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Who gets to enjoy Thanksgiving?

Mel Lefebvre, Marketing & Communications Manager

My mom lives by herself and has done away with most of the holiday traditions she grew up with. She hails from Montreal North, from a family of six, where cousins, aunts, uncles, and friends were never far away. The table was always full, and so were the plates, with potatoes, ham and cabbage appearing in the holiday meals that brought everyone together

As it goes, she moved to a different part of the island, got married, had kids, and the days of family members casually popping over became less common. Nevertheless, we had our own little Thanksgiving traditions. Every year, we'd drive 45 minutes down Highway 40 to the house she grew up in. You could smell the food before you rang the doorbell and, judging by the rows of cars lining the street, we weren't the only ones making the trek for a holiday meal together.

As it goes, I got married, had kids, and moved across the country. Now we're making our own Thanksgiving plans with our family of four. My mom, on the other side of Canada, couldn't be bothered with turkey season. She's perfectly fine with it, but it still plucks at my heartstrings.

Because I work at Unison, my mom's solo Thanksgiving experience is something I know many other seniors face. Unlike my mom, though, many older adults in Calgary do care about spending Thanksgiving alone this October.

Unison is here to support seniors in living their best lives. Spending a holiday alone when it was once filled with family, friends, gratitude, and the inevitable food coma can be difficult. Loneliness has a way of showing up most loudly on days that are meant to be shared.

That's why every September and October, Unison launches the Giving Thanks campaign. It's a reminder that while many of us will gather around tables with family and friends, there are seniors in our community who may be spending the holiday alone.

There's no reason to feel guilty. It's not your fault. But you can help.

Every dollar donated to the Giving Thanks campaign helps isolated seniors learn about Unison and the opportunities available to connect with others in their community. It helps people access programs that reduce social isolation, build friendships, and create a sense of belonging. It also supports food security programs that help feed our community at a time when many people, especially those 50 and older, are feeling the pressure of rising costs. And when life takes a more difficult turn, Unison's Elder Abuse Shelter provides safety and support for seniors facing circumstances no one should have to endure.

This Thanksgiving, I'll sit around a table with my family and think about my mom. I'll probably wish she were a little more interested in turkey season. I'll also think about the seniors in our community who don't have a full

driveway, a crowded dinner table, or a house buzzing with conversation.

Through Giving Thanks, we can help make sure they know they're not alone. And that seems like something worth being grateful for.

If you have it in your heart and budget to donate, please visit unisonalberta.com/donate and give what you can.



Closure Alert

All Unison locations will be closed October 12th for Thanksgiving



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OCTOBER 2026

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

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Larry Mathieson

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President’s Message



Larry Mathieson, CEO and President

This is one of the best times in history to be alive. As an older adult, there is more known about aging and longevity than ever before. At Unison, we care deeply about helping seniors live their best lives. Doctors and researchers now talk about health-span more than life-span. We used to talk about living longer, but now we are as focused on living better as well. Over the next year, Unison is focusing on more ways to improve your health-span as well as your life span. In both Medicine Hat and Calgary, you will see a greater variety of offerings in our active aging programs.

Getting older is inevitable. How we age, however, is influenced by many of the choices we make every day. For older adults, regular physical activity can help maintain strength, balance, flexibility, and mobility. It can make everyday activities easier and help us remain independent for as long as possible. Strength training is especially important as we age. We naturally lose muscle as we get older, but resistance exercise can help us maintain the strength needed for everyday life. Walking, stretching, dancing, yoga, tai chi, resistance bands, and exercises performed from a chair all contribute to an active lifestyle. In Calgary, we have programs like Fitness with Dan, Bone Builder, Core Essentials & Balance, Chair Yoga, Zumba Gold, Stretching & Mobility and Chen Tai Chi. These programs offer different approaches to improving strength, cardiovascular fitness, flexibility, balance and mobility. In Medicine Hat, Unison’s Active Aging programs are offered at the Veiner Centre and Strathcona Centre, giving

the community opportunities to participate in registered programs, and drop-in activities. We know that getting to a class isn’t always easy. That’s why online programs are available as well. Fitness Over 50!, for example, combines movement, strength, core exercises and stretching, and you can move according to your abilities. You don’t have to be an athlete to benefit from exercise. Start where you are, choose activities you enjoy, and gradually do more. Longevity isn’t simply about adding years to our lives. It’s about adding life to those years, remaining strong enough to travel, enjoy our hobbies, play with grandchildren, and participate in our communities. Whether you’re in Calgary, Medicine Hat or participating online, there are opportunities to keep moving, learning, and remain connected. We are adding online programs all the time, and resources to help you live your best life are added to our Unison YouTube channel every day. Exercise isn’t just about living longer. It’s about living better for as long as possible.

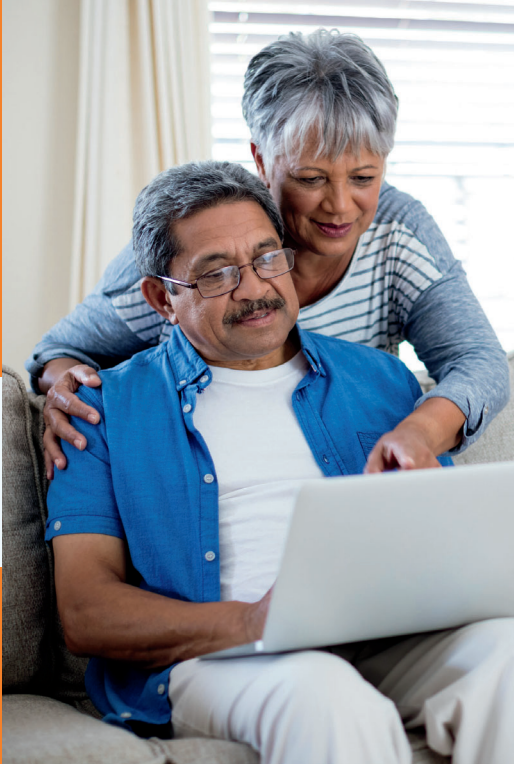
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program@unisonalberta.com
403-462-5080



Happy Thanksgiving

A time to give thanks, share kindness, and appreciate life’s simple blessings.





OCTOBER
Breast
CANCER
awareness
MONTH

Wear pink. Raise awareness. Show support.



Closure Alert

All Unison locations will be closed October 12th for **Thanksgiving**



THE KERBY Woodshop

The Kerby Woodshop is open to volunteers and custom orders.

Monday - Friday
9:00 AM - 3:00 PM
Unison at Kerby Centre



AFTERNOON PUB QUIZ

Tuesday October 20
1:00 PM

\$5 per two-person team
Winner gets the pot!



\$5 BEER & WINE

GAME DAY MENU

1lb salt and pepper dry ribs & parmesan dip **\$10**

Sweet chilli chicken wings. 8 pcs **\$12**

Personal 10 " Hawaiian pita pizza **\$14**

Garlic & butter shrimp cocktail, 10 pcs **\$15**

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9 am - 2 pm

SPOOKY HOUR

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

LIVE SCREAMING



Wednesday
Dance with the Kerby Sensations.
Always free, always fun!

Thursday
Popular piano tunes with Diana

OCTOBER MENU

Oct 5 - 9
Fish & chips with coleslaw

Oct 12 - 16
Vegetarian chili & garlic toast

Oct 19 - 23
Jambalaya over rice

Oct 26 - 30
Chicken quesadilla with choice of side



SOUP OF THE WEEK



Oct 5 - 9 Chicken noodle

Oct 12 - 16 Italian wedding

Oct 19 - 23 Butternut squash

Oct 26 - 30 Pumpkin



Fall tasks for beautiful gardens

Deborah Maier, Calgary Horticultural Society

While many gardeners may have hung up their trowels, October is a gardening month. Being busy with Society programs during the spring and summer, fall is when most of my gardening tasks get done, and doing the work now helps me be ready for spring.

The most obvious task is cleanup. While we recommend that some fallen leaves be kept in the yard, not all leaves have the same value, and they don't need to be everywhere. Northwest poplars, a very common Calgary tree, have large, thick leaves. If you can, it is best to crunch them into smaller pieces when they are dry. Whole leaves will become a suffocating mass if they get wet and take a long



Leave the coneflowers.
Photo: Deborah Maier

time to break down. They will leave dead patches on your lawn if clumps remain over winter. I keep some of these leaves in paper bags to add to my compost during the winter. I allow some to lie in a dry spot along the east side of my house, and let

some act as mulch under my hardy groundcover geraniums. The rest are put in the green bin to add the important carbon element to the city's compost.

I let my apple tree leaves lie where they fall. They make good mulch for the shade garden underneath, and the leaves are gone by spring, adding nutrients to the soil. The leaflets of ash trees break down quickly, too, and ash leaves are great mulch for raised garden beds. Some gardeners hold leaves down with netting so they don't blow away before winter settles in.

To help manage infestations, leaves from trees with leaf miner, other pest problems, or diseases should be put in plastic bags and placed in the garbage. The city's "What Goes Where" page notes



Edges help for winter keeping. *Photo: Deborah Maier*



October is garlic prep season. *Photo: Deborah Maier*

the bags must be placed in the black bin, or they will not be collected.

I will cut back some plants during my fall cleanup, but not everything gets the scissors treatment. I keep some tall, dry stalks for stem-nesting insects, as well as the seed heads of coneflowers and long-leaved speedwells for overwintering birds. I cut back some of my 'Crater Lake Blue' speedwell, as it does not like to be cut back in the spring after growth starts to appear. I will remove more old growth in March. Remember that evergreen and semi-evergreen perennials such as *Bergenia* should not be cut back.

Edging garden beds is another task that can be done in the fall. Grass will grow and spread its roots until the ground freezes. Edging provides a clear division between the lawn and the bed and will help prevent grass from creeping in.

It's planting time, too! Garlic cloves should be planted about 15 cm deep and 15 cm apart while the soil is workable. If the soil is a bit frozen when you go to plant, a small auger on a drill can be used to make the planting hole. Some gardeners have succeeded in sowing the seeds of cool-season crops such as peas, car-

rots, spinach, and cabbage-family plants at this time of year. After planting, cover the bed with a light mulch. Come spring, with warming temperatures and moisture, the seeds will germinate, and you will be on your way to an earlier harvest. Unlike in the spring, don't water the seeds or garlic in.

Lately, the timing has been tricky, as we have had snow before the ground has frozen, but if you can wait for the soil to freeze and then mulch your garden, it will help your plants weather chinooks. The mulch will keep the soil frozen or cold while the warm chinook winds create a false spring.

Getting these tasks done now will make the garden look good. Potentially so good that, even if you're a skier, you might want the snow to be delayed so you can enjoy the results of your hard work longer.

For more gardening tips, visit calhort.org.



— WORLD —
FOOD
— DAY —
OCTOBER 16

EVERYONE DESERVES ACCESS TO NUTRITIOUS FOOD

Emily Spencer Kerby: a bold leader

Suzanne Davidson

Emily Spencer was born in Toronto and was the fourth daughter of Sarah Lafferty and James Spencer, a Methodist minister with Loyalist ancestors,

Emily (teacher) and George Kerby (student preacher) met in Paris, Ontario. They married on October 11, 1888, in Paris. A son, Harold, was born in 1893 and a daughter, Helen, in 1895.

George Kerby, an eloquent speaker, travelled across Canada twice as a missionary and in 1902, was asked to move to Calgary to start the Central Methodist Church at 131 - 7th avenue S W. They moved to Calgary in 1903 and the church building was completed in 1905.

Emily raised funds to create the Calgary YMCA, which was realized in 1910. In 1912, she helped to reconstitute the Calgary Local Council of Women and then led or joined campaigns on:

- Labour reforms
- Women's education
- Mother's pensions
- Protection of children
- Birth control and sex education

From 1914 to 1928, Emily petitioned for suffrage, published articles and letters to promote women's acceptance in the ministry, and wrote many articles for magazines and newspapers under pseudonyms.

In WWI, Emily worked with the Red Cross in Calgary, while George was a recruiting officer of Military District No. 13. Their son, Harold, entered the Royal Naval Air Service in 1915 and went on to a distinguished career in the Royal Air Force.

Emily was one of the first teachers when Mount Royal College started in 1910 at the corner of 7th Avenue and 11th Street S W, Calgary. She was also considered a joint principal during the ear-



Emily Kerby. Photo: UELAC

ly years of the college. Emily Spencer Kerby suffered a heart attack and died on October 3rd, 1938, at the age of 78.

One of the commitments of the United Empire Loyalists Association of Canada (UELAC) Calgary Branch is to preserve

for a Loyalist certificate might consider joining the Branch. Anyone interested in Canadian History is welcome at meetings and can get more information from uelac.org/calgary.

The Calgary Branch's next meeting will be held on Sunday, October 25, at the Alberta Family History Society meeting room, 8500 Macleod Trail SE, Heritage Square, Suite 251S. Doors open at noon, and the meeting will end by 3:00 p.m. Food will be available for about \$15. If you plan to attend, please contact William Simpson at william.simpson@live.ca.



Emily Kerby's house, with Unison at Kerby Centre behind it. Photo: UELAC

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Thinking About Your Next Move?

*Karen Keveryga,
ClientFirst Real Estate,
Seniors Real Estate
Specialist*

Making a decision about your home later in life - is never simple. Maybe the stairs have become harder to manage. Maybe the yard feels like too much work now. Or maybe you're just ready for a change, somewhere smaller, somewhere closer to family or somewhere with less to take care of. Whatever the reason...I want you to know: you don't have to figure this out alone!

My name is Karen Keveryga and I'm a realtor with Royal LePage Benchmark. I'm also a Certified Seniors Real Estate Specialist (SRES), which means I've taken extra training - designed specifically to understand the unique needs, questions and concerns that come with buying or selling a home later in life. This isn't just a real estate transaction to me, it's an important life transition and I treat it that way.

Over the years, I've worked with many seniors (including moving my very own mother and mother-in-law!) plus their families - and I've noticed the same worries come up again and again:

"Is now the right time to sell, or should I stay?"

"What do I do with decades of belongings?"

"How do I know I'm getting a fair price?"

"Can I trust the people helping me through this?"

These are completely NORMAL questions - and there are no one-size-fits-all answers. That's exactly why I take the time to sit down, listen and build a plan that fits your specific situation, your timeline, your comfort level and your goals.

Selling a longtime family home - involves more than just a "For Sale" sign. Here's how I help make the process feel manageable, not overwhelming:

Honest guidance from the start. I'll walk through your home with you - and give you a realistic, honest picture of value and options with NO pres-



Photo: Jonathan Cooper Unsplash

sure and NO rushing.

Downsizing often means sorting through years, sometimes decades, of belongings. I can connect you with trusted local companies who help with packing, sorting, donating and even running estate sales, so you're not doing it all yourself!

Selling later in life often involves more than just a realtor. I work alongside home inspectors, mortgage brokers and lawyers who understand seniors' needs. I am happy to connect you with people I trust personally.

I will explain things in plain language, not

confusing paperwork or jargon. I am ALWAYS just a phone call away - if you have questions.

This is your HOME, your memories and your decision! I never rush the process - and I sincerely respect that this is will feel deeply personal.

Your home holds decades of memories, but your next chapter deserves just as much care and thought as the one you're leaving! Whether you're ready to make a move now, or simply want to understand your options for the future, I'm happy to sit down for a friendly, no-obligation conversation. There's no pressure, just honest answers to your questions. Let's talk about what's possible for your next chapter. Call me at 403-710-2502 or visit clientfirst.ca

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Is it ever too late for braces?

Carolyn Kury de Castillo

For almost 20 years, my dentist told me I should get braces and for almost 20 years, I ignored her.

It wasn't that I was opposed to having straight teeth. Mine looked fine and as someone who spent nearly 35 years working as a television reporter, the thought of putting braces on my teeth was hardly appealing. But the problem wasn't really what I could see when I smiled. It was my bite.

The way my teeth came together was causing me to grind my teeth, and over the years that grinding was wearing them down. Eventually, my dentist gave me a warning that got my attention: there wasn't much tooth left on one of my back teeth to work with. That was the point when I finally decided it was time to listen.

At 57, I became an orthodontic patient and instead of traditional braces, I chose Invisalign.

It turns out I am far from unusual. According to Calgary orthodontist Dr. Claude Boutin, about 25 per cent of his patients are adults. "It's definitely a significant population," Boutin says.

Many of those adults, he says, are referred by their dentists because of a functional problem rather than simply because they want

a nicer smile. The cosmetic benefits may be welcome, but often they aren't the main reason for treatment.

"One of the biggest misconceptions is that it's for kids," Boutin says.

Adults may assume that once they reach their 40s, 50s, 60s or beyond, their teeth are simply too established to move. That's not the case. "Adults don't always believe that we can move teeth very much," Boutin says. "In adult adults we can do pretty dramatic movements," Boutin says. There are, however, some differences between moving adult teeth and the teeth of a teenager.

Adult teeth generally move more slowly. Boutin says orthodontic treatment takes about 30 per cent longer in older adults, on average. If someone has had orthodontic treatment before, it can take even longer because the bone may have remodelled and become denser. And there's another issue that becomes increasingly important as we age: wear and tear.

"Most of the time it has to do with bite issues that cause excessive wear and tear on teeth," Boutin explains.

That was my problem. For years, I thought of braces as something that would make my teeth look better. I didn't think of them as something that might



The author at a the dentist. Photo: Carolyn Kury de Castillo

help protect my teeth. But excessive wear can eventually become much more than a cosmetic issue.

Boutin says teeth can become so worn that they begin to hurt. In some cases, dentists can't simply place a crown over a damaged tooth because the bite continues to put excessive pressure on it. Sometimes, he says, the damage becomes so severe that even moving the teeth can't solve the problem. And in some cases, teeth may ultimately have to be lost. That possibility certainly changed the way I looked at my own situation.

My Invisalign trays are removable, which was one of the reasons I preferred them to traditional braces.

But there is a trade-off. Unlike braces, Invisalign isn't working around the clock. Patients are supposed to wear the trays for about 22 hours a day and remove them for eating and brushing. "Braces work 24 hours a day," Boutin says.

Traditional braces are also generally faster. "For a patient with braces, it might take 25 months whereas that same person who wears Invisalign really well it might take 27 or 28 months," he says. "That's not a significant difference."

Invisalign isn't suitable for every case. Some teeth that are severely rotated or need to be moved significantly up or down can be difficult to treat with clear aligners. Sometimes orthodontists use a combination of braces and Invisalign.

For older adults, however, Invisalign can have another advantage. "A lot of time adult patients have a lot of wear and tear on their teeth," Boutin says. "Invisalign has the bonus of covering the teeth and preventing further wear and tear."

And age, apparently, is not necessarily the barrier many of us imagine. Boutin says his oldest orthodontic patients have included an 84-year-old man and an 86-year-old woman. Both were treated for bite problems. He remembers what the 84-year-old man told him when treatment was finished. "I didn't think you'd be able to do this well. I'm glad it worked out," the patient said.

Then came the part that Boutin says he remembers most: "I don't have any idea why I didn't do this years ago." That sentiment is echoed by many adult patients, Boutin says. "A lot of people when we finish the treatment, what they say is, 'I should've done this sooner.'" I understand

that now. I spent nearly two decades being told I should see an orthodontist because I couldn't see the problem.

The goal wasn't to have a Hollywood smile. It was to protect the teeth I have and hopefully keep them healthy for as long as possible. There is also an important reality to consider: straightening your teeth doesn't mean they will stay that way forever.

Teeth can move throughout our lives, which is why retainers are so important after orthodontic treatment. Boutin says some patients return years later because their teeth have shifted. "We spend a lot of time trying to get retainers fitting right and getting patients to wear their retainers so we can maintain the results that we achieved," he says. So if you're an older adult who has been told you might benefit from orthodontic treatment, don't dismiss the idea simply because you think braces are for teenagers.

You may not need braces at all. And more importantly, the reason your dentist is suggesting orthodontic treatment may have little to do with how your smile looks. It could be about what's happening every time you bite down.

As I'm discovering at 57, sometimes the problems we need to fix aren't the ones we can see in the mirror.

Carolyn Kury de Castillo is the host of Unison TV. This article has been adapted from a featured interview. Subscribe to Unison TV. Visit youtube.com/@unison50plus

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Antidote – Will the pendulum swing again?

Ada Muser

With Artificial Intelligence (AI) advancing at runaway speed, the UN Secretary-General António Guterres cautions that “an experiment is being run on our own societies, without a plan and without consent.” He warns that AI systems are “no longer tools awaiting instruction.” They are writing code, acting online and making choices with less and less human oversight. Our institutions were built to govern machines that follow commands. They are not ready for machines that decide... We may be the last generation able to set the terms on which humanity and machines coexist,” he said. “The door is still open. It will not stay open long.”

* * * * *

The United Nations employ many smart, well-educated people, and let’s hope that our leaders will take the proper steps to protect us from the possible domination by machines. It is not entirely a new worry. The theatrical Sci-Fi play R.U.R. (Rossum’s Universal Robots) by Czech writer Karel Čapek, pondered what

would happen if someone invented a man-lookalike machine replacing human workers, and was performed in 1920. He was so far ahead of his time that there was not even a term for such a thing. He and his brother Josef, a painter, morphed the Czech word for serf labour - “robota” into “robot,” used today all over the world for such equipment. Robots worked cheaper and better. Soon they became commonplace; humankind became redundant and was eliminated by the new rulers – the robots. A daunting prognosis for sure. Čapek died in 1938, not even fathoming that a more menacing machine than a dumb robot, the world’s first general-purpose electronic computer, would be introduced in 1946, and decades later, be augmented by AI.

Once the machines equipped with AI become capable of thinking, inventing and developing ideas, we will not need to strain our brains anymore, and on the principle that “if you do not use it, you lose it,” we will become less and less imaginative, creative and wise. Our species is succinctly called Homo Sapiens – wise and thinking. We have used our brains to improve our quality of life and develop technologies to be more productive with less effort. At the beginning, the improvements were slow to come, but just like investments that accelerate growth, the improvements in technology also keep speeding up over time. It is not easy to list the major inventions that helped us to reach the point where we are, but we can try:

- Pre-literate civilizations built massive stone buildings thousands of years ago. Without any writing system, it is not known what other inventions were already in place.
- Domesticating animals, not just for food but for their brawn – the horsepower - and the subsequent invention of the wheel.

hannes Gutenberg invented the printing press. Books would be mass-produced and sparked literacy, the Scientific Revolution, and the Renaissance.

- In the late 1700s, James Watt’s steam engine supercharged the Industrial Revolution. It powered factories, trains, and ships, shrinking global distances.
- The Industrial Revolution automated physical labour by replacing human and animal muscle with machines, thus moving workers from farms and hand-crafting trades to factories, turning trained artisans into machine operators.
- In the late 19th century, electrical power lit up the world and improved communication. It fundamentally changed daily human rhythms and city design.
- In the 20th century, the Internet connected global information networks in a flash. It transformed commerce, education, and social interaction. It created the digital foundation that modern AI now relies on.
- The AI revolution automates cognitive labour by replicating thinking,

analysis, and decision-making, impacting knowledge-based professions. It progresses exponentially via digital networks, allowing global deployment of software updates that rewrite job requirements almost overnight. It compresses years of professional training into automated outputs, challenging the value of high-level cognitive specialization.

* * * * *

So here we are. The emergence of AI is a unique turning point because it automates thinking rather than just physical work. It will surely make our lives much easier and more comfortable, but what can we do to keep our

brains sharp despite the upcoming inactivity, to still control the machines rather than them controlling us? We need an antidote, something else to exercise our brains, perhaps the opposite of the machine-like efficiency: arts, crafts and/or traditions. By definition, art is the creation of a visual object or experience, a vehicle for the expression

Michelangelo in the 15th and 16th centuries; continued with Velázquez and Rembrandt in the 17th and ended with the Impressionists Monet, van Gogh, Matisse and Picasso in the 19th and 20th Centuries. But in our never-ending quest for the “new and improved,” the artists look for different ways of expressing themselves. Craft,



Abstract painting Photo: Ada Muser

of emotions and ideas depicted aesthetically; craft applies learned manual skills, techniques, and the creation of tangible, functional items; while traditions are passed down from older to younger people in a family or society over time and provide stability. These three can play a big part in keeping our minds active. But even art is evolving, and contemporary art is hard to grasp sometimes. There is a valid question if the arts are getting too far ahead of the masses. The first artists depicted realistically what they saw, even though they had very little training or proper tools: just a piece of ochre colored soil for painting, and wet clay for modelling. There was no doubt what the paintings were about: prey and hunters, with their primitive weapons, or figurines depicting idols. We may think that the golden era of visual arts started with Leonardo and

on the other hand, is more about skills, and the traditions are the exact opposite of experimentation, so they provide some stability. Being unique at any cost may lead to bizarre outcomes. For the artists, no guardrails are limiting their imagination. After Impressionism and Expressionism came Cubism. It was the first time paintings became difficult to comprehend. A ditty from the mid-1950s poked fun at modernism:

*An artist painted a girl one time,
but his model was a restless creature.
While he dreamed about her magnificence,
she kept turning, so he painted her “a face,”
he painted her from the profile,
he painted her from the rear,
until she was depicted from all sides,
making the first Cubist picture.*

Continued on p. 10



Ada Muser poses by some minimalist sculptures - reliefs. Photo: Ada Muser

- Cuneiform, one of the world’s oldest writing systems by the Sumerians, the ancient peoples in Mesopotamia, around 3500 BCE. A reed stylus was pressed into wet clay to make wedge-shaped marks, preserved after they dried out. Once uncovered, archeologists were astonished by how advanced Sumerian society was.
- Circa 1440, Jo-



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Antidote –continued

It got worse when abstraction and minimalism came. The art became elitist, and even the artists themselves depended on art critics to explain what the works were about:

- Mark Rothko's abstract pieces are not mere decorations of colour rectangles, but vessels for deep, universal human emotions like tragedy, ecstasy, and doom.

- Andy Warhol said he did not think about making art, just get it done. Let the critics decide if it's good or bad, whether they love it or hate it. While they are deciding, make even more art.

- By the early 1960s, Minimalism emerged as an "abstract art movement, which rejected the idea of relational and subjective painting, the complexity of Abstract Expressionist surfaces, and the emotional zeitgeist and polemics present in the arena of Action painting."

If the skill is used commonly or practical-

ly, people will consider it a craft instead of art, although some artists allow the materials to keep their imagination in check. That makes crafts more palatable and may be a better antidote to the AI revolution.

When extremism or orthodoxy can be avoided, tradition and ancient religions could be the course to follow to get a break from the overly modernized technological world.

It is a mess. The ever-so-efficient modern technology led by AI can so easily become toxic, while trying to find solace in delving deeply into arts, crafts and traditions has its pitfalls also.

We are back to the beginning statement that if AI systems no longer follow our instructions, write code, and impudently make choices with less and less human oversight, we must make sure it does not get out of hand.

* * * * *
While having lunch

at the Austrian Canadian Cultural Centre's restaurant in Calgary N.E., Elsa got a powerful craving for genuine European schnitzels. At their ages, Bruno and Elsa do not even buy green bananas. In the next two hours, with the help of a travel agent, they bought tickets for a direct flight to Frankfurt am Main in Germany, reserved a car, and purchased travel health insurance. On their home computer, with Google aided by AI, Bruno made hotel reservations - three in Germany, three in the Czech Republic- bought tickets for an opera and arranged for a stay with a relative in Switzerland. Total preparation time: five hours.

They left six days after deciding to go. Perhaps that could not be done so expeditiously in the era of travelling with horses and buggies.



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Puzzle Page • Solutions → p 17

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Across

- 1. Highly skilled
- 5. Mop (up), as gravy
- 8. Valuable item
- 13. Spring
- 14. Perlman of "Cheers"
- 15. "Hello," in Mandarin
- 16. Star of "Ghost" and "The Substance"
- 18. Believe without questioning
- 19. Former
- 20. Chemical in oven cleaners
- 22. "New" prefix
- 23. "I'm __ roll!"
- 24. Informal lingo
- 26. "For Whom the Bell Tolls," for one
- 32. Supergirl accessory
- 33. Actor's prompt
- 34. One-named singer whose studio albums have numerical titles
- 35. Braying pack animal
- 36. Thawing of diplomatic tensions
- 39. Digital collectible: Abbr.
- 40. Tale
- 42. Fruit-filled pastry
- 43. French friends
- 44. Indigenous people of Oklahoma who originated in Florida
- 48. Stately home in the country
- 49. Wheels
- 50. No. 1 pal
- 53. Cow sound
- 54. French island near Sardinia
- 58. Perp's excuse
- 60. Game division, or what can be found in 16-, 26-, and 44-Across
- 62. Ancient artifact
- 63. "Up, up, and __!"
- 64. Dr. Frankenstein's assistant
- 65. Maroon vegetables
- 66. Pig heavier than 120 pounds
- 67. __ stick

Down

- 1. Gucci of fashion
- 2. "We've all __ there"
- 3. Gold fabric
- 4. Perfect example
- 5. Jimmy Choo creation
- 6. Above, poetically
- 7. Spanish rice dish seasoned with saffron
- 8. Insect feelers
- 9. Knight's title
- 10. Exclude
- 11. Smooth sailing
- 12. Dog who visits Oz
- 14. Nora Roberts genre
- 17. Short skirt
- 21. "Yippeel!"
- 24. Center defender in soccer
- 25. Immortal being
- 26. Speed
- 27. __ salts: bathwater additive
- 28. Belly
- 29. Mobile payment app
- 30. Small and pointy-eared, perhaps
- 31. Tennis do-overs
- 32. Elliot of the Mamas and the Papas
- 36. Branch of mechanics
- 37. Diarist Anaïs
- 38. Pot insulator, in England
- 41. Part of a basketball hoop
- 43. Blimp, for one
- 45. Peace activist Yoko
- 46. Exfoliating scrubber
- 47. Fruit-filled pastry
- 50. Spike on a dragon's tail
- 51. Make a run for it
- 52. Nail salon tool
- 54. Jagged rock
- 55. "Aladdin" parrot named for a Shakespeare
- 56. Plumbing problem
- 57. Natural hairstyle
- 59. Drill insert
- 61. __ Jima

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At Veiner Centre

Helping you live your best life

Hope Hamerston, Senior Support Worker

Unison at Veiner Centre offers an ever-expanding range of programs and supports for older adults in our community, with a strong focus on food security, financial stability, and access to essential services. Here are some programs that deserve the spotlight.

Community Kitchens

Unison partners with the Root Cellar to combat food insecurity through our Community Kitchen. This fall, we are offering two Community Kitchen sessions, in early October and in November. Each session runs for four weeks. After a short holiday break, the Community Kitchen returns from January through June.

Community Kitchens provide an opportunity to prepare food, build skills, learn how to stretch your food budget, and enjoy the social connection that comes from cooking and sharing together.

Meals on Wheels

Our Meals on Wheels program is another important way the Veiner Centre supports food security and independence for older adults in Medicine Hat.

Currently, the program serves 350 people, delivering an average of 900 meals each week. Of those, approximately 338 meals per week are subsidized for clients who qualify for financial assistance. The average age of our Meals on Wheels clients is 78.1 years old.

Over the past few years, we have seen steady growth in the program, along with a noticeable increase in the need for financially subsidized meals:

- In 2024, 32,155 meals were delivered, with 7,386 subsidized - approximately 22.9% of all meals.

- In 2025, 39,673 meals were delivered,

with 11,359 subsidized - approximately 28.6%.

- From January to August 2026, 29,057 meals have already been delivered, with 10,910 subsidized - approximately 37.5%.

The increase in subsidized meals is significant. In just two years, the proportion of meals requiring financial assis-

tance has grown from approximately 23 per cent to nearly 38 per cent. This reflects the growing financial pressures many older adults in our community are facing while trying to meet basic needs such as nutritious food.

Senior Supports at the Veiner Centre

In 2026, between January and June, Senior

Supports at the Veiner Centre assisted approximately 266 community members. Each visit is unique, and can include help with documents, crisis support, system navigation, referrals, home and community visits, drop-in and telephone support, and assistance related to Powers of Attorney. Sometimes, knowing

where to start or who to call is one of the biggest challenges. Senior Supports helps older adults navigate services and connect with the resources they need to remain as independent and supported as possible in the community.

Continued on p. 14

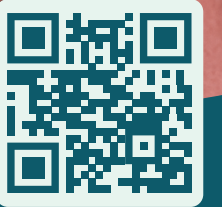


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What we are seeing locally reflects a larger trend across Alberta and Canada.

According to Food Banks Canada, adults aged 65 and older represented 8.3 per cent of food bank clients in 2025, compared with 6.8 per cent in 2019. The report notes the challenges faced by older adults who rely on fixed government pensions while food and housing costs continue to rise.

Here in Alberta, food bank use has also increased significantly. Alberta recorded approximately 210,541 food bank visits per month in 2025, an increase of 21.8 per cent from 2024 and 134.4 per cent since 2019. Food Banks Alberta also reported that 132,402 people accessed food from an Alberta food bank in March 2025.

The Government of Alberta provided Healthy Aging Alberta with \$1.5 million in 2025–26 to

support food-related, non-medical services for adults aged 55 and older, further highlighting the importance of addressing food security as part of healthy aging.

These numbers show why community-based support continues to be so important. At the Veiner Centre, we see these needs firsthand through programs like the Community Kitchens, Meals on Wheels, and Senior Supports.

By addressing food insecurity, financial challenges, and access to essential services, we can help reduce barriers that may affect an older adult’s health, independence, and quality of life.

Through community partnerships, volunteers, and funding support, the Veiner Centre continues to be a place where older adults can turn for practical help, connection, and support as they navigate the challenges that can come with aging in the community.





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Place your sign in a visible front window or yard so neighbours know you could use a helping hand. Signs are available through Unison at Veiner Centre.

WANT TO BE A SNOW ANGEL?

No registration required! Simply:

- Watch for a Snow Angel Needed sign in your neighbourhood
- Check in with a neighbour who may need help
- Shovel their sidewalk and help make our community safer
- Don't have a shovel? Contact Unison at Veiner Centre — one may be available to borrow.



Scan the QR code for more information or to register as a resident needing Snow Angel assistance.

Snow Angels is a neighbour-helping-neighbour initiative. Volunteers are not formally matched with residents.

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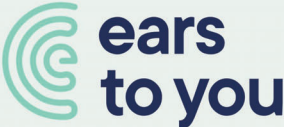
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- Home Care Services
- Foot Care Services
- Companionship Services

CONTACT US

- (403)909-7688
- WWW.HOMECAREPROFESSIONAL.CA
- INFO@HOMECAREPROFESSIONAL.CA



Unison's Housing & Services Directory is the best way to reach the 50+ community, and the people who support them.

Advertise in the directory and reach over 50,000 Albertans.



Contact **marketing@unisonalberta.com** for more information.



Browse the Unison Annual Directory as a digital flipbook

unisonalberta.online



FREE HEARING ASSESSMENTS

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



**Tuesday, Oct 6th**

**9:00am - 4pm**

**Unison at Kerby Centre - Room 312**

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

Welcome Home to Bridgeland!



Spruce Commons

Aspen Commons

Supportive Living + Rent geared to your income

Located in the popular, established community of Bridgeland. From daily dining to weekly housekeeping and meaningful programs, this is a place to feel at home and supported every day.



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- A clinical-grade care plan no other provider offers.
- Tailored care that truly makes a difference

**SENIOR GEMS®**

- Calgary's only home care with specialized dementia & Alzheimer's training

**CHRONIC DISEASE MANAGEMENT**

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- Daily companionship and Light Housekeeping

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- Reducing readmissions with expert oversight.
- Meal preparation and light housekeeping





SCAN FOR FREE CONSULTATION

PHONE : (403) 988-4430
EMAL: relose@seniorhelpers.ca
WEB: Seniorhelpers.ca

OPEN 24 HOURS
1330 15 Ave. SW, Suite 5, Calgary, AB T3C 3N7. AREAS WE SERVE: Calgary



Closure Alert

All Unison locations will be closed October 12th for Thanksgiving



ACTIVE AGING

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Seniors Supports



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

CRA Staff will be at Kerby Centre from 9 am – 3 pm on:
October 6 & 20
November 10 & 24

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

Service Canada will be available from 9 am – 12 pm on:
October 13 & 27
November 3 & 17

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

Change your life.

Call EARL.

Unison’s Elder Abuse Resource Line (**EARL**) is here to help.

Call **403-705-3250** for information about elder abuse, resources, or if you need a safe place to stay.

unisonalberta.com



The Garden Studio

A plant store with purpose

Unison Kerby Centre
Room 214



CALGARY FOOT CARE NURSES

Healthy feet for every step



We’re also proud to serve the community at the Kerby Centre once a month

Foot Care Services

- Diabetes/Neuropathy
- Peripheral vascular disease
- Calluses, corns, warts, and ingrown nails
- Lymphedema
- Ulcer care
- Compression Stocking

Our Team

- **Dr. John Nesbitt** – On-Site Physician specializing in foot, skin & ulcer care
- **Heather Orosz** – Custom orthotics, footwear, air casts & toe spacers



Certified LPN and RN's

We direct bill Blue cross, Veterans affairs, Aish, WCB, and submit to Alberta seniors benefit.

📍 200- 5809 Macleod Trail SW, Calgary, AB
☎ 825-540-5888 | 825-540-5886

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Our Services

- Companionship
- Meal Prep
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- 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!