



# Transportation

- 5 Remembering Hank Heerema
- 8 Ozempic for seniors?
- 12 Aunt Carmen & the 7 Dwarfs
- 13 Veiner Vintage Transport



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## Closure Alert



All Unison locations will be closed on Wednesday July 1<sup>st</sup> for Canada Day



# Helping seniors get around

Jose Guillen, Director of Fund Development

When I think that back in 1990, there was no Stoney Trail, no Cross Iron Mills or Country Hills Drive, and Spruce Meadows was out in the “coun-

tryside,” I realize how much Calgary has expanded. With that expansion, we need to factor in the significant transportation challenges in a city of 1.67 million people. If we drive and/or own a vehicle, and we want to

enjoy what Calgary has to offer, we need to factor in things like parking. And if you ride public transportation, you need to consider schedules, transfers, routes, and so on. Now, if you are someone with limited mo-

bility and limited resources, transportation within the city gets more complicated.

If you’re in a city like Medicine Hat, there’s even less public transportation, which can mean you don’t leave the house that often.

Luckily, Unison at Veiner Centre has a solution for the 50+ community.

Throughout the month of July, Unison at Veiner Centre is launching its second annual “More than a Ride – it’s a Connection” campaign to support its transport program.

Veiner Vintage Transport is volunteer-based, and provides safe, reliable door-to-door rides for adults 50+ who cannot make it to appointments on their own. Each ride is more than transportation; it is a community connection. You are invited to join a volunteer and a client on a ride along to experience the uniqueness of this program. The shared rides help tell the story of this program and the meaningful relationships it builds. You can be a champion and help support a vital program that decreases isolation and boosts wellbeing.

To join a ride along experience and to help us tell the story of Veiner Vintage Transport please contact us at 403-525-8657 or [kenneth@unisonalberta.com](mailto:kenneth@unisonalberta.com). You can support Veiner Vintage Transport by donating: [unisonalberta.com/donate](https://unisonalberta.com/donate).



## Beat the Heat: Summer Safety for Seniors

### Stay Hydrated

Drink water regularly – don’t wait until you get thirsty. Aim for 6–8 glasses per day.

### Dress Light

Wear loose-fitting, light-coloured clothing and a wide-brimmed hat outdoors.

### Time It Right

Avoid outdoor activities between 11 am and 3 pm when the sun is strongest.

### Cool Your Home

Use fans, close blinds during the day, and visit air-conditioned spaces to cool off.

### Protect Your Skin

Apply SPF 30+ sunscreen and reapply every two hours when outdoors.

### Check In Often

Ask a friend or neighbour to check on you daily during heat waves.

### Know the Warning Signs

Seek help immediately if you experience dizziness, rapid heartbeat, confusion, nausea, or skin that feels hot and dry. Call 911 if you suspect heat stroke.



## THE CARE YOU NEED IN THE PLACE YOU LOVE

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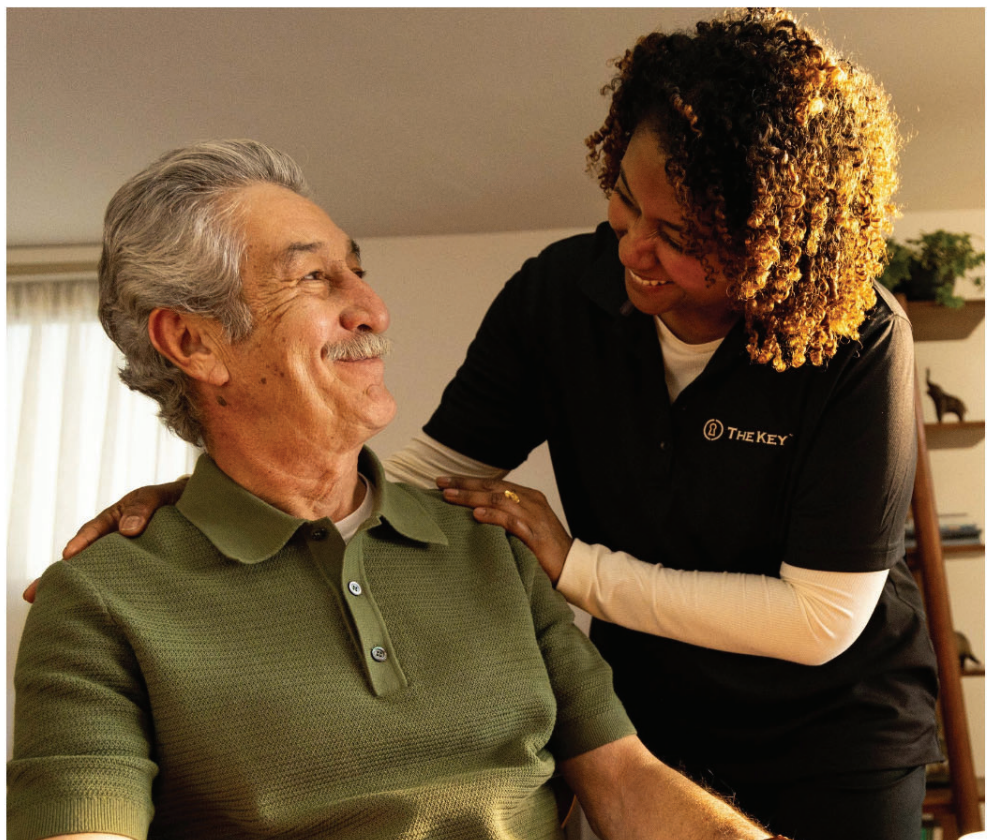
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# JULY 2026

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

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Larry Mathieson

**Unison Board of Directors  
2026**

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Unison Travel: [travel@unisonalberta.com](mailto:travel@unisonalberta.com)

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Unison News

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

# President's Message



Larry Mathieson, CEO and President

I'm writing this article from a hotel room in Ottawa. I had the privilege today of accepting a national award from Volunteer Canada on behalf of our volunteer team. Our team won the Social Innovator for the Prairies award, which came with a daylong session reviewing best practices from all of the other national award winners. The event closed with the presentation of our award by the Minister of Jobs and Families, Patty Hajdu. Hearing how other voluntary organization leaders and volunteers from across the country had won their awards was inspiring, at the very least.

Over the last number of years, the number of volunteers Unison deploys across southern Alberta has continually grown. The growth in our food security programs, food bank, and Meals on Wheels has necessitated additional volunteers and hours. We also added a largely volunteer-run transportation program to assist seniors in get-

ting to important medical or legal appointments.

We've started to view our volunteer programs and roles in a fairly different way now. When we design a volunteer position, we design it not only with the notion of who the volunteer is helping, but what impact the role has on the volunteer themselves.

Early in the pandemic, during one of the reopenings, we decided to operate a community kitchen with the support of a grant. At that time, we didn't have a food bank. We were running free bread markets and giving away donated bread. The number of seniors who were food insecure surprised us, and we designed the program to support a small group of seniors who were very low on the income scale. Our chef would train participants to make nutritious, low-cost meals for one. Part of the arrangement was that for every meal a participant made to take home, they were required to make another meal for a senior who was mobility-challenged and of lower socioeconomic status. Later, some of our staff overheard participants telling other members at Unison at Kerby Centre that they were Unison volunteers.

We had not thought of these participants as volunteers. They were recipients of the program. But you could overhear them, with pride, describing how they were making frozen meals for seniors who were shut in. That moment made us

realize that our volunteer roles were much more impactful than we had previously understood. We thought we were running a food security program, and we were. But we were also creating purpose and meaning, and the opportunity to help someone else.

When we designed that program, we had not built in a volunteer component. Operating it taught us a great deal more about volunteer programs than we had known before. Now, when we design specialized opportunities for volunteers, we keep this in mind, because we understand that we are offering purpose and meaningful opportunities.

These programs contribute a great deal to other seniors, and we recognize the value we are creating for the volunteers themselves. During our best practices session, I shared this story and what we learned from it.

As we look to the future, we know we will need much more volunteer support. But we are also considering programs where seniors and older adults won't be the recipients. Programs being designed to support low-income families or newcomers to Canada will have seniors not as the people being served, but as the people doing the serving. We have learned that organizing people and creating meaningful opportunities to help others is as valuable as, if not more than, some of the direct services and supports we provide.



## Will Power

**Make your last gift  
your best!**

Remember Unison  
with a gift in your will.

*Make an impact.  
Leave a legacy.*

**Contact Jose Guillen**  
[joseg@unisonalberta.com](mailto:joseg@unisonalberta.com)  
403-705-3253



CMS is pleased to introduce a summer presentation series designed to provide practical, accessible information on end-of-life planning. This series has been thoughtfully developed in response to member feedback and the needs we regularly see in the community.

**PART 1 OF PRESENTATION SERIES - PLAN AHEAD WITH CONFIDENCE**

## PLANNING AHEAD WITHOUT PRESSURE

**THURSDAY, JULY 16, 2026 | 1:00 PM**

**UNISON AT KERBY CENTRE**

A reassuring session that encourages manageable steps toward planning while reducing stress and bringing peace of mind.

To register please email [Andresg@UnisonAlberta.com](mailto:Andresg@UnisonAlberta.com)

The **Canada Revenue Agency** will be at Unison Kerby Centre to help you with printing T-slips, notices of assessment, and answering questions on benefits & credits.

Drop by between **9 am - 3 pm** on the following **Tuesdays**

**July 14 & 28**

**August 11 & 25**

**September 8 & 22**

**October 6 & 20**



**Seniors Supports | 403-705-3246 | [unisonalberta.com](http://unisonalberta.com)**

Call us for guidance and support with Housing Applications | Benefits & Pensions | Taxes

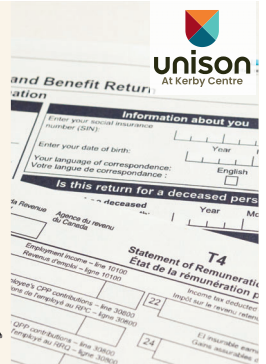
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## Your Personal Directive: Plan Ahead

**Info session & workshop**  
Create your personal directive **on the spot**

Facilitated by Vineeta Kapoor  
Manager of Seniors Supports & Volunteers

**August 11, 2026 | 9:00 - 10:30 am**

Unison at Kerby Centre  
1133 7 Ave SW, room 205



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

Drop by between **9 am - 12 pm** on the following **Tuesdays**

• **July 7 & 21**

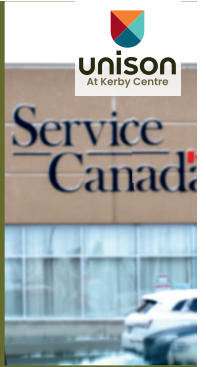
• **August 4 & 18**

• **September 1 & 15 & 29**

• **October 13 & 27**

**Seniors Supports | 403-705-3246 | [UnisonAlberta.com](http://UnisonAlberta.com)**

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



## Self-Paced Matched Savings Information Session

Save, Earn, and Learn—at Your Own Pace!

Learn how you can earn up to \$50 - \$500 towards a financial asset like an emergency fund

**Where:**  
Unison at Kerby  
1133 7 Avenue SW

**When:**  
August 5, 2026  
10:00 to 11:00 AM

**Eligibility:**

- Filed your 2025 taxes and are receiving a tax benefit (refund, GST, etc)
- Earning under \$37,000 for an individual or \$46,700 for a couple

Coffee and Snacks will be provided!

To register, call Nancy at: **403-265-0661**

In Collaboration with:

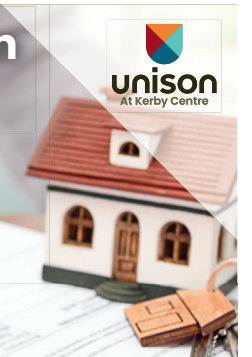


## Housing Application Assistance

Book an appointment now and receive assistance with housing applications with a Commissioner for Oaths available at your service!

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

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



## Benefits and Pensions

We can assist you with applying for:

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

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

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



## Housing Conversations

Come and explore **senior housing** options based on your needs and income level.

**2nd Tuesday of the month**  
**10am - 11am | Kerby Café**  
**FREE Drop-in**

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

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



# Remembering Hank Hereema

*Richard Parker*

Hank Heerema, a longtime volunteer and supporter of Unison Kerby Centre, sadly passed away on May 7, 2026, at the age of 96.

Hank was born and grew up in the Netherlands before emigrating to Canada in 1952 and beginning a long career in the energy industry in Calgary. Hank first connected with Unison in 1992 seeking, in his retirement years, an opportunity to contribute to both his community and city.

Hank was a very active and supportive member of Unison, making many contributions to both its success and growth. One of his first roles was with Unison Travel, where he helped organize trips and was known for making sure that Unison always got a good deal!

It was while performing this role that Hank became aware of the challenges created by Unison's computer system, which at the time were very basic, with only five computers. Over the next 25 years, Hank volunteered his time, knowledge and skills to transform Unison's computer system. He applied for grants, secured do-

nations, and spent lots of time installing, trouble shooting and teaching others how to use the equipment. Hank's work led to the repurpose of Room 312, now known as Hank's Room, as a computer classroom which enabled many seniors to learn or upgrade their computer skills.

His contribution was not limited to technology, he also volunteered his time in fund development, to Unison News, Casinos, the Income Tax Program, the Elder Abuse Shelter, and many special events. If there was a job to do, Hank would always put up his hand and say, "I will do that."

In 2005, Hank was recognized by the Alberta Government as Volunteer of the Year. This award recognizes unique and significant contributions to nonprofit organizations in Alberta.

Hank also contributed to Unison's success by serving on its Board of Directors in a variety of roles, including as President. Despite health challenges, Hank attended occasional Board meetings and other activities at Unison up until 2025.

In 2023, the Board of Directors recognized Hank's unique contributions to the organization by making him an Hon-

orary Member of Unison and appointing him as Director Emeritus, the first such designation in Unison's history.

In the 33 years Hank was involved with Unison, he contributed over 24,000 hours of volunteer time.

Hank will be dearly missed, both by his family and friends and by the many seniors whose lives he touched at Unison Kerby Centre.

Donations in Hanks memory may be made to Unison:

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



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Veteran.  
Father.  
Golfer.  
~~Neglected.~~**

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elder abuse doesn't need  
to be one of them.**

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**unison**  
For generations 50+

# KERBY CAFE



**Open Monday - Friday**  
9 am - 2 pm

**Happy hour**  
Wednesdays | 11 am - 2 pm  
beer & wine specials  
& 10 wings for \$10!

Dance with the  
Kerby Sensations  
every Wednesday  
Always free, always fun



Piano serenades by  
Diana every Thursday

## July 2026

### \$14 Weekly Specials

#### June 29 - July 2

Turkey Panini (brie, fig jam, spinach, & garlic mayo)  
**Soup:** Vegetable rice & potato soup

#### July 6 - 10

Bullseye BBQ Steak Sandwich on a brioche bun  
**Soup:** Cowboy Soup

#### July 13- 17

BBQ pulled chicken burger & pineapple mango salsa  
**Soup:** Beef & Barley Soup

#### July 20 - 24

Beef liver & mashed potatoes, onion gravy & steamed vegetables  
**Soup:** Potato & leak soup

#### July 27 - 31

Pulled pork mac & cheese with biscuits  
**Soup:** Campfire bean & ham soup



# Why AI?

Mel Lefebvre,  
Editor-in-Chief

Artificial Intelligence is now a big part of our lives. It's everywhere you look. Sometimes, you can't even trust what you're viewing on your screen-of-choice. From deepfakes (where a video of someone isn't real because it was generated by AI) to telephone scams that copy voices to nab your money, it's hard to know what to trust anymore. Being sceptical will serve you, so please, remain cynical.

For curious readers, AI does offer some helpful tools. AI can help you with your to-do lists, with replying to messages, helping you organize your schedule and remind you about upcoming appointments. For people who are lonely, AI can provide limited companionship and conversation.

While helpful, it comes at a cost. AI works by sourcing data very rapidly across servers, across the globe. Tech companies build data centres, and these machines get very hot. Water is used as a coolant, and for generating electricity. AI is a thirsty process, and data centres are largely located in water-stressed regions, which creates water shortages.

In July 2010, the United Nations General Assembly, supported by various international human rights treaties and declarations, established that access to water (and sanitation) is a human right. This right is meant to ensure affordable access to water that is safe and accessible to consume. It seems, so far, that data centres aren't respecting water as a human right. One AI query uses the equivalent of one bottle of water. We're in the era of climate change, and this AI onslaught is a quagmire for our natural resources, needed by humans, plants, and animals. The issue feels large, and overwhelming, and like climate change, is a problem that's hard to avoid in our capitalist system.

AI is a helpful tool, but, using it feels ominous. Buyer, beware.

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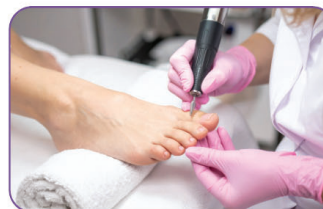
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✉ [contact@calgaryfootcarenurses.com](mailto:contact@calgaryfootcarenurses.com)

# Protect yourself from investment scams

Alberta Securities Commission

June is Seniors Month in Canada, a time to celebrate older adults and their contributions to our families and communities. It's also a good time to talk about how to protect the seniors in our lives from increasingly sophisticated investment scams.

Unprompted calls or texts from someone claiming to be a legitimate investment advisor, or a sudden plea for emergency funds from a familiar-sounding voice, are just a few examples of scams that disproportionately affect older adults.

As AI tools advance, these schemes are becoming harder to detect: fraudsters can now mimic voices and messages with alarming accuracy. According to the ASC's 2026 Investor Education Research, approximately 28% of investors report being approached with a suspicious or illegitimate investment opportunity, down 7% since 2023. Those over 55 (35%) are more likely to be targeted than those under 35 (18%).

### 5 Red Flags

**Unexpected contact:** If your older loved one did not initiate contact, any unsolicited financial offer by phone, email, text or in person warrants caution.

**Requests for personal or financial information:** Anyone asking for banking details, SIN, passwords or PINs is a serious red flag. Keep this information confidential.

**High pressure:** Scammers push for quick decisions and secrecy. Registered financial professionals encourage

questions, research and thoughtful decision-making.

**Promises of high returns with no risk:** Language like "guaranteed returns," "exclusive deal" or "insider opportunity" should raise alarm.

All investments carry some risk. **AI impersonation and deepfakes:** Fraudsters can convincingly pose as a grandchild asking for emergency funds, a financial advisor, or a bank representative warning of suspicious activity.

Encourage your loved ones to pause and verify before acting. **How to protect yourself and your loved ones**

**Verify registration:** Confirm that any investment advisor or firm is registered with the ASC or another Canadian securities regulator at [checkfirst.ca](http://checkfirst.ca).

**Connect and communicate:** Encourage open conversations about significant financial decisions. Watch for secrecy or unusual behaviour. Isolation increases risk.

**Check identities independently:** Hang up and call back using a trusted, verified number. Consider setting up a code word with family members for emergencies.

**Report suspected fraud:** If you believe an older adult is being targeted or has lost money to fraud, report it to the ASC. Visit [checkfirst.ca](http://checkfirst.ca) for tools and resources.

Financial abuse and losses can be devastating. Approach these conversations with kindness and a focus on problem-solving.

This month, check in with the older adults in your life and verify any investment opportunity at [checkfirst.ca](http://checkfirst.ca).

**KERBY Café**

**COMMUNITY ICE CREAM POP-UP**

**\$5 EACH**

**MANGO PINEAPPLE**

**RASPBERRY LIME**

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# Generic Ozempic offers new hope for Seniors, but it's not for everyone

Carolyn Kury de Castillo

For many older adults living with diabetes or struggling with obesity, the recent arrival of a lower-cost generic version of Ozempic could make an important medication more accessible. While the drug has gained widespread attention for its weight-loss benefits, health experts caution that it is not a miracle cure and should only be used under proper medical supervision.

Shawna Burke knows firsthand both the benefits and challenges of taking Ozempic. The Calgary woman in her 50's has Type 2 diabetes and began using the medication to better manage her blood sugar while also hoping to lose weight.

"It's helping my heart and kidney," Burke said. "I feel fuller longer, which is really good because I'm a snacker."

Like many Albertans, Burke has had to pay for the medication out of pocket because it is not covered under her benefits. Before the arrival of a generic alternative, she was spending approximately \$260 per month.

"The benefits outweigh the price," she said. "Unfortunately, some people have to pay out of pocket and I do."

The medication was not without side effects. Burke experienced nausea when she first started taking Ozempic and required anti-nausea medication to help manage the symptoms.

"I had to get used to that," she explained. "But it's either me paying out of pocket or not taking it and feeling sick every day."

Her experience highlights both the promise and the challenges associated with semaglutide, the active ingredient in Ozempic.

According to Calgary pharmacist and certified diabetes and obesity educator Wassam Sakr, demand for the generic version has been overwhelming.

"For the past two to three weeks, it has been super busy," Sakr told Unison TV. "People keep calling and coming in asking when the generic will be available and how much it will cost compared to the original."

Affordability has been a major concern, particularly for seniors living on fixed incomes. Sakr says the generic version costs roughly 30 to 40 per

cent of the brand-name price, bringing the monthly cost down to approximately \$103 to \$105.

"Affordability is one of the major barriers to access," he said. "I've seen people delay starting the medication, stop it after a few months, or even stretch doses longer than recommended because they couldn't afford it."

While lower prices may improve access, Sakr emphasizes that seniors should understand both the benefits and potential drawbacks before starting the medication.

Among the most significant benefits is weight loss. Research has shown that losing even five to 10 per cent of body weight can lead to meaningful health improvements. For seniors, reduced weight can ease pressure on joints, improve mobility and help maintain independence.

Semaglutide has also demonstrated cardiovascular benefits.

"It protects the heart and cardiovascular system from events such as heart attacks and strokes," Sakr explained.

For people with Type 2 diabetes, improved blood sugar control can also help protect the kidneys, eyes and other organs from long-term damage.

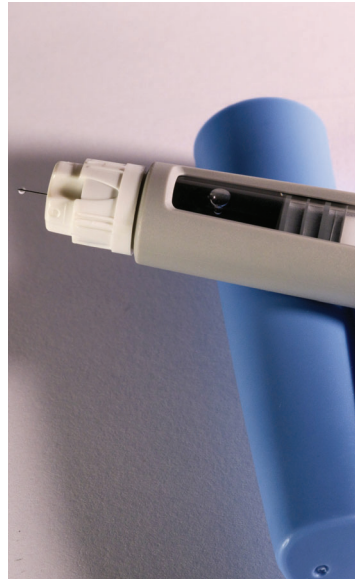
However, the medication is not appropriate for everyone.

"Some frail elderly patients shouldn't take it," Sakr said. "People with se-

rious stomach issues or certain cancer histories may not be suitable candidates."

Seniors taking Ozempic or related medications should be persistent at doing muscle strength exercise consistently to maintain their muscle mass and bone integrity.

The most common side effects are related to the way the medication works. By slowing digestion and helping people feel full longer, semaglutide can cause nausea, vomiting, constipation, diarrhea and stomach discomfort.



Generic GLPs can offer hope for the right type of patient.

Photo: Haberdoedas

Introducing the medication slowly helps the body adjust and reduces side effects. Problems can occur when people stop taking it and later restart without proper guidance.

"The body essentially forgets the medication," Sakr said. "When

it's reintroduced, some people experience much stronger side effects."

Seniors should also be aware that semaglutide may affect how other medications are absorbed because it slows digestion. This can be particularly important for older adults who often take multiple prescription drugs.

Medical supervision is therefore essential, Sakr says. Patients should work closely with physicians and pharmacists to monitor side effects, manage drug interactions and ensure proper injection technique.

Another important consideration is what happens when treatment ends.

Studies suggest many people regain weight after discontinuing semaglutide, especially if lifestyle changes have not been established.

"It's not a silver bullet," Sakr said. "It's a very significant tool, but it needs to be part of a complete care plan that includes healthy eating, physical activity and behavioural support."

Although semaglutide has been used by millions of people worldwide and has

demonstrated a strong safety profile, questions remain about very long-term use.

"We know the immediate benefits are significant," Sakr said. "What we don't know yet is what happens after 20 or 30 years of continuous use."

For seniors considering the medication, the arrival of a more affordable generic option may open new doors. But experts stress that the decision should be made carefully, with professional guidance and realistic expectations.

As Burke's experience shows, the medication can offer meaningful health improvements. However, success depends not only on the drug itself but also on a broader commitment to long-term health and wellness.

*Wessam Sakr is a Clinical Pharmacist, Certified Bariatric Educator and Certified Diabetes Educator*

*This article was adapted from an episode of UnisonTV. Subscribe and never miss a thing! <https://www.youtube.com/@unison50plus>*



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# The power of healing touch matters as we age

Monica Shepherd, LPN, Advanced Foot Care Nurse & Educator (Nursing Soles Inc.)

As we grow older, many things begin to change. Mobility becomes harder. Chronic pain and health concerns increase. Friends move away, partners pass on, driving stops, and for many older adults, life slowly grows quieter. One of the greatest yet least talked about realities of aging is loneliness. Loneliness does not always mean being physically alone. A person can be surrounded by people and still feel unseen or forgotten. Many seniors live with disabilities, chronic illness, grief, reduced mobility, or memory changes that make connection harder. Others have limited family support or spend long stretches without meaningful human interaction.

As a foot care nurse working with seniors every day, I have learned something important: healing is not only physical. It is emotional, relational, and deeply human. Sometimes, it begins with something very simple: compassionate, therapeutic touch.

In healthcare, we tend to focus on medications, procedures, and appointments. These things matter. But there is another part of healing that often goes unrecognized: feeling safe, seen, listened to, and cared for. Consented, gentle, respectful touch can reduce stress, calm anxiety, ease lone-

liness, and create a sense of safety and connection. Yet as people age, nurturing touch often becomes less frequent. This is one of the reasons therapeutic foot care matters more than most people realize.

When people hear the words “foot care,” they typically think of toenails, calluses, or dry skin. As Advanced Foot Care Nurses, we also assess circulation, skin integrity, wounds, diabetic risk, mobility concerns, and overall lower limb health. But for many seniors, foot care becomes something more.

At Nursing Soles, we visit people in their homes every six to eight weeks. Over time, we become familiar faces. We notice when someone seems quieter than usual. We ask about their grandchildren. We hear stories about long marriages, careers, heart-break, immigration journeys. We sit at kitchen tables, meet beloved pets, and learn where the tea cups are kept. Some clients are waiting at the door when we arrive because our visit is the thing they have looked forward to all month. People talk about what they would not say in a waiting room. Sometimes a client wants to tell stories. Sometimes they want companionship without much conversation. Sometimes they are struggling quietly with something they have not told anyone else.

In nursing, caring for the whole person means

not just treating a condition, but preserving dignity, comfort, and trust.

Through our Nursing Soles Academy partnership and learning experiences with the Unison Elder Abuse Shelter, our team has been deepening our understanding of what some older adults face behind closed doors. Senior abuse takes many forms: emotional, financial, physical, neglect, or social isolation. Some seniors feel afraid, dependent, or cut off from the people around them. Others have experienced betrayal by family members, caregivers, or trusted individuals. Recovery after hardship can begin with something small: a consistent presence, a warm conversation, being treated with respect. Trust is rebuilt slowly, through repeated acts of ordinary kindness.

Therapeutic touch does not only happen in healthcare. It happens when a neighbour checks in, when a family member visits, when someone sits down and actually listens.

This summer, I encourage all of us to think about the older adults in our lives. Visit them. Call them. Ask how they are really doing, and stay long enough to hear the answer. There is still something that medicine and technology cannot replace: the knowledge that someone cares, and the feeling of a gentle, attentive human presence. Sometimes that is where healing starts.

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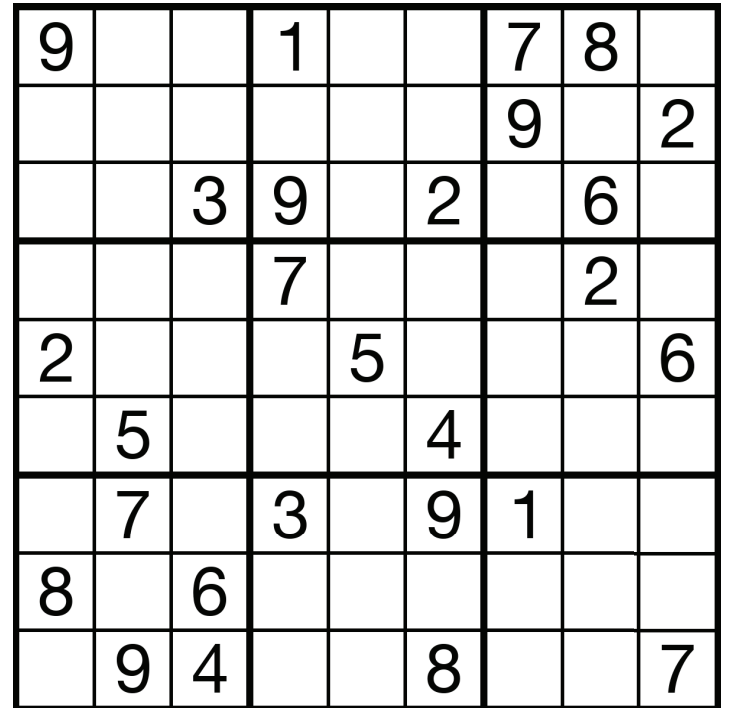
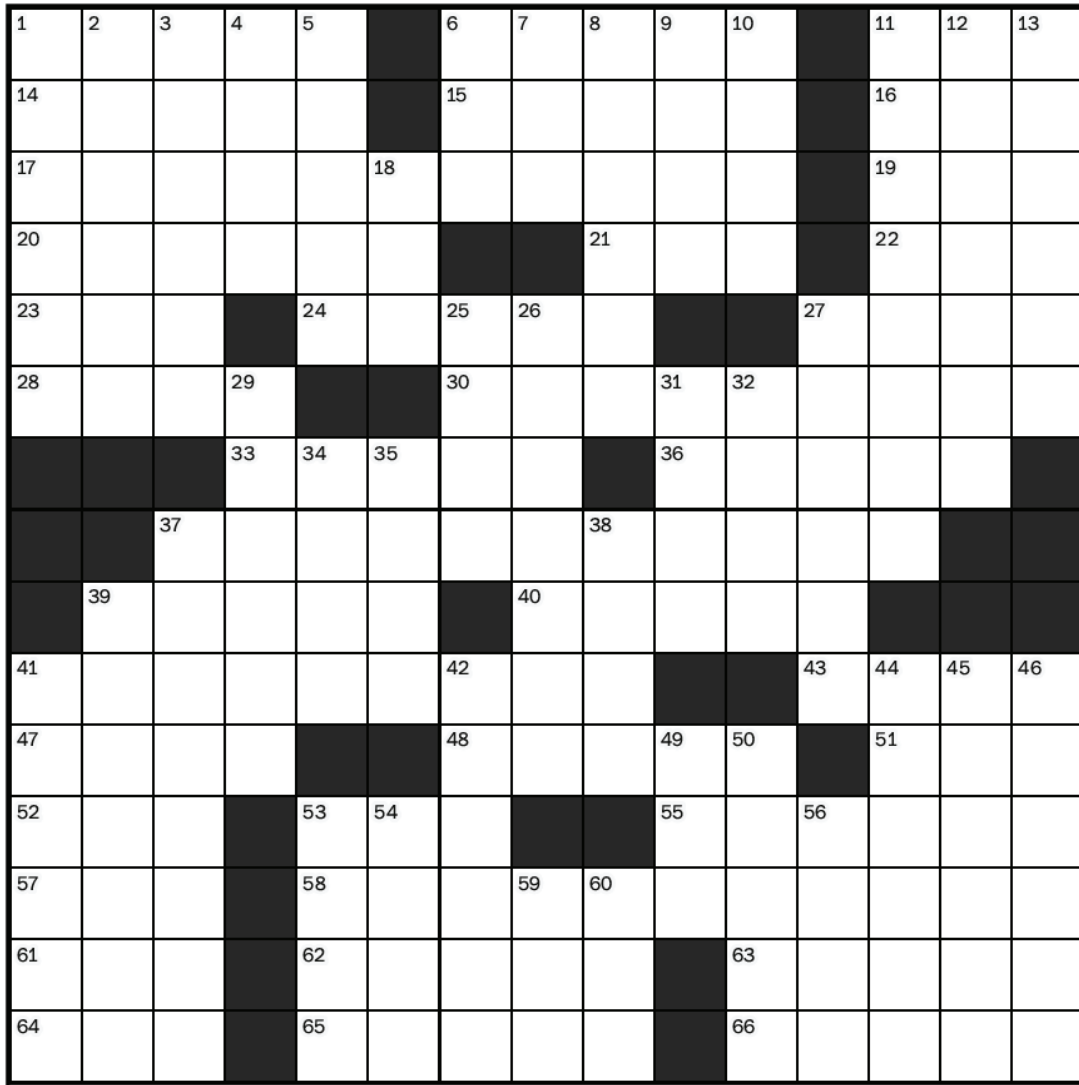
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# Puzzle Page • Solutions → p 17



**Across**

- 1. Ctrl+V action
- 6. Stage accessory
- 10. Spring bloom
- 14. Affirms
- 15. \_\_\_ and hearty
- 16. List that may drop with a click
- 17. Golfer's gouge
- 18. Leave out
- 19. Bus charge
- 20. Govt. support program
- 21. Summons one's last bits of energy
- 24. Wipe clean
- 26. Feel unwell
- 27. Sets of eight
- 29. Complete fluke
- 34. Italian grandma
- 35. Lung sections
- 36. Vietnamese soup
- 37. Division d'une nation
- 38. Congregation areas
- 39. Mallorca, por ejemplo
- 40. Off-rd. ride
- 41. Meal with charoset and maror
- 42. Drum major's stick
- 43. Nursery outfits
- 45. Poet Langston
- 46. Japanese honorific
- 47. River rental
- 48. Feature of a prestige miniseries, perhaps

- 53. Easter mo., often
- 56. Luke's twin
- 57. Lofgren of the E Street Band
- 58. "Same old same old" feeling
- 60. Like some energy bars
- 61. Campus sports gp.
- 62. Back in fashion
- 63. Squeezes (out)
- 64. Longings
- 65. Like some energy bars

**Down**

- 1. Removable parts of some bras
- 2. Alamo rival
- 3. Cold War force that included the Baltic Fleet and the Caspian Flotilla
- 4. Retired jersey number for Derek Jeter
- 5. Erik who played Poncherello on "CHiPs"
- 6. Give a buzz
- 7. Los Angeles team
- 8. Hodgepodge
- 9. Terms of endearment 1
- 0. "No more for me, thanks"
- 11. 500 sheets
- 12. Memo header
- 13. Takes legal action
- 22. Aircraft carrier letters
- 23. Bits of baloney

- 25. Deliver a tirade
- 27. Oscar winner Tatum
- 28. Terra-\_\_ flowerpot
- 29. Cooing birds
- 30. Get a lift, but not a Lyft
- 31. Increases both risk and reward, or what 3-, 9-, or 38 Down does?
- 32. Olympic snowboarder Kim
- 33. Zen paradoxes
- 35. Stow, as cargo
- 38. Parental control software
- 39. Othello's false friend
- 41. "Right now!"
- 42. Players known to make sacrifices
- 44. Op-ed pieces, e.g. 45. \_\_\_-been
- 47. Durango dwellings
- 48. Succulent with medicinal uses
- 49. Showerhead problem
- 50. Miller option
- 51. Texas school with an owl mascot
- 52. Tight-knit group
- 54. Undiluted
- 55. Laugh-a-minute type
- 59. Green, in a way

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# Aunt Carmen, Snow White & the Seven Dwarfs

Ada Muser

*Since the beginning of time, long periods of calm are punctuated by decades of volatility. The last upheavals in the first half of the 20th century, after the Hundred Years' Peace (1815–1914), culminated in the cultural era known as the Belle Epoque. They started with the War to End All Wars (1914–1918). When it ended, empires crumbled, new countries were formed, and borders were redrawn. Ironically, only 20 years later, a much bigger World War II was started by Adolf Hitler. Again, empires crumbled, new countries were formed, and borders were redrawn. Three years later, the Cold War drew an Iron Curtain, and empires crumbled again — and so on.*

\*\*\*\*\*

One winter Sunday afternoon, Bruno received a call. “You will likely be surprised, but I am your aunt from Philadelphia. I am at the airport in Calgary and have four hours to pass. Could I come over to meet you?” Bruno was indeed surprised, because he knew he had no relatives on this continent, and specifically no aunts in Philadelphia. But then she said her name was Carmen Mayer, the same as Bruno’s grandmother’s maiden name on his father’s side. It was an unusual way to find a relative, but he soon found out that unusual was the norm when it came to his aunt-Carmen.

\*\*\*\*\*

She was born in 1923, between the two major wars, a scion of an upper-middle-class family of well-educated and conservative people. Carmen was the first destined to become a globetrotter. Extraordinary times often lead to unforeseen lives for some. WWII started when she was 16, and at 22 she fought Hitler’s Wehrmacht on barricades in Prague. When she was 25, the country was turned into a communist state after a coup d’état. In her memoirs, Carmen writes what caused her to leave: “Reading the works of the communist leaders Marx, Lenin, and Stalin saved me from the illusion of

an ideal, just and classless society. I already knew enough about the complexity of the human psyche, the danger of exploiting people’s desire for an ideal society. The history of the communist movement filled me with dread of inevitable totalitarianism. When, moreover, its implementation by dull, uneducated people led to a cruel wave of injustice, I skied illegally down to Austria on January 19, 1949.”

She was given asylum in Italy, married, had a baby, and got divorced in quick succession. She moved between many European countries to support herself and her child, studying political science and becoming fluent in six languages. That allowed her to translate for international conferences and meet many celebrated figures. She stayed in touch with Amintore Fanfani, who had been her teacher at the Catholic University of the Sacred Heart in Milan and later served as Italy’s premier six times.

Carmen moved to North America when she was 45. In 1975, she became a professor at Temple University in Philadelphia. Her view was that there was only one serious political task: educating future generations. It became her mission.

The end of communism in the Soviet Union and its satellites in 1989 was the last major upheaval of the 20th century. This time, Carmen did not have to pick up her possessions and flee. But thanks to her zeal to help where it was needed, she felt compelled to give something back to her birth country.

For several summers, she taught courses at Charles University in Prague, her original alma mater, to help with the transition from a totalitarian to a democratic society. She told Bruno that she quickly realized the Czech students did not understand the differences between the two continents’ educational principles. There is a harsh, structured European approach in which students must meet set requirements to advance to the next level, whether in high school or at university, or they will be held back. This is called “redoublement” in

France, “Sitzenbleiben” in Germany, and “propadnout” in the Czech Republic. Failing for the second time results in dismissal. In North America, teachers tend to accentuate the positive if they see any potential talent in a struggling student, and endeavour to find a way to promote them so they can graduate. Even if they drop out, the results-based evaluation of people’s abilities allows them to succeed. The cases in point:

Steve Jobs notoriously did not care for school. However, with the right teacher, Jobs found a passion for technology and innovation.

Thomas Edison, the genius inventor of the lightbulb and phonograph, was considered a failure by his teachers. He was expelled from school at 12 for poor performance in math and his inability to focus.

Edith Head’s early academic career was marked by failure. After she refocused on her artistic and visual strengths, she found her niche and won a record eight Oscars for costume design.

Carmen made Bruno realize that people who did not succeed in school, and are not valued in some societies, may have incredible talents elsewhere. One just has to find them and give them a chance.

\*\*\*\*\*

In his office, Bruno keeps a 3 x 3 x 3/8-inch piece of plywood, just large enough to fit under a dome made from a broken wine glass turned upside down. The board has a circular groove where the dome had been glued to it, but has been missing for decades now. Inside were eight tiny carvings, each from a single piece of linden wood. Facing the semicircle of Seven Dwarfs is Snow White, a 1 & 1/8-inch tall figure with outstretched arms, long blond hair, and a long skirt. In the grass in front of her grows a tiny mushroom, which one needs a magnifying glass to appreciate. The dwarfs reach only to her waist and look as Walt Disney had imagined them in 1925: white beards, peaked caps, baggy clothes, carrying their tools — oil lanterns, picks, and sledgehammers.

The miniature is over 80-years-old.

At the time it was carved, Bruno’s family lived in a 19th-century apartment building owned by his mother. She employed Mrs. Koczala, an almost illiterate and poor woman nicknamed “Bábina,” who had been the building caretaker from time immemorial. Bábina lived in the basement next to the coal cellars, the storage lockers, and the laundry room, where water was boiled in a huge

fingers, Bruno wonders? Where did the inspiration come from, and what tools did he use, before Exacta Knives were even invented?

\*\*\*\*\*

Bruno never saw Carmen again after he and Elsa visited her little colonial working-class row house in Philadelphia in 2007. She did not live there because she was poor, but because she loved the beauty of the historic quarter of the city and the simple people, her



*A delicately carved scene borne of work-worn hands. Photo: Ada Muser*

cauldron for the tenants to wash their clothes and linens.

It was an unhealthy, dark flat with windows facing the window-wells. Her son was married with two children. Mr. Koczala was an unskilled construction labourer, a ditch digger. Bruno remembers him as an affable but otherwise ordinary and shy person. He was a ruggedly good-looking man in his late thirties, his body finely chiselled from hard work, and perpetually tanned. His hands were quite rough, good for wielding a pick or a shovel, but with broken fingernails and stubby fingers, seemingly unfit for any precision work. Bruno remembers the day Mr. Koczala gave his mother the little dome with Snow White and her seven dwarfs.

Years later, Bruno emigrated to Canada, and his brother to France. Their mother knew that in exile, even when people are much better off, they lose connection with their past. So whenever she found some memento from her boys’ childhood, she would send it to them. She remembered that Bruno’s brother used to paint as a boy and had eventually become a professional artist, and that Bruno made three-dimensional pieces like wood carvings, ceramics, and models. So when she found Mr. Koczala’s miniature of Snow White and the Seven Dwarfs to Bruno, she sent it to Bruno, because he was the “craftsman” — assuming he had carved it. But Bruno is happy to have it even if it is not his, but made by a man with no training and seemingly no talent other than to dig ditches. Or maybe he is happy to have it exactly for that reason. It is an incredible piece of art. How did he do it with those gnarly

neighbours.

Carmen was a perfect hostess and an even better storyteller. They corresponded regularly. She wrote that she occasionally lunched with Madeleine Albright, her colleague professor of international affairs and diplomacy at Georgetown University, former Secretary of State under President Clinton, and a fellow countrywoman.

Later, when Bruno and Elsa, avid opera goers, were trying to get tickets to the Metropolitan Opera in New York, no easy task, Bruno sent a message, tongue in cheek: since she was socializing with such influential people as Madeleine Albright, surely she could get him two tickets to the Met. Carmen replied that she had helped Mr. John Pennino, the Metropolitan Opera archivist, with his biography of Risë Stevens, an American operatic mezzo-soprano and actress, and that Mr. Pennino would be happy to help. She gave Bruno John’s direct phone number.

Several months later, Bruno and Elsa met Mr. Pennino and were given a private tour of the backstage of the venerable New York Metropolitan Opera House. In the acknowledgements to his book, Bruno found Mr. Pennino’s special thanks to “Dr. Carmen Mayer, whose recollections of Risë Stevens in Prague are invaluable additions to the biography. Her dedication to the project has been unfaltering and highly treasured. She is a remarkable woman whose admiration for Risë Stevens equals my own.” By then, Bruno didn’t expect anything less from this extraordinary woman whom he had sadly met so late in life, and yet learned so much from.

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## At Veiner Centre

### Getting there

*Ken Turner, Unison Transportation Facilitator*

There are plenty of ways to make connections at the Unison Veiner Centre. For seniors who can't get around as easily, we have the Veiner Vintage Transport (VVT) program to help you enjoy the classes, meals, and activities at Veiner and Strathcona Centres. Not having a lift shouldn't be a barrier to connecting with your community. Unison is entering its third year with VVT, and we are busier than ever, averaging 35 rides per week with a dedicated group of 29 volunteer drivers and 216 riders. VVT arranges rides for medical appointments, pro-social activities, hospital visits, and banking appointments. Riders appreciate being able to get where they need to go without the stress of financial barriers. A door-to-door trip for lower-income seniors is \$5, and for older adults above a certain income threshold, it's \$10 per round trip. Riders report feeling safe with our helpful and friendly volunteer drivers. One 95-years-young client said: "Driver was wonderful -- wonderful! She went and got me a wheelchair from the clinic and went back for my walker. She was so helpful and fabulous! Thank you so much." VVT is a volunteer-run program, and having enough volunteers to meet growing demand has be-

come a challenge. Veiner's volunteers help make the centre special, and without them, many of our programs would cease to be. One volunteer shared that it is "a good way to get out and help others -- if I inspire others to help, maybe that support will be available for me when I need it." Volunteers say it's a great way to make friends, sometimes leading to regular meetups for pool, cards, or a shared meal. It's an exciting time to get involved. VVT is growing, and we need more help now than ever. If you're curious about becoming a volunteer driver, we would love to hear from you. Please call 403-525-8657 for more information.



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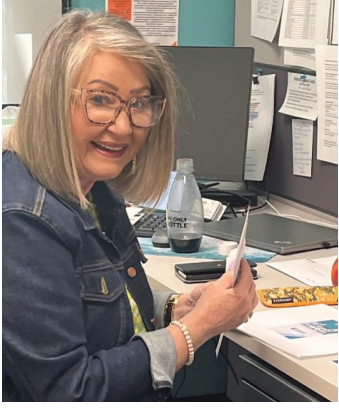
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# Volunteer Spotlight

## Unison Veiner Centre Pauline Long



### Celebrating five years of volunteering

Unison at Veiner Centre is incredibly fortunate to have dedicated volunteers like Pauline Long. This November marks Pauline's fifth year as a vital member of our team, and we are excited to celebrate her contributions.

Pauline wears many hats. You can find her greeting visitors at the reception desk, assisting with the transportation program, and contributing her ideas and energy in the events committee. Her versatility and willingness to help wherever she's needed make her an invaluable member of our organization.

Volunteering is how Pauline stays engaged. She cherishes the opportunity to brighten someone's day and have a positive impact on others. When she's not volunteering, Pauline enjoys baking, cooking, diving into a Nora Roberts novel, and spending quality time with her beloved grandkids. Pauline and her husband also enjoy travelling when they can. Her dream destinations

include the majestic pyramids of Egypt and the vibrant culture of Japan.

We extend our sincerest gratitude to Pauline for her unwavering commitment and the countless hours she dedicates to the Veiner Centre. Her contributions play a significant role in making the Veiner Centre a welcoming and vibrant place for all our members.

## Unison Kerby Centre Dalila Iraheta



Dalila joined Unison at Kerby Centre in 2026. She was born in El Salvador, and Dalila immigrated to Canada in 1983. She remembers how much support she received when she first arrived, including volunteers who helped her feel welcomed. After retiring, she wanted to give back in the same spirit. Dalila says volunteering with seniors felt especially meaningful. She values their wisdom, life experience, and resilience, and understands how important kindness, empathy, and connection can be.

Dalila began volunteering at the Wise Owl Boutique. Her background in customer service has been very help-

ful! She brings genuine care to every interaction. Dalila also volunteers at the Garden Studio. Dalila especially enjoys Unison's people and loves meeting someone

new every time she's in the building. Thank you, Dalila, for your warm smile, friendliness, and for being part of our volunteer family!

# Volunteer with Unison

Contact [nicolasv@unisonalberta.com](mailto:nicolasv@unisonalberta.com) to join our team

### Adult Day Program

Flexible shifts

Make a meaningful impact by supporting adults in our Adult Day Program. Help deliver engaging activities, wellness support, and companionship.

### Office Support

Tuesdays, 10 am - 3 pm

Support Thrive clients by taking grocery orders, assisting with surveys, and helping with general office tasks.

### Unison Travel Facilitator

Flexible shifts

Love travel? Help us plan, promote, and book trips, support clients at the Travel Desk and support the organization of exciting day trips.

### Grocery Delivery & Friendly Visits

Flexible shifts

Shop and deliver weekly groceries to seniors who can't get out on their own. Must have a car, valid license, and a friendly attitude.

### Wise Owl Boutique

Flexible shifts

Help Unison's signature boutique thrift shop by greeting clients, processing payments, and support day-to-day needs.

### Housing & Benefits Support

Flexible shifts

Help seniors complete benefits and housing applications. Training is provided.

### Newspaper Delivery

Last Friday of each month, 10:30 am

Help process Unison News for delivery in a fun social environment. **Urgently seeking a driver to deliver newspapers to Canada Post.** Snacks provided.



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(except Wednesday)

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11AM - 2PM

Beer \$5  
Crudités with ranch dip \$6  
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canned fruits & vegetables  
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condiments, jams & jellies  
coffee/tea  
rice, lentils, dry pasta

Donation drop-off:  
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Room 303

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**July 6, 8 & 10 | 9 - 11 am**

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**OR**

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# Puzzle solutions

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

1	P	A	S	T	E	6	P	R	O	P	10	I	R	I	S		
14	A	V	O	W	S	15	H	A	L	E	16	M	E	N	U		
17	D	I	V	O	T	18	O	M	I	T	19	F	A	R	E		
20	S	S	I	21	R	22	U	N	S	O	N	23	F	U	M	E	S
24	E	R	A	S	E	26	A	I	L								
27	O	C	T	A	D	S	29	D	U	M	B	L	U	C	K		
34	N	O	N	N	A	35	L	O	B	E	S	36	P	H	O		
37	E	T	A	T	38	N	A	V	E	S	39	I	S	L	A		
40	A	T	V	41	S	E	D	E	R	42	B	A	T	O	N		
43	L	A	Y	44	E	T	T	E	S	45	H	U	G	H	E	S	
46	S	A	N	47	C	A	N	O	E								
48	A	L	L	S	T	A	R	C	A	S	T	53	A	P	R		
56	L	E	I	A	57	N	I	L	S	58	E	N	N	U	I		
60	O	A	T	Y	61	N	C	A	A	62	R	E	T	R	O		
63	E	K	E	S	64	Y	E	N	S	65	S	W	E	E	T		



# Letter to the editor

After reading Larry Mathieson’s message, 10 more summers, I have to applaud the lady he follows on Instagram for her positive outlook. However, for many of us all we can hope for is one more summer, and for others one more day. As I look with appreciation at the beauty of our lush green city in June 2026, I ponder the thought that it could be the last summer for me here on earth or maybe I’ll have 10 who knows. But the point is of course, that everyone’s time is limited and it’s important that we never take our family and loved ones for granted.  
- P. Cooper

Share your letters to the editor. Email [marketing@unisonalberta.com](mailto:marketing@unisonalberta.com)



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# Medicine Hat Veiner Activities

## What's Happening in July

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

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

### Active Aging Spotlight

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

#### Card Makers

July 7  
1pm - 4pm | Registration Required | bring your own supplies

#### Counselling Services with MH Family Service

July 9  
9am-12pm | Registration Required

#### Scrapbooking Fanatics

July 10 - 12  
Starting at 4:30pm on the 10th | Registration Required

#### Parkinson Association Support Group

July 15  
12:00pm - 2:00pm | Boardroom  
Register with Brienne at 1-800-561-1911

#### Bridges Grandparents Group

July 21  
10:30am - 12pm | Boardroom  
Register by calling Kayla 403-526-7473

#### Diamond Art Group

July 28  
1pm - 4pm | Boardroom | Registration Required

### Veiner Vintage Transportation

We need your help—our Veiner Vintage Transportation program is in urgent need of volunteer drivers. Right now, we're losing drivers, and it's becoming harder to ensure seniors can get to important medical appointments and programs at the Veiner Centre.

If you have a little time to give, you can make a huge difference in someone's life. Even a small commitment helps keep our community connected and supported.

We're looking for caring, reliable volunteers who can commit to 1-2 drives per week between 8:00 AM - 4:00 PM, Monday through Friday.

As a volunteer driver, you'll receive:

- ✓ ½ price membership to the Veiner Centre
- ✓ Invitations to volunteer appreciation events
- ✓ Mileage reimbursement (percentage of gas costs)
- ✓ The rewarding experience of helping others stay connected and independent

Give back, meet great people, and be part of something meaningful.

📞 Please call 403-525-8901 to learn more or sign up—we truly appreciate your help!

Walking Club meets in the Lobby of Veiner Centre at 10am. Walk from 10am - 11am.

Billiard's drop-in daily outside of Shuffleboard time.

# Medicine Hat Veiner Activities

## What's Happening in July

To register online, please visit: [veinercentre.wildapricot.org](http://veinercentre.wildapricot.org)

### Wellness Wednesdays

Open to members and non-members

#### Wellbeing Workshop with MHFS: "Self-Care for the Summer"

July 8 & 22

Boardroom | 2:15pm - 3:30pm | Drop in Only

Self-Care does not stop just because the sun is out. Explore ways to stay balanced, energized, and emotionally well during the busy summer months.

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

July 15

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

#### Rock Painting with Kat

July 15

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

### International Self Care Day - Tea & Chat

Friday, July 24 | 9am - 11am

Enjoy a warm drink, sweet treats, and friendly conversation in a welcoming space. Take a moment for yourself, connect with others, and enjoy the simple joy of slowing down.

Happy Canada Day!



The Veiner & Strathcona Centre will be closed July 1<sup>st</sup> for Canada Day.

### Upcoming Event Spotlight

#### Rodeo Dance

July 18

6:30pm - 10pm | \$10/ticket (cash only) | Purchase at Veiner Centre

#### Etzikom Museum & History Windwill Centre

Tuesday, July 28

Members: \$65 | Non-Members: \$70

#### Aspen Crossing - High Tea

Wednesday, August 19

Members: \$135 | Non-Members: \$145

#### Moose Jaw - Overnight Trip

Sept 29 - Oct 2

Various pricing for single and double occupancy. Additional trip to Over the Hill Orchards & Winery available too.

### Bistro Signature Supper

#### Taste of the West

Wednesday, July 15

Chili Cheese Dog, Coleslaw & Roasted Potatoes

Dessert: Apple Pie

4pm - 8pm | \$15 per meal | Take away available

Open to Everyone!

### Fitness Activities at Strathcona

#### Yin Yoga

July 3 - Jul 31 | Fridays | 12pm - 1pm

Members: \$15 | Non-Members: \$25

Yin Yoga targets deep connective tissues to improve flexibility, support joints, and maintain mobility through gentle movements and postures held for up to 4 minutes. Suitable for all levels.

#### Chair Yoga & More

Jul 6, 13 & 20 | Mondays

12pm - 12:45pm

Members: \$21 | Non-Member: \$30

This chair-based class includes seated and standing exercises and poses designed to enhance strength and mobility.

#### Qigong & Chair Yoga

Jul 8, 15 & 22 | Wednesdays | 12pm - 12:45pm

Members: \$21 | Non-Member: \$30

This class will have elements of Qigong (pronounced chee gong), Chair Yoga, and Meditation all rolled into one.

#### 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.

Kindly remember to bring a yoga mat for all yoga classes.

#### Table Tennis - Single Play Only

Thursdays | 6:30pm - 8:30pm

Saturdays | 11am - 1pm

#### Pickleball - Open Session

Fridays | 6pm - 8pm

Saturdays & Sundays | 1pm - 4pm

# Medicine Hat Strathcona Activities

## What's Happening in July

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

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
High Beginner Line Dancing   9am – 9:50am	Pickleball at Your Pace   10am – 11am	Absolute Beginner Line Dancing   8:30am	Pickleball at Your Pace   10am–11am	Pickleball Beginner 9am – 9:55am
Table Tennis   10am – 12pm	Pickleball –Skills & Drills 11:05am – 11:40am	Beginner Line Dancing 9am – 9:50am	Pickleball – Beginners   11am – 12:55pm	Yin Yoga   10am
Chair Yoga & More   12pm – 12:55pm	Pickleball –Beginner 12:35pm – 1:55pm	Table Tennis   10am – 12pm	Floor Curling 2pm – 4pm	Pickleball – All Skills   1:05pm – 2:30pm
Pickleball – All Skill Level 1pm – 2:30pm	Floor Curling   2pm – 4pm	Qigong & Chair Yoga 12pm – 12:45pm	Table Tennis   6:30pm – 8:30pm	Pickleball – Soft Play 2:35pm – 4pm
Pickleball – Soft Play 2:30pm – 3:55pm		Pickleball – All Skills   1pm – 2:30pm		Pickleball – All Skills   6pm – 8pm
		Pickleball – Soft Play   2:30pm – 4pm		

## Coming back for the Fall

All fitness classes require registration

### High Beginner/Improver Line Dancing

Mondays | 9am–9:45am | FREE

Ready to step it up? This class adds a bit more challenge with new moves and slightly faster routines—perfect for dancers comfortable with the basics and eager to grow their skills.

### Fun & Fitness

Tuesdays & Thursdays | 9am – 9:55am

This class is for all fitness levels. Get moving in an energetic class that incorporates aerobics, weights, and plenty of fun.

### Chair Dance Class

Tuesdays | 11:45am – 12:30pm

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!

### Absolute Beginner Line Dancing

Wednesdays | 8:30am – 9am | FREE

New to line dancing? This class is the perfect place to start! Learn basic steps and simple routines at a relaxed pace—no experience (or partner) needed. Come for the moves, stay for the fun!

### Beginner Line Dancing

Wednesdays | 9am – 9:45am | FREE

Keep the fun going! Practice the steps you've just learned or join in if you already know the basics. A great way to build confidence and enjoy dancing with others.

### Chair Yoga & More

Thursdays | 1pm – 1:45pm

This chair-based class includes seated and standing exercises and poses designed to enhance strength and mobility.

### All Level Fitness

Tuesdays & Thursdays | 4:15pm – 5:00pm

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.

### Tai Chi Classes

\*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

Members: Free | Non-Members: \$80

### Yang Long Form

8:00pm – 9:00pm | Mondays

Members: Free | Non-Members: \$80

### Chen Style Short Form

7:30pm – 8:15pm | Tuesdays

Members: Free | Non-Members: \$80

### Fan Form

8:15pm – 9:00pm | Tuesdays

Members: Free | Non-Members: \$80

### Weapons Form

7:00pm – 9:00pm | Wednesdays

Members: Free | Non-Members: \$80

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

To register online, please visit: [veinercentre.wildapricot.org](http://veinercentre.wildapricot.org)

# Unison for Generations 50+ Calgary In-Person Activities

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

Weekly in-person activities at Unison at Kerby Centre				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>ELL – English Beginner (\$4)</b> Room 305   9:30am – 11:30am</p> <p><b>Meditation Monday (\$3)</b> Wellness Connection Centre 10am – 10:45pm</p> <p><b>Mahjong (\$3)</b> Room 312   10:30am – 12:30pm</p> <p><b>Live Well, Be Well (\$3)</b> Wellness Connection Centre 11am – 12pm</p>	<p><b>Outdoor River Walk (\$2)</b> Room 307   10am – 11am</p> <p><b>Recorder Group (\$3)</b> Room 108   10am – 12pm</p> <p><b>ESL Conversation Group (\$4)</b> Room 305   10am – 11:30am</p> <p><b>Ukrainian Group – English as a Second Language (\$4)</b> Room 313   1:30pm – 3:30pm</p>	<p><b>General Craft Group &amp; Knitting (FREE)</b> Room 311   9am – 12pm</p> <p><b>Beyond Basics English Club (\$4)</b> Room 313   9:30am – 11:45am <i>Registration required</i> \$48 for 12 weeks OR \$4.00 for Drop-In <i>Summer break until September</i></p> <p><b>Caregiver's Support Group (FREE)</b> Last Wednesday of the month Room 317   1pm – 2pm</p> <p><b>Cribbage (\$3)</b> Room 312   1pm – 3:30pm</p>	<p><b>Artists Group</b> Room 108   9am – 3pm <b>(\$2 per half day)</b></p>	<p><b>Spanish Conversation (\$3)</b> Room 311   10am – 12pm</p> <p><b>Krazy Karvers Woodcarving (\$2)</b> Room 102   10am – 3pm</p> <p><b>Men's Coffee &amp; Conversation (\$4)</b> 3rd Friday   10:30am – 12pm</p> <p><b>Tech Help (\$5 per half hour)</b> 10:30am – 12:30pm</p> <p><b>Friend Fridays (\$3)</b> 2nd &amp; 3rd Friday   1pm – 2:30pm</p> <p><b>Badminton &amp; Ping-Pong (\$4)</b> Gym   2:30pm – 4pm</p>

**Unison Travel Spotlight**

**Ghost Lake Boat Tour – Day Trip**

**Monday, August 17<sup>th</sup>, 2026 | 8:30 am – 2:00 pm**  
**Fee:** Members: \$71 | Non-Member: \$106  
**Cut-off date:** Tuesday, August 4<sup>th</sup>, 2026

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

**Note:**

- Bring your own lunch.
- Bring appropriate clothing and footwear (for hot/cold/wet conditions)
- Trip **is suitable** for persons with reduced mobility

**Transportation:** Willco Bus Company and boat tour fee

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



**Active Aging Spotlight**

**Intergenerational Memory Collage Jar Workshop FREE**

**Wednesday, July 15<sup>th</sup> 2026**  
**1:00 pm – 3:00 pm**  
Location: **Room 205 – Kerby Centre**  
Instructor: Kym Butler

Join us for a heartwarming Intergenerational Memory Collage Jar Workshop, where creativity meets storytelling and generations come together to celebrate shared experiences. *All materials are provided.*

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



**Active Aging Spotlight**

**Arts in the Afternoon: Acrylic**

**Wednesdays, Aug 5 – Aug 26 (4 weeks)**  
**1:00 pm – 3:00 pm**  
Member: \$105 | Non-Member: \$140  
Location: **Room 313 – Kerby Centre**  
Instructor: Hamideh Khadem Sohi

This course is designed for students who are looking to learn how to paint and have a little fun along the way. Classes will cover blending, reflection, depth, various brush techniques and more. *All supplies are included.*

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



**Active Aging Spotlight**

**Line Dancing – Intermediate Beginners Plus**

**Thursdays, Aug 6 – Aug 27 (4 weeks)**  
**1:00 pm – 2:00 pm**  
Member: \$27 | Non-Member: \$62  
Location: **Gym – Kerby Centre**  
Instructor: Glenis Martin

No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting. For intermediate class, participants need to have some previous experience.

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



**Active Aging Spotlight**

**Pickleball Lessons**

**Mondays, Aug 10 – Aug 31 (4 weeks)**  
**10:00 am – 12:00 pm**  
Member Price: \$120  
Location: **Gym – Kerby Centre**

Have you been interested in learning to play pickleball, but not sure where to start? This class is for you! Learn the fundamentals of Pickleball, including grip, stance, shot placement and official rules, from our certified coach. No experience necessary!

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



# Unison for Generations 50+ Calgary In-Person Activities

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

## Wise Owl Boutique

**Half Price Sale on RED tag items!**  
**July 20<sup>th</sup> - 24<sup>th</sup>, 2026**

Hours: 10:00 am – 3:00 pm



Wellness Spotlight

### Meditation Monday

*Mondays | 10:00 am - 10:45 am*  
*Cost \$3 | drop-in fee per person/session*  
Join our weekly guided meditation!

### Live Well, Be Well

*Mondays | 11:00 am - 12:00 pm*  
*Cost \$3 | drop-in fee per person/session*  
Step into a space for personal growth and thoughtful conversation.

**No Registration Required**



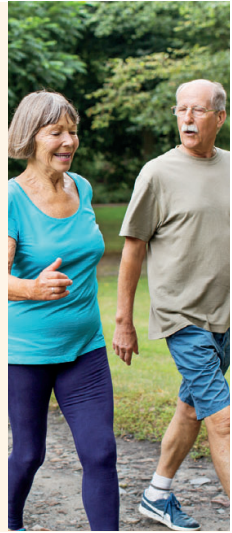
Wellness Spotlight

### Outdoor River Walk

*Every Tuesday starting from April 7, - November 24, 2026, if weather permits*  
*10:00 am - 11:00 pm*  
*Meeting spot: Wellness Center, Room 317*  
*Fee: \$2*

Outdoor River Walk will be back for the spring and summer! Enjoy the sights and sounds along the Bow River and visit other parks around downtown with our weekly walking group. We incorporate educational activities, games, and breathing exercises during the walks.

**No Registration Required**



Wellness Spotlight

### Sound Bath Therapy

*Wednesdays, July 15, 22 & 29, 2026*  
*10:30 am - 12:00 pm*  
*Member: \$60 | Non-member: \$95*  
*Location: Wellness Centre, Room 317*  
*Facilitator: Denise Gowan*

Experience deep relaxation and inner harmony through a guided 1.5-hour Sound Bath session. Sound bath therapy helps to empower individuals on their journey to holistic well-being through the transformative power of sound.

**Register Now!** 403-705-3233  
program@unisonalberta.com



Wellness Spotlight

### Indigenous Drumming and Storytelling

*Tuesdays, July 14, 21, and 28, 2026*  
*1:00 pm - 2:30 pm*  
*Member: \$60 | Non-member: \$95*  
*Location: Wellness Centre, Room 317*  
*Instructor: Dorvina Pearline White Quills*

Drum Circle has been known to help older adults reduce tension and anxiety, boost immune systems, increase energy, and improve joint mobility, posture, and cardiovascular health. All are welcome to participate.

**Register Now!** 403-705-3233  
program@unisonalberta.com



Wellness Spotlight

### Compass For Caregivers (Free)

*Thursdays, July 16, 23, 30, and Aug 6, 2026*  
*10:00 am - 12:30 pm*  
**FREE TO ATTEND**  
*Location: Wellness Centre, Room 317*

Caregivers Alberta's award-winning COMPASS for the Caregiver is a four-week program designed to help caregivers balance their own well-being with the demands of supporting others. This empowering series offers practical tools, peer connection, and a space to reflect and recharge. Manuals will be provided.

**Register Now!** 403-705-3233  
program@unisonalberta.com



Wellness Spotlight

### Grieving Together Counselling Free 9-Week Program

*Thursdays, July 2 - Aug 27*  
*1:00 pm - 2:30 pm*  
*Location: Wellness Centre, Room 317*  
*Facilitators: Bryn Labbe and Amanda Furgeson - CityU Master of Counselling Interns.*

A supportive in-person group for adults grieving the death of someone. Learn coping skills, connect with others, and begin rebuilding life after loss. Limited spaces — please register early.

**Register Now!** 403-705-3233  
program@unisonalberta.com



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

Want to do it for \$35?  
**Give the GIFT of MEMBERSHIP!**

Access free online presentations for members, 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, 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](mailto:program@unisonalberta.com) or call **403-705-3233**. Online registration and full details at [unisonalberta.com/online-resources](http://unisonalberta.com/online-resources)

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

**Online Class Spotlight**

### Fitness with Dan - Online

*Mondays, July 13 – Jul 27 (3 Weeks)*  
9:00 am – 10:00 am  
Members: \$20 | Non-Members: \$55

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



**Online Class Spotlight**

### Chair Dancing - Online

*Thursdays, Aug 6 – Aug 27 (4 weeks)*  
1:30 pm – 2:30 pm  
Members: \$27 | Non-Members: \$62

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

Instructor: Dave  
Location: Online - Zoom



**Online Class Spotlight**

### Fitness over 50! - Online

*Tuesdays, Aug 11 – Sept 1 (4 weeks)*  
9:30 am – 10:30 am  
Members: \$27 | Non-Members: \$62

Join us for a combination of movement, strength, core and stretch class with a side of music trivia. You will incorporate hand weights and other items that you will have around the home like stretch bands, towels, etc.  
**ALL ABILITIES LEVELS WELCOME!**

Instructor: Dave  
Location: Online - Zoom



**Online Class Spotlight**

### Relax & Stretch Seated Yoga - Online

*Mondays, Aug 10 – Aug 31 (4 weeks)*  
12:30 pm – 1:30 pm  
Members: \$27 | Non-Members: \$62

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  
Location: Online - Zoom



**Online Presentations Spotlight**

## Online Presentations:

### Inspire & Write: Creative Writing Webinar Series

**Presented by:** David, Mary, Martin, Christina  
We are pleased to welcome back our creative writing participants for this ongoing webinar series, where our guest hosts will guide discussions on storytelling, reflection, and personal expression—supporting creativity for writers of all levels. This inspiring series invites participants to explore the craft of writing through meaningful activities, thoughtful guidance, and shared perspectives.

**Thursday, July 16th | 10:00 am**



### Steps to Safety: Fire Safety For Seniors

**Presented by:** Community Safety Officer: Randy Chevriera  
Join us online as Safety Officer, Randy Chevriera with the Calgary Fire Department presents Steps to Safety: Fire Prevention. In this session, participants will learn about eight key areas to improve fire safety at home. As we age, the risk and impact of fire can increase, making prevention especially important. This presentation focuses on prevention, detection, and evacuation strategies to help reduce the risk of fire and keep you safe.

**Tuesday, July 21st | 1:00 pm**



## Online Programs Website



[Unison50plus.unisonalberta.com/Online](http://Unison50plus.unisonalberta.com/Online)

**Register for online classes via email:**  
[program@unisonalberta.com](mailto:program@unisonalberta.com)

**Register for online presentations via email:**  
[carolynk@unisonalberta.com](mailto:carolynk@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](mailto:program@unisonalberta.com) or **403-705-3233**

Subscribe to  
[youtube.com/@unison50plus](https://www.youtube.com/@unison50plus)  
and never miss an episode!





# YYC Home Care Services

**PARAMEDIC-LED HOME CARE SERVICES**

## 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.

**+1 825-760-0983**

**info@yychomecareservices.ca**

**www.yychomecareservices.ca**



**Contact us today to schedule a free consultation!**

