



Vol 42 | #9 | **September 2026**

Healthy Aging

- 2 We need to talk about AI
- 8 What it's like being the 1st generation
- 10 Does protein matter as we age?
- 23 Unison wants you to get up & move



K & H
HOME CARE
SERVICES INC.



We are approved vendor for AHS Client-Directed Home Care Invoicing Program. Direct Billing Available.

Our Home Care Services:

- Companionship
- Meal Preparation
- Transportation
- Light House Keeping
- Personal Care
- Respite Care

www.kandhhomecareservices.com
info@kandhhomecareservices.com
 403-999-2833



HomeCare
Professionals

PHONE: (403)909-7688
 WEBSITE WWW.HOMECAREPROFESSIONAL.CA

HOME CARE MADE EASY WITH CLIENT-DIRECTED HOME CARE INVOICING

Take charge of your health. Choose your provider and manage expenses easily.

CONTACT US! DIRECT BILLING AVAILABLE



CANADA POST	POSTES CANADA
Postage paid Publications Mail	Port payé Poste-publications
40064604	

We need to talk about AI

Mel Lefebvre, Marketing & Communications Manager

Artificial Intelligence (AI) seems to be here to stay. Whether you like it or not,

there are a few things we find useful at Unison, and some user-beware tenets. Yes, Unison uses AI. It's a useful tool for streamlining work that can

be overly time consuming, like wading through mountains of archived paperwork. As Marketing & Communications Manager, it's my policy not to write,

create signs and posters, or use photos created by AI. I have altered my structural editing style to help contributor pieces remain truly genuine, avoiding the patina AI wording. Unison's communications and marketing tools are AI-free, made by real humans.

Artificial Intelligence is a system that gathers information, answers, and creates images, projects, you name it, in the blink of an eye. Your query quickly filters through countless servers that scan the WWW for answers.

I attended a big marketing conference last summer, and AI was the topic du jour. Presenters led with their AI innovations, but there was a caveat that has remained embedded in my psyche: you're in the driver's seat, AI is riding shotgun. As long as you

maintain control of your work, and use AI as the tool it's intended to be, everything should be fine.

When I write for Unison News or the Unison Blog, I get my work proofread before sharing it. If I have a massive workload and can't afford to wait for feedback (from other people who are equally busy), I will run my article through an AI platform. But like any human proofreader, I check and re-check their revisions, and my edits before committing it. AI gets the same treatment. Everything an AI platform knows came from humans, and humans make mistakes. Ergo, AI makes mistakes. Never assume your AI helper is omniscient and has limitless capabilities.

AI has been known to fabricate information, influence people to make horrific decisions, and uses a shocking quantity of drinking water. Water-stressed regions, maybe because of the vastness of desert land "unclaimed" for development, seem to attract swaths of new data centres. Surrounding residents are experiencing water shortages as a result. This is a significant drawback to AI, one with long-standing environmental consequences. Remember, plants and animals need water too. Like climate change, this feels like an enormous, insurmountable problem driven by late-stage capitalism.

Do you have thoughts about AI? Tell me all about it! Send me an email: marketing@unisonalberta.com





SEPTEMBER 13

Happy Grandparents' Day!

Celebrating the love, warmth, and memories grandparents bring into our lives.

Come Together, Right Now Open House

Experience the food, the music, the moments, and the sense of community that make Optima Living feel like home.

SAGE HILL
by Optima Living



RSVP Today: 403-455-2273
6 Sage Hill Gardens NW, Calgary
sagehillseniors.ca
Independent Living • Supportive Living
Memory Care



CEDARWOOD STATION
by Optima Living



RSVP Today: 403-945-2222
304 First Avenue N.W., Airdrie
cedarwoodstation.ca
Independent Living



Silverleaf
by Optima Living



RSVP Today: 403-873-2600
500 Midpark Way SE, Calgary
silverleafseniors.ca
Independent Living • Continuing Care Type A
Continuing Care Type B • Continuing Care Type B-secure

Saturday, September 19th, 1-4pm





Closure Alert

All Unison locations will be closed on Monday September 7, 2026 for Labour Day

Unison at Kerby Centre, Unison at Veiner Centre and Strathcona Centre will re-open on Tuesday, September 8, 2026

SEPTEMBER 2026

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

Chief Executive Officer and President:
Larry Mathieson

Unison Board of Directors 2026
EXECUTIVE
President: Larry Mathieson
Board Chair: Kenneth Lin
Secretary: Jacquelyn Poetker
Treasurer: Janice Wilson
DIRECTORS: Michelle Berg, Gail Lai,
Max Lipsman, Dharmesh Makwana, Gord
Nott, Rein Saar, Bart van Schaayk

Contact information
Reception: 403-265-0661
General office: helloyc@unisonalberta.com
Advertising: wiltono@unisonalberta.com
Active Aging: program@unisonalberta.com
Communications & Marketing:
marketing@unisonalberta.com
Donations: fundraising@unisonalberta.com
Elder Abuse Resource Line: 403-705-3250
Seniors Supports:
seniorsupports@unisonalberta.com
Thrive Food Security:
thrived@unisonalberta.com
Unison Travel: travel@unisonalberta.com
Unison Veiner Centre: 403-529-8307
hellomedhat@unisonalberta.com
Volunteering: volunteer@unisonalberta.com
Wellness Connection Centre: 403-234-6566

Unison News
Published monthly by Unison for Generations 50+
1133 - 7th Avenue S.W., Calgary, AB T2P 1B2
403-265-0661 • Fax 403-705-3212
www.unisonalberta.com
Publisher: Larry Mathieson
Editor-in-chief: Mel Lefebvre
mell@unisonalberta.com
Sales: Wilton Otto
wiltono@unisonalberta.com
Story submissions: marketing@unisonalberta.com
Unison News is the official publication of Unison, for Generations 50+. Of the over 30,000 copies printed monthly, 2,000 copies are mailed to its members. The rest are distributed free of charge to readers throughout southern Alberta through the courtesy of retailers and agencies and Unison News has a pick-up rate of over 96 per cent. Non-members can subscribe for \$35.00 per year, inclusive of postage and GST.
Printed in Canada by TransContinental and distributed by Media Classified, Agreement # 40064604.
Return undeliverable Canadian addresses to: 1133 - 7 Avenue SW, Calgary, AB, T2P 1B2
Do not return newspapers missing address labels to Unison..
Material published in the editorial columns of the Unison News is protected by the Canada Copyright Act and may not be copied or reproduced by any means without the written consent of the Publisher.
Although every precaution is taken to monitor advertising placed in the Unison News; claims made by advertisers are theirs and are not necessarily endorsed by Unison. Unison reserves the right to refuse any advertising materials submitted.
NOTE: Display advertising is accepted on the condition that, in the event of a typographical error made by Unison News, the advertiser will be issued a credit toward future advertising. If the advertisement is for a one-time event or limited time sale, the advertiser will be refunded.

For more information
Call 403-265-0661 or visit
www.unisonalberta.com

President’s Message



Larry Mathieson, CEO and President

As the leader of a non-profit organization, I’m concerned about volunteer engagement. You might have heard about how the rate of volunteering in Alberta has been declining, but volunteering is declining across the country. I know how reliant our organization is on volunteers to deliver our charitable services. I do believe it behooves leaderships of charitable organizations to figure out how to respond declining rates of volunteerism. We need to figure out how to pivot and re-invent our volunteer programs. Miki Stricker-Talbot, who runs Volunteer Alberta, has spoken often about her organization’s research and how it completely turns our traditional view of volunteers upside down. Working with older adults I, too, have established a very different view of volunteers. It isn’t a one-way street. I have learned that there is a much more reciprocal flow of benefits, rather

than the regular narrative that volunteering means solely to give to others, from the time and materials we give, to feeling we’re making a difference in our communities. But there is another side to volunteering that doesn’t always get as much attention: what volunteering gives back to us. As we get older, our social circles can shrink, which can lead to loneliness and isolation. There are social structures before we get to this point that have kept us engaged. Work provides a sense of purpose. We have responsibilities, goals and people who depend on us. Retirement can be liberating, but it can also leave a void. Volunteering can help fill that space. Knowing that someone is counting on you to show up can provide structure to your week, and knowing that your contribution matters can give you a renewed sense of purpose. There is something very satisfying about going home at the end of the day, knowing you made someone else’s day a little better. I clearly know this very well working in the charitable sector for four decades. Volunteering keeps us active and there are countless ways to stay physically active while helping others. You might be delivering meals, working in a community garden, helping at an event or supporting a local organization. Even volunteer positions that aren’t physically demanding get us moving, out of

the house and engaged with the world around us. Volunteering is also good for our brains. Learning new tasks, solving problems, meeting different people and adapting to new situations all provide mental stimulation. And don’t assume that retirement means your years of experience are no longer valuable. Quite the opposite. Organizations need people with experience in leadership, communications, accounting, marketing, technology, trades and countless other areas. Volunteering provides an opportunity to continue using those skills while also learning something new. Perhaps the greatest benefit of volunteering is that it reminds us that we still have something valuable to contribute. Getting older doesn’t mean becoming less relevant. In many cases, our experience, knowledge and perspective become some of our greatest assets. Volunteering allows us to put those assets to work. We often begin volunteering because we want to help someone else. But somewhere along the way, we discover that we are helping ourselves too. We find connection and purpose, we stay active and continue learning. Most importantly, we remain part of something bigger than ourselves. That may be the best reason to volunteer of all.

SUBSCRIBE to UNISON TV

youtube.com/@unison50plus

SPECIAL GUESTS

NEWS STORIES

FEATURES

& MORE!

How do these QR codes work?

Active Aging Online!

Stay active, engaged, entertained, and connected right from home.

- SPORTS CLASSES
- DANCING CLASSES
- INFORMATIVE PRESENTATIONS
- ENGAGING WORKSHOPS

For more information, please scan the QR code or get in touch:
program@unisonalberta.com
 403-462-5080



Unison Staff

I hope you're delighted to learn that there is a fool-proof, easier way to go straight to a website without having to type out the entire web address, or mis-type something, leading you to frustration and time wasted. It's easy to use, and takes less than a minute to learn. QR codes make it easier to jump straiight to a website without wondeing if you're in the right space.

QR codes have been around for decades. They were first introduced by a warehouse empy-ee that wanted a quicker way to locate parts. They have spread in popularity, and for good reason.

We have embraced the humble QR code at Unison because of the ease of use, how much tidier our signs look without the clutter of wwvs and https'. Jumping to the correct page saves our dear members time, and helps us communicate more effectively. They're also going to help save Unison money from printing etra pages in Unison News. Rather than posting page after page of program informaton in tiny text at the back of our monthly issues, we now simply have one ad, with the appropriate QR code, to bring you right there. On your screen, you can make text larger,

have your questions answered more quickly, and explore other programs and services that Unison offers.

Here are some tips on how to use QR codes:

Apple devices:
 Go to Settings -> Camera -> turn on Scan QR Codes

If this doesn't work, you can go to your search bar -> type 'QR Codes' and select an option that you trust. Google Lens is a great option for scanning QR codes.

Android devices:
 Many Android phones have a built-in QR code scanner. If that doesn't work, you can do a quick search for Google Lens, and you will be scanning QR codes like a pro in no time.

The QR codes on this page will bring you to Unison's Active Aging Online page. From there, you can explore our offerings and register on the spot. We also have a direct link to our Active Aging website on this page. Try scanning the QR code, and sign up for our fall classes. This entire issue is riddled with QR codes, and once you are comfortable with them, I hop eyou see that they are a great tool for connecting with programs and services that are waiting for you!



ACTIVE AGING

FALL PROGRAM REGISTRATION

- ▶ WELLNESS
- ▶ ACTIVE LIVING
- ▶ ACADEMIC SEMINARS



SCAN THE QR CODE TO START YOUR ACTIVE JOURNEY



KERBY Café

Open Monday – Friday
 9 am – 2 pm

Happy hour

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

Live music

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

Thursday
 Popular piano tunes with Diana

September Menu

August 31 – September 4

Chicken vegetable pot pie with gravy & mashed potatoes

September 7 – 11

Butter chicken with Basmati rice & garlic naan

September 14 – 18

Meat lasagna with garlic toast

September 21 – 25

Shephard's pie with a cheddar biscuit

September 28 – October 2

Fish & chips with coleslaw

Soup of the week

Aug 31 – Sept 4 Roasted broccoli & cheese

Sept 7 – 11 Lemon & lentil

Sept 14 – 18 Minestrone

Sept 21 – 25 Butternut squash

Sept 28 – Oct 2 Lemon, dill & chicken with vegetables



The Garden Studio

A plant store with purpose

Unison Kerby Centre
 Room 214



Lessons from the BG Wealth sharing scam

Alberta Securities Commission

The BG Wealth Sharing scam did more than take money from its victims. It used trust, personal relationships and community connections to expand and draw in new victims, affecting the financial security of many Albertans and damaging trust among friends, families and communities. Understanding how the scam operated can help investors recognize similar warning signs and protect themselves. In early 2026, the Alberta Securities Commission (ASC) issued its first investor warning about BG Wealth Sharing, an online crypto and multi-level marketing (MLM) scam, after concerns were raised about its investment activities and

its connection to the online trading platform DSJ Exchange (also known as DSJ EX). According to the ASC’s warning, BG Wealth Sharing marketed itself as a hedge fund, claiming to use AI-generated trading signals to produce guaranteed returns and grow investors’ funds rapidly. The opportunity was promoted through recruiters, social media, messaging apps and in-person events. Investors were reportedly told to deposit crypto through DSJ Exchange and enter “signal codes” shared through encrypted messaging platforms. Participants were shown account balances that were likely fake but appeared to confirm high returns, helping build confidence within the platform.

When victims tried to access their money, they were met with difficulty withdrawing funds, including high fees, management approval requirements and delays. Some participants said they were asked to pay a 12 per cent “tax” just to make a withdrawal. In May 2026, the ASC issued several cease-and-desist letters to promoters associated with BG Wealth Sharing and DSJ Exchange. There was no evidence of legitimate trading activity on the platform, and the ASC again warned victims not to send any additional funds. Taking note of warn-

ings like this one from the ASC can help investors make informed decisions and better protect themselves from fraud. **What investors should know.** Investment scams are designed to appear sophisticated, but many share common red flags: **Unrealistic returns.** All investments carry risk, and no legitimate investment can guarantee high returns. Promises of guaranteed or unusually high returns are a red flag. **Changing websites and communication channels.** Fraudulent schemes often use multiple website domains and private, en-

cryptured messaging apps like WhatsApp, Telegram or BonChat to avoid detection. Scammers may also rebrand the original scam under a new name to keep it going. **Unverified trading platforms.** Be cautious when asked to transfer funds to an unfamiliar platform. BG Wealth used a fake exchange called DSJ Exchange. If you can’t easily find out how a platform operates, who runs it, or where your money is held, that’s a sign of fraud. **Difficulty accessing funds.** Trouble retrieving funds, unexpected fees or requests for payment before a withdrawal can be processed are major warning signs. No legitimate investment company or advisor will require you to pay fees or taxes upfront to access your own money. **Recovery scams.** Scammers sometimes follow up by offering, for a fee, to help victims recover money they’ve already lost. These offers often come by phone, email, social media or messaging app, and tend to appear shortly after a victim has lost money. **Protecting yourself before you invest** The BG Wealth Sharing scam is a reminder that a few simple steps before investing can help protect your money: **Verify registration on CheckFirst.** Confirm that the firm or individual you’re investing with is registered with the ASC or another regulator, through CheckFirst.ca. **Research before investing.** Understand how the investment works, where your money is held and who is involved before you commit any funds. **Keep up with securities regulators.** Check regularly for investor alerts, caution lists and enforcement actions. **Always ask, don’t assume.** If anything about an investment opportunity seems unclear, ask questions and seek advice from a registered individual or firm, or another source you know you can trust. Taking the time to research an opportunity and verify registration can help protect you and your money before you invest. If you suspect you’re involved with something potentially fraudulent, contact the ASC or another securities regulator. Complaints can be filed with the ASC through the online complaint form or by calling 403-355-3888.

Compassionate Care

Right at Home

Personalized In-Home Care for Seniors



Personal Care • Skilled Nursing • Companionship

Book Free Consultation

Matanihomecare.ca

778-302-6929







A friendly companion for aging well

Free digital companion — chat anytime.

Trusted human companions — real people, nearby.



Scan to visit Granda



Coming to Calgary — June 2026.

www.granda.ca



Yoka TV

How much are you paying for cable?

A Smart Entertainment Option for Seniors



A cost-effective alternative to expensive cable services



Enjoy movies, sports, news, and streaming content



Easy to use and simple to set up



Contact us today

(368) 299-7890

lloyd@twinnellsIPTV.com

Suite 1509, 602-1 Street SE, Calgary, AB



ClientFirst

REAL ESTATE



A CONVERSATION TODAY CAN MAKE TOMORROW’S DECISIONS EASIER.

Whether you're thinking about downsizing, selling, or simply exploring your options – I am here to offer clear information and trusted guidance – with no pressure.

Karen Kevergyga
ClientFirst Real Estate – clientfirst.ca
REALTOR® / Seniors Real Estate Specialist (SRES®)
Royal LePage Benchmark
Client Advocate!
M: 403-710-2502



A glimpse of spring as summer ends

Deborah Maier, Calgary Horticultural Society

Classic spring photos show a display of rich red tulips and bright yellow daffodils forming banks along curving swaths of a blue-purple ground cover. The floral display extends into the distance like a stream. The flowers that make the water-like river

opened bell-shaped blossoms that look sphere-like at first glance. The flower shape and purple-blue colour, reminiscent of small clusters of purple grapes, resulted in the common name grape hyacinth. The bloom clusters taper from top to bottom creating a classic triangular Christmas tree shape.

flowers with pink, yellow, white, and pale blue are available to join the many shades of purple. Some flower clusters are light on top and dark at the bottom of the spire. In addition to the colour options, some flowers have mop-like tufts at the top and some have more open flowers.

In my garden, the muscari I've planted bloom between the end of April to the end of May. Van Engelen Inc., a bulb grower in the Netherlands, recommends planting nine muscari in a 30 cm square space. This will provide good colour coverage from the blooms and prevent overcrowding. If plants fail to bloom crowding may be the problem.

Van Engelen recommends that muscari be planted in a well-draining soil in a full sun to part sun location. If there is a lot of clay, add compost. Amend the soil to at least 20 cm below the planting depth of the bulb. Be sure that the compost is properly aged as unfinished compost may introduce harmful bacteria to the bulbs. Apply granular fertilizer surface broadcast after planting, so the nutrients are available when the plant starts growing in the spring. Do not add compost or fertilizer to the planting hole or use blood or bone meal—they attract animals. To help rejuvenate the bulbs, fertilize two more times during the growing season.

Muscari typically are



A mound of muscari. Photo: Deborah Maier



Baby's breath Muscari, with a daffodil. Photo: Deborah Maier

are grape hyacinth, muscari. Muscari flowers spires are formed from clusters of small downward facing urn-shaped or narrowly

Now, the flower structure and colour options available to gardeners have broadened. Bulbs for

hardy to Zones 4-5. After planting, ideally after the ground has frozen, add 5 cm of mulch. Mulch will help prevent air temperature fluctuations from arctic fronts or warm chinook winds from affecting the bulbs and keep them dormant until spring arrives.

Once the bulb is planted, ensure that the hole divot is filled in. If the divot remains, water can collect and oversaturate the soil around the bulb causing it to rot in cool weather.

For spring colour, I plant muscari in the ground in the fall. I also like to plant it in pots that I store in my garage until spring.

The pots need to be stored where they can be cold but not freeze through. I put my pot on the floor of my garage. The garage is heated and the temperature is kept to just above freezing during the winter. An attached unheated garage could be used too, but store the bulb pot on a shelf. By March the potted bulbs have sprouted and it is time to take them outside. When the temperature is expected to drop below minus five, I bring the pots back in the garage.

Last year, my pot had Muscari neglectum 'Babies Breath', the Society's 2024 Bulb of the year. It has a pale blue flower. I grew it with Muscari latifolium 'Grape Ice' that has a flower with a white mop atop a dark purple base, and yellow 'Tete-a-tete' narcissus. There was a lovely succession of blooms in the pot. I leave the bulbs in the pot all summer and plant them in the ground in the fall.

Plant bulbs this fall and get a glimpse of spring. To learn more about recommended bulbs for Calgary, visit the Society's Bulb of the Year page under the Resources menu of Calgary Horticultural Society's website calhort.org.

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

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

Certified LPN and RN's

200- 5809 Macleod Trail SW, Calgary, AB

825-540-5888 | 825-540-5886

www.calgaryfootcarenurses.com

contact@calgaryfootcarenurses.com

Bruno’s Day Out on Highwood Pass

Ada Muser

Alberta has many natural wonders - turquoise glacier lakes and badlands, frozen methane bubbles in Abraham Lake, or northern lights dancing over snowy peaks. But none of them are as magical and elusive as the changing of the larch trees to golden yellow in autumn. Watching the larches change makes it an annual “Day Out” event for many people.

Among the trees, some species are revered for their supernatural powers. In Norse mythology, the world tree Yggdrasil is an immense and sacred ash tree that sits at the center of the cosmos. In Lapp and Siberian mythology, the larch replaces the ash. They believe the smoke from burning larch wood wards off evil spirits; their presence provides protection and induces visions, and Lapp shamans use the wood to rim ceremonial drums.

* * * * *

In the temperate zones, the changing of colours in the fall is never dull, but few truly stand out. The point in question is that, even though maple trees grow in many places, only the sugar maples (*Acer saccharum*) in New England, Ontario, and Quebec display a vibrant mix of yellow, orange, and fiery red-orange in the fall. This is because a unique mix of high sugar concentrations in their leaves and cold autumn nights traps it inside the leaves, while sunny days stimulate the production of anthocyanin, a water-soluble plant pigment giving leaves their colours. Henry David Thoreau had praised the autumn colours already 164 years ago, in 1862, and fall foliage tourism in New England and two Canadian provinces took off later, in the mid-1930s with the advent of automobilism and because of the media promoting them as fall destinations. The tradition continues to this day.

In the subalpine environment which sits at 2,000 meters in Canadian Banff and Kananaskis parks, there is a short growing season ideal for *Larix lyallii*, the subalpine larch. Sitting at such high altitude, the cold, increased sun exposure, and nutrient stress cause trees

to produce brilliant golden colours as they prepare for winter. For the larch, when cooler weather settles in the mountains, the needles change overnight, usually in the second half of September. The window of opportunity to observe them is barely two weeks, and it has become very popular.

In the mid-2010s, fuelled by Instagram and a massive surge in shoulder-season tourism, “Larch Season” transformed from a quiet local secret into a viral bucket-list rush. Larch appreciation started much earlier for Bruno and Elsa, though.

When Bruno and Elsa moved to Calgary in 1968, they found the Rockies and the surrounding wilderness were seldom visited. Adjacent wilderness, still in the mountains and foothills, was accessed by the Forestry Trunk Road, a 1,000-kilometre scenic route running northwest parallel with the Continental Divide from Coleman to Grande Cache. In this vast open space, it was easy to find solitude. It is still a gravel and dirt road, except for the 60 km paved Kananaskis Highway, from Peter Lougheed Provincial Park to Highway #1. Before that, driving to Highwood Pass was a major adventure requiring a high-sitting passenger car, as the Rambler American Bruno owned.

Over time, Bruno and Elsa discovered the closely guarded secret of the golden larches. At first, they would hike to Larch Valley, accessed by a switchback trail from Moraine Lake in Banff National Park. It is a spectacular place to see the trees in their autumn attire.

As word got out about larches, the valley became overcrowded, so Bruno, Elsa and their friends would bypass it and continue towards the Wenchemna Pass. The trail up to the Eiffel Lake overlook is pretty level and rimmed with larch trees all the way. On a sunny day, it is heavenly, and back then, less crowded. The larch trees glow against the background of dark woods on the northern slope of Fairview Mountain.

The magic of this area vanished when it became overwhelmed by mass tourism, necessitating

pre-reserved shuttle buses to Moraine Lake. Bruno remembers with sadness the years when the beauty of the Alberta wilderness could be enjoyed and savoured in solitude. Population explosions suck sometimes. But luckily, the mountains and their wonders are vast. Larch Valley and Eiffel Lake are not the only game in town, and Bruno found larch viewing places even closer to Calgary.

Only larch growing above 2,000 meters in elevation change colours so dramatically. Driving along the Trans-Canada Highway in Bow River Valley and/or on Highway #40 in Kananaskis, one can virtually see the 2,000-meter forest line on the mountain-side. It’s where the larches become conspicuous.

There are lesser-known Shangri-La places like Arnica Lake on the Alberta BC border, accessed from the Banff-Windermere Hwy #93 at its summit, and several prime viewing areas in the vicinity of the Highwood Pass in Peter Lougheed Provincial Park.

The pass is 2026 meters above sea level - a perfect elevation - about an hour and 40 minutes from the Calgary city centre, via Highways #1 and #40. From there radiate three trails to observe larches; two are loops, and one is a return trail.

The easiest hike is the Highwood Meadows Interpretive Trail, a wheelchair-accessible boardwalk and dirt path loop with virtually zero elevation gain across from the parking lot. It offers alpine views and the first glimpse of the brilliant golden larches in season.

The popular Pocater Cirque and Ridge hikes feature spectacular views of vast, amber-coloured valleys filled with larch trees. It is a 7.1 km return hike with 433 m elevation gain all the way up to the Ridge for sweeping, 360-degree alpine views. Hikers who come for the larches can stay in the wide bowl of the Cirque. The walk thus shortened is only 4.6 km return. In the last two or three years it has become busier, but not nearly as much as Banff National Park is in late September.

Still relatively unknown, nestled in the

high alpine bowl just past Highwood Pass, Arethusa Cirque has become Bruno’s favourite. It features a dazzling display of golden subalpine larches, and makes it a perfect outing. The Cirque is set against a stunning background of rugged limestone peaks and a creek-fed amphitheatre. An unmarked dirt parking lot is located on the east side of Hwy #40, approximately 1.5 km south of the Pass. From there starts an unofficial hiking trail, with all its primeval beauty and vagaries. There are tree roots to step over and puddles to avoid after it rains, crossings of small rock slides, and the trail can be unfairly steep in places, but not for great distances. The relatively rugged conditions deter some hikers. Outside larch viewing season, it is a perfectly abandoned, rarely hiked area that is an entryway to an unnamed mountain pass beyond, crossing over to Blayney Tarn, Burns Lake, and the upper reaches of Sheep River. Hikers venturing that far are guaranteed to be alone and have to be wary of bears. It is not for the faint-hearted.

This changes for the two weeks when larches turn golden, when the hike is reduced to just the loop around the Cirque. Briefly populated by more hikers, the bears retreat further up or leave the area altogether. There are still mountain sheep, deer and chipmunks for company. It is a moderate hike, 4.5 km long with an elevation gain of 278 m. To enjoy the larches in peace, Bruno and his daughter hike on a weekday, which is highly recommended if one can take time off work. The trail starts through regular coniferous forest but soon splits to form a loop. Going clockwise gets the steep climbing out of the way quickly, and the descent is easier, while going counter-clockwise is gen-

erally considered a gentler way up, but one’s knees pay for it on the way down.

Bruno chose the clockwise direction. It was a grunt. An octogenarian, he did not look so pretty fighting for balance, leaning on his poles, and breathing hard during the steep climb. Even much younger hikers were slow and cautious, except two teenagers who were just flying up, giggling, and showing off. Perhaps they had invisible wings. But the steep section was over quickly, and the trail levelled off to reach the upper alpine meadow sprinkled with clusters of glorious trees in their best autumn finery. It was the perfect place to have sandwiches and hot grog to regain their strength.

As if on cue, a whole pack of mountain sheep emerged over the edge of the precipice, led by an old



Arethusa Cirque. Photo: Ada Muser

dominant buck. The herd was in no hurry, grazing as they went and eventually lay down on the side of the path without fear of us humans. It was their home sanctuary after all. At that elevation, at the summit of Bruno’s and Trish’s hike, not too many people were lingering around.

Bruno closed his eyes and imagined he was in Paradise, and frankly, he came as close to it as people could. There are not many “Day Outs” better than this one!

What's it like being the first generation?

Danny Mark

To understand my story it's best to know how my ancestors got to North America. My people came in the mid-1800's originally for the gold rush in California, and later for the one in the Yukon. Subsequently, they came to help build the railways that became vital to the nation building of the United States and Canada. Typical of the times, once their usefulness was over the Canadian Government implemented both the Head Tax and The Exclusion Act designed to discourage further migration from China. These policies also made it difficult for the landed Chinese to earn a living going forward.

Originally categorized as labourers or railway construction workers, the government re-categorized the existing immigrants as merchants, thereby opening new opportunities for my forebears to make a living. They quickly filled the service business voids in the areas of laundry mats, general stores, and of course the ever present Chinese restaurants. These businesses represented survival for those that wanted a new life in North America.

Perhaps light on formal education, my ancestors had no shortage of ambition and work ethic. Determined to provide a better future for the next generation, and simultaneously sponsor families still in the old country to someday reunite in the new land, the ancestors worked 14 hour days, 7 days a week. The Broadway Cafe downtown Yorkton SK became this survival vehicle for our family. My own parents toiled for their five kids while sending 10-15% of their earnings back to China to support relatives there. I am humbled in light of this obligation given my own financial stressors.

That same survival strategy is now being deployed by other immigrant groups building new lives in the great democracies of North America. For example, the long haul trucking industry is being dominated by the South Asian community. There's a specific province and family within India that has been taking over the budget lodging industry, to the extent that these venues are known as "Patel Hotels." This will remain a common platform for new arrivals to build a life in market segments vacated by the visible majority, usually due to the requirements of brutal operating hours.

I was told that the railways offered a free ride to their unemployed construction workers, anywhere on their network. This is how every small town came to have a ubiquitous Chinese restaurant.

Also, I am told that the food served is not authentic Chinese food. I counter with: it's authentic Canadian Chinese food, adopted from original recipes to suit local palates. I'm often asked, "do you like sweet & sour chicken balls? Gee, I didn't know chickens had balls." Yeah, it's a lame joke, but it makes my point. The latest American Census had 43,000 Chinese restaurants, which outnumbered McDonald's 13,000, all without corporate and franchise infrastructure. Even though I was actively discouraged from ever participating in the restaurant business, I find myself drawn back to food as a weekend chef and foodie willing to explore all ethnic flavours.

A common lecture from my dad, a veteran who battled both the Japanese and Communism during WW2, was this: "if I wanted you kids to be Chinese then I would have stayed in China. You're Canadians, so be the best Canadians you can be!" That became my mission statement, stamped into my soul. Like most immigrant parents, mine saw education as the way out of the kitchen for their offspring. Hopefully, us kids would pursue one of the traditional well-paid professions, such as lawyer, doctor, nurse, engineer, etc. You can imagine how freaked out my very traditional parents became when I first pursued that most Canadian of institutions, an NHL hockey career, then subsequently a professional sales career in high tech. I was never an easy kid for my poor parents.

A hockey anecdote: I always wondered why there weren't more first generation

Chinese hockey players in the NHL. My own experience was that my mother was my biggest detractor, cuz she was terrified for my physical safety. Having another family protege become a paraplegic, confined to a wheelchair, didn't help my cause. Only once I convinced her that I was more robust and could take care of myself did she relent. If this was happening universally with aspiring Chinese hockey players of my generation, it explains everything.

The net is that I lived the life my parents wanted for me. I married and raised my family in Calgary AB, still my home today. If they thought my life was easier than theirs, then perhaps it becomes a discussion of semantics. Their world was dominated by remote family obligations and brutal working hours. My stressors were that of image, status, and net worth. My world was



Railways have an important cultural impact, and deep history, in Canada. Photo:Jaime Dantas

the "Urban Jungle," full of its own prey and predators, while trying to figure out my place in it. I must have done something right, cuz I'm still here to write about it.

I grew up in the color-blind communities of Hanna AB and Yorkton SK, and wasn't conscious of my visible ethnicity until my competitive Junior hockey career. I knew the fans were just trying to get under my skin for competitive reasons. However, the tone of the anger and vindictiveness there was way

different. I remain a proud Canadian and have yet to hear a compelling reason for the breakup of our great country. In fact, I believe we're on the eve of generational greatness in our Canadian history.

I married well, and without Mareta's support, and that of friends in my Circle of Trust, I would not be here to celebrate my 70th loop around our yellow Sun next year. Time is now the most precious resource under management, so let's get on with it.



SENIORS SUPPORTS

Navigate complex administrative processes with ease!

We provide guidance and support with Housing, Benefits & Pensions, Legal Help, Tax Support and Wills.



For more information, please scan the QR code or call Seniors Supports: 403-705-3246



Easy is always on hand.

Open your freezer to many easy meals made especially for seniors, delivered for free*.

We Accept Veterans Affairs Allowances

Locally owned by Tracy Brunt

Get your FREE Menu

1-844-431-2800

HeartToHomeMeals.ca

*Some conditions may apply.



HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS™

The cost of assuming someone else is watching

S.A.Shelley

It is a universal truth that barring any unforeseen events we will age: every one of us will get less physically capable in day-to-day life and sometimes also suffer concurrent cognitive decline making life harder yet. Ideally, we have good family to help us in this phase of our life. But the deeper truth I have learned is this: the system will not advocate for your aging parent. You have to.

In Alberta there are four levels of senior care based on assessments. The lowest tiers (I and II) equate roughly with independent living or living with additional medical monitoring and home care support if available. From there it gets worse with Supportive Living (III) and then Long-Term Care (IV, formerly known as nursing homes). At every one of these stages,

families who assume the system has their loved one's interests at heart are mistaken.

Consider the non-medical matters first. Downsizing can take a lot more work than most realize. In my case, every time my mom moved from one level to the next, we had to downsize again. A good friend downsized her dad from a house all the way down to, as she said, "Basically everything he had left from his life could fit into one garbage bag." No institution manages that loss. Only family does.

The same is true of legal preparation. A Power of Attorney, Personal Directive, Will, and Funeral Instructions all exist to ensure someone who loves the senior, not an institution, retains authority over their care. My suggestion is to prepare these documents well before

they are needed, then enact them sooner rather than later. The care home industry in Alberta is a business, and without an enacted PoA or PD, there is little you can do if a care home provides insufficient or neglectful care. Families fight over money left unsettled, and I have witnessed such fighting at the bedside of the dying. The deathbed is the time for love and forgiveness, not recriminations and retribution.

The system's disinterest becomes sharper once a loved one actually needs a home. Families are given very limited information and little time to decide. There is no central registry of care home ratings, and complaints are withheld from the public. This is not oversight; it is design. When faced with the sudden pressure to choose, I advise against any home owned by

a numbered, out-of-province company.

Once inside the system, the pattern repeats. Care homes are reluctant to share the minutes of care planning meetings. Record everything yourself. There are wonderful, hands-on caregivers in most facilities, but management will do such unethical things as quash requests to transfer, because, as one lawyer told me, "It costs them money." Watch the trends in your loved one's health, because by regulation, care homes are only required at mealtimes to place food in front of the resident, not to ensure it is eaten. The following figure shows my mom's weight trend over the last twenty years of her life. A long slow decline is common; a sudden change is not. In my mom's case, the sudden drop at the end came because she did not receive meal assistance and could not, due to vision loss, feed herself in the time allotted. Very few homes provide feeding assistance, and most will bar family from helping at mealtimes.

Even bodily dignity is subject to budget logic. As mobility becomes difficult, care homes will declare a resident "incontinent" and apply adult products, not because the resident cannot ask for help, but because it is cheaper than staffing enough aides to respond in time.

Nor can families rely on the professionals assigned to advocate

for them. As per a 2025 letter from the College of Social Workers in Alberta, social workers attached to care facilities act in the interest of the home, not the resident, since a home's revenue is legislated as a percentage of a resident's income. During a five-week hospital stay my mom endured late in her life, the ward social worker interjected herself between us and the attending physician. Whenever I asked to speak to the doctor, she would say, "Oh, I've already spoken to him today." This went on for over a week, despite our legal right to speak with him directly. Even the doctors are contracted by the home, and a family's legal right to change one can be delayed indefinitely.

Too many families have stories like these, and once inside a bad situation, there is very little recourse. There are good facilities in Alberta, but because spaces are scarce, government is reluctant to remove the bad ones from the roster, and the weakest in society are the ones who pay for that reluctance. Every stage of this journey, from downsizing to the deathbed, confirms the same lesson: government and institutions are poor substitutes for family. If you take one thing from this, let it be that presence, documentation, and vigilance are not optional extras. They are the only real protection your loved one has.



Senior Care, Only Better.

EXPERT NURSE-LED HOME CARE
A COMPASSIONATE AND EXPERIENCED TEAM LED BY A REGISTERED NURSE WITH DECADES OF CLINICAL EXPERTISE.

FREE LIFE Profile Assessment

- 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

- RN-supervised medication and health monitoring.
- Daily companionship and Light Housekeeping

POST-HOSPITAL TRANSITION & DAILY CARE

- 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



BETESB-CARE
CARE THAT FEELS LIKE FAMILY.

SUPPORT DESIGNED AROUND YOU

- ✓ CDHCI APPROVED
- ✓ FREE ELIGIBILITY REVIEW
- ✓ CULTURALLY MATCHED CAREGIVERS



 HOME SUPPORT Daily assistance with hygiene and grooming	 MEAL PREPARATION Nutritious meals tailored to individual needs	 MEMORY SUPPORT Specialized dementia-sensitive care	 TRANSPORTATION Assistance with appointments and errands	 COMPANIONSHIP Friendly support and meaningful connection	 FAMILY RESPITE Flexible, restorative relief for family caregivers
---	--	--	---	--	--

We're Here to Help
Contact us today for a free Consultation.

403-389-6874

info@betesebhealth.ca | betesebhealth.ca | Calgary, Alberta



Peace of Mind for Families
Thoughtful Support for Seniors

STAY INDEPENDENT, CALGARY!

FRIENDLY DAY-TO-DAY SUPPORT THAT HELPS YOU LIVE LIFE TO THE FULLEST.

- ✓ Errands & Appointments
- ✓ Friendly Tech Support
- ✓ Companionship & Social Support
- ✓ Decluttering & Home Organization

Discover the little support that can make a big difference.




CONTACT US

403-978-9346
tanya@proactivepepa.ca
www.proactivepepa.ca

Why protein matters as we age

Carolyn Kury de Castillo,
Unison TV

At 79 years old, Mary Ott has the kind of energy that many people decades younger would envy.

Whether she's tending her garden or attending exercise classes at Unison at Kerby Centre, Mary rarely slows down. She credits part of that vitality to one simple habit she's followed for years: making sure she eats protein at every meal.

"I eat protein three times a day," she says. "I know how important it is for all parts of your body to function."

Mary doesn't rely on expensive supplements or trendy diets. Instead, she enjoys a variety of everyday foods.

"I eat eggs, cheese and beans. I make chili with beans, and my soups are full of beans and lentils. I love homemade soup - I could eat it three times a day." She also makes her own homemade sausage, enjoys it with garlic, and often serves it alongside sauerkraut or cabbage.

"I would feel weak without protein," she says.

Nutrition experts say Mary is onto something.

less efficient, so getting enough protein becomes even more important."

Why Seniors Need More Protein

One of the biggest changes that happens as we age is the gradual loss of muscle mass, a condition known as sarcopenia. "We're all going to lose muscle as we get older," says Holland. "Protein, combined with strength or weight-bearing exercise, helps slow that loss."

Maintaining muscle isn't just about staying strong enough to lift groceries or garden. Muscle helps seniors remain independent, improves balance and reduces the risk of falls.

"Frailty has a lot to do with loss of muscle mass," Holland says. "Regular protein intake can help prevent some of that muscle loss from happening."

Adequate protein also provides a more consistent source of energy throughout the day, helping people avoid the highs and lows that often come with sugary foods.

How Much Protein Do You Need?

The amount of protein each person needs

may benefit from even more—around 1.2 grams per kilogram. However, people with kidney disease may require less protein, making it important to discuss individual needs with a healthcare provider or registered dietitian. **Spread Protein Throughout the Day**

Many people think dinner is the time to eat most of their protein, but Holland says it's better to spread it across all three meals. "The best time to eat protein is all throughout the day," she says. "If you're eating breakfast, lunch and supper, make sure each meal has a good solid source of protein."

Examples include:

- ▶ Two eggs
- ▶ Greek yogurt or cottage cheese
- ▶ Chicken, turkey or fish
- ▶ Lean beef
- ▶ Beans, lentils or chickpeas
- ▶ Tofu
- ▶ Cheese
- ▶ Peanut butter

Adding protein to breakfast is especially helpful.

If you eat animal protein - ask yourself how close that animal lived to the ground?

Here's an interesting rule: if you are being mindful of your heart health, consider where the animal protein comes from. If you have heart disease, the thing to consider with animal-based protein is the amount of fat

With meat, consider how high off the ground the animal is when it's alive, says Holland. Cows are the biggest they have the most saturated fat, after cows you've got pigs and lamb and then you have turkey, chicken and fish. The closer to the ground the animal is when it's alive - the more heart healthy the meat. Insects anyone? **Plant or Animal Protein?**

Good news for anyone trying to eat less meat: plant-based proteins count too. Beans, lentils, chickpeas, nuts, seeds and tofu are all excellent sources of protein while also providing fiber and other nutrients that support heart health.

"The more variety you eat, the better," Holland says. Different plant proteins contain different amino acids, so eating a mix of legumes, grains and other plant foods throughout the day helps ensure your body gets everything it needs.

Mary's love of bean soups and lentil dishes is a great example of how delicious and affordable plant proteins can be. **Don't Forget Exercise**

Protein alone isn't enough to maintain muscle. "You need two things," Holland says. "Eat enough protein and use your muscles."

Strength training, resistance exercises, gardening, carrying groceries and even climbing stairs all help signal the body to maintain and build muscle when paired with adequate protein intake.

For Mary, staying active is simply part of everyday life. Her gardening keeps her moving outdoors, while regular fitness classes at Unison at Kerby Centre help her stay strong and connected with friends.

What About Protein Powders?

With protein shakes becoming increasingly popular, many people wonder

whether they can simply drink their daily protein.

Holland says supplements can be useful when someone struggles to eat enough food because of illness or a poor appetite, but they shouldn't replace a balanced diet. "It's always better to get your nutrients from food, if possible," she says. "Protein powders can help when needed, but whole foods also provide vitamins, minerals and fibre that supplements don't."

Affordable Ways to Add More Protein

Eating enough protein doesn't have to be expensive. Holland recommends affordable options such as dried or canned beans, eggs, peanut butter, chicken thighs, and tofu. "Dried beans are one of the best values," she says. "Cook a large batch and freeze the extra portions for later."

For Mary, healthy aging isn't about finding a magic food. It's about consistently making nutritious choices and staying active. Her daily routine offers an important reminder that maintaining strength, energy, and independence doesn't happen by accident. It starts with small habits like including protein at every meal, keeping your body moving, and nourishing yourself with a variety of wholesome foods.

Those simple choices can help older adults continue doing the things they love for years to come.

See the full story on Unison TV <https://www.youtube.com/watch?v=COUFEYrUUFE>

Never miss an episode of Unison TV! Subscribe at www.youtube.com/@unison50plus or scan the QR code below



A meal balanced with different protein sources and veggies, any time of the day, can help you get enough protein in the day. Photo: VD Photography, Unsplash

According to registered dietitian Carol Holland of JM Nutrition, protein plays a role in nearly every function in the body. "Protein is used for literally everything our body does," Holland explains. "We need protein to grow our hair, repair tissues, heal wounds, digest food and build muscles. As we age, our bodies become

depends on their body weight and overall health.

As a general guideline, Holland recommends about one gram of protein for every kilogram of body weight. Someone who weighs 70 kilograms (about 155 pounds) would need approximately 70 grams of protein each day. Very active older adults

"If you start your day with only carbohydrates, you'll burn through that energy quickly and be hungry again much sooner," Holland explains. "Adding protein gives you slower, steadier energy that lasts until lunchtime." Mary follows that advice naturally by making sure protein is part of every meal.

Puzzle Page • Solutions → p 17



SEPTEMBER 30TH

NATIONAL DAY FOR
TRUTH AND
RECONCILIATION



1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17					18						19			
20				21					22	23				
24			25					26						
			27				28					29	30	31
	32	33				34					35			
36						37					38			
39				40	41				42	43				
44				45					46					
			47					48				49	50	51
52	53	54					55					56		
57					58	59					60			
61					62					63				
64					65					66				

Across

1. Ed of "Lou Grant"
6. Flower holder
10. Baseball officials
14. Stir up
15. Bar mitzvah dance
16. Bean fermented to make miso
17. * Be a little nosy
19. ___ a living
20. Yale student
21. Song for two
22. Apple Music predecessor
24. Whys and wherefores
26. Invitation letters
27. Toward the stern
28. Store
29. Acai bowl grain
32. * Music, dance, drama, and the like
36. Penne ___ vodka
37. + or - atomic particle
38. Self-referential
39. * Squeeze-box instrument with a keyboard
44. "___-Hur"
45. Move like a spooked horse, maybe
46. McKellen of "X-Men"
47. Alien-hunting subj.
48. Royalties, e.g.
52. Deli order

55. Ultrasoft mineral
56. More, on a music score
57. "Growing Pains" actor Thicke
58. * Public relations manager
61. Suppressed, with "up"
62. Toward sunrise
63. Ore finder
64. On a trawler, say
65. Gains after taxes
66. Bamboo-loving bear, or, when parsed in three parts, a feature of the answers to the starred clues

Down

1. According to
2. Took without asking
3. Big name in brick phones
4. ___ out a living
5. List, as names during roll call
6. Footwear
7. Sell aggressively
8. Directional suffix
9. Wisconsin's capital
10. Drain completely
11. Kvetch
12. Funeral pile
13. Comic ___: informal typeface
18. Reach a cost of
23. Rating for many shows aired at 8 p.m.
25. Plastic wrap brand

26. Big horned animal
28. Recommended garment when using glitter glue
29. Double Stuf cookie
30. Env. directive
31. Bag-screening org.
32. Part of a glissade, in ballet
33. Dynamism
34. Christina who played Wednesday Addams and appeared on "Wednesday"
35. ___ acid
36. PD alert
40. Listen to
41. Signature replicator
42. Iranian currency
43. Summer childcare option
47. Christmas cookie receiver
48. Histories
49. Philly Ivy League sch.
50. Like a fork
51. "Kama ___"
52. West Coast wine region
53. Fútbol cheers
54. Locks on a mustang
55. Exam
59. "Insecure" star Issa
60. Supermodel Carang

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



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:

September 8 & 22

October 6 & 20

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.

Drop by between 9 am – 12 pm :

September 1 & 15 & 29

October 13 & 27

Seniors Supports | 403-705-3246 | unisonalberta.com





Pinnacle AGE WELL

Your Life. Your Home. Your Care.
Trusted home care services built around your independence, dignity, and comfort.

Meal Prep Medication Reminders Light Housekeeping Personal Care Companionship Post-Surgery Recovery Dementia Care

WHY CHOOSE US

✓ Locally Owned ✓ RN-Supervised ✓ Bilingual Staff ✓ No Contracts



*Your well-being is our priority.
Live life on your own terms.*

Call Today: (403) 471-1237 | www.pinnacleagewell.com
info@pinnacleagewell.com | Serving Calgary, Edmonton, Red Deer & Lethbridge



**KERBY
cafe
PUB
QUIZ**

**Tuesday
Oct 20
1:00 PM**



\$5 BEER & WINE

\$5 per two-person team



Do you need an inexpensive, exceptionally effective assistive hearing device?



FLO-TruBalance® 2.0
Open-Ear Bone Conduction Hearing Amplifier
Including support for conductive hearing loss and other hearing-support needs.

Learn more at www.theinnerflo.com

Improves Social Interactions
Stay connected and engaged in every conversation.

Clearer Sound Naturally
Hear speech and surroundings more clearly and comfortably.

No Earwax Build-Up
Open-ear design keeps your ears clean, dry, and irritation-free.

Can Minimize Tinnitus
Helps reduce the impact of ringing and buzzing.

Lightweight & Comfortable
All-day comfort with a secure, senior-friendly fit.

Accessible & Affordable
Premium hearing support that fits your lifestyle and your budget.

www.theinnerflo.com

michael@theinnerflo.com

403-828-3880

Loan-A-FLO Program
Locally available.
Call or email to learn more.



Instantly reach
50,000 seniors/month
Contact our advertising department to learn how
wiltono@unisonalberta.com



KINDRED SPIRITS
HUMAN-CENTERED DEMENTIA CARE

- PERSON CENTERED CARE THAT CREATES SAFETY, CHOICE, AND COMFORT
- CALM, CONSISTENT SUPPORT BUILT ON DIGNITY AND TRUST

RYAN KIRKBY
DEMENTIA CARE COMPANION

(403) 891-5801
 ryan.kirkby@gmail.com



Because care is not just what we do — it's how we show up.

Community Service Listings

Add your community listing or classified ad!
wiltono@unisonalberta.com

Home Care & Support

YYC CALGARY HOMECARE

Experience compassionate and flexible home care for seniors in Calgary, expertly led by trained paramedics. 825- 760-0983



TOVA HOME CARE

Experience in-home care you can rely on, providing comfort, safety, and steadfast support. 403-512-2891



PRIMECARE HOME SERVICES

Compassionate, non-medical home care for Calgary seniors — preserving independence, comfort, and dignity right at home. 368-299-7890



Health & Wellness

CALGARY FOOT CARE NURSES

Specialized diabetic and medical foot care from registered nurses — in-clinic or in your home, with direct billing available. 825-540-5888



NURSING SOLES INC

Provides comprehensive IN-CLINIC & MOBILE nursing foot care and Medi-Spa services focused on health, prevention, maintenance, and mobility. 403-512-2891



Moving, Downsizing & Housing

CAREFREE CONCIERGE

Calgary's premier senior moving company. Full service: pack, move, unpack, and setup. 403-999-3024



Legal & Estate Services

DUKART LAW FIRM

Comprehensive Legal assistance wills, estates and notarizing expertise, with over 30 years of experience. 403-629-5702



AZPERLEGAL SERVICES INC

Expert paralegal assistance for wills, estates, and legal documents, ensuring your needs are met with professionalism and care. 403-629-5702



Repair Services & Maintenance

XENTAS INC COMPUTER HELP

Computer repair, setup, and one-on-one lessons for seniors. 403-512-2891



Personal & Lifestyle Services

YOZI'S SMALL DOG BOARDING & WALKING

Loving, in-home boarding and walking for your small dog — so they're never alone when you can't be there. Free meet & greet. 403-669-0449





Unison

At Veiner Centre

Get moving!

Natasha Gilson

The fitness programs at Unison at Veiner Centre offer something for a wide range of abilities and interests. From chair yoga, Qigong, chair dance to All Level Fitness, there are plenty of ways to build strength, improve mobility and balance, and have fun while doing it.

This fall, we're excited to introduce Zumba gold, a new fitness option that combines movement, music and fun in a welcoming environment. We've also moved Fun & Fitness to Saturdays, making it easier for younger older adults who are still working during the week to join us. The class is open to all fitness levels and combines aerobics, weights and plenty of fun.

Love to dance? Our popular line dancing program offers classes from absolute beginner through intermediate. Whether you're learning your very first steps or are ready to challenge yourself with new routines, you can find a class that fits your experience and comfort level. **Keeping seniors active and connected at no extra cost**

We believe that cost should never stand in the way of staying active and connected. That's why activities including Tai Chi, line dancing, pickleball, table tennis, floor curling and, beginning this September, cornhole are included with a General Membership at no additional cost. This helps make it easier for seniors, including those living on limited incomes, to participate, stay active, try something new and enjoy the friendships and social connections that come with being part of a community. **There's always something to do**

Staying active isn't always about exercise. Sometimes it's about getting out

of the house, spending time with friends, learning something new or simply having a reason to come together.

At the Veiner Centre, you can enjoy activities such as Pickleball at Your Pace, Table tennis, floor curling, shuffleboard, walking club, billiards, bocce ball, and more. For those who enjoy social clubs and

hobbies, there are plenty of opportunities to connect through canasta, euchre, bridge, mahjong, crib, scrabble, board games,

Contd. on p. 14

ACTIVE AGING PROGRAMS at the Veiner Centre



For the latest classes, programs and activities, please scan the QR code or contact Active Aging:
NatashaG@UnisonAlberta.com
587-770-1536





THE WELLINGTON
RETIREMENT RESIDENCE

where your story continues

Moving to The Wellington means keeping the routines you love while gaining a community that supports your lifestyle. Enjoy the freedom to live your day, your way.

Suites Available!
BOOK YOUR TOUR TODAY

587-840-4707 | thewellingtonmh.com | 1595 Southview Drive SE, Medicine Hat



Come Together, Right Now

Open House

Saturday, September 19th, 1-4 pm

Experience the food, the music, the moments, and the sense of community that make Optima Living feel like home.





Optima Living is proudly Canadian-Owned and Operated



RSVP Today: 403-504-5123

223 Park Meadows Dr. SE, Medicine Hat
Independent Living • Assisted Living



Get moving, continued

Mexican train dominoes, quilting, choir, ukulele, stitch & laugh and so much more. **Supporting the whole person**

We know that staying healthy and active is about more than physical activity. Having access to information, resources, support and meaningful connections is just as important.

Throughout the year, the Veiner Centre provides opportunities to connect with a variety of support groups, workshops and community services. September in-

in their everyday lives. **More than just a place to go**

At the Veiner Centre, our programs are about so much more than filling a calendar. They're about creating opportunities to move, learn, laugh, connect and belong.

Our goal is to support as many seniors as possible, in as many ways as possible. Whether you're looking for fitness and recreation, friendship and social connection, creativity, education or support, we hope you'll find something here that makes



Participants in Unison's Art Club. Photo: Cori Fisher

cludes the Alzheimer Society Care Partner Support Group, Dementia Support Group, Bridges Grandparents Group and First Link Connections, along with counselling services and programs such as the Senior Safety Series. These programs give seniors and their families a place to connect, ask questions, share experiences and access valuable support.

We also offer practical resources such as Tech Support, Community Kitchen, hearing health services, wellbeing workshops and educational presentations, helping seniors feel more confident, informed and connected

you want to come back.

You might come for a fitness class and stay for the friendships. You might try a new activity and discover a new passion. Or you might simply stop by for a coffee and a friendly conversation.

Whatever brings you through the door, we're happy to have you here. There's always something happening at the Veiner Centre, and there's always room for you.

For more information on Unison at Veiner Centre's programs and services, visit unisonalberta.com



Thrive Food Security Volunteer Open House

Give Back. Grow Community.

Tuesday, September 15
10 AM – 12 PM

Unison at Kerby Centre – Lecture Room

Register for this free event by emailing nicolasv@unisonalberta.com

Gilchrist Commons | In Beautiful Pineridge

Supportive Living

Rent geared to your income



NEW CLIENTS WELCOME!

LORLI J. S. DUKART

Barrister, Solicitor & Notary

Services:

- ✓ WILLS, ENDURING POWERS OF ATTORNEY
- ✓ PERSONAL HEALTH DIRECTIVES
- ✓ ESTATES
- ✓ REAL ESTATES, REFINANCING
- ✓ REVERSE MORTGAGES

Cambrian Professional Building
#21, 41 Chelsea Street N.W.
(on 14th St., 1 block south of Northmount Dr.)

Free parking available



Phone: 403-216-6837 Fax: 403-282-8595
www.dukartlaw.com



GILCHRIST COMMONS 503 Pinestream Place NE
825.460.9012 GilchristCommonsUKN@assist.rent





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



TOVA
HOME CARE
Bringing Quality Care

AT TOVA HOME CARE, WE UNDERSTAND THE IMPORTANCE OF DIGNITY AND PEACE OF MIND FOR YOU AND YOUR LOVED ONES.

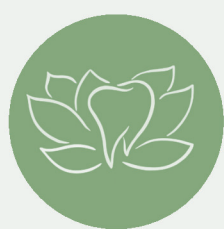
Our Services

- Personal Care
- Respite Care
- Companionship Care
- Medication Assistance
- Alzheimer's & Dementia Care
- Transportation Service
- Overnight Care
- Live-In Care
- 24hour Live-In Care
- Post-Hospitalization Care
- Light House Keeping
- Personal Concierge & Errand Service
- Chronic Disease Management



Call Now: 403-891-3772
Email: info@tovahomecare.com

Website: tovahomecare.com
Location: 918 Ave, NW, Suite 4020



Inspiration Denture and Implant Solutions

is making Calgary smile!

Hannah Sung DD, RDT
Denture Specialist

Services:

- Complete dentures
- Immediate dentures
- Partial dentures
- Implant-retained dentures
- Bridges
- All your denture-related needs!



Contact us to schedule
your **FREE** consultation!

(587) 333 9008

www.inspirationdenture.ca

1910 20th Ave NW Unit 204, Calgary, AB

A-\$AV-ON Moving



ACCREDITED
BUSINESS



403.208.8060

asavonmovinggyc@gmail.com
www.asavonmoving.com

Serving Kerby clients for over 20 years

FREE estimates

10% Discount for Kerby Members

Reliable • Courteous • Affordable

THINKING ABOUT MOVING?

We offer a **FREE** market evaluation and help Seniors find their **perfect next home**.

Call today for a FREE consultation -
We're here to help every step of the way!

Peter & Debra Molzan

403-605-3774

info@TheMolzanTeam.com



Debra & Peter Molzan
Senior Real Estate Specialists

BUDGET BUILDER

WE BRING YOUR DREAM TO REALITY

BOOK APPOINTMENT

Sales: 1-587-436-2333

info@budgetbuilder.ca

www.budgetbuilder.ca

- RESIDENTIAL ACCESS MODIFICATION
- LEGAL BASEMENT SUITE
- FULL HOUSE RENOVATION



Stella the Care Helper

No job too small.

Specializing in cleaning for seniors:
laundry service, windows, move in/out,
grocery & personal shopping

Phone: 403-890-9861



Mobile service specializing in Wills,
Enduring Powers of Attorney &
Personal Directives, and Estate
Administration including Grants of
Probate/ Administration.

CHRISTINE HERRINGTON

Paralegal 30+ years experience

Phone: 403 629 5702

Email: cherrington@azperlegal.com

www.azperlegal.com

Seniors discount - 10%

Always Best Care
senior services®

Schedule your free
care consultation today!

Client Directed Home Care Invoicing Program



OUR SERVICES

- ✓ IN-HOME CARE
- ✓ DEMENTIA & HOSPICE CARE
- ✓ HOSPITAL TO HOME
- ✓ AHS-FUNDED HOME CARE
- ✓ SPECIAL CARE SERVICES
- ✓ FALL RISK ASSESSMENT
- ✓ VETERAN INDEPENDENCE PGRM.

403-812-0778

infocalgarynw@abc-seniors.com

alwaysbestcarecanada.ca/calgarynw



COMPUTER

REPAIR & LESSONS

For seniors and older adults

Contact Christian
Phone: 403 481 8080
Email: service@xentas.ca
 No travel fee within Calgary City limits

GREAT SERVICE • COMPETENCE • RELIABILITY

VACATION!

Sooke BC on Vancouver Island

Small town atmosphere with all amenities:
 1 bedroom, furnished, fully equipped, 5 appl.
 Water/Mountain views.
 Cable/Internet.
\$1200/Month.

Email: sew4fun@telusplanet.net
Phone: 403-720-8609




WORLD ALZHEIMER'S DAY

SEPTEMBER 21







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



GUIDED GROUP MOTOR COACH TOURS SINCE 2014

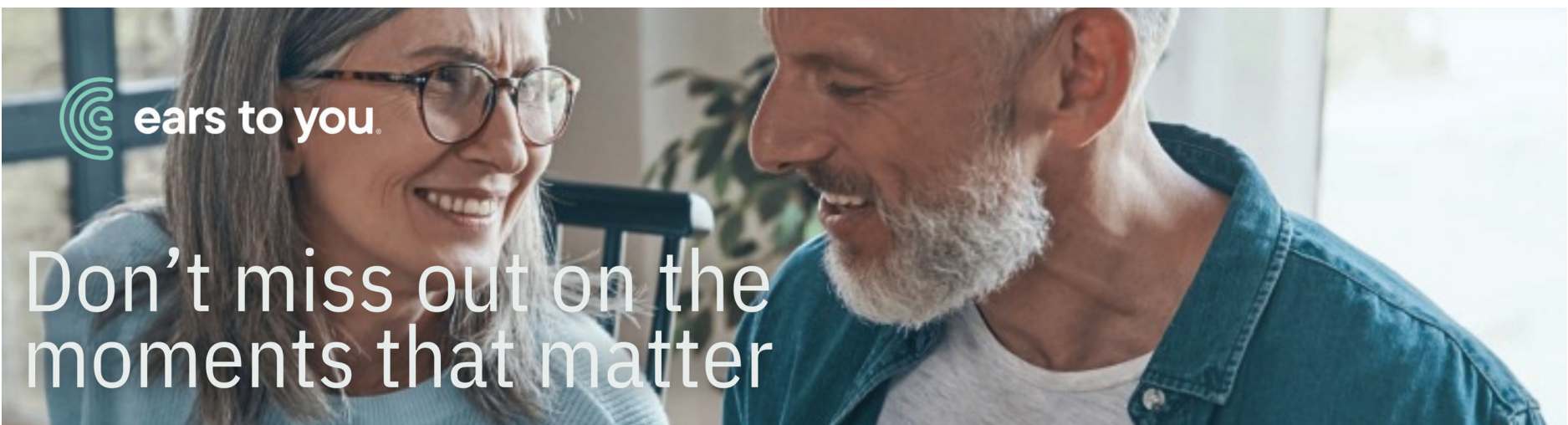
UPCOMING TOURS WITH CALGARY PICK UP

- Alaska Adventure - June 7-23, 2026
- Toronto Blue Jays in Seattle - July 1-7, 2026
- Victoria Vacation - October 16-24, 2026
- Fairmont Hot Springs - October 18-21, 2026

Call or Email for pricing or visit our website
 Website: protours.ca
 Phone: 780-460-4408 Email: hello@protours.ca



Don't miss out on the moments that matter



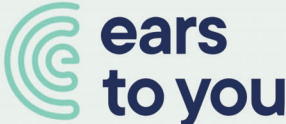


Healthy Aging Starts with Better Hearing

Healthy aging means staying connected to the people, conversations, and moments that matter most. As our surroundings change, so can the way we hear. New environments often bring background noise, shared spaces, and unexpected listening challenges.

That's where Ears To You comes in. We bring professional hearing care directly to your door with our fully functioning mobile hearing clinic, making it easy to stay on top of your hearing health and continue living confidently, independently, and connected at every stage of life.

403-970-7201
CalgaryAdmin@earstoyou.ca | earstoyou.ca




- ✓ Hearing Assessments
- ✓ State-of-the art technology
- ✓ At-home aftercare included
- ✓ Locally owned and operated
- ✓ **NEW** Monthly Payment plans

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



If hobbies have run their course and you find yourself wondering what to do, then Unison has an idea just for you!

Volunteering is one of the only occupations where you get more in return than what you give. It's a way to flex the skills you worked so hard on during your working years, and help people who truly need it. Recent studies have shown that helping others boosts your self-esteem, and increases serotonin - the happy hormone! Try it out! email nicolassv@unisonalberta.com



Take control of your healthcare. Select your provider and effortlessly manage your home care expenses. Direct billing is available.

- Home Care Services
- Foot Care Services
- Companionship Services

 (403)909-7688

 WWW.HOMECAREPROFESSIONAL.CA

 INFO@HOMECAREPROFESSIONAL.CA



unisonalberta.online



LIVE LIFE TO THE FULLEST

Enjoy comfort, connection, and peace of mind with personalized care and support that helps you focus on living well.

- Chef-Prepared Meals
- Recreation Activities
- Group Fitness & Exercise Programs
- 24/7 On-Site Call Response
- Housekeeping
- Personalized Care Plans



Cambridge Manor
University District | NW Calgary
cambridge.leasing@theBSF.ca | 403.536.8675



Wentworth Manor
Christie Park | SW Calgary
wentworth.leasing@theBSF.ca | 403.242.5005

BSFlifestyles.ca

Your vote counts

Unison Staff

At this point in your life, you're likely well aware that when a vote is creeping around the corner, political hopefuls will twist and turn to get your vote. That's because your vote matters!

The choices we make at the ballot reflect our values, and they impact the people and communities we care about. Every candidate wants your vote, and they know exactly which words and images will resonate with you. It's worth taking a moment to look past the slogans and ask what a candidate or party actually intends to do once elected, regardless of where you land on the political spectrum. A little healthy skepticism toward all political messaging, not just the messages you disagree with, goes a long way.

There's a handy Vote Compass questionnaire available that can help you see where you stand on the issues that affect seniors and the people who care about you. It only takes a few minutes, and it can be genuinely enlightening to see how your values line up with what's on the ballot.

Moving?

Calgary's premier senior moving company is ready to help!

Full-service move includes:
Pack. Move. Unpack. Set up.



Call for a FREE estimate!

403-999-3024
carefreeconcierge.ca

Spring Promotion Save \$500

Present this ad before May 30/26



Bowbridge Manor

3139 Bowwood Dr. N.W. Calgary, AB
403-288-4014

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

**STEMP & COMPANY**

Tel. 403-777-1129 Fax 403-777-1124 www.stemp.com

Bill Stempel
LAWYER

Wills,
Probate Applications,
Power of Attorney



Offering 10% reduction
to Kerby Centre clients.

Our service is prompt and reasonably priced
We have your best interest in mind
1670, 734-7th Avenue S.W. Calgary, Alberta
T2P 3P8
reception@stemp.com



The hunt is on

Will

Find?

What

You

Mobile Nursing Footcare

20% OFF FOR SENIORS (65+)
ON INITIAL ADVANCED
MEDICAL FOOTCARE VISIT

IN-CLINIC SERVICES
MOBILE FOOT CARE
IN-UNIT/SENIOR HOME
HOSPITAL/HOSPICE CARE

CALL: 825-425-0595
WWW.NURSINGSOLES.CA
@nursingsolesinc



"We bring not only skill, but heart to every treatment—helping clients walk with confidence and comfort, one foot at a time."



In association with
FOOT CANADA
TRAINING



Adventure awaits

Join Unison Travel
for day trips,
overnight stays,
and connection!

Call 403-705-3237



STAND UP FOR A STRONGER ALBERTA

Albertans come together when it matters.
And the October 19 Referendum matters a lot.

Our votes have the chance to make immigration more sustainable, protect our health and education systems, and strengthen Alberta's provincial autonomy.



**ALBERTA
REFERENDUM
2026**

STAND UP FOR A STRONG AND SOVEREIGN ALBERTA WITHIN A UNITED CANADA
On October 19, stand up for change. Learn more at AlbertaReferendum2026.ca
PAID FOR BY THE GOVERNMENT OF ALBERTA



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!

