such as using compost and fertilizer, pinching and deadheading means the plants should be healthy and looking great. No further applications of fertilizer should be made in the perennial garden, as plants should be discouraged from pushing new growth in preparation for coming frosts. Now it’s time for gar-

Hylotelephium (sedum), *Liatris*, *Ratibida*, *Rudbeckia*, *Salvia*, *Solidago*, and *Symphyotrichum* (fall aster) all shine at the end of summer. They also tend to be drought-tolerant. What these plants have in common is a preference for full sun and well-drained soil. I’ve tried many of these plants with variable success. The mixed success may not be due to the location during the growing



Echinacea and Rudbeckia hirta. Photo: Deborah Maier

Low growing stonecrop (*Hylotelephium*) also like the sandy south facing area next to the street and are becoming a good ground cover in that area. In slightly less dry areas, the taller stonecrops, such as ‘Autumn Joy’ do well. Come fall, ‘Autum Joy’ has a notable pink flower head that is visited by many kinds of pollinators. I have tried growing Rudbeckias (brown-eyed Susans) in my yard, but they never seem to last more than a season. They are supposed to self-seed. I adore the golden and rusty colours of Rudbeckia hirta flowers, so I’m trying to grow the cultivar ‘Capuccino’ this year. I struggle with Echinacea, too. Many gardeners that I’ve spoken to have noted that they

have more success with the purple ones (*Echinacea purpurea*), that are closest to the native plant. While my backyard is getting shadier, in a small full sun spot the perennial sunflower (*Helianthus*) that I planted decades ago keeps on growing. It has the highest moisture requirement of the plants noted and will wilt in the afternoon heat. There are many plants to grow that provide beautiful blooms in the late summer garden, especially if you like gold and purple tones. You may have the perfect well drained sunny spot, so why not give one a try. Visit calhort.org for more info on gardening.



Fall asters. Photo: Deborah Maier

deners to relax and enjoy the garden, and there can be plenty to see. While the perennial plants that bloomed in late spring and early summer are finished providing colour, the floral show is not over. Coreopsis, *Echinacea*, *Gallardia*, *Helianthus*, *Heliopsis*,

season but, as these are perennials, what happens in that location during fall, winter, and spring. I have finally found a spot where the native *Gaillardia* (blanket flower) thrives. It is a west facing spot next to the house that gets late afternoon sun and is very hot during the summer. During the winter, that location is quite dry. It is near a downspout with a French drain, so it gets some moisture at depth whenever it rains. In a south facing area of my yard, where the soil is very sandy, an ‘Arizona Sun’ *Gaillardia* cultivar has settled in. That spot is extremely dry. During the winter, it usually is covered by snow cleared from the walkway.



Sedum. Photo: Deborah Maier

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The world's tallest man

Ron Gilmore, Alberta
Family Histories Society

Until the day he fell ill, Henry Alexander Cooper, from Yorkshire, UK, had a pretty standard childhood. Upon his recovery, Henry went through a growth spurt that seemed to never end. At the age of 20 years, he measured an astounding 8 feet 8 inches tall. Far too tall for most doorway entrances, he attracted attention wherever he went. His hands measured 13 inches from his wrist to the end of his third finger, and the gold ring he wore was big enough for two ordinary fingers. His

foot was 17 inches long.

Fast forward to America, we now find Henry rebranded as the “Yorkshire Giant” - an attraction at the famous Barnum and Bailey Circus. Henry travelled with the show across America, enthralled audiences with his stature and feats of strength. He once hoisted a horse to his shoulders from the ground.

While in the United States, Henry met and married a tall American lady, and they had children. In 1886, an announcement in the New York Clipper trade magazine stated that Minnie Cooper, Henry's wife, had given birth to a baby

weighing 17 pounds.

While on tour in Canada, Barnum and Bailey's show stopped in Calgary. Henry fell ill and had to stay back from the travelling show's next stop north of Edmonton. Henry was admitted to the Calgary General Hospital. Sadly, Henry never recovered, and passed away far from any family. He was buried in the Oddfellows' plot of Calgary's Union Cemetery, in Section C, Row 8, Plot 20.

Henry's headstone is on the Alberta Family Histories Society website albertaancestors.ca. Henry is one of several interesting individuals buried in Calgary's cemeteries. Spend some time looking through the 'stories' menu on the Alberta Ancestors website, and you will discover heroes, villains, business giants, gunslingers, soldiers, a Titanic Survivor, cowboys and Henry Alexander Cooper, the World's Tallest Man. Each headstone is a tribute to the amazing stories these people left behind. The



Henry Alexander Cooper stands with a woman of average height. Photo: Find a Grave Memorial

Alberta Family Histories Society (AFHS) is a non-profit organization dedicated to supporting family history research worldwide. Our Resource Center, located in Heritage Square on Macleod Trail, is home to over 12,000 volumes of genealogy. The Society maintains three websites and has over 200 members. Monthly meetings offer presentations by qualified researchers on a host of topics and research segments. Special Interest Groups that focus on Celtic Heritage, DNA and other specializations meet regularly. If you're interested in learning more about your family's history, we offer a three-part course entitled “Genealogy 101.” AFHS is also working on a Cemetery Project, and has so far digitized 343 cemeteries, catalogued 259,172

“residents,” and photographed 186,369 headstones, with an upcoming conference planned for fall 2026. The AFHS is welcome to all – we would be thrilled to help you build your family tree, write your family's story, and explore the wonders of DNA.

Come and learn more about the World's Tallest Man! AFHS is hosting a free presentation in collaboration with the Calgary Public Library and Calgary History Week, on the World Tallest Man and the “celebrities” in our local cemeteries at 1:00 PM on Friday, August 1, 2025. Join us at the Resource Center in Heritage Square, Suite 251S, 8500 Macleod Trail SE. Advance registration is required. Visit afhs.ab.ca, call (403) 214-1447, or email info@afhs.ab.ca to sign up and to get more information.

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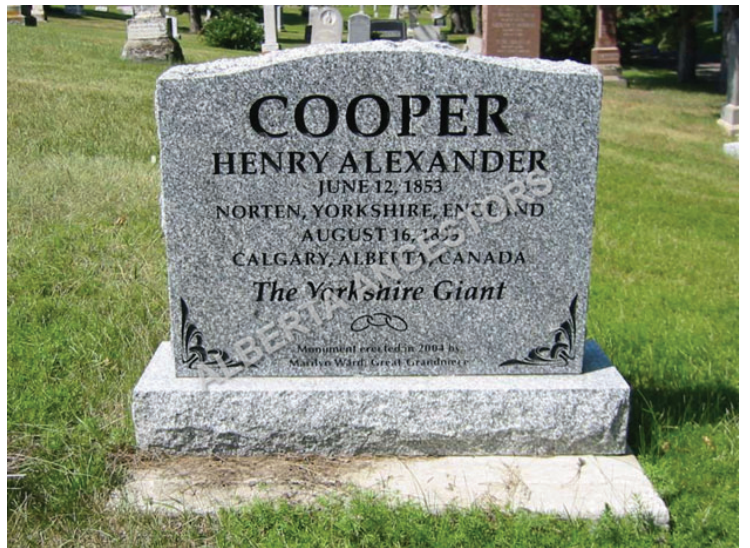
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The final resting place of Henry Alexander Cooper. Photo: Alberta Family Histories Society

Refreshing French carrot salad

Lynne Skyrrie

French carrot salad is simple, healthy, and refreshing, especially when we don't feel like hanging out by a hot stove in summer. Carrot salad isn't what typically comes to mind when imagining French cuisine, but it gets the moniker because just like our default garden salad in Canada, this carrot salad is a staple in France.

French carrot salad is crisp, sweet, tangy, savoury, and ready in under 20 minutes. Which is great for racing back to the patio to soak in our brief and beautiful summer.

You will need:

- 1 lb carrots (approx 5 medium-sized carrots)
- 2 tbsp chives, finely chopped
- 2 tbsp parsely (sub for dill), finely chopped
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 2 tsp honey
- 1 tsp Dijon mustard
- 1/2 tsp ground cumin
- 1/4 tsp fine sea salt

Directions

Prepare the carrots

- Carefully grate carrots into large bowl. You will end up with approx. 3 cups.



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August 18 - 21
House salad with maple Dijon dressing and breaded chicken
Soup: Beef & barley

August 25 - 28
Chili chicken with crispy wonton crackers & cucumber over rice
Soup: Roasted cauliflower

- Add finely chopped chives, parsely/dill.
- Optional: Add raisins, pineapple, walnuts, pumpkin seeds for extra

flavour and texture. For a burst of flavour, roast the walnuts for 5 min and let cool.

Make the dressing

- Whisk the remaining ingredients together in a small bowl until completely blended.

Combine!

- Pour dressing over carrot mixture.
- Stir until carrots are coated.
- Allow the salad to rest for 10 minutes to absorb the diverse flavours.

Serve

Toss before serving. Serve with soup, sandwiches, or on its own. Keep covered in the fridge for up to four days.

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From tossing & turning, to rest & renewal

Nick Ward

I have struggled with sleep for most of my adult life and it’s shaped the way I move through the world. You go to bed at 10 p.m. because you want to be responsible. Because you’ve read every hour of sleep before midnight counts double. Spoiler: It doesn’t. But you lay there. You toss. You sigh. You stare at the ceiling. You try to quiet your mind. But sleep just doesn’t come.

Or maybe it’s one of those nights when you wake up at 3:33 a.m. and can’t settle back down. No reason. Just... awake. And the more you wish you

were asleep, the harder it is to get there. Some people fall asleep like it’s nothing—like blinking. But for others, getting good sleep is one of life’s most persistent and invisible challenges.

That’s why I want to write about it today. This isn’t just a column about cannabis—it’s about what it means to want to feel rested, and how cannabis might play a role in that pursuit. I’ll walk you through what we know, what we’re still learning, and what’s worked for me when it comes to managing sleep with cannabis.

Let’s start with something a lot of people don’t

talk about: not sleeping isn’t your fault. It’s common, it’s complex, and it gets trickier with age.

Why Sleep Gets Harder With Age

As we get older, our sleep cycles naturally shift. Hormones change. Aches and pains creep in. Medications stack up. You might wake more frequently, spend more time in light sleep, or find yourself lying awake without a clear reason. For many over 50, sleep becomes something you manage, not something you simply do.

And that’s where cannabis may offer a new kind of support. Not as a magic

solution—but as an effective tool in your toolkit.

Two Paths to Rest

Sleep challenges tend to fall into two broad buckets: trouble falling asleep, and trouble staying asleep. I’ve had both at different times—and cannabis has supported each in different ways.

When my mind won’t slow down at night—when it’s excited about what I’m working on or remembering that time I forgot to attach a link to an email in 2015 — cannabis before bed can help me transition into sleep. It’s not about getting “stoned” per se. It’s about giving my ner-

vous system permission to shift gears. The feeling is a bit like that moment after a hot bath when your body sighs and lets go.

For staying asleep, especially when I am suddenly awake at 3 or 4 in the morning. I’ve found a small dose, like a few puffs of a joint or pulls on a vape, is enough to put me back into sleep mode. There’s growing research to support what I’ve felt firsthand: cannabis, when used intentionally, can support more restorative rest.

A Word of Caution

It should also be noted that some studies and my own anecdotal experience, show that sleep quality can be reduced. Cannabis can extend deep sleep but it can also diminish REM sleep, which is where a lot of core resetting takes place. This is why you can wake up a little groggy with cannabis supported sleep. Getting sunlight right away can help, also some water with lemon and salt.

Speaking about the Morning After

Here’s something we don’t talk about enough: what to do when you haven’t slept. Because let’s be honest—sometimes even with the best routine, the best products, and the best intentions, it’s still a night with disturbed or interrupted sleep.

That’s when cannabis becomes part of my next day plan. Obviously if you have a job that requires you to be cannabis free this may not apply. However, I do find a microdose of cannabis (1-3 pulls on a vape pen, or 5-10mg edible) clears the cobwebs without sending me to the moon.

Where to Start – A Gentle Invitation

If you’re curious about trying cannabis to support sleep—but feel overwhelmed by the options—here’s a little cheat sheet:

Start low and go slow: Cannabis can take anywhere from a few minutes to 90 minutes to be felt. One way to avoid over-consumption is to take a little puff, vape pull or small piece of an edible then wait. Combustible methods (joint and vapes) take 10-15 minutes before consuming again. For edibles wait 60-90 minutes.



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Story continues on p. 11

Tossing and turning, continued



Cannabis comes in many forms, from traditional joints, to candy, chocolate, soft drinks, and even tea!
Photo: Crystalweed on Unsplash

Consider timing. Most sleep support products work best when taken 30–60 minutes before bed. Some oils or edibles take longer—ask your local budtender or pharmacist for guidance.

Look local. Alberta has several excellent retailers focused on wellness and education. They can support first-time consumers with respect and care. Don't



hesitate to ask questions—that's what they're there for.

Closing Thought

Rest doesn't always come easy. For many of us, sleep becomes something we manage carefully, not something we take for granted. Cannabis isn't a cure-all—but it's been a genuine ally for me, and

for others I've spoken with, in navigating long nights and the heavy mornings that sometimes follow.

If you're exploring cannabis for sleep, know this: you're not chasing a fad. You're reclaiming rest. Something worth cherishing at any age.

Letter to the editor

Masks - because you still have stuff to do

Re: Article on wildfire smoke and your health, Unison News, July 2025

Dianne Hick's article on the health effects of wildfire smoke is informative - people, especially older adults, must be made aware of the health effects of wildfire smoke. Dr. Hicks discusses how to reduce the effects of wildfire smoke. Staying indoors helps but people cannot stay indoors 24/7 for days at a time. They need to go shopping, attend appointments as well as a wide variety of activities. Dr. Hicks did suggest wearing a mask when out in smoke. I have read up on the best kind of mask. The minimum is a NIOSH N-95 particle mask. For prolonged exposure such as working outside during smoke advisories, is a NIOSH P-100-multigas respirator routinely in wildfire smoke. True, one costs \$50-\$70, but, it really helps as I have asthma.

- H.D. Green,
NE Calgary

Have an opinion on something you read? Interested in a specific topic? Let us know!

Email Mel Lefebvre, Unison's Editor-in-Chief:
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solution, p. 26

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Editor seeks content

Mel Lefebvre

Have you ever itched to tell a story, show off a photo, dip into history, or share a joke or a set of facts? Unison News needs YOU! Unison News is seeking any and all manner of content to share with our active readers.

Unison News stands firmly as a testament to storytelling, community, and sharing. We would love to include you in something special that has stood the test of time.

Writing about topics that are of interest to seniors is like trying to pinpoint the focus of a library. Older adults have lived lives we can only dream of. From adventures, mistakes, careers, loves lost, found, and mourned, hobbies, travel, pets, art, history, science, dancing, friendship, recipes, research, caregiving - you get the idea.

While it's important to share stories and tips on scams, retirement and funeral planning, we know for a fact that older adults need a bit more than that in their newsfeed.

Writing for Unison News lets you contribute to a kaleidoscope of a newspaper that honours diversity, aging, and lives lived. Contact the Unison News Editor-in-Chief, Mel Lefebvre, with your ideas, and see your work come to life! mell@unisonalberta.com

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one before?

I used to play
piano by ear,
but now I use
my hands.

What’s the dif-
ference between
ignorance and
apathy? I don’t
know and I
don’t care.

August Crossword Puzzle

Across

- 1. Petty quarrel
- 5. Chesapeake and Delaware
- 9. Outstanding papers?
- 13. "That's a nauseating thought!"
- 14. "We can ride together!"
- 15. In-between dress length
- 16. Nick Mohammed's "Ted Lasso" role
- 17. Comic installment
- 18. Piles (of)
- 19. Forensics?
- 22. "I need help!"
- 23. Maintain a lab coat?
- 24. Ghostly pale
- 27. Grade below 70%
- 29. Tip-to-frog violin motion
- 32. Novelist Bellow
- 33. Orderly groupings in computer science
- 35. "What ___ the odds?"
- 36. Geometry?
- 39. Postscript's place
- 40. Fierce fauna
- 41. Frankenstein's helper
- 42. Nachos topping
- 44. "I'd call it average"
- 45. Not very poetic
- 46. Made less severe
- 48. Co. with a SoSecure mobile safety app
- 49. Physics?
- 56. "Funny Girl" co-star Sharif
- 57. Elbow-to-wrist bones
- 58. ___ of honor
- 59. Formerly
- 60. Instrument for many Bach compositions
- 61. Writer Bombeck
- 62. Knotted up
- 63. Empire State resident, for short
- 64. "Work it!"

Down

- 1. Lip-__
- 2. Crumble fruit
- 3. Ballet opener
- 4. Gender-neutral pronoun
- 5. Type of 2-Down
- 6. Architectural recess
- 7. Branch of creationism
- 8. Snide smile
- 9. Sgt. Friday's declaration on "Dragnet"
- 10. Petroleum trade ban
- 11. Japanese food staple
- 12. Wikipedia, e.g.
- 14. Ostrich warning sound
- 20. The Proterozoic, e.g.
- 21. Composer born in Washington, D.C.
- 24. Burros
- 25. Cold plunge partner
- 26. Where athletes kick up their heels?
- 27. Record best updated first thing in the morning
- 28. Draw a blank on?
- 30. Twistable treats
- 31. Dog-tired
- 33. Opening day pitcher, typically
- 34. "Mm-hmm"
- 37. Denigrate
- 38. Opportunities for watch parties
- 43. Holy
- 45. "Save as" option
- 47. Zac of "The Greatest Showman"
- 48. Tennis score after deuce
- 49. Height unit
- 50. Ritz-Carlton alternative
- 51. Microsoft browser
- 52. Untrustworthy sort
- 53. Noble rank below marquess
- 54. Peruvian city with a San Isidro district
- 55. WWII turning point

FREE HEARING ASSESSMENTS

Time for a hearing aid check or maintenance?
Ears to You is here to help!

 Thursday, August 28th

 9:00am – 4pm

 Unison at Kerby Centre – Room 311

Spots fill up fast.
Book your appointment TODAY!
BY EMAIL: CalgaryAdmin@earstoyou.ca

1	2	3	4			5	6	7	8		9	10	11	12
13					14						15			
16					17						18			
19					20						21			
			22					23						
24	25	26				27	28			29			30	31
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		46			47				48					
49	50						51	52				53	54	55
56					57						58			
59					60						61			
62					63						64			

Puzzle solutions on p. 26



unison
For generations 50+

EMANCIPATION DAY



August 1



Celebrating freedom.
Honoring resilience.



Unison

At Veiner Centre

50 years

1975 – 2025

Caregivers – we care about YOU!

Cori Fischer

Caregiving is an enormous labour of love. It's easy to get swept away, especially when you don't even consider what you're doing to be caregiving! When you're helping your partner, or watching your grandkids, guess what? You're caregiving! We understand how taxing it can be, and we have supports for caregivers because we know you need care, too, and, there are a lot of you.

In Alberta, there are around 500,000 informal caregivers, with at least 400,000 specifically supporting seniors. Informal caregivers are those who provide unpaid care and support to a family member, friend, or neighbor with mobility issues, chronic illness or disability.

What caregivers provide is more than preparing meals, mental stimulation and emotional support, maintaining a medication schedule, and helping someone from a wheelchair to a bed. Caregivers give the gift of allowing people to remain in their homes, longer. Informal caregivers ease the healthcare system and save Alberta approximately \$3 billion every year.

Many older adults take on informal caregiving roles without hesitation. It's a growing and important trend – there are more older adults now than ever before, and their caregiving needs are not going away. Informal caregiving brings consistent, re-



Caregivers need care, too! Photo: Manny Becerra

liable care by someone knows and trustworthy.

It's a nice idea to imagine caregivers as selfless vessels, brimming with angelic generosity, however, caregivers have their own needs and require support. When the caregiver is an older adult, inherent challenges are present. There is the physical strain of completing household chores, maintaining their own personal care and the emotional exhaustion, potential isolation from others and role changes in a relationship. And there is a financial pressure of proving to the needs of their loved ones on fixed retirement income.

Caregivers need support too. This can include respite care so they can take a break and recharge their battery. Appropriate training to ensure they are providing the appropriate care and not at risk of injuring themselves. They may require additional financial assistance. And they need a safe place to

talk about their challenges, stresses and successes.

At Unison at Veiner Centre, we recognize our informal senior caregivers and we offer peer support groups as an opportunity for socialization. That is why we partner with organizations like the Alzheimer's Society, Parkinson Association and Bridges Family Programs. These partnerships allow support groups to be offered in Unison at Veiner Centre for our members and the general public to ensure their well-being is taken care of. But we also offer support groups for the carer as well.

We currently offer six groups. If you or someone you knows needs support caring for someone, please check out the following groups: **Alzheimer Society Care Partner Support Group**

A support groups that provides an opportunity for care partners to share their stories and find support and information from others who are

caring for someone who is living with dementia. This group meets the 2nd Tuesday of the month. **First Link Connections**

These sessions are an excellent tool for learning about dementia, how it impacts different brain areas, and tips and strategies for common challenges and changes that families notice. Scheduled for the 3rd Tuesday of the month.

DementiaSupportGroup

This support group is for individuals experiencing mild cognitive impairment or early stage dementia. This is a Brain presentation that caregivers and people with dementia can attend the 3rd Thursday of the month.

All dementia/Alzheimer groups require registration with Kristel at 403-403-528-2700.

Parkinson Association Support Group

Participating in this support group can provide valuable insights about Parkinson's, enhance your coping strategies, and help reduce feelings of isolation as you bond with others facing similar challenges. Parkinson's Association Support Group meets the 3rd Wednesday of the month and you can register with Brienne at 403-317-7710

Bridges Grandparents who Parent

This group offers peer support and education specifically designed for grandparents who are parenting their grandchildren. This group offers a safe space for sharing experiences, gaining valuable

insights, and connecting with others who understand the unique challenges and joys of this journey. Your presence will not only benefit you, but also contribute to creating a network of care and understanding for grandparents navigating this special chapter of their lives. They meet the 3rd Tuesday of each month and you can register with Kayla at 403-526-7473. **Men's Sheds Canada** is a volunteer-based organization, run by men for men, which facilitates and enables older men to gather, socialize and make new relationships while working on individual projects or group projects, shoulder to shoulder. The goal of Men's Sheds is to improve emotional well-being, combat isolation, anxiety, loneliness and depression within men, particularly older men. In other words, we get the guys together to tinker, tell stories and hang out for good fun every Monday from 11-12! No registration required.

Senior caregivers are a vital yet often invisible force in our society. Recognizing their contributions and addressing their unique needs is not just a matter of compassion—it's a necessity for a sustainable and humane care system. By providing them with adequate resources, training, and emotional support, we can help them continue their invaluable work without compromising their own well-being.

The Art of lending a helping hand

Lorilee Campbell

The ethos on the farm where Art Schmidt was raised was to lend a helping hand when you see one is needed. "Everyone helped one another," said Art, who will be celebrating his 100th birthday in May next year. Unison Veiner Centre is very fortunate to have had Art's tenacity at the helm of Meals on Wheels. Back in his heyday of deliver-

ing meals to seniors in need, Art remembers he single-handedly delivering an average of 50 meals per day. Not to outcompete himself, he delivering 1998 meals in 2008.

It's not just about the numbers – though Art's track record is impressive. His involvement with Meals on Wheels at the Unison Veiner Centre has more to do with connecting with others. "It was about the connection and

the visit," says Art. He'd sometimes take time to help with household troubles, never afraid to lend a helping hand. Some of these visits blossomed into lasting friendships.

In 1985, Art worked as a bus driver. He met his wife, Bernice in his 20s, and they have been married for 75 years. While being a bus driver puts you in regular contact with hundreds of people, Art fondly remembers giving

lifts to four regulars to the Unison Veiner Centre for lunch once a month. Art chuckles at the memory, saying driving these ladies couldn't compare to his years of driving buses.

Art's Meals on Wheels experience has come full circle. His daughter and son-in-law have taken the wheel and now deliver meals in Art's stead. Art and Bernice are now relaxing on the receiving end of MOW. He's

a living testament to the value of helping others.



Art Schmidt.
Photo: Lorilee Campbell

Medicine Hat Veiner Activities

What's Happening in August

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

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

Presentations & Events

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

- August 5**
Book Review Crew
1pm – 2pm | Dining Room
- August 5**
Card Makers
1pm – 4pm | Registration Required | bring your own supplies

August 6
Tech Support
11am – 1pm | Boardroom | Registration Required

August 8 – 10
Scrapbooking Fanatics
Starting at 4:30pm on the 8th | Registration Required

August 12
Alzheimer Society Care Partner Support Group
1:30pm – 3pm | Craft Room | Register with Kristel (403) 528-2700

August 19
Bridges Grandparents Who Parent Group
10:30am – 12pm | Boardroom | Register by calling Kayla 403-526-7473

August 19
First Link Connections
1pm – 3pm | Boardroom | Register by calling 403-528-2700

August 20
Parkinson Association Support Group
12:00pm – 2:00pm | Boardroom | Register with Brienne at 403-317-7710

August 21
Dementia Support Group
9:30am – 12pm | Boardroom | Register by calling 403-528-2700

August 22
Book Club
10am – 11am | Dining Room

Wellness Wednesdays

- August 6 | Movie Matinee with popcorn
“When Harry Met Sally” | Craft Room | 2pm – 4pm
- August 20 | FREE Hearing Health check with Ear Wax Removal with Hear Canada
Boardroom | 9am – 11:30am | Registration Required
- August 20 | Pet Therapy with Kenzy
Games Room | Craft Room | 10:30am
- August 20 | Optima Rocks with Jodi
Craft Room | 2:15pm – 4pm

Upcoming Activities

- Movie Night: “Bucket List”**
Thursday, August 21 | 5:30pm – 7:30pm
FREE!
- Senior Safety Series: Safe Living 101: Fire Prevention, Scam Detection, and Life-Saving Trends**
Thursday, August 21 | 9am – 12pm
Registration Required

Looking Forward

- Puzzle Night**
Tuesday, September 30
6:30pm – 8:30pm
\$25/team of 4 | Register at the VC Front Desk
- Community Kitchen with Unison and the Root Cellar**
Fridays | Sept 5 – 26
Register with Hope | Classes held at Root Cellar
Free | Limit 6

Veiner Centre will be Closed
Monday, August 4 for Heritage Day.

Medicine Hat Strathcona Activities

What's Happening in August

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
High Beginner/Improver Line Dancing 8:30am	Pickleball –Skills & Drills 11am	Absolute Beginner Line Dancing 8:30 am	Beginner Pickleball 11am	Pickleball Beginner 9am
Table Tennis 10am	Pickleball –Beginner 12:35pm	Beginner Line Dancing 9am		Table Tennis 10am
Chair Yoga & More 12pm		Table Tennis 10am		Pickleball Open Play 1pm
Pickleball Open Play 1pm		Qigong & Chair Yoga 12pm		Pickleball Open Play 3pm
Pickleball Open Play 2:30pm		Pickleball Open Play 1pm		Pickleball Open Session 6pm
		Pickleball Open Play 3pm		

Fitness Class Spotlight

All fitness classes require registration

Chair Yoga & More

July 21 & 28 | Aug 11 & 18 | Mondays
12pm – 12:45pm
Members: \$28 | Non-Member: \$40

Qigong & Chair Yoga

July 23 & 30 | Aug 6, 13, & 20 | Wednesdays
12pm – 12:45pm
Members: \$35 | Non-Member: \$50



Closure Notices

Strathcona Centre will be Closed Saturday, August 2 and Monday, August 4 for Heritage Day.

Online Fitness Classes

Fitness with Dan

Mondays | Aug 11 – Sept 1 | 9:00am – 10:00am
Members: \$26 | Non-Mem: \$56

Join us online for a traditional aerobics class with emphasis on cardiovascular training. Variations are given for strength training using weights or resistance bands. You are encouraged to work at your own pace

Fitness over 50

Tuesdays | Aug 5 – Aug 29 | 9:30am – 10:30am
Members: \$26 | Non-Mem: \$56

Join our movement, strength, core, and stretch class featuring mild cardio and fun dance moves, along with higher intensity intervals. We will use hand weights and household items like stretch bands and towels. Suitable for all ability levels—participants can choose to stand or use a chair.

To register for these classes please email Aditi at: AditiS@unisonalberta.com

Fitness Orentation

2nd & Last Saturday of Every Month | 9am – 11am
Fitness Room at Strathcona | Drop in Only

Weekend Activities at Strathcona

Table Tennis – Single Play Only
Saturdays | 11am – 1pm

Pickleball – Open Session
Saturdays & Sundays | 1pm –4pm

Programs Returning in the Fall

- Fun & Fitness with Erynn
- Functional Fitness with Krista
- Chair Yoga & More Thursdays with Krista
- Yin Yoga with Anna
- Yang Short Form, Yang Long Form, Chen Style Short Form, Fan Form & Weapons Form with the Tai Chi Association
- Floor Curling
- Cornhole

To Register for Events, Classes & Programs, please call (403) 529-8307 or visit us at Veiner Center

Active Aging

Course Registration Fall Session

Registration opens Aug 5th for members and August 15th for non-members

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

Online registration is available now
Unison50plus.unisonalberta.com



Don't Miss Out!

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

Refund Policy

All courses and workshops are non-refundable. If needed, course credit must be requested in writing one week prior to the course start date. Please contact the Active Aging Department to sign up program@UnisonAlberta.com or **403-705-3233**

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

Chen Tai Chi (Member \$69 Non Member \$99) <u>Instructor:</u> Adrian Buczek		A01 Thursday Sept 4 – Nov 20 2:15pm – 3:15pm Room 205 – Kerby Centre	
Chen Tai Chi and Tai Chi Qi Gong is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Helps to reduce stress, increase coordination, balance and range of motion.			
Fitness with Dan (Member \$69 Non Member \$99) <u>Instructor:</u> Dan Leung		A02 Wednesday Sept 3 – Nov 19 10am – 11am Gym – Kerby Centre	
Traditional aerobics class with emphasis on cardiovascular training. You are encouraged to work at your own pace.			
Muscle Strength & Core Balance (Member \$69 Non Member \$99) <u>Instructor:</u> Dan Leung		A03 Friday Sept 5 – Nov 28 (no class Sept 19) 9am – 10am Gym – Kerby Centre	
Strong core balance. Various equipment will be used to train muscles associated with activities for daily living.			
Stretching & Mobility (Member \$69 Non Member \$99) <u>Instructor:</u> Dave Goldenberg		A04 Tuesday Sept 2 – Dec 2 (No class Oct 14 & Oct 21) 11:15am – 12:15pm Room 205 – Kerby Centre	
Improve your flexibility, enhance your range of motion, and rejuvenate your body. Don't let stiffness and immobility hold you back from enjoying a vibrant and active lifestyle.			
Core Essentials (Member \$69 Non Member \$99) <u>Instructor:</u> Navin Jetha		A05 Thursday Sept 4 – Nov 27 (No Class Sept 18) 11:00am – 12pm Room 205 – Kerby Centre	
Strengthen your core and enhance your overall fitness with this class. Focused on foundational exercises, this class will help you build stability, improve posture, and boost your core strength.			
Feet to the Beat (Member \$69 Non Member \$99) <u>Instructor:</u> Kym Butler		A06 Friday Sept 5 – Nov 21 1pm – 2pm Room 205 – Kerby Centre	
Develop and maintain coordination, agility, balance and overall mobility through a better understanding of music and rhythm.			
Bollywood Fusion (Member \$44 Non Member \$74) <u>Instructor:</u> Prethista Vivekanandan		A07 Wednesday Sept 24 – Oct 29 (6 Weeks) 10:00am – 11:00am Room 205 – Kerby Centre	
Get ready to immerse yourself in the vibrant world of Bollywood dance, where every step is an expression of joy, passion, and celebration. This course is designed for beginners and dance enthusiasts alike, with no prior experience required.			
Flamenco Dance (Member \$54 Non Member \$84) <u>Instructor:</u> Honey Sturdy		A08 Monday Sept 15 – Nov 10 (8 Weeks – No Class Oct 13) 1:00pm – 2:00pm Room 205 – Kerby Centre	
This lively and expressive dance style, rich in Spanish tradition, is perfect for you looking to try something new while staying active. No prior dance experience is necessary—just bring your enthusiasm and energy!			
Line Dancing (Member \$69 Non Member \$99 per course) <u>Instructor:</u> Glenis Martin			
New Beginners A09 Thursday Sept 11 – Nov 27 11:30am – 12:30pm Gym – Kerby Centre		Beginner Plus A10 Thursday Sept 11 – Nov 27 1pm – 2pm Gym – Kerby Centre	
		Beginner Plus A11 Monday Sept 8 – Dec 1 (No Class Oct 13) 1pm – 2pm Gym – Kerby Centre	
No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting.			

Chair Yoga (Member \$69 Non Member \$99) <u>Instructor:</u> Gina Komanac	A12 Wednesday Sept 3 – Nov 19 1:15pm – 2:15pm Room 205 – Kerby Centre
Great way to relax and rejuvenate! Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.	
Flex Fusion Yoga (Member \$69 Non Member \$99) <u>Instructor:</u> Gina Komanac	A13 Monday Sept 8 – Dec 1 (No Class Oct 13) 11:30am – 12:30pm Room 205 – Kerby Centre
Learn kind and beneficial yoga poses while increasing strength and balance. You must be able to get up and down off of the floor, but a chair can be used for additional confidence in the class. <i>Please provide your own yoga mat.</i>	
Zumba Gold (Member \$69 Non Member \$99) <u>Instructor:</u> Chantel Cunningham	
A14 Tuesday Sept 2 – Nov 18 10am – 11am Room 205 – Kerby Centre	A15 Thursday Sept 4 – Nov 20 10am – 11am Gym – Kerby Centre
An easy-to-follow program that lets you move to the beat at your own speed. Classes provide modified, low-impact moves for active older adults or anyone looking for a low impact, low intensity workout.	

Academic Courses

Arts

Arts in the Afternoon: Acrylic (Member \$155 Non Member \$185 per course) <u>Instructor:</u> Hamideh Khadem Sohi		
B01 Wednesday Sept 3 – Oct 8 (6 Weeks) 1pm – 3pm Room 313 – Kerby Centre		B02 Wednesday Oct 22 – Nov 26 (6 Weeks) 1pm – 3pm Room 313 – Kerby Centre
Designed for beginners. You will be guided step by step to create a finished acrylic painting each week. Classes will cover blending, reflection, depth, various brush techniques and more. <i>All supplies are included.</i>		
Fall Birch Tree Forest – Acrylic Painting Workshop! Member \$50 Non Member \$80 <u>Instructor:</u> Carol Marasco		B03 Tuesday Sept 30 1pm – 3pm Room 313 – Kerby Centre
You'll design a stunning forest scene that captures the essence of autumn. <i>All Supplies Included!</i>		
Christmas Tree Truck Workshop (Member \$50 Non Member \$80) <u>Instructor:</u> Carol Marasco		B04 Tuesday Nov 25 1pm – 3pm Room 313 – Kerby Centre
Get into the festive spirit with our charming Christmas Tree Truck Workshop! Create a cozy holiday scene featuring a vintage-style truck carrying a beautifully decorated Christmas tree – no experience needed!		
Wine Bottle Decorations! Christmas Theme! (Member \$50 Non Member \$80) Instructor: Carol Marasco		B05 Tuesday Dec 2 1pm – 3pm Room 313 – Kerby Centre
Design and decorate your own Wine Bottle. All supplies are included. No painting experience necessary! <i>All supplies are included!</i>		
Calligraphy “Pointed Nib & Ink” (Member \$64 Non Member \$94) <u>Instructor:</u> Renate Worthington		B06 Tuesday Sept 9 – Sept 30 (4 Weeks) 1pm – 3pm Room 305 – Kerby Centre
In this class we will use a flexible nib, pen holder and ink to create letters and designs with flowing curves and delicate flourishes.		
Drawing Member \$99 Non Member \$129 <u>Instructor:</u> Hamideh Khadem Sohi	Beginner Drawing B07 Monday Sept 8 – Oct 20 (No Class Oct 13) 1pm – 3pm Room 313 – Kerby Centre	Intermediate Drawing B08 Monday Oct 27 – Dec 1 1pm – 3pm Room 313 – Kerby Centre
Gain a solid foundation and understanding of the basics to drawing and become the artist you've always dreamed you could be! <i>Supplies not included.</i>		
Beginner Watercolour Member \$155 Non Member \$185 <u>Instructor:</u> Hamideh Khadem Sohi	B09 Thursday Sept 4 – Oct 9 10am – 3pm Room 312 – Kerby Centre	B10 Thursday Oct 23 – Nov 27 10am – 3pm Room 312 – Kerby Centre
Learn the skill of watercolour painting for yourself! <i>The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.</i>		
Advanced Watercolour (Member \$155 Non Member \$185 per course) <u>Instructor:</u> Hamideh Khadem Sohi		
B11 Friday Sept 5 – Oct 10 10am – 3pm Room 313 – Kerby Centre		B12 Friday Oct 24 – Nov 28 10am – 3pm Room 313 – Kerby Centre
Learn the skill of watercolour painting for yourself! <i>The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.</i>		

Creative Crafts! Fabric Painting Workshop (Member \$50 Non Member \$80) <u>Instructor:</u> : Hamideh Khadem Sohi		B13 Friday Oct 17 1pm – 3pm Room 313 – Kerby Centre
This workshop is designed to release your hidden artistic abilities. Join us and create your own unique tote bag. <i>Supplies will be provided – Tote Bag, Brush and Fabric Paint.</i>		
Color Pencil Painting! (Member \$99 Non Member \$129) <u>Instructor:</u> Hamideh Khadem Sohi		
Beginner B14 Monday Sept 8 – Oct 20 (6 Weeks – No Class Oct 13) 10am – 12pm Room 313 – Kerby Centre		Beginner Plus B15 Monday Oct 27 – Dec 1 (6 Weeks) 10am – 12pm Room 313 – Kerby Centre
With a deep understanding of color theory and technique, our instructor can guide students in creating stunning artwork using color pencils. Her approach emphasizes both technical skill and creative expression. <i>Supplies not included!</i>		
Art of Jewelry Making – Basic Level (Member \$70 Non Member \$100) <u>Instructor:</u> Valerie Wu		B16 Wednesday Nov 5 – Nov 26 (4 Weeks) 10am – 11:30am Room 108 – Kerby Centre
You will explore various DIY jewelry techniques and create your own beautiful jewellery. The four session includes: Wire Wrapping, Chinese Knotting, Chainmailles & Micro-macreme. <i>All supplies included. No experience required.</i>		

Languages

Spanish (Member \$160 Non Member \$190 per course) <u>Instructor:</u> Norah Hutchinson <i>The textbook used for all Spanish levels is "Dicho y Hecho: Beginning Spanish" Sixth Edition By Laila M. Dawson and Albert C. Dawson. It may be purchased through Amazon.com and/or AbeBooks.com. Please ensure it is Sixth Edition.</i>	
Spanish Grammar I B17 Monday Sept 8 – Dec 1 (No Class Oct 13) 10am – 12pm Room 311 –Kerby Centre	Beginner. A comprehensive course for students with no prior knowledge of Spanish. We will learn basic grammar and vocabulary through training and listening, speaking, reading and writing. Chapters 1-3 will be covered.
Spanish Grammar II B18 Tuesday Sept 9 – Nov 25 1pm– 3pm Room 311 –Kerby Centre	A continuation of Spanish Grammar I with basic vocabulary and grammatical conjugations. Oral, listening, reading and writing activities are included. Prerequisite: Spanish Grammar I or equivalent. Chapters 4-6 will be covered.
Spanish Grammar III B19 Tuesday Sept 9 – Nov 25 10am – 12pm Room 311 – Kerby Centre	A continuation of Spanish Grammar II. For those students with a basic level of Spanish who want to improve their written, conversational and listening skills. Chapters 7-9 will be covered.
Spanish Grammar IV B20 Thursday Sept 11 – Nov 27 1pm – 3pm Room 311 – Kerby Centre	A continuation of Spanish Grammar III. Chapters 10-12 will be covered.
Spanish Grammar V B21 Wednesday Sept 10 – Nov 26 1pm – 3pm Room 311 – Kerby Centre	A continuation of Spanish Grammar IV. Requirement to finish Grammar IV. Emphasis is on practice, situational activities, and comprehensive study of troublesome areas of interest
Spanish Conversation I – Beginner B22 Friday Sept 12 – Nov 28 1pm – 3pm Room 312 – Kerby Centre	Want to practice your Spanish in a fun and friendly setting? This class is perfect for those who’ve taken grammar courses and are ready to start speaking. You'll build confidence through pronunciation practice, listening activities, and conversations.
Spanish Conversation II – Advanced B23 Monday Sept 8 – Dec 1 (No Class Oct 13) 1pm – 3pm Room 311 – Kerby Centre	The course is designed for those with strong knowledge of grammar and have taken previous conversation courses. Emphasis is on interaction, with a focus on pronunciation, listening and comprehension. Minimum Prerequisite: Grammar V.

English as a Second Language

ESL Beginner (Member \$79 Non Member \$109) <u>Instructor:</u> Sadia Rizvi	B24 Friday Sept 12 – Nov 28 (12 Weeks) 1:30pm – 3pm Room 108 – Kerby Centre
This beginner-level course will help participants build confidence in speaking, listening, and understanding everyday English.	
ESL Intermediate (Member \$79 Non Member \$109) <u>Instructor:</u> Linda Yu	B25 Friday Sept 12 – Nov 28 (12 Weeks) 1:30pm – 3pm Room 305 – Kerby Centre
This course is designed specifically for senior immigrants looking to improve their English skills in a supportive environment. You will build confidence in conversation, expand vocabulary, and strengthen grammar for everyday interactions.	
ESL Advanced (Member \$79 Non Member \$109) <u>Instructor:</u> Merv Graham	B26 Friday Sept 12 – Nov 28 (12 Weeks) 1:30pm – 3pm Room 311 – Kerby Centre
This course is designed specifically for senior immigrants ready to build on their existing English skills. Tailored to advanced learners, this course focuses on refining vocabulary, improving conversational abilities, and understanding of complex English structures.	

Sing & Play

Singing Circle (Member \$70 Non Member \$100) <u>Instructor:</u> Barry Luft	B27 Thursday Sept 11 – Nov 27 10:30am – 11:30am Room 305 – Kerby Centre
Welcome to our long-standing Singing Circle! Bring yourself and your love of singing to a dynamic group of people who sing out strongly on those old well-know songs. <i>Note: our rules include no song books, lyric sheets or visual aid of any kind including cell phones.</i> We have a well-stocked song bag of popular titles to help move things along if memory fails.	
Ukulele Magic! Advanced Play & Sing (Member \$110 Non Member \$140) <u>Instructor:</u> Barry Luft	B28 Wednesday Sept 10 – Nov 26 10am – 11am Room 305 – Kerby Centre
Subtitle: “It’s All About the Song”. This term we’ll focus on how to “deliver” a song in both individual and group contexts. Pre-requisite: An Intermediate-level class or former Advanced “Unison-Kerby” ukulele course.	
Ukulele Beginner Plus (Member \$110 Non Member \$140) <u>Instructor:</u> Barry Luft	B29 Wednesday Sept 10 – Nov 26 11:15am – 12:15pm Room 305 – Kerby Centre
This class will be a direct follow up from the Beginner/Intro course. There will be a healthy review of strums and chords as skills for song accompaniment improve. Pre-requisite: A beginner course or equivalent.	
Ukulele Beginner (Member \$110 Non Member \$140) <u>Instructor:</u> Lorraine Smith	B30 Thursday Sept 4 – Dec 11 (No Class Oct 2, Oct 9 & Oct 16) 10am – 11am Room 313 – Kerby Centre
This class is geared for those with little or no experience on the instrument. You will learn to accompany many familiar songs using chords and rhythm strums plus have fun singing while playing. If you have a ukulele, bring it to class in good working order along with an electronic clip-on tuner. Don’t have a uke? Please contact Active Aging Department for purchasing information.	
Ukulele Intermediate (Member \$110 Non Member \$140) <u>Instructor:</u> Lorraine Smith	B31 Thursday Sept 4 – Dec 11 (No Class Oct 2, Oct 9 & Oct 16) 11:15am – 12:15pm Room 313 – Kerby Centre
Raising the Level of Musicianship. We will review the uke-friendly keys, perfect the “calypso” strum, use tablature notation, and further train our playing-by-ear skills.	
Guitar Basics! (Member \$110 Non Member \$140 per course) <u>Instructor:</u> Kevin Cholowsky	
Guitar Beginner B32 Thursday Sept 11 – Nov 27 11am – 12pm Room 311 – Kerby Centre	Beginner Level II B33 Thursday Sept 11 – Nov 27 12:15pm – 1:15pm Room 305 – Kerby Centre
For individuals with little or no previous experience, or those who may be looking for a little refresher. You’ll be learning basic chords and strumming patterns. If you have a guitar, bring it to class in good working order along with an electronic tuner.	

General Interest

Origami Workshop (Member \$15 Non Member \$45) <u>Instructor:</u> Kumiko Sato		
B34 Monday Sept 22 10am – 11am Room 108 – Kerby Centre	B35 Monday Oct 20 10am – 11am Room 108 – Kerby Centre	B36 Monday Nov 17 10am – 11am Room 108 – Kerby Centre
Are you looking for a delightful and engaging activity that stimulates your creativity and brings a sense of joy? Join our Origami Workshop, specially crafted for seniors to enjoy the art of paper folding in a relaxed and supportive environment.		
Self Defense (Member \$50 Non Member \$80) <u>Instructor:</u> Don Muldoon	B37 Tuesday Oct 21 10am – 12pm Room 312 – Kerby Centre	
Regardless of your size or strength, there are several simple self-defense techniques you can learn to protect yourself. These skills are an effective way of creating a diversion and can be learned by anyone. Both verbal and physical skills will be taught.		
Street Smart & Personal Safety (Member \$50 Non Member \$80) <u>Instructor:</u> Don Muldoon	B38 Tuesday Sept 16 10am – 12pm Outdoor – Kerby Centre	
Learn important tips for staying safe while traveling, including what to do in case of an emergency: <ul style="list-style-type: none">• awareness when out walking or using transit;• handling confrontations and suspicious situations;• using personal alarms and mobile phones wisely.		
Emergency Preparedness & Response Planning (Member \$50 Non Member \$80) <u>Instructor:</u> Don Muldoon	B39 Tuesday Nov 18 10am – 12pm Room 313 – Kerby Centre	
You will understand how to prepare for emergencies, create a plan, and ensure you have the necessary supplies and information: <ul style="list-style-type: none">• creating a basic emergency kit;• staying safe during natural disasters;• how and when to call for help.		

Digital Skills Training

Digital Skills Training for Seniors 12 Weeks to Confidence! (Member \$150 Non Member \$180) <u>Instructor:</u> Swati Taneja	B40 Friday Sept 12 – Nov 28 11am – 12:30pm Room 305 – Kerby Centre
Discover the power of technology with our beginner-friendly Digital Skills Training Course designed especially for seniors. In just 12 weeks, learn essential tools and techniques for staying connected and navigating the digital world with ease. Topic included are Internet essentials, Online safety and privacy, Maps & Transportation Apps, Health & Wellness Online, Organizing Your Digital Life and many more!	

Online Programs

Fitness with Dan (Member \$26 Non Member \$56) <u>Instructor:</u> Dan Leung		
Z01 Monday Sept 15 – Sept 29 (3 Weeks) 9am – 10am Online Zoom Member \$20 Non Member \$50	Z02 Monday Oct 6 – Nov 3 (4 Weeks) 9am – 10am Online Zoom	Z03 Monday Nov 10 – Dec 1 (4 Weeks) 9am – 10am Online Zoom
Traditional aerobics class with emphasis on cardiovascular training. Options are given for strength training using weights or resistance bands. You are encouraged to work at your own pace		
Muscle Strength & Core Balance (Member \$26 Non Member \$56) <u>Instructor:</u> Dan Leung		
Z04 Friday Sept 5 – Sept 26 (4 Weeks) 11:30am – 12:30pm Online Zoom	Z05 Friday Oct 3 – Oct 24 (4 Weeks) 11:30am – 12:30pm Online Zoom	Z06 Friday Nov 7 – Nov 28 (4 Weeks) 11:30am – 12:30pm Online Zoom
Strong core balance is necessary for good posture, balance, mobility and safety around the house. Various equipment will be used to train muscles associated with activities for daily living.		
Fitness over 50! (Member \$26 Non Member \$56) <u>Instructor:</u> Dave Goldenberg		
Z07 Tuesday Sept 9 – Sept 30 (4 Weeks) 9:30am – 10:30am Online Zoom	Z08 Tuesday Oct 7 – Oct 28 (4 Weeks) 9:30am – 10:30am Online Zoom	Z09 Tuesday Nov 4 – Nov 25 (4 Weeks) 9:30am – 10:30am Online Zoom
Join us for a combination of movement, strength, core and stretch class with a side of music trivia. This course involves a good warm up and nice long cool down/stretch. Dave will take you through some mild cardio (movement and fun dance moves etc.) interspersed with some more higher intensity intervals. You will incorporate hand weights and other items that you will have around the home like stretch bands, towels, etc. ALL ABILITIES LEVELS WELCOME!		
Chair Dancing (Member \$26 Non Member \$56) <u>Instructor:</u> Dave Goldenberg		
Z10 Thursday Sept 4 – Sept 25 (4 Weeks) 1pm – 2pm Online Zoom	Z11 Thursday Oct 9 – Oct 30 (4 Weeks) 1pm – 2pm Online Zoom	Z12 Thursday Nov 6 – Nov 27 (4 Weeks) 1pm – 2pm Online Zoom
Come and join us for a fun, rollicking workout to some great old and new tunes – all done in the comfort of your own chair! While seated (or standing if you prefer-- or both!), you will move, get your heart beating, and your legs tapping.		
Gentle Soulful Yoga (Member \$26 Non Member \$56) <u>Instructor:</u> Navin Jetha		
Z13 Wednesday Sept 3 – Sept 24 (4 Weeks) 9am – 10am Online Zoom	Z14 Wednesday Oct 8 – Oct 29 (4 Weeks) 9am – 10am Online Zoom	Z15 Wednesday Nov 5 – Nov 26 (4 Weeks) 9am – 10am Online Zoom
Join Navin for a more traditional, slow, grounding, and meditative yoga class. Navin will help you find your center, stretch our limbs, and provide alternative movements to accommodate those who need them.		
Chen Tai Chi (Member \$26 Non Member \$56) <u>Instructor:</u> Adrian Buczek		
Z16 Tuesday Sept 9 – Sept 30 (4 Weeks) 11am – 12pm Online Zoom	Z17 Tuesday Oct 7 – Oct 28 (4 Weeks) 11am – 12pm Online Zoom	Z18 Tuesday Nov 4 – Nov 25 (4 Weeks) 11am – 12pm Online Zoom
Chen Tai Chi and Tai Chi Qi Gong is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. The continuous ebb and flow of the circulatory, respiratory and lymphatic systems helps to reduce stress, increase coordination, balance and range of motion.		
Basic Seated Yoga (Member \$26 Non Member \$56) <u>Instructor:</u> Hannah Flahr		
Z19 Monday Sept 8 – Sept 29 (4 Weeks) 12:30pm – 1:30pm Online Zoom	Z20 Monday Oct 6 – Nov 3 (No Class Oct 13 – 4 Weeks) 12:30pm – 1:30pm Online Zoom	Z21 Monday Nov 10 – Dec 1 (4 Weeks) 12:30pm – 1:30pm Online Zoom
Combining breath and movement, basic chair yoga provides a gentle and accessible option for all activity levels. Using controlled movements and the support of a chair, this class aims to strengthen and stretch the body in a safe and effective way.		

Unison for Generations 50+ Calgary In-Person Activities

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

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

Unison Travel Spotlight

Bar U Ranch & Nanton – Day Trip

Thursday, Sept 18th, 2025 | 7:30 am – 6:30 pm
Members: \$150 | Non-Members: \$185

Includes Guided walking Tour, Admissions & Transportation by ABBC Charters. Please ensure you have your Health Care Card and government-issued photo ID. Please note:

- lunch not included
- bring appropriate clothing and footwear
- trip **is suitable** for persons with reduced mobility

Cut-off Date: Thursday, September 4th, 2025

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




Active Aging Spotlight

Flex Fusion Yoga

Monday Sept 8 – Dec 1 | 11:30 am – 12:30 pm
No Class Oct 13
Member: \$69 | Non-Member: \$99
Location: Room 205 – Kerby Centre
Instructor: Gina Komanac

In this class you will learn kind and beneficial yoga poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off of the floor, but a chair can be used for additional confidence in the class. Please provide your own yoga mat.

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




Active Aging Spotlight

Bollywood Fusion

Wednesday Sept 24 – Oct 29 | 10 am – 11 am
Member: \$44 | Non-Member: \$74
Location: Room 205 – Kerby Centre
Instructor: Prethista Vivekanandan

Whether you're looking to enhance your dance skills, improve your fitness level, or simply have a great time, this course is for you. Get ready to immerse yourself in the vibrant world of Bollywood dance, where every step is an expression of joy, passion, and celebration.

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



Active Aging Spotlight

Street Smart & Personal Safety

Tuesday, Sept 16 | 10 am – 12 pm
Member: \$50 | Non-Member: \$80
Location: Outdoor
Instructor: Don Muldoon

Learn important tips for staying safe while traveling, including what to do in case of an emergency: Awareness when out walking or using transit; Handling confrontations and suspicious situations; Using personal alarms and mobile phones wisely.

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



Active Aging Spotlight

Fall Birch Tree Forest – Acrylic Painting Workshop!

Tuesday, Sept 30 | 1 pm – 3 pm
Member: \$50 | Non-Member: \$80
Location: Room 313 – Kerby Centre
Instructor: Carol Marasco

Celebrate the beauty of the season with our Fall Birch Tree Forest Workshop. Using rich, warm tones and creative textures, you'll design a stunning forest scene that captures the essence of autumn. All Supplies Included!

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



Unison for Generations 50+ Calgary In-Person Activities

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

Wise Owl Boutique

Half Price Sale on RED tag items!
August 25-29, 2025 , 2025

Hours: 10:00 am – 3:00 pm



Wellness Spotlight

Live Well Be Well*

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

Join our weekly wellness series for insightful presentations and conversations.

Meditation Monday*

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

Join our weekly guided meditation!
Or join both activities for \$5!

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



Wellness Spotlight

Therapeutic Touch

Wednesdays, Sep 3, 10, 17 and 24, 2025
11 am – 12:30 pm
Member: \$25 | Non-member: \$50
Location: Wellness Center – Room 317
Instructor: Linda Terra

Join our sessions to learn how you can heal yourself using Therapeutic Touch. Therapeutic Touch is a safe, gentle, holistic healing practice that focuses on restoring balance in all aspects of the human energy field, body, mind, emotions, and spirit.

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



Wellness Spotlight

Grieving Together Group Counseling

Thursdays, August 28 – October 23, 2025
1 pm – 2:30 pm
Member: \$60 | Non-member: \$120
Location: Wellness Center – Room 317

Have you lost a loved one, and are looking for support? In partnership with City University, our 9 - week group counseling program will help you rediscover yourself after loss and learn skills to start enjoying and loving your best life again.

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



Wellness Spotlight

Indigenous Drum Circle

Tuesdays, September 9, 16, and 23, 2025
1 pm – 2:30 pm
Member: \$60 | Non-member: \$120
Instructor: Dorvina Pearline White Quills
Location: Wellness Center – Room 317

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

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



Wellness Spotlight

Compass for Caregivers

Wednesdays, Oct 1, 8, 15 and 22, 2025
1 pm – 2:30 pm
Member: \$85 | Non-member: \$170
Location: Wellness Center – Room 317

Take care of yourself while supporting others. This in-person series explores stress, relationships, and your caregiving journey. Includes printed manuals & light refreshments. Brought to you by the Unison's Wellness Centre and Caregivers Alberta

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



Wellness Spotlight

Sound Therapy

Fridays, October 17, 24, and 31, 2025
10:30 am – 12:00 pm
Member: \$60 | Non-member: \$120
Location: Wellness Center – Room 317

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

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



Riverwalk to Bow River/ Parks around Downtown

Tuesdays, 10:00 am– 11:00 am
Drop-in fee: \$2.00
Room 317

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



Unison for Generations 50+ Online Activities

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

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

Online Class Spotlight

Gentle Soulful Yoga– Online Course – Z13

Sept 3 – Sept 24 (4 Weeks)
Wednesdays | 9:00 am – 10:00 am
Members: \$26 | Non-Members: \$56

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

Instructor: Navin Jetha
Location: Online – Zoom



Online Class Spotlight

Muscle Strength & Core Balance– Online Course – Z04

Sept 5 – Sept 26 (4 Weeks)
Fridays | 11:30 am – 12:30 pm
Members: \$26 | Non-Members: \$56

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

Instructor: Dan Leung
Location: Online – Zoom



Online Class Spotlight

Basic Seated Yoga – Online Course – Z19

Sept 8 – Sept 29 (4 weeks)
Mondays | 12:30 pm – 1:30 pm
Members: \$26 | Non-Members: \$56

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

Instructor: Hannah Flahr
Location: Online – Zoom



Online Class Spotlight

Fitness over 50! – Online Course – Z07

Sept 9 – Sept 30 (4 Weeks)
Tuesdays | 9:30 am – 10:30 am
Members: \$26 | Non-Members: \$56

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

Instructor: Dave Goldenberg
Location: Online – Zoom



Online Presentations Spotlight

Online Presentations:

Inspiration in Every Stamp: Travel Stories to Spark Your Own: Denmark
Join David Phillips—a passionate globe-trotter and storyteller—for an inspiring virtual journey as we kick off the first in our travel series, starting with Denmark.
Thursday, August 7th | 10:15 am



Simplifying the Transition: Downsizing with Confidence and Compassion
Presented by: Christine Hart
Thursday, August 14th | 10:00 am



Compassion in Action: Advancing Public Understanding of Palliative Care
Presented by: Ellen Mi
Thursday, August 20th | 10:15 am



Your Voice Matters: How Community Participation Shapes Health Research in Alberta
Presented by: Amy Ferris
Tuesday, August 26th | 1:00 pm



Protecting Yourself from Financial Fraud: What You Need to Know
Join us for a compelling and informative presentation with real-world examples of financial frauds, offering practical tips to recognize and avoid them.
Tuesday, September 11th | 10:00 am



Online Programs Website



Unison50plus.unisonalberta.com/Online

Healthy Legs, Happy Life: Understanding the Role of Compression Therapy
Join us as we welcome community nurses Tannis and Juliette as they explore the importance of leg care, circulation health, and compression therapy.
Tuesday, September 16th | 1:00 pm



End-of-Life Decisions: Knowledge is Power
Join Kerrie Hale for a thoughtful and informative 45-minute presentation that explores your rights and available options at end of life — including Medical Assistance in Dying (MAiD).
Tuesday, September 25th | 10:00 am



Empowered Living: Chronic Conditions, Pain, and How to Take Control
Join us for an engaging and informative online presentation with Marcela from InHome Physical Therapy as she explores the topic of chronic conditions and pain management. Marcela will share practical strategies to help individuals better manage long-term health issues and improve daily quality of life.
Monday, October 6th | 1:00 pm



Volunteer spotlight

Unison Veiner Centre Elizabeth Streifel



Wow, August is indeed sizzling! And speaking of sizzling, let's turn up the heat and celebrate one of our fantastic MOW volunteers, Elizabeth Streifel. Elizabeth joined our Veiner Centre family about a year and a half ago, eager to lend a hand wherever she could. Elizabeth has a big heart and a passion for feeding people. While she may not be the one cook-

ing, she delivers meals with a smile and a friendly chat. She understands that she might be the only person a client sees in a week, and she cherishes those moments of connection. Being part of this program gives her a sense of purpose and a boost of positive energy. Plus, it's a great way for her to socialize! But Elizabeth does not stop at deliveries. She has also started helping with MOW paperwork once a month in the office. Her understanding of how MOW works is a massive help for Lorilee and the rest of the team. When she is not volunteering, Elizabeth loves to get involved with Veiner dances, play Scrabble, and enjoy lunch with friends at the Unison Veiner Centre. She is a friendly face who loves a good chat, with

a green thumb to boot! Her garden is a riot of raspberries and flowers. Elizabeth is also a fan of rock and blues music and loves to read. If she could live anywhere, Elizabeth would choose somewhere close to water. The soothing sound of flowing water is her idea of bliss. Her favourite meal? Alaskan king crab, rice, carrots, and asparagus - a feast fit for a queen! Words Elizabeth lives by are, "I have survived 100% of my worst days, I am STRONG." Elizabeth, we're so grateful for your compassion, dedication, and involvement at Unison!

Unison Kerby Centre Gwen Vesterback

Gwen Vesterback was first introduced to Unison at Kerby Centre in January 2023. Having recently



retired, she was looking for something meaningful to fill her time—and it didn't take long to find it here. A friend who was already involved at Unison Kerby Centre encouraged Gwen to check us out, and after just one visit, she knew this was the right place to be. She began volunteering at the switchboard, welcoming people and helping them find their way. Before long, she also joined the Wise Owl Boutique's team, and now you'll find

Gwen here every week. For Gwen, it's not just about volunteering, it's about the people. "I love coming here because of the other volunteers," she shares. "It's a chance to socialize, connect, and make real friendships." Gwen describes Unison Kerby Centre as "a good place to volunteer," a place that brings attention to a part of society that deserves more focus: older adults. "Seniors are a growing demographic," Gwen explains. "They still have so much to offer, and Kerby Centre gives them a place to connect, contribute, and be seen." Each week at Unison Kerby Centre brings new conversations, laughs, and memories, and for Gwen, that's what keeps her coming back.

Volunteer opportunities



2025 Golf Tournament: Thursday, Sept 11 at the Sirocco Golf Club from 11 AM–6 PM. Different positions available!

Unison News driver: Join a hilarious and fun team of volunteers on the last Friday of each month. Stick address labels to Unison News, and deliver bins of labelled newspapers to Canada Post.

Grocery Delivery: Make a difference in someone's day by picking up and delivering groceries to a senior in your community!

Office Support: Help our Thrive Food Security Program! Help keep client records organized, respond to inquiries, coordinate grocery deliveries, and schedule food bank appointments.

For more information: volunteer@unisonalberta.com



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I was wondering why the frisbee kept getting bigger and bigger, but then it hit me.

The rotation of Earth really makes my day.



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Investing in the age of apps

Alberta Securities Commission

Not long ago, learning how to invest felt like decoding a foreign language — full of jargon and complex charts, often accessible only with the help of a financial advisor. That’s changed. Thanks to investing apps and social media, financial information is more accessible than ever. Today, learning about management expense ratios or finding a “hot stock tip” is just a swipe away.

With this shift, a new generation of investors are turning to platforms like TikTok and YouTube for financial advice. According to the Canadian Securities Administrators’ (CSA) 2024 Investor Index, a growing number of young Canadians rely on these sources as their primary source of financial information.

Enter the finfluencer - a content creator who also shares investing advice. Their appeal lies in short, engaging videos that break down complex topics. But just because it’s easy to understand doesn’t mean it’s accurate, legal, or right for your financial sit-

uation. Some advice may even break securities laws. **Case Study: Jayconomics and Alberta Securities Law** In April 2025, the Alberta Securities Commission (ASC) found that James Domenic Floreani — known online as Jayconomics —



Photo: ASC

had violated securities laws by promoting investments without properly disclosing that he was paid by the companies he featured.

Between 2020 and 2022, Floreani built a following online, positioning himself as a financial educator. During that time, he received \$89,000 and 20,000 restricted shares in promotional fees from four Alberta-based companies.

The issue? He failed to disclose that his content

was sponsored, misleading followers into thinking it was unbiased advice. As a result, many of his followers lost money acting on his recommendations.

Though he presented himself as an expert, Floreani’s formal financial education consisted of one introductory university course and some online learning. In interviews, he admitted to using clickbait-style headlines to boost views- tactics common among finfluencers, but risky for followers seeking sound advice. The ASC has completed the first phase of its proceedings, finding that Floreani broke securities laws. The next step is determining penalties.

How Unregistered Finfluencers Put Your Money at Risk

Many finfluencers lack credentials or the regulatory oversight required to give legitimate financial advice. In Canada, anyone offering investment advice must be registered with a securities regulator, like the ASC. Relying on unqualified or unregistered individuals increases the risk of falling for biased, misleading, or outright fraudulent informa-

tion. In Jayconomics’ case, failure to disclose sponsorships not only broke the law but harmed real investors.

Five Red Flags to Watch When Following Investing Advice Online

The next time you scroll through FinTok or YouTube for financial tips, keep an eye out for these warning signs:

- No Mention of Credentials or Registration If someone never references their qualifications or registration status, be cautious. Always verify someone’s registration at [CheckFirst.ca/Check-Reg](https://www.checkfirst.ca/Check-Reg).
- Get-Rich-Quick Promises Content that guarantees fast or unrealistic returns is a red flag. Headlines like “Double your money this week!” are designed to lure you in — not educate.
- Lack of Disclosure Influencers must disclose if they are being paid to promote a product or company. If a post sounds like an ad but doesn’t say so, it may be violating securities law.
- Charts With No Context Charts and data can make content look trustworthy. But without clear sourcing or explanation, they can mislead. Always seek out

independent sources to confirm what you’re seeing.

- Urgency Tactics Phrases like “Act now before it’s too late!” create fear of missing out and pressure you into making hasty decisions. Real investment planning is thoughtful, not rushed.

While it’s tempting to follow online trends, one video should never drive a major financial decision. Even well-meaning creators may unintentionally give poor or illegal advice. Instead, take the time to:
- Verify the creator’s credentials and registration
- Understand if the advice fits your financial goals and risk tolerance
- Ask whether the advice is unbiased or driven by financial incentives

The ASC recently joined a global initiative, the Week of Action Against Unlawful Finfluencers, to educate both the public and influencers about the rules they must follow and the risks investors face online. Before You Invest — CheckFirst Wherever you are on your investing journey, remember: your money deserves more than hype. Pause. Ask questions. Always CheckFirst.

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