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The Season for Hearts



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~ Thich Nhat Hanh

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Rob Miyashiro
Executive Director

rmiyashiro@lethseniors.com

Last month this column provided information on the myriad of human services housed and provided by LSCO. We have made huge gains in our effort to become a 1-Stop resource for Seniors in our community, but I fear we have fallen short in one area. As our service provision side has increased, our expectations of our own members' behaviour and attitude has decreased. As we have implemented many effective resources to assist the community, we have failed to become introspective and address internal issues.

Allow me to illustrate this concept. When new fees are implemented or when procedures/ processes are enforced, some members feel that it is OK to rudely (and with impunity) voice their concerns to staff – regardless of the effect their tone of voice, choice of words or volume may have on staff (or on bystanders):

1. Several members voiced their displeasure at the fee increases in the fitness centre. Not that the amount was a problem, we were told, but that the percentage of increase was excessive (even though it is still among the lowest fees for this type of facility). We're OK with paying the increase because we know it's a good deal, we were told, but don't increase the fees by so much at one time. Imagine listening to that a number of times with the speaker being agitated and not wanting to discuss the actual cost. Think of the erosive effect on a person who has to listen to those rants while maintaining, or trying to maintain a calm demeanor;
2. Some members were caught engaging in behaviour for which the City caretaking staff had issues, and the members were asked to stop the behaviour. This issue had

been discussed with these individuals (and their group) several times over the past several years, and yet the consequences of these actions became the fault of the City staff. When one of the aforementioned members approached this writer with his concerns and this writer supported the caretaker's position, the member made physical threats to this writer...in front of several witnesses at the front desk!

These are but two examples of behaviours that cannot and will not be tolerated at LSCO. The Veiner Centre in Medicine Hat has their members sign a pledge which outlines positive behaviour expectations and that model will be adapted and implemented here. The actions of a very small percentage of members has become a reminder of the type of organization we do not want to be. We need to disallow the abusive and repugnant behaviour of some, which taints the perception of all of us.

NOTE: Our AGM will be on the afternoon of March 31, and we are looking for Board members. Contact our office for more information and watch for postings within the building. ★

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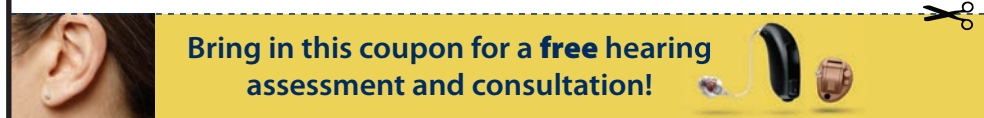


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A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

A proprietary publication of the Lethbridge Senior Citizens Organization. Editorial or advertising enquiries should be directed to the LSCO, telephone 403-320-2222.

Check out the newly revised website!
www.lethseniors.com

Layout, Advertising
& Circulation. Lisette Cook (ext. 33)

Printed by Lethbridge Herald

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LSCO 403-320-2222

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“An active, healthy community which is learning, growing and making a difference.”

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LSCO Memberships

LSCO Membership fees and program fees are now due.

Please note that if you are in need of financial assistance it may be available through LSCO's Welcome Policy.

Please make an appointment with Marlene Van Eden by calling 403-320-2222 or email mvaneden@lethseniors.com

LSCO ANNUAL GENERAL MEETING

TUESDAY, MARCH 31

1:15 P.M. ~ GYM 2

ALL PROGRAMS CANCELLED AT 1:00 PM TO RESUME AFTER MEETING

DINING ROOM CLOSED DURING MEETING

Welcome New Members!

Cathy Anderson

Ella Hathaway

Sharon West

Karen Howe

Bonnie L Boulton

Larry T Boulton

Wes Hillyer

Dorothy Halma

Terry Bruneau

Tavia (Helen) Maheu

Ken Kotkas

Joyce Kotkas

Anthony Heazell

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LSCO Hours of Operation

Monday – Friday, 8:00 am – 4:30 pm

Holidays vary – watch our calendar.

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LSCO Times Publishing Schedule

Issue

Deadline

March 2015

February 13

April 2015

March 13

Please have all ads and articles in by these dates to ensure inclusion in paper. Thank you.



From the Kitchen

Jennifer Harrison
jscott-harrison@lethseniors.com

Thank you to all of the volunteers who helped us get through 2 very large events this past month. Was anyone wearing a pedometer? I wonder how many steps we took and how many calories were burned as a result!! A great start to anyone who made the “get fit” New Year’s resolution!

Our next Sunday brunch will be held on **February 8th** from 10:00-1:00 in the LSCO din-

ing room. The price for this month will remain at \$14.00 per adult and \$7.00 per child 11 years & under. Everyone is welcome.

For those of you who have not yet renewed your 2015 membership, the grace period for menu prices has come to an end. Although a membership is not required to eat in the dining room, there is a 15% increase in prices for non members. So please remember to renew or purchase a membership so that you can take advantage of the savings. (This does not apply to Sunday Brunches).

The LSCO will be closed on Monday, February 16th for the Family Day Holiday. ★

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MENU FOR FEBRUARY 2015

Lunch served from 11 a.m. ~ 1 p.m. • Soup is not included with meal • The dining room is CASH ONLY

Monday, February 2	Tuesday, February 3	Wednesday, February 4	Thursday, February 5	Friday, February 6
Entree: Crab Stuffed Pollock Potato: Lyonnaise Veg: PEI Mix Soup: Beef Vegetable Sandwich: Grilled Beef & Cheddar Salad: Cranberry Mandarin	Entree: Cranberry Chicken Potato: Buttered Rice Veg: Carrots Soup: Chicken Noodle Sandwich: Grilled Beef & Cheddar Salad: Cranberry Mandarin	Entree: Turkey Stew Potato: Mashed Veg: Cauliflower Soup: Clam Chowder Sandwich: Grilled Beef & Cheddar Salad: Cranberry Mandarin	Entree: Glazed Meatloaf Potato: Steamed Red Veg: Mixed Vegetables Soup: French Tomato Sandwich: Grilled Beef & Cheddar Salad: Cranberry Mandarin	Entree: Pork Cutlet w/Mushroom Sauce Potato: Brown Rice Veg: Green Beans Soup: Turkey Vegetable Sandwich: Grilled Beef & Cheddar Salad: Cranberry Mandarin
Monday, February 9	Tuesday, February 10	Wednesday, February 11	Thursday, February 12	Friday, February 13
Entree: BBQ Chicken Potato: French Fries Veg: Corn Soup: Cream of Mushroom Sandwich: BLT Salad: Summer Salad	Entree: Pork Drummies Potato: Mashed Veg: Wax Beans Soup: Five Bean Sandwich: BLT Salad: Summer Salad	Entree: Tuna Casserole Potato: Noodles Veg: Peas Soup: Cream of Carrot Sandwich: BLT Salad: Summer Salad	Entree: Cabbage Rolls Potato: Steamed Red Veg: PEI Mix Soup: Beef Barley Sandwich: BLT Salad: Summer Salad	Entree: Turkey Pot Pie Potato: Mashed Veg: Carrots Soup: Split Pea Sandwich: BLT Salad: Summer Salad
Monday, February 16	Tuesday, February 17	Wednesday, February 18	Thursday, February 19	Friday, February 20
LSCO CLOSED FOR FAMILY DAY	• SHROVE TUESDAY • Entree: Pancakes/Sausages Potato: Veg: Fruit Cup Soup: Tomato Vegetable Sandwich: Tuna Melt Salad: Greek Salad	Entree: Liver & Onions Potato: O'Brian Veg: Mixed Soup: Beef Vegetable Sandwich: Tuna Melt Salad: Greek Salad	Entree: Roast Beef Potato: Mashed Veg: Corn Soup: Chicken Noodle Sandwich: Tuna Melt Salad: Greek Salad	Entree: Chili Potato: Fries Veg: Salad Soup: Clam Chowder Sandwich: Tuna Melt Salad: Greek Salad
Monday, February 23	Tuesday, February 24	Wednesday, February 25	Thursday, February 26	Friday, February 27
Entree: Smokies & Sauerkraut Potato: Perogies Veg: Wax Beans Soup: French Tomato Sandwich: Egg Salad Croissant Salad: Santa Fe	Entree: Chicken Pot Pie Potato: Mashed Veg: Peas Soup: Turkey Vegetable Sandwich: Egg Salad Croissant Salad: Santa Fe	Entree: Lasagne Potato: Veg: Salad Soup: Cream of Mushroom Sandwich: Egg Salad Croissant Salad: Santa Fe	Entree: Fish & Chips Potato: Veg: Coleslaw Soup: Five Bean Sandwich: Egg Salad Croissant Salad: Santa Fe	Entree: Meatball Stew Potato: Mashed Veg: PEI Mix Soup: Cream of Carrot Sandwich: Egg Salad Croissant Salad: Santa Fe

We are in midwinter. In my circle it has been a rough winter for my friends and the people around me. I read a story in the back section of a book the other day that has some good points for these troubled times.

It is the story of the hammer and the nail. So let's hear the story and think about it. The hammer is a useful and handy instrument. It is essential and helpful if nails are to be driven into place. Each blow forces the nail to bite deeper as the hammer head pounds on it. But if the nail had feelings and intelligence it would give us another side of the story. To the nail the hammer is a brutal, relentless master, an enemy who loves to beat it into submission. That is the nail's view of the hammer. It is correct except for one thing, The nail has forgotten that both it and the hammer are held by the same workman. The workman decides whose head will be pounded out of sight and which hammer will do the job. The decision



Acting President's Message

Stan Coxson

is the right of the carpenter. Let both the nail and the hammer remember that they are held by the same carpenter and resentment will fade as they yield to the carpenter without complaint.

It is the same with the metal and the blacksmith's furnace. The metal must keep in mind that the craftsman knows what he is doing and is doing it for the best.

Today we have heartaches and disappointments and like the hammer and the furnace, they come in all sizes and shapes –lingering illness, death and depression. They won't go away, we can't seem to break them. Some come fast and some slowly. Do you feel like the nail and the metal that you have been hammered too many times? Are you at the brink of despair thinking that you cannot take one more heartache or pain? Well, there is hope.

Another source says that our trials and testings are not accidents but appointments. After all these years do you think that the master craftsman would take this long and work this hard not to have seen your value? Those whom God uses most effectively have been hammered, filed, and passed through the fires of trials and heartaches.

I believe that there is a hand that guides your life. Keep on keeping on! ★

LSCO WILL BE CLOSED
MONDAY, February 16th
for Family Day

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From the Volunteer Corner



Volunteer News

Teresa Ternes
Volunteer Coordinator
tternes@lethseniors.com
403-320-2222 ext. 31

New Year...New Hours

With the New Year upon us....the slate is wiped clean and your 2014 volunteer hours are being applied/credited to the renewal of your new 2015 membership. I very much appreciate the pride most are showing when they spend a few seconds at the computer logging their volunteer in. I am happy to make adjustments when volunteers come to me right away & say; "I think I made a mistake when I checked in".

As the Volunteer Coordinator it is my job from time to time to review logged hours for the sake of providing accurate statistics but it is the responsibility of the volunteer to log correct hours under the correct headings.

LSCO Volunteers

I know it may seem late with the "thank you's", but this February issue (distributed the end of January), is the first opportunity to sing praises to the 100 volunteers who gave of their time on Christmas day. They all held it together during each of the shifts, performed their duties with a smile on their face all while 614 Christmas turkey dinners could be served. Christmas Angels all of you, thank you very much.

what is it?

The Galt Museum & Archives is happy to continue with our bi-monthly contest to guess the object in our display case. The number of objects from the Galt that are not only available...but are able to fit into our glass display case is limited. So.....in order to continue with this promotion, we may have to simply publish a picture of that months' object leaving the ballot and draw box near my office.

Clever Crafter's Boutique

The 2015 contracts for Boutique Consignee's are payable now and due before the end of January. Consignee's who's contract has not been renewed by Friday, February 13th will have their items removed. ★



Proud to Support
LSCO Volunteers

JANUARY 2015
Volunteer
of the Month
Diane McAlister

Diane McAlister joined the LSCO in May of 2005. Diane logged just over 280 hours in 2014. Like a chameleon, Diane changes her volunteer roles frequently as she blends into the kitchen landscape Friday rarely missing a week doing dishes; catering on the weekends, on the floor at Winner's Bingo twice a month and, as well as taking care of our plants when called upon. Diane, we are grateful for all you do here at LSCO.

Diane:

- what is your favorite word? *love*
- what is your least favorite word? *hate*
- what makes you happy? *other happy people*
- what makes you unhappy? *grouchy people*
- what sound or noise do you love? *my grandson's voice*
- what sound or noise do you hate? *people expressing negativity*
- what profession did you retire from? *Office Manager*
- what keeps motivating you to volunteer for the LSCO? *because I really enjoy it*
- If Heaven exists, what would you like to hear God say as you arrive at the Pearly Gates? *are you sure you are in the right place*

Due to the Alberta 55 Plus
Winter Games,
February 20th Friday Music
Program is cancelled.

At times programs may be
cancelled due to meetings,
holidays, low attendance,
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Please watch for notices.



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Our next
Sunday Brunch
is February 8
10 am – 1 pm
Everyone is Welcome

what is it?

The Galt Museum & Archives and LSCO
present a three-dimensional artifact
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The course covers how to deal with depression and difficult emotions, how to think positively, improving your communication skills, eating healthier, working on weight issues, controlling pain and fatigue, being active, preventing falls, breathing easier, using distraction, making action plans, solving problems, brainstorming ideas, ways to improve sleep, and how to work better with your Health Care Provider.

**March 3, 10, 17, 24, 31
& April 7, 2015**
9:00 am to 11:30 am
LSCO Board Room
500 - 11th Street South


Individuals wanting to take part in the course need to register in advance. To register please contact South Zone Registration in Lethbridge 403-388-6654 or toll free 1-866-506-6654.





indoor walking

Just because it's winter doesn't mean you have to stop going for your walks. If you feel like jogging a little you can do that too! This is a non structured program Tuesdays & Thursdays from 8:00 – 8:45 am beginning January 6. It is FREE with a LSCO Membership. Please register at the Administration Desk.



Bank Account

A 92-year-old, petite, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably combed and shaved perfectly, even though he is legally blind, moved to a nursing home today.

His wife of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready. As he maneuvered his walked to the elevator, I provided a visual description of his tiny room, including the eyelet curtains that had been hung on his window. 'I love it,' he stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

'Mr. Hones, you haven't seen the room; just wait.'

'That doesn't have anything to do with it' he replied. 'Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged... it's how I arrange my mind. I already decided to love it. It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get oiut of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away... just for this time in my life.'

Old age is like a bank account. You withdraw from what you've put in.

So, my advice to you would be to deposit a lot of happiness in the bank account of memories!

Thank you for your part in filling my Memory Bank. I am still depositing.

Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

"Love doesn't make the world go round. Love is what makes the ride worthwhile."

~ Franklin P. Jones



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LSCO February Activity Schedule

For more information regarding programs contact the Administration Desk at 403-320-2222.
Note: Some programs are for members only while others are open to the community.

Monday	Tuesday	Wednesday	Thursday	Friday
Active Aging 8:00 am	Indoor Walking 8:00 am	Active Aging 8:00 am	Indoor Walking 8:00 am	
Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Stretch 8:30 am Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am
Amateur Ham Radio 9:00 am Ceramics & China Painting 9:00 am	Amateur Ham Radio 9:00 am Fitball 9:00 am Program Committee Meeting Tuesday, Feb. 17, 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am Fitball 9:00 am	Amateur Ham Radio 9:00 am Paper Tole 9:00 am
	Advanced Photography 9:30 am Gentle Yoga 9:30 am	Chair Yoga 9:30 am Scrabble 9:30 am	Scrabble 9:30 am Gentle Yoga 9:30 am	
Keep Fit 10:00 am Lapidary 10:00 am Yoga 10:00 am	Golden Mile Singers 10:00 am	Keep Fit 10:00 am Yoga 10:00 am Genealogy 10:00 am	Common Ground 10:00 am	Keep Fit 10:00 am Digital Photography 10:00 am
Line Dancing 10:30 am	Badminton 10:30 am Yoga Nidra 10:45 am		Badminton 10:30 am Line Dancing 10:30 am	Scottish Country Dance 10:30 am
Badminton 11:10 am		Badminton 11:10 am		Badminton 11:10 am
Yoga 12:00 pm	Basketball 12:00 pm		Basketball 12:00 pm	Yoga 12:00 pm
			Wood Carving 12:30 pm	
Pickleball 1:00 pm Carpet Bowling 1:15 pm	Quilting 1:00 pm Floor Curling 1:00 pm Karaoke 1:00 pm	Beginner Pickleball 1:00 pm Bingo 1:00 pm Lapidary 1:00 pm Carpet Bowling 1:15 pm	Needlework 1:00 pm Crib 1:00 pm	Pickleball 1:00 pm Carpet Bowling 1:15 pm
	Pickleball 1:30 pm		Pickleball 1:30 pm Line Dance 1:30 pm	
Table Tennis 3:00 pm		Table Tennis 3:00 pm		Table Tennis 3:00 pm
			Gentle Nia 3:30 pm	
Tai Chi 5:00 pm	Yoga 5:00 pm	Tai Chi 5:00 pm		
			Classic Nia 5:15 pm	
			Jam Session 6:00 pm	
	Line Dancing 6:30 pm			
Fitness Centre 8:00 am - 6:00 pm	Fitness Centre 8:00 am - 6:00 pm	Fitness Centre 8:00 am - 6:00 pm	Fitness Centre 8:00 am - 6:00 pm	Fitness Centre 8:00 am - 6:00 pm
				Saturday
				Fitness Centre 9:00 am - 12:00 pm
				Drawing Class 9:30 am

Please note: Due to the Alberta 55+ Winter Games, some programs may be cancelled. Watch for notices.



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Lodge Accommodations

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Our Lodges are conveniently located near shopping, medical clinics, financial institutions, and restaurants, as well as local leisure and entertainment facilities.

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For more information contact:
Cindy Koskewich
Green Acres Foundation
Phone: 403-328-1155
Email: ckoskewich@greenacres.ab.ca

COUPON

February 2015 Only

Receive \$400 off your first month's total monthly fee with this coupon.

New resident sign-ups only.

One coupon per person.

An LSCO Gift Certificate makes the perfect gift. Use it for breakfast, lunch, the fitness centre or one of our classes.

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The 2015 programs and classes are well under way. A number of programs are available to members and non members. If you have any questions feel free to ask at the Administration Desk.

UPCOMING PROGRAMS

CREATIVE COLLAGE

Collage: this French term means to put together. Participants will use paper, paint and scissors to create compositions and cards or anything that interests you.

When: Tuesdays
March 3 – 31
Time: 1:00 – 3:00 pm
Fee: \$25 LSCO M; \$37.50 NM
Instructor: Amy Dodic
Register by: Tuesday, February 24

BEGINNERS OIL PAINTING

Learn the basics in oil painting. This type of painting can be a little frustrating for a beginner because of its drying time and the way the color can change to mud in an instant. The finished product is worth the wait. Register today to learn more.

When: Wednesday
March 11 – April 29
Time: 10:00 am – 12:00 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Thursday, March 5

BEGINNER FIT BALL

This class is for individuals new to exercising with a stability ball (large oversized rubber ball). Beginner exercises will be introduced to assist you to improve core strength, posture, balance and flexibility. Wear comfortable exercise clothing and non slip indoor running shoes. Bring a water bottle and exercise mat if you have one.

When: Tuesdays
January 27 – February 24
Time: 3:30 – 4:30 pm
Fee: \$15 LSCO M; \$22.50 NM
Register by: Thursday, January 22
Instructor: Blaire Harvie

STRENGTH TRAINING for YOU

Strength training offers numerous benefits. Participants will learn the basics of how to increase muscular strength, maintain or improve joint flexibility, enrich mental health and more. Come dressed in workout clothes, running shoes, bring water. Class is held in the Fitness Centre. Space is limited.

When: Tuesdays & Thursdays
February 10 – 19
Tuesdays & Thursdays
February 24 – March 5
Time: 2:15 – 3:15 pm
Fee: \$20 LSCO M; \$30 NM
Instructor: Blaire Harvie

EARLY EVENING STRENGTH TRAINING

Learn the basics and more during this 4 week strength training program. A variety of exercise equipment will be used. Space is limited. Register early.

When: Tuesdays & Thursdays
February 3 – 26
Tuesdays & Thursdays
March 3 – 26
Time: 5:30 – 6:30 PM
Fee: \$40 LSCO M; \$60 NM
(fees per session)
Instructor: Blaire Harvie
Register by: One Week Prior to Start Date

Due to the Alberta 55 Plus Winter Games, LSCO Tai Chi Club, Keep Fit, Badminton and Pickleball will be cancelled on February 20 & 21.

DROP IN FEES

Some of the classes offered at LSCO maybe attended by paying a drop in fee. Please call first to make sure they are running. (Classes after 4:30 pm cash or cheque only.)

	Member	Non Member
Active Aging	\$6	\$7.50
Chair Yoga	\$3	\$5
Gentle Yoga	\$6	\$7
Yoga – Noon, Power, Flow	\$8.50	\$12
Nia	\$8.50	\$12
Yoga – Mon-Wed am	\$6	\$7.50
Pickleball	\$2.50	

Congratulations




Audrey Kayfish and Lorraine McCormick were in the spirit through the month of December. Daily they donned Christmas attire and are the winners of a free meal at LSCO. Thank you for participating!

Did you know?

the Dining Room at LSCO is open to the public and serves breakfast and lunch?

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Wow!

Wow!

Wow!

WOW BINGO WOW

To all of our bingo volunteers, that number about 30, you raised approximately \$165,000 for the year 2014. Give yourselves a great big hand. We have a number of our people who will come out on short notice and do double duty when needed. I must thank Kari Martin for her work as she looks after the volunteer roster and digs out someone to fill in when needed. A big thanks Kari.

As always we could stand to have more names on the roster so if you would like to have some fun, a little exercise and some socializing with the bingo patrons give your name to Kari at the front desk. We Can Use You.

Wintertime blues

It's quite common this time of year, when the days of winter seem to stretch on and on, for people to cozy up in their homes or tuck themselves away while the weather passes. We've all heard of the winter blues and in most situations they are harmless; but sometimes they can worsen into a mental illness known as Seasonal Affective Disorder, or SAD. According to the Mayo Clinic website, SAD is: "a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year... symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody."

No matter if someone is dealing with the winter blues, or the more long-term effects of SAD, here are some tips to help support wintertime mental wellness:

Kick-start the day with physical activity. A regular exercise routine increases energy, men-

tal and physical well-being and releases stress and anxiety. Both LSCO and NordBridge have many physical activities offered for a variety of fitness levels.

A calm mind is a clear mind. Take 10 minutes daily and practice a mindfulness technique. Focus on breathing. Take deep breaths, inhaling through the nose and exhaling, slowly, through the mouth.

LEARN More



Jennifer Payne
LEARN Coordinator

Meeting Room E
2nd Floor, LSCO
403-394-0306

Soak up the winter sunlight. Take a walk and take advantage of natural sunlight even if it is cold outside. Keep curtains open and your space well lit.

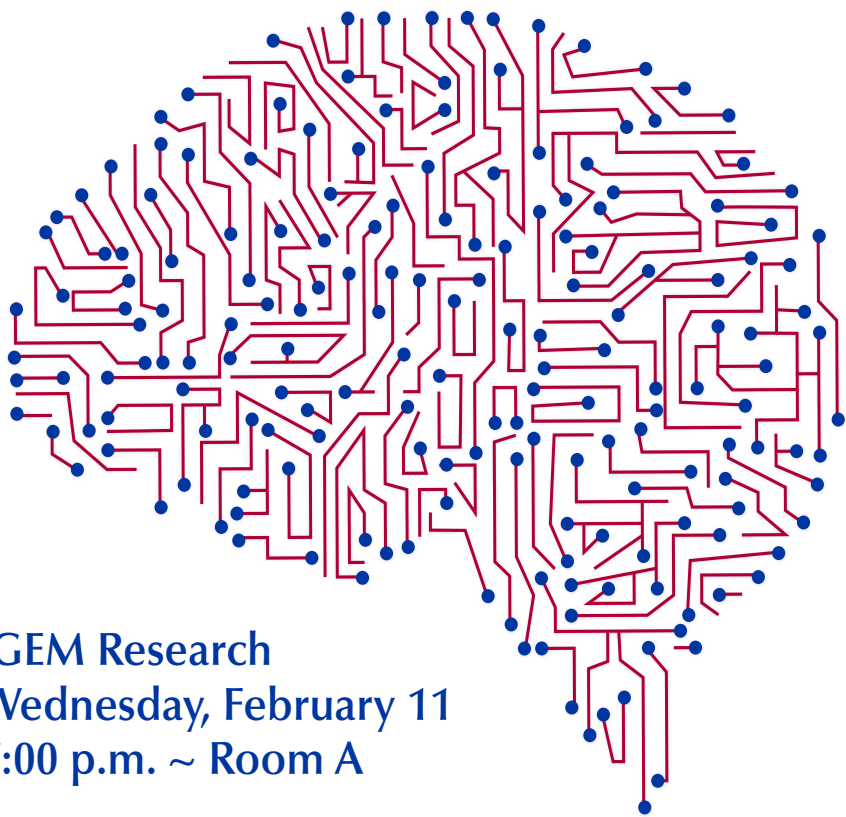
Express your creativity. You don't need to be an artist. Creativity could be anything you enjoy doing that is effortless and enjoyable.

**adapted from*
www.theweathernetwork.com

A word of caution: if your winter blues last for an extended period of time (more than 2 weeks straight), it may be time to consult your doctor. Mental health is just as important as physical health and should be treated with the same care and consideration.

As always, if you, or someone you know is experiencing abuse, please give me a call. When it comes to Elder Abuse, silence is not an option. ★

Lethbridge Stroke Recovery Association (LSRA)



iGEM Research
Wednesday, February 11
7:00 p.m. ~ Room A

Guest speakers, Zak Stinson and Aubrey Demchuk from the Neuroscience Department of the University of Lethbridge will be speaking about the iGEM research in regards to facilitating recovery from stroke and traumatic brain injury.

Everyone is welcome to attend.

Lethbridge Senior Citizens Organization (LSCO)
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Monday – Friday
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Self Help Groups

Touched by Cancer Support Group

An evening for all individuals and their loved ones to come together to talk, share experiences about their cancer journey. The chance to offer support to each other whether newly diagnosed, undergoing treatment or in remission. The group’s next meeting is Tuesday, **February 17th** at 7:00 pm in Room A. For more information please call 403-320-2222 ext 25.

Lethbridge Stroke Recovery Association (LSRA)

Meet regularly the 2nd Wednesday of every month at 7:00 pm in Room A. If you are a stroke survivor or the loved one of a survivor you are invited to join the LSRA meeting on Wednesday, **February 11th**. Guest speakers for the evening are Zak Stinson and Aubrey Demchuk from of Neuroscience Department of the University of Lethbridge. They will be speaking about the iGEM research in regards to facilitating recovery from stroke and traumatic brain injury. Everyone is welcome to attend. For more information please call Louise at 403-394-6495.

Alzheimer’s Caregiver Support Group

The Alzheimer’s Caregiver Support Group is now meeting at the LSCO. The purpose of the group is to help families and caregivers maintain and increase feelings of self-worth and control by sharing common experiences. Working together can assist people and alleviate feeling of helplessness. The group meets in Room B the 3rd Tuesday of the month. Next meeting is **February 17th** at 7:00 pm. For more information call Vedna at 403-329-3766.

Parkinson’s Alberta Society Support Group

Meet regularly the 3rd Thursday of every month at 2:00 pm. The next meeting will take place on Thursday, **February 19th** in Room A. Simone Lyon, Shoppers Home Health, will be speaking on AADL (Alberta Aids to Daily Living). For more information about the group, please call Brian at 403-317-7710.

Celiac Support Group

They meet the last Monday of January, May & September at 7:00 p.m. in Room “A”. The next meeting is Monday, **May 25th**.

On Our Own: A Group for Widows, Widowers and Divorcees

Meet weekly for a coffee social hour **every Wednesday** in the dining room at 2:00 pm. New member are welcomed.

Trigeminal Neuralgia Support Group

Trigeminal Neuralgia is a neuropathic disorder characterized by episodes of intense pain in the face, originating from the trigeminal nerve. It has been described as among the most painful conditions known. Individuals with TN and their family member are invited to attend the meetings. The next meeting is **February 14th** at 2:00 pm in Room C & D.

Alcoholics Anonymous Saturday Morning Eye Opener Group

This group meets every **Saturday morning at 9:00 a.m.** in Room C/D.

Sunset Alcoholics Anonymous

Meets in Room C/D **Thursday evenings** at 7:00 p.m.

Free Neck and Shoulder Massages!

The Lethbridge College Massage Therapy students will be here at the LSCO on **Monday, February 2nd, March 9th and March 30th from 9:30 until 11:30 a.m.** in the Stage Area of the LSCO Dining Room.

The students will provide free neck and shoulder massages on a first come, first served basis.



If you are in need of individual time with a Computer Instructor, one hour sessions are available to book. This is an opportunity for you to ask questions to help you better operate your iPad, Laptop or Tablet. Contact LSCO at 403-320-2222. Payment is required upon booking. Leave your name and number. Arrangements will be made with the instructor.

Fee: \$35 LSCO Member; \$60 Non Member

Wilbur’s Glasses

Wilber needed glasses – reading glasses. To read the writing on a can of corn was nearly impossible for him. He looked at it this way – driving the big John Deere and raising cattle would not require him to get reading glasses. That was OK until the neighbour’s funeral when everything took a bad turn. Now his story.

Wilber’s wife was a school teacher in a small rural school where she was the only teacher for 26 kids from grades one through six. In those days when there was a death in the community, all the people of the community would be at the funeral. The funeral would be in the community hall down the road a couple of miles from the school. Wilber’s wife was asked to bring a loaf of sandwiches for the lunch following the funeral as was the pattern in the community.

The morning of the funeral everything went wrong. Wilber’s wife was in such a hurry that

she completely forgot the sandwiches when she left for school. She remembered the sandwiches when she got into the school. Now she was the only teacher there, there was no phone in the school and cell phones had not yet been invented. What was she going to do?

Help came in the form of a mother who was bringing her child to school. She lived just down the road from Wilber’s ranch. She would drop off a note to Wilber on her way home.

Now Wilber’s wife knew that Wilber was of little or no use in the cooking department. He was also very poor at following directions (some men have been accused of that habit to this day). But she thought that nothing could be more simple than to take a can of chopped meat and mix it with some of her homemade pickles finely chopped. Even Wilber should be able to manage that! Wilber buttered the bread, fixed the sandwich meat like he was told to do.

Everything went well. All of the sandwiches were eaten. All was peaceful on the ranch, that is until Wilber’s wife got home. She was about to read him the riot act for leaving her kitchen in a total mess. She got her apron on and started cleaning the kitchen then her heart almost stopped! She wished she could die. She screamed at Wilber asking him what meat he had used for the sandwiches. Wilber was outside but he hollered back that the cans were in the garbage. OH NO!! What did you do? Can’t you read? She took the meat cans from the garbage can – Dr. Roses Dog Food is doggone good – special pork flavour. She was ready to kill Wilber. What if the neighbours ever found out?

Wilber made an appointment the next day to have his eyes checked and so life goes on at the ranch. ★

by Stan Coxson

For those of you who drive cars..... did you know that the lane that runs right in front of LSCO is an **EXIT LANE** only. There is a sign by the sidewalk that states **"DO NOT ENTER"**. The reason for me pointing this fact out is for safety reasons. Some individuals have almost been hit; we have also had a few near misses in the accident area too. Please enter the parking lot at the 2 entrances provided.

WELLNESS

Hearing Screening

Not hearing as well as you use to? Candice Elliott-Boldt from *Lethbridge Hearing Centre* will be here the 2nd Thursday of every month from 10:00 am – 12:00 pm. Book your free initial test at the administration desk or by phoning 403-320-2222. The next hearing screening will be on Thursday, **February 12th**.

Massage Therapy Appointments!

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be here on, **Friday, February 13th & 27th from 9:00 am – 2:00 pm** in the Clinic Room. *(Please note the change in date and time.)* You can book your 30 minute (\$40), 45 minute (\$50) or 1 hour (\$60) massage appointment at the Administration Desk. A portion of the monies paid will go to LSCO.



LSCO Support Services

Marlene Van Eden
Support Services Coordinator
mvaneden@lethseniors.com
403-320-2222 ext. 25

Grateful Feet: Nursing Foot Care

The care provider for this service is Tina Huckabay, RN. Care includes: assessment of the lower legs and feet, including a diabetic foot screen; cutting and filing toenails; filing corns and calluses, corn removal if possible; simple massage; teaching about foot care; recommendations about shoes; referrals to other professionals.

Grateful Feet offers one-hour appointments. Book your appointment for Tuesday, **February 3rd** (morning only) & **February 17th** (all day) by calling the LSCO 403-320-2222. There is a fee for this service, with a portion of it going to the LSCO. To book or for information call 403-320-2222 ext. 25. For home visits, call 403-894-9667.

Reflexology Appointments

Brenda from New “U” Reflexology will be here on Thursday, **February 20th**. Individuals interested can book their 1 hour appointments at the administration desk with the first appointment starting at 9:00 a.m. The cost for a 1 hour session is \$50 with a portion of that going to the LSCO.

COMMUNITY PARTNERSHIPS

Do you have a will? Have drawn up your Power of Attorney?

A lawyer from the law firm of Krushel A lawyer from the law firm of Krushel Farrington will be here on Wednesday, **February 11th** to answer any questions you might have. Book your free 15 minute appointment with the lawyer at the LSCO administration desk. Appointments times run from 10:00 am – 12:00 pm.

Chat with a Councilman Coffman!

Jeff Coffman will be at the centre to meet with members, to listen to your views and exchange ideas about city issues. This is a good opportunity to share your thoughts or discuss projects or ideas of interest to you. Come talk to Jeff on Friday, **February 6th** from 11:30 am – 1:00 pm in the dining room.

Turn Valentine’s love into all-month kindness

February has long been known as the month of love, yet we really only celebrate our ‘Valentines’ on the 14th. This year, why don’t we take the full 28 days of February to spread a little more love, compassion and kindness?

“Let’s use the idea of Valentine’s Day to do a random act of kindness on each day of the month,” says Canadian lifestyle expert Janette Ewen. We might do things like:

- Send someone a hand written note of thanks.
- Put change in the charity box at a cash register.
- Give a compliment about someone to his or her boss.
- Allow another person to jump ahead of us in a line up.
- Leave a bigger tip than expected.
- Hold the elevator for a stranger.
- Smile and say hello to passers-by on the sidewalk.

- Pay for someone else’s coffee in the drive thru.
- “One good deed begets another,” Ewen continues. “The positive feeling you get from doing something nice for someone else will stay with you all day.
- “And don’t forget to treat yourself to an act of kindness this month,” adds Ewen. “And I say do it with jewelry. Have you seen, for example, Pandora’s new Valentine’s Day jewelry collection, which includes a sterling silver bracelet, ring and necklace with the word Love spelled out in sparkling crystal script?”

She adds that the hand-finished jewelry pieces make a great gift (Pandora.net), but also serve as a good reminder that one act of love can lead to another, and then another. Each one helping to spread the meaning of ‘Be my Valentine’ a little further.

www.newscanada.com

Fitness Training



It’s a new year and the perfect time to change up your workouts or get started. Make an appointment with Blaire Harvie today. Blaire has her Exercise Science Diploma, Alberta Fitness Leadership Certification; Resistance Training Specialty and her

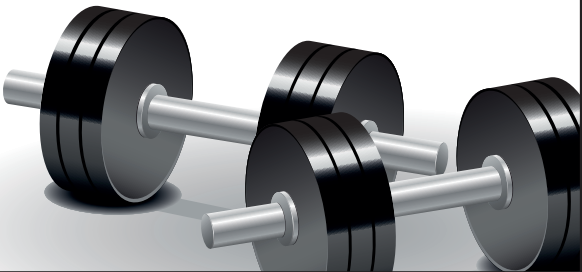
CPR. She enjoys helping others work towards reaching their fitness goals.

She will motivate you, educate you, ensure you workout safely and efficiently and keep you on track.

Fees:

- Two – 1 hour session: \$45
- Five – 1 hour sessions: \$100
- Ten – 1 hour sessions: \$180

Call
403-320-2222
for more
information.



The 2015 Alberta 55 Plus Winter Games are coming to Lethbridge and Southern Alberta February 19-22.

We are hosting three events at LSCO including Badminton, Bridge and Scrabble which means there will be some room/program closures. LSCO Tai Chi Club, Keep Fit, Badminton and Pickleball will be cancelled on February 20 & 21 st.

Also note that parking may be at a premium for Friday the 20th: plan ahead if your program/class is running that day. The Games are looking for more volunteers, so if you have some time that weekend, please contact the Games office and sign up. Congratulations to all of our South Zone Athletes and good luck with your competitions!

55 Plus Games Office:
#501, 817 - 4 Avenue South, Lethbridge
Inquiries: 587-425-0555

info@2015Alberta55PlusWinterGames.ca
www.2015Alberta55PlusWinterGames.ca

FROM THE GALT

Happy birthday to the Canadian flag!

In our classroom at the Galt Museum & Archives, we have a mural with four time lines – international, national, provincial and local – to help students put the history they are learning into context. On the Canadian timeline there is a picture of the Canadian flag and the phrase “Canada’s new flag”. Many times since the timeline went up a year ago, we’ve had a student enquire, “If that’s the new flag, did we have an old flag? And what did it look like?” Most young students have never even imagined that Canada could ever have had any other flag and they certainly don’t have any idea what the flag was, why it was our flag or why we changed it.

So, for the 50th anniversary of our flag – which turns 50 officially on February 15, 2015 – why not some information on our flag, its history and the flag debate of the 1960s?

Following Confederation in 1867, Canada primarily used two flags – the Royal Union Flag (better known as the Union Jack) and the Canadian Red Ensign. There were a few attempts before the 1960s to get Canada a flag distinctly its own.

But it wasn’t until the 1960s that there was a truly concerted effort to make it happen.

The concept of a Canada flag was controversial firstly because many believed Canada did not need its own flag. Canadian soldiers had fought and died under the Union Jack in several wars and veterans’ groups argued against the necessity for a new flag.



But even amongst those who wanted a new flag, what the flag would look like and the symbols that would be upon it were matters for contention. Many groups and individuals wanted the Union Jack to be a part of the new flag (similar to how it now is in several of our provincial flags). Others wanted the flag to be red, white and blue – the colours of Britain’s flag. Some thought the beaver was necessary or that the fleur de lys should be represented on the flag. There were many ideas and initially little agreement.

Choosing the wrong flag or symbol could cause divisions across the country; whatever symbols was used had to be ones that unified people across Canada. About the only thing many people seemed to agree on was that the Maple Leaf had to be displayed prominently on the new flag. The debate was intense, but finally a new flag was presented to the country.

The flag was approved by the Queen on January 28, 1965, and inaugurated on February 15th at a special ceremony on Parliament Hill.

While that was the official ceremony, many others were also held across Canada that day. A special ceremony was held at Civic Centre in Lethbridge to formally change from the Red Ensign to the Maple Leaf flag. Members of the Royal Canadian Mounted Police and the Lethbridge Police Force worked together to raise the flag and the old Red Ensign was placed in a protective covering after it was lowered. There was also a flag ceremony at Lethbridge City Hall and the schools had special ceremonies to change flags.

While these ceremonies on February 15 were the official and formal change over in Lethbridge, it was not the first time the new Maple Leaf flag was flown here. The flag had been flying in Lethbridge for a month before the official event. One of the first Maple Leaf flags to fly in western Canada was at the brewery which, as early as January 15, 1965, flew four Maple Leaf flags and three Red Ensign flags. The *Lethbridge Herald* also had the new flag flying before February 15 and there are some great archival photographs showing the rooflines of several downtown building that show both flags flying high over Lethbridge.

Since 1996, February 15th has been flag day in Canada. But this one, commemorating the 50th birthday of our flag, is especially poignant. So take a moment on the 15th to think about Canada and its flag history. ★

Belinda Crowson is a local historian and Museum Educator at the Galt Museum & Archives.



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FEB 07 - MAY 18.15



The Curator Presents ▶ Reflections of Canada: The Art of the Engraved Stamp and Banknote with Dr. Jennifer Anderson—followed by official exhibit opening.

*** Wednesdays at 2:00** ▶ 04 **Stories from the Lethbridge Herald**
1st & 3rd Wed 2:00 pm
twice monthly program for 55+

18 **A Noble Hobby: The Preservation of Southern Alberta's Military Heritage**

*** Thursdays at the Galt** ▶ 05 **Archives Program:** The ethics of representation... with Dr. Carol Williams
Archives, Discovery Hall & Museum Store open to 9 pm
Program starts at 7 pm
cash bar open 5-8 pm

12 **Galt Workshop:** Styrofoam Relief Prints

29 **Café Galt:** Building Designs: How local architecture has borrowed from history... with Jonathan Legg

*** Saturdays at 1:00** ▶ presented with Green Acres Kiwanis Club of Lethbridge
weekly family program 1-2pm | details online

07 **Valentines** 21 **Year of the**
14 **Flag Day** with **Sheep**
Glenn Miller 28 **Marbleized Paper**

Valentine's High Tea
Sat FEB 14 | 2:30-4 pm
EVENT LOCATION: The View at Lethbridge Transportation available. TICKETS: \$25/ person at the Galt Museum Store. Fundraiser presented by The Friends of the Galt.


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Strength training offers numerous benefits. During the 4 sessions participants will learn how to increase muscular strength, maintain or improve joint flexibility, enrich mental health and more. Register early as space is limited. Come dressed in workout clothes, running shoes, bring water. This class is perfect for the beginner or individual with limited experience exercising with weights. Class is held in the Fitness Centre.

When: **Session 1:** Tuesdays & Thursdays, January 6 - 15
Session 2: Tuesdays & Thursdays, January 27 - February 5

Time: 2:15 – 3:15 pm

When: **Session 3:** Tuesdays & Thursdays, February 10 - 19
Session 4: Tuesdays & Thursdays, February 24 - March 5

Time: 2:15 – 3:15 pm

Fee: \$20 LSCO M; \$30 NM (fees per session)

Register by: One Week Prior to Start Date

What Exactly is a Mortgage?

We often see situations where seniors are selling a home and we are asked to act on their behalf. One of the basic things that we do is a title search to see whether any items that are registered on title need to be removed from title as part of the closing process.

When the senior comes in to sign the transfer of land and other documents to deal with the house sale, we sometimes explain to them that there is a mortgage registered against their home that will need to be discharged. The senior is often quite insistent that there could not possibly be a mortgage against their home and they suggest that we are mistaken. Usually, we are not.

There can be several scenarios which give rise to the necessity of discharging a mortgage unexpectedly. Most people think of a mortgage as a borrowed lump sum of money to buy a home that is payable by fixed payments over time and that is eventually paid off. When it is paid off, the owner typically celebrates – sometimes with a mortgage burning party. In actuality, a mortgage itself is not necessarily the process that we just described. Mortgaging is the act of pledging a home or any land related property as security for monies owing. It could be in the form of a traditional type of loan for purchase of a home as we described earlier. Alternatively, it could also be for a loan



Legal Tips and Information

James R. Farrington

arrangement such as a line of credit. There may or may not be anything owing under the line of credit, but the land stands as security for what may be owing now, or in the future, under the line of credit. Accordingly, there can easily be a mortgage registered against title even though no monies are presently owing. Discharge of the mortgage terminates the line of credit.

The other scenario in which mortgages can be registered against title unexpectedly are situations where the loan may have been paid off long ago and the bank has sent to the borrower a discharge of the mortgage, but the borrower has not registered the discharge of the mortgage at the Land Titles Office. Most banks do not take that step for the borrower. Banks are required to provide one free discharge of the mortgage when the loan is paid off but they

are permitted to charge a fee for the provision of a second discharge. Many people do not realize that when they receive the discharge from the bank they must still register the document at the Land Titles Office. They can either do that themselves, or they can get their lawyer to assist them with the registration of the discharge.

If the discharge document is lost, obtaining a second copy of the discharge that can be registered is relatively simple if the bank is still in existence although there may be a fee charged by the bank. More problematical is that from time to time we do see situations where the loan may have been paid off many years ago and the financial institution may no longer exist, or may have existed under a previous name which has been subsumed through various bank amalgamations which are not clearly traceable. In those situations it can become very difficult to obtain another discharge of the mortgage to the point where it may even be necessary to obtain a Court Order in some instances. Accordingly, the lesson for this article is that when your mortgage discharge arrives in the mail, make certain that the proper steps are taken to register it at the Land Titles Office because there can be difficulties later if you do not do so. ★

Krushel Farrington is a local Lethbridge law firm.

Computer Corner by Sjoerd Schaafsma

Buying a Computer: Part 1

First a happy ending: After submitting the January article I ran into the lady with the mouse problem again. She did end up returning her computer to one of the big box stores, and came home with a remote USB mouse rather than a new computer and all the grief that can involve.

When people ask me to help them buy a new computer I'm always hesitant because there are so many things to think about. Here is a list of things to consider before buying a new computer.

First, do you really need a new computer? Grandparents and their offspring may have very different ideas on what is needed.

What do you plan to use the computer for? Is space a consideration? Do you plan to travel with it? How important is portability? How good is your eyesight, your fingers? How fast a learner are you? How much help will you need operating your new PC?

If you are not a serious role playing gamer, or movie editor just about any computer you buy these days will have the power to do what you need. If you are playing heavy graphic games or doing serious multimedia editing, you probably wouldn't be asking for advice anyway.

Should you get an Apple or a Windows type of computer? This depends on what you already know, and what the rest of your family has. If your family all has Macs, get a Mac, you'll be more likely to get help and advice close to home.

If space is a consideration you may want a laptop. Check it out before you buy, how easily can you read the screen? Are you going to be carrying it around, if you are, and your eyesight is up to it, consider something small and light weight. If you plan to use it at home, don't be afraid to get a heavier laptop with a larger screen.

If you're an information junkie, who likes to have the internet at their fingertips, maybe a tablet will do. Again, what does the rest of the family use, iPad, Windows tablets, Android? Do you want it to fit in your purse, inside pocket? The systems all have their pros and cons, consider who will be around to help you.

The Monthly Tip:

If you have a new computer with Windows 8.1, and you prefer the way your previous version of Windows looked, check out 'the Classic Shell'. This is a free program which can bring back the start button and many of the behaviors you were accustomed to. If you don't like it, it is easy to uninstall. Be sure to install it from the Classic Shell website and not one of the redistributors who bundle software with unwanted adware.

For a complete listing of courses and club offers check out our website or the Computer Club Bulletin Board in the downstairs foyer.

Read the Computer Corner at <http://members.shaw.ca/lscocc>


Feedback and questions welcome. saltidae@gmail.ca





USING APPLE COMPUTERS

Basic and simple instruction on how to use Apple Mac computers, MacBook and iMac will be given to participants. The Instructor will start with Mac basics and then will gradually work up to general information in the first hour, followed by answering participant questions for the next hour. Some of the topics will be using iTunes, safe web browsing with Safari, setting up Skype for family communication, setting up your email and playing simple games. Please bring your charged MacBook to class.

When: Wednesdays
February 11 – March 4
Time: 1:30 – 3:30 pm
Fee: \$36 LSCO Member;
\$54 Non Member
Instructor: Rod Henriquez
Register by: Thursday, February 5

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When: Tuesdays & Thursdays
February 3 – 26 &/or March 3 – 26

Time: 5:30 – 6:30 pm

Fee: \$40 LSCO M; \$60 NM (fees per session)

Instructor: Blaire Harvie

Register by: One Week Prior to Start Date

Creative
Collage

Collage: this French term means to put together. We will use paper, paint and scissors to create compositions and cards or anything you can think of.

When: Tuesdays, March 3 – 31

Time: 1:00 – 3:00 pm

Fee: \$25 LSCO M; \$37.50 NM

Instructor: Amy Dodic

Register by: Tuesday, February 24

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A Houseful of “Stuff”

“Even when one is no longer attached to things, it’s still something to have been attached to them; because it was always for reasons which other people didn’t grasp...”

Quote by Marcel Proust found in *The Hare With Amber Eyes* by Edmund de Waal

I admit it; I have a houseful of “stuff”. I definitely qualify as a collector but I will not admit to the title of Hoarder. Hoarders collect anything and everything – collector’s keep things in categories. I readily admit to collecting books and movies and they are neatly placed in bookcases throughout the house. However, through the years I have added a variety of objects that would be classed as “collections”. I have a large assortment of Blue Willow pottery and porcelains (some antique, some new), kitchen tins (again, some old, some new), an anthology of anthropological objects, a few pieces of antique furniture and my favourite – Buddhas in a variety of substances, shapes, and sizes.

Much of what I admit to, I credit to my late husband. He, too, was a collector with far more enthusiasm than I. The attachment I feel towards some of “his” objects are simply because of his passion for them. I have just inherited some of his acquisitions and it is hard to let them go. Letting them go would be like losing a part of him. So here we are



The Widow’s Walk

Kay Long, B.S.W., R.S.W.

in our house with my stuff, Glenn’s stuff and stuff bequeathed to me by my late husband. It’s a bit crowded.

George Carlin, one of my all-time favourite stand-up comedians (who is now deceased), once did a monologue about “stuff”. He said, “A house is just a pile of stuff with a cover on it...So when you get right down to it, your house is nothing more than a place to keep your stuff...while you go out and get more stuff.”

Well, George, we are making a commitment to start eliminating some of our stuff. Some will be given away, some will be sold and some may wind up in the local landfill. As long as it’s out of our house. This year we will sort then save or toss. Since this will be very traumatic for me I have come up with a way to fool myself. I once heard someone say

that they have never seen a hearse pulling a U-haul trailer. Clearly we can’t take it with us. When someone passes away those left behind must deal with all the dearly departed’s stuff. Since I have been in the position of one who is doing the cleaning up a number of times, I want to clean up *my* act before I depart.

I have hit up a solution. I am going to pretend (to myself) that I have passed away. Then I will voluntarily be the one to do the clean up after I am (pretend) gone. Anything that I will want to give to someone I will do so – now. Anything that I do not want to leave for my family to find will go – either to the shredder or the dumpster. Anything that I believe I will need for the few remaining years that I have left I will, of course, hang onto. I believe by using this little mind game with myself I will be able to let go of far more things than I have ever been able to in the past. Most importantly, I will not be adding to the problem. I will not defeat my purpose by going out and getting more stuff. If it is a need we buy it; if it is a want it stays. I promise, George. ★

The Widow’s Walk: A Survivor’s Handbook can be purchased by calling Kay Long, 403-320-6856, or emailing annieo@shaw.ca. The book is \$15 which covers mail or delivery.

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