

www.unisonalberta.com

Volume 41 | #10 | October 2025





## **Closure Alert**



All Unison locations will be closed on October 13th for Thanksgiving



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## Editor's corner: Giving thanks, paying it forward

Mel Lefebvre, editor-in-chief

It may be a while back for some readers, but in my house, we're deep in the throes of new fall routines. My kids are now in two different schools-two bus schedules, two buildings to

unison

"meet the teacher," and what feels like endless extra trips everywhere. There's chess club, wall climbing, swimming lessons, and forlorn glances at the couch where a little nap would be welcome. They say this stage passes quickly, but it doesn't feel that way when multiple people need your attention at the same time.

Between the constant feed-clothe-nurture cycle, full-time jobs, and after-school activities, the overwhelm can creep in and gratitude can fall to the wayside. But gratitude is what keeps us grounded when "squeezy." feels life

When the world spins too fast, I like to look up at the sky and remember how small I am in the grand scheme of planets, universes, and all of history. Still, to my kids, and to a few friends and people at work, my presence matters. That reminder helps me keep moving forward with purpose.

And I am grateful. Yes, I juggle work-life balance stress, but I am very fortunate to have a job. I have a happy home



Gratitude for the sun, playing in the water, and health from a young age, to the very old. Photo: Mel Lefebvre

with healthy kids. That's no small thing. Having grown up with a sister and father who lived with chronic health issues, I know luck when I see it. Remembering what I have brings me back to perspective, and reminds me to take a deep breath.

And let's not forget food. Having enough to eat, in both quantity and quality, is a privilege I don't take for granted. It's something many of the people Unison serves through the Elder Abuse Shelter, Kerby Centre Market, and Seniors Services struggle with daily. Some need safe housing after escaping abuse. Others rely on our help accessing tax refunds and pension payments so they can pay bills and avoid eviction, let alone

deciding what to buy at the grocery store with limited funds, which also need to be partitioned out for medication and now, certain vaccines.

If you, like me, live with the privilege of choice and plenty, I hope you'll join me in supporting our Giving Thanks campaign - an annual donation drive that funds programming for vulnerable seniors. It's not about pity; it's about recognizing our own capacity to make a difference.

So while I scramble every morning to get two sleepy kids to their bus stops, with lunches packed, homework stuffed into backpacks, feeling self-confident and aware of their own impact on the world, with clean water bottles in hand, I know they're growing up in a home where gratitude is lived out. And part of that is paying it forward. Please visit our campaign page to learn more, and if you can give money or you can volunteer your time, we are immesurably grateful to you.

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## President's Message: Senior food insecurity

This summer, I at- lems of one group might cess to the foods that help tended a meeting at the Calgary Food Banks with Kari Stone, our Vice President of Programs. It was a roundtable meeting of all the agencies in Calgary that address food insecurity in seniors. This in itself is revelatory. A gathering of charities working together to address the prob-

seem like a lot, but the reality is that the problem of senior food insecurity is getting worse. Seniors who live alone, live in remote communities, have low income, are new to Canada, and Indigenous seniors, are more vulnerable to food insecurity. That means they have less ac-

sustain health, wellbeing, longevity, and happiness.

Statistics Canada reported in 2019 that 10 per cent of seniors were experiencing food insecurity. By 2022, this rose to 13.4 per cent, and by 2023, it rose again to 14.3 per cent. According to BioMed, older adults who live alone reported a 6.9 per cent food insecurity rate, compared to about 2–3 per cent for those living with partners or families.

Poverty and low income are strong predictors of food security. Seniors with a household income under \$20,000 face drastically higher odds of food insecurity. There are clear links between access to food and overall health outcomes and access to medical care. If your finances are such that you must choose between food and medication, hunger usually wins. It's a problem that's much bigger than seniors simply having enough to eat – it's a societal issue that also impacts our healthcare system.

Since 2020, Unison has been working hard to address senior food insecurity. For a few decades, we ran a small grocery delivery program in Calgary for low-income seniors. During the COVID-19 lockdown, we delivered frozen meals, soup and hampers to shut-in seniors. We partnered with Soup Sisters, Meals on Wheels, and many generous donors to support older adults. However, the more seniors we served, the more referrals we received. We launched a Food Rescue program and started working with grocery stores, Cobs Bread, and Second Harvest to meet the growing demand. Naively, we believed that the food insecurity issues seniors were facing would end once the COVID lockdown was lifted. When they didn't, we stepped up our game and partnered with Food Banks Alberta and Food Banks Canada to grow our response.

Unison also addresses food insecurity at the Veiner Centre in Medicine Hat.



Larry Mathieson, CEO and President

We run a thriving Meals on Wheels program, and we pick up food from the Root Cellar every morning for low-income seniors.

Our Thanksgiving hopes and dreams are to raise ample funds to support our food security programs. Thanksgiving is not only about having food on your table, but about sharing it with someone who doesn't. Help us support households experiencing food insecurity in Medicine Hat and Calgary, and please, give what you can: unisonalberta.com/donate

## **OCTOBER 2025**

#### THE MISSION OF UNISON, FOR GENERATIONS 50+:

To support older adults to live well in their community.

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**Unison News** 

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1133 - 7th Avenue S.W., Calgary, AB T2P 1B2 (403) 705-3229 • Fax (403) 705-3212 www.unisonalberta.com

Publisher: Larry Mathieson

Mel Lefebvre (403) 835-4986 Editor-in-chief:

mell@unisonalberta.com

Copy editor: Kathleen Burke

Sales: Andres Guiterrez (587) 441-3696

andresg@unisonalberta.com

Wilton Otto

wiltono@unisonalberta.com

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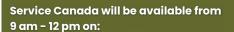
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Staff from **Service Canada** will be at Unison Kerby Centre to help you sign up for the Canadian Dental Care plan, and to answer questions about Federal benefits.



October 15

November 26

• December 10

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## Unison Gardens grow connection

Ashley Yeoman, Thrive Food Security Manager

Every year in early spring when the sun lingers a little longer, I start to think about my garden. I feel the excitement of new life, growth, and potential when I select my seeds and plan out my garden. I watch as they germinate, develop their first true leaves and marvel at each transformation. How incredible is it to grow food and provide for ourselves? It is pure magic!

My love of gardening grew from seeing how growing and preparing food provides a sense of deep connection. When I was young, I watched my grandfather in his gar-

den and the meticulous way he cared for each plant. I remember the joy of pulling a carrot from the ground, running it under the hose, and eating it in between chasing my cousins around the yard. Food helps us relate to each other. It says something about who we are, the people we love, and what is important to us.

Starting this Ocwith support tober, from Food Banks Canada and Communities ChooseWell, Thrive is launching the Unison Gardens, where food and connection come together to build community and support. The Unison Gardens will give seniors experiencing food inse-



Ashley with some tomato plants Photo: Ashley Yeoman

curity and social isolation the opportunity to deepen their connection to food and to

to plate. We will share stories about the meaning of food, identity and community. The food grown in the Unison Gardens will be provided to seniors accessing the Kerby Centre Market, Calgary's only senior-specific food bank.

Gardening opens the celebration of food right at the source. As we approach Thanksgiving, I think of the joy that comes from gathering with friends and family, sharing a meal, and giving thanks. In my own garden, I feel deep gratitude for the process of selecting seeds, planting them, watching food grow, then enjoying the boun-

each other - from root ty of my efforts. Food nourishes our bodies, builds community, and creates experiences of belonging. This is what Unison's Thrive Food Security programs aim to provide. For some, that sense of abundance does not come easily. A full table and a sense of togetherness can sometimes feel out of reach.

> Unison's Thrive Food Security programs are here to make sure seniors get the food they need, but we also know that food is full of the possibility of making a difference in someone's life. The Kerby Centre Market provides immediate food support and resources for seniors in need, and we are here to help through every season. This Thanksgiving, we are inviting you to support a senior in need. Your generosity creates more than full plates – it nurtures connection, gratitude, and moments of belonging. Our Giving Thanks campaign runs from September 19 – October 17 and will help raise awareness and support seniors experiencing food insecurity and social isolation. Help us make sure no one gets left behind at the table, and that we all have a reason to give thanks Thanksgiving. this



# is always

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## Bruno's Mushrooming Day Out

Ada Muser

A long time ago, far beyond seven mountains and seven rivers, there was a small kingdom where a king, queen, and prince named Křesomysl lived. The king insisted the prince learns how to hunt. But Křesomysl did not enjoy shooting animals; he was more interested in what was growing in the forest.

One day, he noticed a mushroom peeking out of the ground that he had never seen before. He smelled it and was immediately enchanted. When the king noticed what Křesomysl was doing, he was furious: "Is this how you want to learn to hunt?"

When Křesomysl showed his father the mushroom he had found, his father waved his hand angrily. "Take it to the kitchen and have it cooked for you, but now you'd better catch some animals".

Back at the castle kitchen, the cooks were equally enchanted by what Křesomysl brought them. "But it's a beautiful pine mushroom! We'll prepare a delicacy from it that will make you smack your lips."

The prince had never tasted anything better in his life. The king saw his son licking his lips and tasted the food himself. He had to admit that it was delicious. His anger faded, and they abandoned their bows and arrows for baskets.

From then on, mushrooms were part of many meals for royalty and guests alike. The kingdom henceforth was

known the Mushroom Kingdom. (Czech Mushroom Fairy Tale.)

offer Mushrooms unique medical benefits, culinary appeal, scientific and environmental advances, with a serious nod to culture and folklore. Mushroom hunting is practiced differently in many lands and follows a myriad of mythical observances. It is most popular in Central and Eastern Europe.

In most Anglo-Saxon countries, mushrooming is prohibited in national parks and reserves, which puts a strain on mushroom enthusiasts in areas with sparse forest land. Bruno's Czech-born mother was raised in England in the 1920s. Memories of her nine years there never left her. Among other things, it perplexed her that the English would not go mushroom hunting despite favourable confrequent rains, ditions, and mild temperatures.

During World War II, the Czech and other continental European exiles hiding from Nazis, many working for resistance or enlisted in the British army, were incredulous that the English were not mushrooming when food was scarce.

When Bruno and Elsa came to Canada, they found that Canadians also did not collect mushrooms, probably because the original settlers came from England.

It is clearly the doimmigrants, of

notably, Polish immigrants, who have a reputation of enjoying mushrooms with every meal.

Close to Cremona, Alberta, 75 KM north of Calgary, lies an exceptionally productive pine forest, located beyond any private properties. Faithful to the unwritten code of silence amongst the mushroom hunters, its exact location cannot be revealed. Insiders know it as the "Polish Woods." Poles keep an eye on the weather and get up early in the morning to forage for mushrooms. Bruno and Elsa lament lost opportunities by saying "the Poles were here already."

Elsa has a talent for spotting mushrooms and is adamant that the often-used term "mushroom picking" is a misnomer. During a forage, cotton, berries, fruits, and other naturally grown products are collected. Mushrooms are mischievous, often found tucked



A good find! Photo: Ada Muser

away amongst the grasses or under low ground covers like mosses or berry fields. Truffles in France grow underground on the roots of very good side dish. They oak, hazelnut, and beech trees. They are found by their distinctive scent and require specially trained dogs or pigs to find, so the word "hunting" fits best.

Even though a huge percentage of mushrooms are edible, the prudent amateurs should stick with what they know. Boletus edulis the fragrant porcini mushroom or penny bun - is what Bruno and Elsa collect.

About two days after a rainy day, and setting out on a workday (there's less competition this way) Bruno and Elsa pack two lawn chairs, cutting boards, knives and bags or baskets, and go hunting. The endless forests in the foothills are majestic. It is good to be outdoors. There is often wildlife to see, including elusive wild horses. Even if the mushroom crop is disappointing, it is an excellent outing.

Once they have a collection of forest treats, Bruno and Elsa pull out their lawn chairs and have a seat while they clean and cut mushrooms. It is time to relax and drink the good coffee, which stayed warm in their thermos. The "good coffee" is a dark roast with a splash of Bailey's cream liquor.

Bruno and Elsa had a good harvest on their most recent excursion, with 6 lbs of mushrooms in 2 hours of collecting. They use their mushrooms in soups and gravies. Fresh mushrooms fried dry in a pan with some crushed caraway seeds, salt, and pepper make a

freeze the rest. Mushrooms can also be dried or pickled.

On almost all "days out," Bruno and Elsa like to dine close to their destination. After mushrooming the best place to eat in the area is Water Valley. To get there, turn off from Highway No. 22, 37.4 kilometres north of Cochrane (4.7 kilometers south of Cremona) and drive 8 kilometres west on Highway No. 579 to where it meets the Township Road No. 304. Once known as Spencer's Mill, the community changed its name to Water Valley in 1874 when a post office arrived.

Water Valley is a tightknit, laid-back community. It is unincorporated, and its nucleus is as minuscule as you can find and call a settlement. In that lies its charm. The town center is a four-way stop, and it is where all the commerce is located. There is a post office, a public library, a chapel and a mini chapel, a massage parlour, a hardware store that looks like a vestige from the 1920s and a general store (temporarily closed), a real estate office and most importantly, two restaurants -, the Whisky Barrel Outpost, and the Water Valley Saloon. That is all, folks! Not even traffic lights.

Both restaurants serve good meals with excellent service. The Whisky Barrel Outpost is a conventional establishment, while the Saloon is a large building with western décor. The outside of the building is shabby and well-worn, but inside the saloon atmosphere is Canadian Western, with a stuffed buffalo head above the fireplace and knick-knacks on the mantelpiece. Trophies hang on the walls, and saddles straddle the rafters. A bandstand by the dance floor, complete with a honky-tonk piano, and TV showing nonstop rodeo competitions, including the Calgary Stampede, provide ambiance.

Judging by the battery of mailboxes across the street from the Saloon and the fact that the two restaurants are always full, there must be more people in the woods than the advertised 200 residents.

Visitors can explore the



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## Bruno's Day Out, continued

surrounding natural beauty, enjoy outdoor activities, and experience a taste of small-town hospitality.

A story about a day out featuring the excitement of mushroom hunting should end on a culinary note. Elsa

Remove from heat and add soy sauce, lemon juice, sour cream and parsley.

Serves 4.



Hungarian mushroom soup. Photo: Lisa Turner



## Leave a Legacy

Unison at Kerby Centre's work is possible thanks to the kindness of people like you who remember us with a gift in their will - a gift that will help create a better future for seniors.

Make an impact. Leave a legacy.

Contact Rob Locke
RobL@UnisonAlberta.com
403-705-3235

is happy to provide a recipe that will not disappoint:

#### Hungarian Mushroom Soup

Ingredients:

3 tablespoons (Tbs) butter

½ large onion, chopped

2 tsp Hungarian paprika

2 tsp dill weed (fresh or dried)

½ tsp salt

½ tsp black pepper

3 Tbs flour

1 cup milk

1 cup chicken stock

1½ cup cold water

2 cups sliced mushrooms (wild or white or Cremini)

1 Tbs soy sauce

1 Tbs lemon juice

¼ cup sour cream (may use a bit more)

1½ Tbs chopped parsley

#### Directions:

In a pan, sauté mushrooms with a pinch of salt until the fluids cook off. Set aside.

In a large pot, sauté the onion in butter. Add paprika, dill weed, salt and pepper.

Cook until tender. Sift in flour, creating a roux.

Add milk, cold water, and, slowly stirring, add stock, and bring to a boil.

Add pre-sautéed mushrooms and simmer for 20 minutes.



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## With a little help from the ombudsman

Alberta Securities Commission

Imagine you notice unexpected fees or feel your financial advisor has given you advice that resulted in unexpected losses. Even after escalating your concerns with your advisor, then to their manager, your issue remains unresolved. Frustrated, you turn to the Ombudsman for Banking Services and Investments (OBSI), Canada's independent dispute-resolution service.

After a detailed investigation, OBSI finds adequate reasons for your complaint and finds in your

favour. However, under the current system, OBSI's authority is limited. Its recommendations are not legally binding. Firms can choose not to follow OBSI's recommendations, leaving investors without recourse.

Change is on the horizon. The Canadian Securities Administrators (CSA) recently launched proposed framework to give OBSI the legal authority to make binding decisions in investment-related complaints.

OBSI is Canada's independent dispute-resolution service for banking and investment complaints. It reviews complaints from investors who have not been able to resolve their complaints directly with firms. If OBSI finds that financial harm has occurred as a result of a firm's conduct, it can recommend compensation up to \$350,000.

OBSI is not a regulator. It does not set or enforce rules for the conduct of firms or advisors. That responsibility lies with regulatory bodies like the Alberta Securities Commission (ASC), which oversees Alberta's capital market, or the Canadian Investment Regulatory Organization (CIRO), which regulates dealers and advisors across Canada.

makes OBSI What especially important is its accessibility for retail investors who may not have the means to legal pursue action.

Currently, firms that participate in the OBSI dispute resolution process are not legally required to follow its recommendations. When a firm refuses to comply with an OBSI recommendation, the investor is left with a decision in principle, but no way to make it happen.

While OBSI does publish the names of firms that decline to comply, investor advocates and independent reviewers say this "name

and shame" approach has not been effective in ensuring compliance with OBSI recommendations.

In July 2025, the CSA shared proposed enhancements to a framework to improve Canada's pute-resolution service for investors. The framework includes details of the proposed oversight of OBSI and it builds on the proposed framework that was initially shared in late 2023. The framework reflects years of dialogue and growing calls for strengthening OBSI's mandate from investor advocates.

Key elements of the proposed framework include:

- OBSI decisions would become legally binding: Under the proposed framework, if OBSI finds in favour of an investor, its decision would be enforceable like a court order. Firms would be required to comply.
- External decision-makers for higher-value cases: In cases where recommended compensation is \$75,000 or more, an external decision-maker would be appointed to ensure fairness and transparency.

Together, these changes are intended to give OBSI the authority — not just the mandate — to ensure meaningful and fair outcomes for investors and firms.

For most Canadian investors, OBSI is one of the few accessible avenues to resolve disputes and seek fair compensation. Without the power to enforce its recommendations, OBSI's impact has been limited.

Binding authority would help ensure all investors are treated fairly. Instead of relying on a firm's goodwill or accepting less than the recommended amount, investors would have access to a fair and impartial process with enforceable outcomes.

Stronger investor protections support the broader mandate of provincial regulators such as the ASC to foster a fair and efficient capital market.

Investor protection begins with knowing your rights. CheckFirst.ca offers unbiased, easy-to-understand resources to help you feel more confident when dealing with your investments.





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# From memories to songs Al unlocks senior storytelling

Bruce Callow (story and photo)

Artificial Intelligence (AI) is changing the way we live and work while sparking fears about job loss and its potential to harm humanity. But is there a positive side of AI that could benefit seniors?

During the Christmas holidays last year my son introduced me to an AI songwriting app (suno. com) that has given me a new perspective and allowed me to offer songwriting workshops to senior citizens in Canada, Costa Rica, and Japan.

Seniors are invited to turn their memories into professionally produced songs by dictating their stories to me and fellow facilitators, which are imtransformed mediately into songs using a genre of their choosing. By melding life experiences into professional recordings, workshops inspire creativity and joy while preserving memories that might otherwise be lost. I have repeatedly witnessed how being introduced to AI songwriting technology in this fun and user-friendly way is an empowering experience for seniors.

Santa Ana, Costa Rica: From Mem-Rancheras took place last winter over six sessions at a seniors residence in Santa Ana, Costa Rica. With the support of staff and volunteers, twelve Costa Rican seniors turned their memories into songs using their favourite music genres like rancheras, rock. boleros, and

My first workshops year old Ronald Jiménez, his expressed excitement."This is incredible. I'm already thinking of more stories I want to turn into songs."

The workshops caught the attention of Costa Rica's National Council for Older Adults (CONAPAN), and invited me to present

from countries such as India, Ukraine, Cuba, China and Afghanistan with English language learning. Creating songs helped them overcome anxieties about communicating in English, created stronger connections in the classroom, and made the classroom feel festive and fun, leading to

tertain - it inspired, connected, and uplifted."

Nagoya, Japan: Songs of Memory and Survival

My next workshop took place on July 31, at the Fuwa Fuwa Seniors Home in Nagoya, Japan.

Among the participants was Sukejiro-san, a 93-year-old survivor of the atomic bombing of Nagasaki. He turned reflections of his post-war experiences into a heartfelt blues song, creating a powerful and deeply personal testimonial.

sometimes close workshops by playing (loudly) one of the workshop's new songs, matched with a new wave or post-punk (my favourite genres). This always gets people smiling and moving. In Nagoya, a 98-year-old joined in the fun from his bed, waving his arms rhythmically to the catchy new wave beats. An impressed staff member told me it was the first time he had done that.

Though the cultursettings, languages and workshop formats differed — from Costa Rican rancheras, to English studies in Calgary, to Japanese blues — the outcome was always the same: seniors embraced the chance to share their stories through music.

I've been privileged to witness firsthand how these workshops stimulate memory and lift spirits. It's a cultural and generational bridge that empowers seniors to express themselves and enriches their quality of life.

For those interested in exploring AI-assisted songwriting to the next level, simply visit suno. com. There, you will find an album of songs I created with my 94year old father, inspired by his family writings.

Later this year I will be in Calgary for more song workshops for seniors hosted by the nonprofit VOICE, and I am also giving workshops online. Visit suno.com to learn more.

Bruce Callow is a Canadian teacher, author & musician based in Costa Rica.



Occupational apist Kenneth Fuentes, who facilitated several of the workshops, highlighted the benefits:

"Telling and recording their stories brought the residents joy that was carried over even during simple daily tasks. Many participants expressed pride in learning to use digital tools and their families were amazed when they received the links to the songs."

the experiences at its annual strategy conference later this year. CONAPAN recognized the potential of using AI songwriting workshops as a cost-effective and therapeutic tool to support at-risk seniors, while honouring their life stories.

Calgary, Canada: Language Through Lyrics

Last spring, I conducted two workshops hosted by Immigrant Services Calgary. The workshops One participant, 88 helped immigrant seniors spontaneity and laughter. The students enjoyed this workshop so much that they asked for help setting up accounts with the AI app, Suno, so they could continue on their own.

Immigrant Services Calgary appreciated the fun of songwriting, saying "your AI songwriting workshop left an incredible impression. Seeing them engaged, smiling, dancing showed even you did more than en-



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## October 2025

Weekly Specials (\$14)

September 29 - October 3 | Celebrate Oktoberfest! Sausages, sauerkraut & German potato salad. Dessert: Strudel **Pumpkin soup** 

October 6 - 10

Vegetarian quesadilla with salsa & sour cream Clam chowder soup

October 14

Thanksgiving turkey dinner

October 14 - 17

Liver & onion with gravy, mashed potatoes & steamed vegetables

Vegetable, bean & sausage soup

October 20-24

Steak sandwich with BBQ mayo, arugula, tomato & onion with choice of side

French onion soup

October 27-31

Meatloaf with roasted potato & garlic butter green beans Roasted red pepper soup

## The best shape of the rest of my life

Nick Ward

Sitting under the harsh fluorescent lights of my doctor's office, I realized I had to make a change. He'd just finished reviewing the results of my annual checkup. "You're on the edge," he said. "Your blood pressure's high enough that if you don't make some changes, you'll be on medication for the rest of your life." That landed like a punch to the gut. I walked out of that room feeling scared. But also oddly clear. I didn't want to accept that future. So I promised myself something different.

I've started and re-started countless exercise routines. I've done the meal prep thing. The green smoothie thing. The 10k steps per day thing. Some seasons were steady. Others? Not so much. I've fallen off track more than once—especially during stressful periods with work, family, or global chaos. But one thing I never did was give up. I kept remaking that promise because I knew that consis-

Services:

Bridges

needs!

even if it wasn't perfect.

Each time I drift, I come back—because I've already made the decision that my health mattered more than anything. It' not about perfection. It's about having tools and practices I can return to when things get tough. For me, that includes weightlifting, walking, tennis, breathwork, balanced eating, hydration, and yes...cannabis. We were taught to associate cannabis with laziness, forgetfulness, or rebellion. But the truth is far more nuanced—and far more empowering. For me, cannabis has been a quiet ally. Not a crutch. Not a fad. But a support system I can turn to when I need it. Sometimes that means a puff before a long walk or tennis match to loosen my joints, sometimes it's a topical cannabis cream to soothe a lower back tenderized from years on the rugby pitch.

It's a regular part of my wind-down ritual after a long day. Mental health and happiness are just as important to health as eating the

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Hannah Sung DD, RDT Denture Specialist

tent effort would pay off right foods and exercising.

I'll be honest with you: Infusing workouts and wellness with cannabis hasn't been without some painful lessons. Like the time I took one too many pulls from a vape before weightlifting and dropped a 40-kilo dumbbell on my big toe. Let's just say that was not my most mindful movement moment. But I've also had days where a small dose of CBD or a balanced THC/CBD product helped me power through a slump or reconnect with my body in a healthy way.

The trick—especially if you're over 50 isn't to "get high." It's to feel better. More focused. More present. Less weighed down by aches, anxiety, or restless energy.

I've come to believe that cannabis is not a shortcut—but it can be a lever that helps us:

- ► Stay active without pain
- Sleep more deeply
- ► Feel less overwhelmed
- Reconnect with the

body instead of fighting against it

It's also a tool that can be paired with other wellness practices like meditation, cardio and strength exercise, stretching, or time in nature. For me, those combinations where the magic happens.

If you're new cannabis—or just rious—there are safe, gentle ways to explore.

Start with CBD. It's virtually non-intoxicating and widely used for inflammation, anxiety, and sleep support. You can find it in creams, oils, beverages, or low-dose capsules.

For a deeper effect, try 1:1 products (equal parts THC and CBD). These are often used to relieve pain, reduce social anxiety and recover from exercise.

Most importantly: listen

to your body. Talk to your healthcare provider. Ask questions at your local dispensary. And give yourself permission to be curious.

That doctor's pointment years ago was a wake-up call. But it wasn't just about lowering my blood pressure. It was about reclaiming ownership over my body—and my story. Today, I'm still working on keeping that promise. I'm not chasing perfection. I'm building resilience. And cannabis? It's part of that toolkit.

A misunderstood plant that has been legalized, and has helped me live a life that feels strong, sustainable, and real. If you're navigating wellness after 50, know this: You don't have to figure it out alone. There are tools, support systems, and people ready to walk alongside you.

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> **FRIDAY OCT 24 2025** 10AM - 11AM

**PRESENTED BY:** 

**VINEETA KAPOOR M.PSYC, PGDGC** MANAGER OF SENIORS SUPPORTS & VOLUNTEERS



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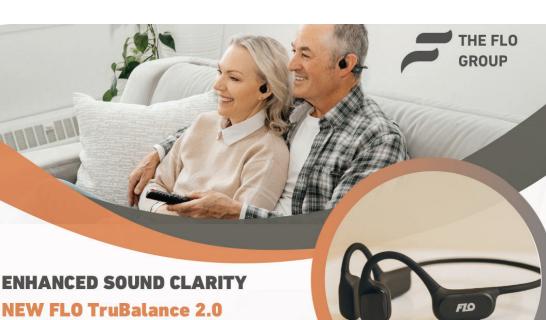


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I have this really cool pen. It can write under water.



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## From Your Table to Theirs

Help a senior enjoy a warm Thanksgiving meal



**Payment Method:** ☐ Cheque ☐ Visa ☐ MasterCard Credit Card Number: \_\_\_\_\_

Expiry Date: \_\_\_\_\_ CVV: \_\_\_\_\_ Signature: \_

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#### **Prostaid Calgary General Meetings**



**Date Wednesday October 15 Location CKE Community Centre 1015 73** Ave SW, Calgary **Time 7:30pm** 



Guest speaker is DR. Fedir Razumenko Topic Title is A History of Cancer Clinical Trials in Canada over the 20th Century



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## **Bowbridge Manor**

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- must be 50+ to qualify for 1 bedroom only
- concrete construction
- two elevators
- large atrium area
- laundry facilities on each floor
- large kitchen and eating area for functions
- games room and lounge
- on-site manager

#### Across

- 1. Drink with marshmallows
- 6. Long-legged birds
- **10.** Belt
- 14. "We need to talk"
- Mars rover org.
- 16. Play charades, e.g.
- 17. Boat sport for pilots?
- 19. Reverse
- 20. Negotiation-ending words
- 21. Shady plot
- 22. Xenon, for one
- 24. Beach sport for the selfabsorbed?
- 27. "Please, I'm on it"
- 30. Key hit in panic
- 31. "Gosh!"
- 32. "Bleeding Love" singer Lewis
- 33. Younger 51-Down daughter
- 39. Tactics, in gamerspeak

- 35. Running sport for academics?
- 40. Notre Dame Fighting \_\_\_
- 43. Nail salon brand
- 46. Female sib
- 47. Stressful parts of French
- 49. Cue sport for children?
- 52. Belly
- 53. Like Machu Picchu
- 54. Ogres
- **57.** Era
- 58. Combat sport for really tired people?
- 62. Merit
- 63. Oscar winner Stone
- 64. "Zoom-Zoom" automaker
- 65. Small whirlpool
- 66. Soccer score
- 67. Smudge

#### **Down**

1. Half-\_: coffee spec

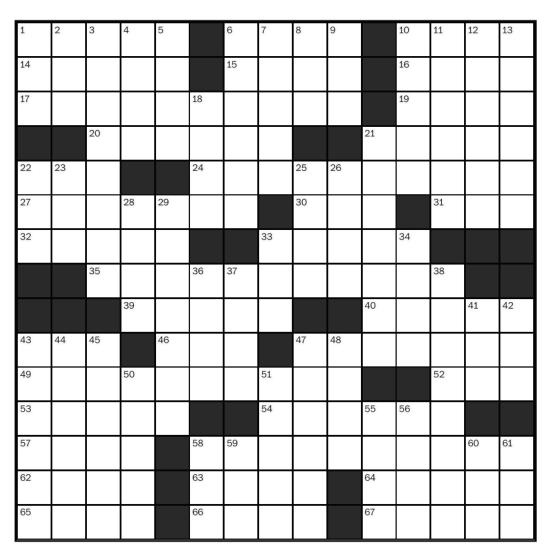
## **October Puzzles** Solutions p.26

Why do bees have sticky hair?



Because they use a honeycomb.

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		6		2				5



- 2. One who gives a hoot
- 3. Something in need of change?
- 4. Challenging chem course
- 5. Ritalin target, for short
- 6. Confine
- 7. "That Girl" star Thomas
- 8. Call upon
- 9. Proverb
- 10. Blue character in a mushroom-shaped house
- 11. Hit the jackpot
- 12. "All finished"
- 18. Abound (with)
- 21. Very old
- **22.** Miss
- 23. Renaissance faire beverage
- 25. Solange's "A \_ at the
- 26. KGB country
- 28. Binary digits

29. Meows at the door, perhaps

59. My Chemical Romance

60. Secret-protecting doc

61. Long-jawed fish

- 33. Matching group
- 34. Land unit
- 36. Michael of "Shrinking"
- 37. Coarse file
- Like some beds and candy
- 41. "Rugrats" dad
- 42. Pres. after FDR
- 43. "Ah, it makes sense now"
- 44. ATM input instrument
- 45. Proof of legal age, often
- 13. First president's first name 47. Like some matters of the heart?
  - 48. \_\_sandwich
  - 50. Actor DeVito
  - 51. First president born after
  - 55. \_\_ of Maine: personal care brand
  - 56. Midterm, e.g.
  - 58. "I \_\_ to differ"

# Happy feet at every age

Nursing Soles

As we age, our feet carry more than just our weight — they carry our independence. For many older adults, small problems like thick nails, calluses, or loss of sensation can lead to pain, loss of mobility, or even serious complications. The good news is that with regular care and attention, most foot issues can be prevented before they affect your lifestyle. Nursing Soles: The Gold Standard Foot Care in Calgary

At Nursing Soles Inc., we believe healthy feet are the foundation of staying active, safe, and independent. Recognized as the gold standard of foot care in Calgary, we are more than a clinic we are a comprehensive care provider, combining an Advanced Medical Foot Care Clinic, a Medi-Spa, and a Foot Care Nurse Training Academy.

Our team of specially trained nurses provide advanced care both in-clinic and in the comfort of your home.

In association with Foot Canada Training, we also train the next generation of foot care nurses to meet the highest standards of safety and prevention. infection

We proudly serve Calgary and surrounding areas including Okotoks. High River, Millarville, Turner Valley, Bragg Creek, Airdrie, Cochrane, and Chestermere. Why Seniors Should Prioritize Foot Care

Prevention is powerful. A simple nail trim or callus reduction can prevent ulcers, infections, or painful ingrowns.

Stay steady on your feet. Proper footwear and routine care reduce pain and improve balance, lowering the risk of falls.

Keep moving. Comfortable feet help you walk more, socialize more, and mainindependence. tain

Protect your health. For those living with diabetes, vascular issues, or neurological conditions, professional care reduces serious risks. What Good Foot Care Looks Like



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as Shannon Gordon and Serving Seniors with John Rahman, expert Complex Health Needs At Nursing Soles, our work is not limited

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> Neurological orders and physical disabilities Residents in

> sisted living, longterm care, or hospice Seniors receiv-

ing palliative or hospital-based For those unable to

travel, our mobile service brings care directly into homes and facilities, so no senior is left without access to safe and compassionate foot care. The Bottom

Your feet are the foundation of independence. They keep you steady, moving, and connected to the people and activities you love. With regular attention and the support of professional nurses, you can keep them strong at every age.

At Nursing Soles, we education, and are here to walk beside you — offering advanced compression medical care, affordable community clinics, and compassionate wherever you need it.

> Learn more and book care: Nursing Soles Inc. Advanced Medical Foot Care • Medi-Spa • Mobile Services • Training Academy Medical: 825-425-0595 (line 1) | Medi-Spa: 825-425-0595 (line 2) Website: www. nursingsoles.ca | Instagram: @nursingsolesinc | TikTok: @nursingsoles | Facebook: Soles ing Inc.



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Check your feet daily for redness, swelling, or wounds.

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Trim nails straight across, or ask a professional if they are thick, curved, or hard to reach.

Wear supportive shoes. Specialists such



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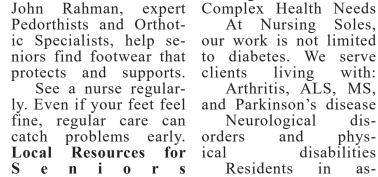




### Want to Help Support Alberta's Caregivers?

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

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



Calgary is fortunate to have many supports for foot and diabetes care:

Calgary Foothills Primary Care Network: Pharmacists and educators who provide personalized diabetes care.

Sheldon Chumir Health Centre - Diabetes and Wound Care Clinic plus other centres at South Health Campus, Rockyview, Peter Lougheed, and the University of Calgary.

Kenron Pharmacy (Foothills NW): Our partner in care, where every third Thursday of the month Nursing Soles runs a low-cost clinic for seniors — offering basic toenail cutprevention. Kenron also provides socks, padding, digital toe appliances, and foot care products that keep you comfortable.

The Mustard Seed and Alpha House: We run free clinics for underserved populations, where our nursing students provide care at no cost to seniors, veterans, and Indigenous clients in need.

Senior Homecare by Angels: Through this partnership, Nursing Soles provides both basic and advanced foot care directly to seniors receiving home care.

Beyond Diabetes:



# UNISON At Veiner Centre

# We can fight hunger

Hope Hammerston

Senior food insecurity is a growing but often overlooked crisis. It means means not having reliable access to affordable, nutritious food. As our population ages and the cost of living rises, this issue is becoming increasing urgent. According to Statistics Canada, food insecurity among older adults has risen by 40 per cent in just the past two years.

Food insecurity is felt worldwide, not just here in Canada. In Canada, there are 5,500 food banks, and in one month alone, 2 million people visited them. For seniors, this means hunger is paired with a limited ability to access nutritious food due to mobility issues, fixed incomes, and the rising costs of medicine and health care. In recent years, we have seen significant increases in the cost of food, rental housing (increased by over 30 per cent of one's income) and overall living expenses.

Seniors on a fixed income sometimes have to make the difficult choice of paying for their medications or buying food. For example, Seniors Blue Cross does not alcover the full ways cost of prescriptions, and some medications are not covered at all. This often leaves seniors paying \$200 - \$300 out of pocket each month.

Seniors can be vulnerable in many areas, but when it comes to food insecurities, those most affected are low-income seniors, those living alone, and those with chronic illnesses or disabilities. Food insecurity has devastating effects on older adults, including increased hospital visits, malnutrition, and an overall

lower quality of life.

In Medicine Hat, our community is working to address seniors' needs and reduce food insecurity. Partnerships with organizations like the Root Cellar, community kitch-

ens, and local grocery stores all play a role. At the Unison Veiner Centre, the wellness market is stocked daily with fresh fruits, vegetables, and bread for seniors. We also host monthly community kitchens, in partnership with the Root Cellar, where seniors can come together to prepare meals, build connections, and take-home nutritious food at low cost.

Food insecurity among seniors is a hidden crisis with wide-reaching consequences. As the senior population continues to grow, so must our efforts to ensure they live with dignity, health, and access to basic needs.





## Save the date! Join us for an inside scoop on all things generations 50+

- Saturday | October 25th 9am-3pm
- Unison at Veiner Centre 225 Woodman Avenue SE Medicine Hat, Alberta T1A 3H2
- Free Admission



For more information visit UnisonAlberta.com/veiner-expo



## Medicine Hat Veiner Activities

## **What's Happening in October**

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

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

#### **Active Aging Spotlight**

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

#### Scrapbooking Fanatics

October 3 - 5

Starting at 4:30pm on the 3rd | Registration Required

#### **Mayor Forum 2025**

October 7 | 3:30pm - 5:30pm | Craft Room

Join us for an engaging forum with Medicine Hat's mayoral candidates.

#### Ask a Financial Advisor-Craig Elder, RBC Dominion **Securities**

October 7

10am - 12pm | Registration Required | Boardroom

#### **Book Review Crew**

October 7 | 1pm - 2pm | Dining Room

#### **Card Makers**

October 7

1pm - 4pm | Registration Required | bring your own supplies

#### **Dementia Support Group**

9:30am-12pm | Boardroom | To Register: 403-528-2700

#### Meet & Greet with City Council Candidates

October 9 | 4:30pm - 6pm | Bistro

#### **Counselling Services with Ben Feere**

October 9 | 9am-12pm | Registration Required

#### **Fall Paint Night**

October 9 | 6:00pm - 9:00pm | Craft Room Member: \$35 Non-Member: \$40

#### Community Kitchen with Unison & Root Cellar

October 10 - 31

1pm - 3pm | Root Cellar | Intake with Hope Required 587-770-1420

#### **Alzheimer Society Care Partner Support Group**

October 14

1:30pm - 3pm | Craft Room | Register with Kristel (403) 528-2700

#### Meet & Mingle Speed Dating

Wednesday, October 15<sup>th</sup> 6:30pm - 8:30pm | South MP

#### **Dementia Support Group**

October 16

9:30am - 12pm | Boardroom Register by calling 403-528-2700

#### Movie Night: "Practical Magic"

October 16

5:30pm - 7:30pm | Craft Room

#### **First Link Connections**

October 21

1pm - 3pm | Boardroom | Register by calling 403-528-2700

#### **Bridges Grandparents Group**

October 21

10:30am - 12pm | Boardroom | Register by calling Kayla 403-

#### **Book Club**

October 24

10am - 11am | Boardroom

## Medicine Hat Veiner Activities

## **What's Happening in October**

To register online, please visit: veinercentre.wildapricot.org

#### Wellness Wednesdays

Open to members and non-members

#### Pet Therapy with Tajma

October 1 12pm -2pm

#### Movie Matinee with popcorn "Beetlejuice"

Boardroom | 2pm - 4:00pm

When a quirky ghost couple calls on the mischievous and chaotic "bio-exorcist" Beetlejuice to scare away the new owners of their home, things spiral into a wild, hilarious, and spooky adventure.

#### **Tech Support**

October 1

11am - 1pm | Boardroom | Registration Required

#### **Tech Support**

October 8

12pm - 2pm | Boardroom | Registration Required

#### FREE Hearing Health check with Ear Wax Removal with Hear Canada

Boardroom | 9am - 11:30am | Registration Required

#### Optima Rocks with Jodi

Craft Room | 2:15pm - 4pm | Registration Required

#### Life Long Learning Presents:

"When the Unexpected Happens"

Boardroom | 1pm - 2:30pm | Registration Required

Life can change in an instant—this session explores how to adapt with resilience, using awareness, coping strategies, and a healthy mindset to face the unexpected with confidence.

#### **Looking Forward**

#### **Healthy Eating on a Budget Presentation**

Friday, November 7 | 10:00am - 11:30pm | North Multipurpose Room Learn practical tips for meal planning, shopping, and storage to save money while eating well. Brought to you by Community Food Connections Assoc.

#### **Artisan Expose**

Saturday, November 8<sup>th</sup>

More details to come. If you are a publish author or artist, please contact Tammy at 403-525-8657. \$25/table

#### **Upcoming Bus Trips**

#### **Rosebud: The Green House**

Wednesday, October 8

8:30am - 6:30pm | Mem: \$125 | Non-Mem: \$140

In this bold play, Susanne unearths a buried family mystery through ominous dreams, a lone survivor, and a dramatic escape. Revisiting her childhood's fantastical world, she confronts family truths and rediscovers her identity.

#### Millarville Christmas Market

Thursday, November 6

7:30am - 6:00pm | Mem: \$50 | Non-Mem: \$60

Discover one of Alberta's top holiday markets with vendors, food, music, and festive fun indoors and outdoors.

#### Rosebud: Miracle on 34th Street

Wednesday, December 3

8:30am - 6:30pm | Mem: \$125 | Non-Mem: \$140

Christmas magic unfolds when Kris Kringle becomes Macy's Santa, claiming he's the real deal. His warmth wins over even the skeptics, but when his sanity is challenged, he must prove in court that believing in the impossible can make miracles happen.

#### **Evening & Weekend Activities at Strathcona**

#### **All Level Fitness**

Sept 9 - Oct 30 | Tuesdays & Thursdays | 4:15pm - 5pm Members: \$112 | Non-Member: \$160

Join Marla Howard on Tuesdays and Thursdays for a mix of strength, cardio, mobility, and fun! Each class focuses on different muscle groups with options for all fitness levels, using equipment like free weights, bands, and kettlebells.

#### <u>Tai Chi Classes</u>

\*PLEASE COMPLETE YANG SHORT FORM BEFORE REGISTERING FOR OTHER TAI CHI CLASSES

#### Yang Short Form

7:00pm - 8:00pm & 7:00 - 7:30pm | Mondays & Tuesdays Sept 15 - Dec 2 | Members: Free | Non-Members: \$80

#### Yang Long Form

8:00pm - 9:00pm | Mondays

Sept 15 - Dec 1 | Members: Free | Non-Members: \$80

#### Chen Style Short Form

7:30pm - 8:15pm | Tuesdays

Sept 16 - Dec 2 | Members: Free | Non-Members: \$80

#### Fan Form

8:15pm - 9:00pm | Tuesdays

Sept 16 - Dec 2 | Members: Free | Non-Members: \$80

#### **Weapons Form**

7:00pm - 9:00pm | Wednesdays

Sept 17 - Dec 3 | Members: Free | Non-Members: \$80

#### **Fitness Orientation**

2nd & Last Saturday of Every Month

9am - 11am | Fitness Room at Strathcona | Drop in Only

New to our fitness room? Twice a month, our knowledgeable volunteers are here to guide you! They'll introduce you to the equipment, demonstrate proper use, and answer questions so you can work out safely and confidently.

#### Table Tennis - Single Play Only

Saturdays | 11am - 1pm

#### Pickleball - Open Session

Saturdays & Sundays | 1pm -4pm

## **Medicine Hat Strathcona Activities**

## What's Happening in October

Hours of Operation: Mon to Wed 9am - 7pm   Thurs & Fri 9am - 4pm   Sat 9am - 1pm							
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays			
High Beginner Line	Fun & Fitness   9am -	Absolute Beginner Line	Fun & Fitness 9am -	Pickleball Beginner			
Dancing   9am - 9:50am	9:55am	Dancing   8:30am	9:55am	9am - 9:55am			
Table Tennis   10am -	Dementia Friendly	Reginner Line Daneina	Domontia Friendly	Table Tennie I 10am			
12pm	Pickleball   10am - 11am	Beginner Line Dancing 9am - 9:50am	Dementia Friendly Pickleball   10am-	Table Tennis   10am -12pm			
	Pickleball -Skills & Drills	3.300111	l llam	ΙΖΡΙΙΙ			
Chair Yoga & More   12pm - 12:55pm	11:05am - 11:40am	Table Tennis   10am -	i iidiii	   Yin Yoga   12pm -			
12pm - 12.55pm		12pm	Pickleball -	1pm			
Pickleball - All Skill Level	Chair Dance   11:45am -   12:30pm	·	Beginners   11am -				
1pm - 2:30pm	12.30pm	Qigong & Chair Yoga	12:55pm	Pickleball - All Skills			
	Pickleball -Beginner	12pm - 12:45pm		1:05pm - 2:30pm			
Pickleball - All Skill Level	12:35pm - 1:55pm		Chair Yoga & More				
2:30pm - 3:55pm	   Floor Curling   2pm - 4pm	Cornhole   1pm - 3pm	1pm - 1:45pm	Pickleball – All Skills			
Yang Short Form   7pm				2:35pm - 4pm			
	Yang Short Form   7pm	Pickleball - All Skills	Floor Curling 2pm -	Dialdalaall All Okilla l			
Yang Long Form   8pm		3pm - 6:55pm	4pm	Pickleball - All Skills			
	Chen Style Short Form 7:30pm	Wedness Form I 7nm	Table Tennis	6pm - 8pm			
	/.30piii	Weapons Form   7pm	6:30pm -8:30pm				
	Fan Form   8:15pm		0.50pm 0.50pm				

## Fitness Class Spotlight

All fitness classes require registration

#### High Beginner/Improver Line Dancing

Sept 8 - Dec 15 | Mondays | 9am-9:45am | FREE

#### Chair Yoga & More

Sept 8 - Oct 27 | Mondays

12pm - 12:45pm

Members: \$49 | Non-Member: \$70

#### Fun & Fitness

Sept 9 - Oct 30 | Tuesdays & Thursdays 9am - 9:55am | No class Sept 30 Members: \$75 | Non-Member: \$105

#### **Absolute Beginner Line Dancing**

Sept 10 - Dec 17 | Wednesdays | 8:30am - 9am | FREE

#### **Beginner Line Dancing**

Sept 10 - Dec 17 | Wednesdays 9am - 9:45am | FREE

#### Qigong & Chair Yoga

Sept 10 - Oct 29 | Wednesdays | 12pm - 1pm Members: \$56 | Non-Member: \$80

#### Chair Yoga & More

Sept 11 - Oct 30 | Thursdays

1pm - 1:45pm

Members: \$56 | Non-Member: \$80

#### Yin Yoga

Sept 12 - Oct 31 | Fridays | 12pm - 1pm Members: \$24 | Non-Members: \$40

Demo Class: Sept 5 - open to everyone 50+

#### **New Class**

#### **Chair Dance Class**

Sept 8 - Oct 27 | Mondays

4pm - 4:45pm

Members: \$49 | Non-Member: \$70

Chair dancing offers aerobic exercise, improving coordination, muscle tone, and flexibility while enjoying uplifting music from the comfort of your chair. It's a fun way to get fit!

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

#### **Unison for Generations 50+**

## Calgary In-Person Activities

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

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

# **Unison Travel Spotlight**

#### William Watson Lodge, Colonel Cabin/Forestry Dept, Widow Maker & Upper Lake (Kananaskis Region) - Day Trip

**Thursday, Oct 9, 2025** | 8:00 am - 5:00 pm Members: \$95 | Non-Members: \$125

Please ensure you have your Health Care Card and government-issued photo ID.

- Enjoy a grilled hotdog with condiments & a bag of chips...on us!
- Bring appropriate clothing and footwear (for hot/cold/wet conditions)
- Trip is suitable for persons with reduced mobility Cut-off Date: Wednesday, October 1st, 2025

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



# **Active Aging Spotlight**

#### **Intermediate Drawing**

Mondays, Oct 27 - Dec 1 | 1 pm - 3 pm Member. \$99 | Non-Member. \$129 Location: Room 313 - Kerby Centre Instructor. Hamideh Khadem Sohi

Gain a solid foundation and understanding of the basics to drawing and become the artist you've always dreamed of being! Supplies not included.

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



#### **Creative Crafts! Fabric Painting** Workshop

Friday, Oct 17 | 1 pm - 3 pm Member. \$50 | Non-Member. \$80 Location: Room 313 - Kerby Centre Instructor. Hamideh Khadem Sohi

This workshop is designed to release your hidden artistic abilities. Join us and create your own tote bag.

\*Supplies will be provided - Tote bag, Brush and Fabric Paint.

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



# **Active Aging Spotlight**

#### **Beginner Watercolor**

Thursdays, Oct 23 - Nov 27 | 10 am - 3 pm Member. \$155 | Non-Member. \$185 Location: Room 312 - Kerby Centre Instructor. Hamideh Khadem Sohi

Have you been an admirer of watercolor from afar but now are looking to learn the skill of watercolour painting for yourself? This class may be for you!

\*The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.

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



## Color Pencil Painting - Beginner

Mondays, Oct 27 - Dec 1 | 10 am - 12 pm Member. \$99 | Non-Member. \$129 Location: Room 313 - Kerby Centre Instructor. Hamideh Khadem Sohi

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.

**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! October 20th - 24th, 2025

Hours: 10:00 am - 3:00 pm



## Live Well, Be Well

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

Step into a space for personal growth and thoughtful conversation.

#### **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!



#### **Therapeutic Touch**

Thursdays, Oct 9, 16, 23, and 30, 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 Spotlig** 

#### Friend Fridays (Social Hour)

2nd & 3rd Fridays of each month 1 pm - 2:30 pm Cost \$3 Location: Wellness Center

Looking for laughter, good company, and a cozy space to connect? Drop in for a warm, welcoming afternoon where friendships bloom and smiles are plenty.



#### **Sound Therapy**

Fridays, Oct 17, 24, and 31, 2025 10:30 am - 12 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 selfdiscovery.

**Register Now!** 

403-234-6566/Lolaf@unisonalberta.com



#### Compass for the Caregiver

4-Week In-Person Program Presented by Unison's Wellness Connection Centre and Caregivers Alberta

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.

**Register Now!** 

403-234-6566/ Lolaf@unisonalberta.com



#### **Creating Boundaries Workshop**

FREE Sponsored Relationship Workshop by Nadia's Hope Foundation

Wednesdays, Nov 12, and 19, 2025 1:00 pm - 3:00 pm FREE - Certificate of Completion Included Location: Kerby Centre, Lounge Room

Join a Free 2-week interactive workshop designed to help participants set and maintain healthy boundaries in relationships with friends and co-workers.

**Register Now!** 

403-234-6566/ Lolaf@unisonalberta.com



## Want to give the gift of an experience and memories?

Want to do it for \$25? **Give the GIFT of MEMBERSHIP!** 

Take a FREE-for-members class TOGETHER **online** from anywhere in the world.

#### Unison at Kerby memberships has perks!

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



## **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

Online Class Spotlight

**Online Class Spotligh** 

Online Class Spotligh

#### Fitness with Dan - Online -Fall Z02

Oct 6 - Nov 3 (4 Weeks - No Class Oct 13) Mondays | 9:00 am - 10:00 am Members: \$26 | Non-Members: \$56

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

Instructor: Dan Location: Online - Zoom



#### **Chair Dancing Online -**Fall - Z11

Oct 9 - Oct 30 (4 Weeks) Thursdays | 1:00 pm - 2:00 pm Members: \$26 | Non-Members: \$56

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

Instructor: Dave Location: Online - Zoom



Online Class Spotlight

## Muscle Strength & Core Balance - Online - Fall Z05

Oct 3 - Oct 24 (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 Location: Online - Zoom



#### Chen Tai Chi Online -**Fall - Z17**

Oct 7 - Oct 28 (4 Weeks) Tuesdays | 11:00 am - 12:00 pm Members: \$26 | Non-Members: \$56

Chen Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. It helps to reduce stress, increase coordination, balance and range of motion.

Instructor: Adrian Location: Online - Zoom



## **Online Presentations:**

#### **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.

Thursday, October 16th | 10:00 am

#### **Inspiration in Every Stamp: Travel Stories** to Spark Your Own: Netherlands

Join globe-trotter and seasoned storyteller David Phillips for the next adventure in our travel series—this time exploring the rich culture, charm, and spirit of the Netherlands.

Friday, October 17th | 10:00 am

#### Inspire & Write: Creative Writing Webinar Series

Join us for an inspiring creative writing webinar series that explores storytelling, reflection, and personal expression.

Thursday, October 23rd | 10:00 am

#### **Unison & NHF Presentation: Stress** Management

Join us for an engaging webinar on Stress Management, hosted by Unison at Kerby's own, Vineeta Kapoor. In this session, Vineeta will share practical tools and simple strategies to help reduce daily stress, improve emotional well-being, and bring balance into everyday life. Friday, October 24th | 10:00 am









#### **EXPLORING SKETCHING WORKSHOP -**

#### Online Course – Fall Z22 – FREE (Funded by Nadia Hope Foundation)

Wednesday | Nov 19 | 3:30 pm - 5:30 pm | FREE

New to sketching or is your pencil an extension of your arm? Join Hamideh and the rest of the online sketching community each Friday to explore a new subject, new technique, or maybe a new medium. All you need is a pencil and paper to participate, but if you feel like breaking out your chalk or pastels you are free to do so.

Instructor: Hamideh Khadem Sohi Location: Online - Zoom

You can register on-line or by contacting Active Aging at 403-705-3233 or program@unisonalberta.com

## Website



#### Unison50plus.unisonalberta.com/Online

## Seniors for Climate Action: Our Stories and

Join three inspiring Calgary seniors for a powerful and uplifting conversation about climate action, aging, and hope for the future. This session will highlight the importance of using your voice at any age and embracing community action. Wednesday, October 29th | 1:00 pm



# Volunteer spotlight

**Barb Reid** 

**Unison Veiner Centre** Susan Cooper



Susan Cooper began volunteering at the Unison Veiner Centre for Veiner Vintage Transport (VVT) in September 2022 after moving from her farm. She for being part of our was one of VVT's first drivers and is still going strong, with up to three drives every week.

Susan enjoys helping

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D D seniors get to where they Unison Kerby Centre need to go. Volunteering makes her feel like she is making things easier for other people, and we're grateful our clients have someone safe and fun for their rides.

Susan enjoys playing pickleball, reading, and camping. Susan also keeps busy with her grandchildren. Susan and her husband have been bitten by the travel bug and enjoy going on adventures.

Thank you, Susan, volunteer family and for the time you dedicate to Veiner Vintage Transport. We truly appreciate all that you do!

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Barb Reid has been a volunteer with Unison at Kerby Centre since April 2020. Already a Unison member, Barb wanted to do more to support her community during the difficult time of COVID. She started with food deliveries, bringing groceries and meals to homebound seniors.

Five years later, Barb is still an active and reliable volunteer. Over the years, she has taken on the main reception, the tax program, and now Seniors Supports reception. Barb enjoys helping people and sees the difference the Unison Kerby Centre makes.

Barb says that "If it wasn't for how amazing the (Unison) staff are, it would be hard to stay for this long, The staff support me in every situation, answer my questions, and are always there to help."

We are so grateful for Barb's five years of service and the positive energy she brings to Unison.

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

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

- 🚃 Thursday, October 30th
- 9:00am 4pm
- Unison at Kerby Centre Room 108

Spots fill up fast. **Book your appointment TODAY!** BY PHONE: 403-970-7201



**Unison** Brought to you by:



ears

## **Volunteer opportunities**



Unison News driver: Join a fun team of volunteers on the last Friday of each month and deliver 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.

Administrative assistant: Support with filing, data entry, phone calls and scheduling.

Office support: Help our Thrive Food Security Program with client records, responding to questions, and coordinating grocery deliveries and appointments.

**Adult Day Program:** Help with meals, activities, companionship, and smiles!

Benefits and Housing: Help Seniors Supports with applications and information.

For more information: volunteer@unisonalberta.com



4th Annual **Unison Calgary Charity Classic Golf Tournament** 



































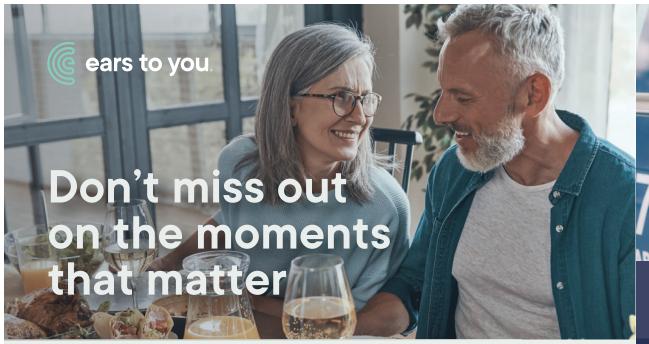








Visit UnisonAlberta.com/Golf to see our golf photo gallery



### Your days are full of conversations with friends, staying active, enjoying home life, and exploring what's next.

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CalgaryAdmin@earstoyou.ca | earstoyou.ca



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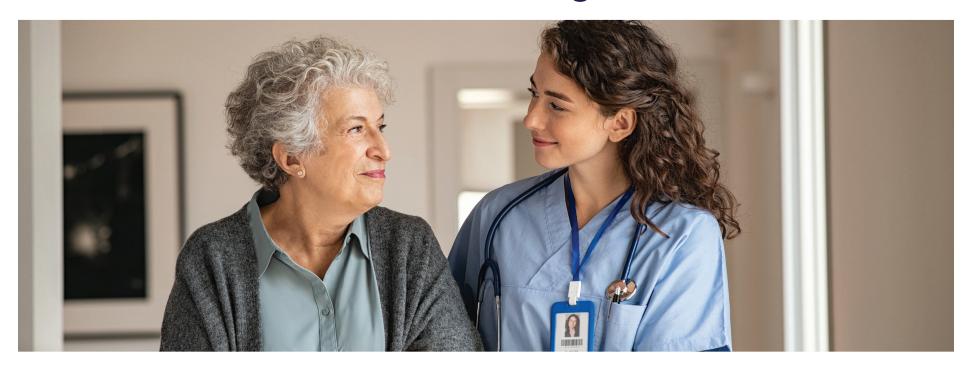




## **YYC Home Care** Services

Caring For You, Right At Home

Serving All Across Alberta



# Our Services

- Companionship
- **Meal Prep**
- **Personal Care**
- **Hospice Support**
- Dementia Care
- **Light Housekeeping**
- **Transportation**
- **Respite Care**
- **Nursing Services**

## CLIENT DIRECTED **HOME CARE** INVOICING PROGRAM (CDHCI)

YYC HOME CARE CAN DIRECTLY BILL AHS FOR YOUR APPROVED SERVICES THROUGH THE ALBERTA BLUE **CROSS PORTAL WITHOUT ANY** EXTRA COST TO YOU.



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