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ADVANCE CARE PLANNING "GREEN SLEEVE"

FEBRUARY 9

SENIORS ADVOCATE

FEBRUARY 14

LC MASSAGE STUDENTS

FEBRUARY 14

SENIORS FINANCIAL ASSISTANCE

FEBRUARY 28

*Everybody loves
something, even if
it's only tortillas.*

~ Trungpa Rinpoche

*Touch in to the good heart that
we already have and nurture it.*

~ Pema Chödrön

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Executive Director
Rob Miyashiro
rmiyashiro@lethseniors.com

Press time for January’s *LSCO Times* occurred prior to our 32nd Annual Free Community Turkey Dinner on Christmas Day, so I’d like to thank everyone involved now. Thank you to our 90 volunteers who gave up their time on Christmas Day to help us welcome the community (and to Don for helping de-bone turkeys that whole week!); thank you to Farron and Jody in our kitchen for preparing a great

meal for approximately 500 people including our Police and Fire Departments, the Emergency Communications Centre (911), Meals on Wheels recipients and, of course, for our volunteers and those choosing to dine with us. I think we displayed, once again, how LSCO is a focal point for the whole community.

This is an early reminder that our AGM will be on March 28. We will use the meeting format from last year – AGM business first, followed by a town hall-style question and answer session – as it seemed to work well. At this year’s AGM there will be three Board of Directors positions available and the President Elect position as well. In order to assist LSCO to move ahead, we are looking for people with skills/knowledge in board governance, business/finance, fund development or health care. Candidate surveys and applications will be available in mid February. ★



INTERESTED IN PLAYING CANASTA AT LSCO?
WE ARE LOOKING TO START A GROUP
IN THE FUTURE. IF YOU ARE INTERESTED PLEASE
LEAVE YOUR NAME AT THE ADMINISTRATION DESK.



*LSCO will be closed
Monday, February 20th
for Family Day*

*Fitness Centre closed
Saturday, February 18th*



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*AutoAlert does not detect 100% of falls.
If able, you should always press your button.

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OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO



In recognition for the ongoing support of LSCO Meals on Wheels



“Anyone who thinks gardening begins in the spring and ends in the fall is missing the best part of the whole year; for gardening begins in January with the dream.”
- Josephine Nuese



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

The Officers of LSCO

Executive:
President – Clifford (Charlie) Brown
Past President – John Machielse
Secretary – Marnie Brown
Treasurer – Irwin Wyrastok

Board of Directors:
Bob Maslen (Acting President-Elect), Bill Hansen,
Merri-Ann Ford, Pamela Brown and Robert Girard

LSCO 403-320-2222

Staff Members:
Executive Director – Rob Miyashiro
rmiyashiro@lethseniors.com ext. 24

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kmartin@lethseniors.com ext. 21

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Farron Matthews
catering@lethseniors.com ext. 27

Assistant Food Services Coordinator
Jody Gordon ext. 27

Cook I – Rodrigo Castrillon ext. 27

Food Service Cashier – Georgette Mortimer ext. 27

Adult Day Program Supervisor – Sharon Appelt
sappelt@lethseniors.com ext. 32

Alberta Supports Call Centre 1-877-644-9992
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For all your health inquiries, call the Chinook
Health LINK number 1-866-408-LINK(5465)
It's free!

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Articles may be edited for space requirements.*

*If anyone has any issues or concerns with
any of the advertisers in LSCO Times, please
let us know so we can address the issue.*

Visit us on Facebook!
http://www.facebook.com/pages/
Lethbridge-Senior-Citizens-
Organization/149140883844

LSCO Vision Statement

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

Thank You to the Therapeutic Recreation Gerontology students at Lethbridge College

Therapeutic Recreation Gerontology students from Lethbridge College established a fundraiser for the Meals on Wheels program at Lethbridge Senior Citizens Organization.

Therapeutic Recreation is adapting recreational activities so individuals with a variety of disabilities and conditions can participate as a therapeutic tool to restore health, quality of life, independence, and functional ability.

The students collected bottles and donations for LSCO Meals of Wheels to help spotlight the importance of the Meals on Wheels program.

Special thank you to Owl Acoustic Lounge, Browns Social House West, Lethbridge College, Browns Social House South, The Keg, Montana's and EMCO Heating and Plumbing for their gracious donations towards Meals on Wheels.

Special thank you to Alberta Therapeutic Recreation Association for their acknowledgment and support with regard to this fundraiser and the Rehabilitation Society for their help storing and sorting bottles.



Go Fund Me page:
\$180
City Bottle Pick up:
\$272.20
College Bottle pick up:
\$150
Cash donation:
\$122.10

**Total Donation to LSCO Meals on Wheels:
\$724.30**

Community Volunteer Income Tax Program

We will be booking appointments
starting **February 20th.**

Appointments will not begin until
March 8th.

Book your appointment at the
Administration desk or by calling
403-320-2222.

LSCO ANNUAL GENERAL MEETING

TUESDAY, MARCH 28, 2017

STAGE AREA

BUSINESS MEETING
1:15 P.M. ~ 1:45 P.M.

TOWNHALL MEETING
1:45 ~ 2:00 P.M.

FREE COFFEE & COOKIES

DRAW FOR \$100 LSCO GIFT CARD FOR ALL ATTENDEES

Welcome New Members!

Douglas Berry	Louise Saloff
Robert Berry	Carol Hanson
Terry Earl	Barb Lengyel
Lynda Brown	Colleen Dixsom
Marilyn Tollin	MaryAnn Fuller
Terry Briggs	Kathy McMullin
Francis Briggs	Evelyn Hardin
Dwight Jones	Maaike Boersma
Lorna Jones	Harrit Boersma
Wayne Petersen	Nancy Beal
Pat Petersen	Jeffery Beal
Christina McLean	Sharon Lawlor
Ken Nakagama	Gordon Parrott
Lorne Demory	Bonnie Parrott
Wendy Gillett	Elizabeth Lix
Marlene Laidlaw	Ann Martin
Annette Hubbard	Scott Paul
Chris Vander Wal	Pat Gailing
Bess Vander Wal	

A Smile is the Universal Welcome.



LSCO 2017 PARKING PASSES

In order to purchase your 2017 Parking Pass, we require your **vehicle registration**. To renew your Parking Pass from 2016, we require your **old pass** and **vehicle registration**.




LSCO Hours of Operation

Monday – Friday, 8:00 am – 4:30 pm
Holidays vary – watch our calendar.

WE NOW ACCEPT VISA, MASTERCARD & INTERAC PAYMENTS AT THE ADMINISTRATION DESK!





Publishing Schedule

Issue	Deadline
March 2017	February 17
April 2017	March 20

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

In a recent article I read, the author wrote about the 90/10 principle. It stirred my interest and I continued reading. So what is this principle? Simply put he states 10% of life is what happens to us and 90% is decided on how we react. I would like to quote him in this short article as I feel I benefited from the read and hopefully others will see the benefit too. I'm not sure how accurate the principle is but it does have it's merits.

It means we have no control over the 10% of what happens to us. The other 90% is different. How? By our reaction. He gives his first example – you can not control a red light, but you can control your reaction, regardless how many you come to or how late you may think you are. His point here is to not let people fool you in thinking how you should respond for you can control your reaction if you want to.

His next example is lengthy so I will paraphrase it. You're at the breakfast table and your daughter accidentally spills coffee on your business shirt. The story goes into the tantrum the man displays in scolding his daughter, blaming his wife for putting the cup too close



President's Message

Clifford (Charlie) Brown

to the edge of the table, his rapid drive taking his daughter to school because she missed the bus and it goes on to be a day he would rather forget, ending in a squabble when he comes home that night. In retrospect, the other reaction this man could have and should have taken resulted in a day he would have liked to remember and that was to change his shirt with no blame and get on with his day.

So how we react to each incident in our lives determines greatly how our day will go and will affect those we come in contact with that day. It's the 90% we have control over and

how we deal with the other 10% determines our day to day feelings and life.

I know many of you have had similar situations and could readily shed light on this short article.

My hope is that this might help someone who feels their life is more than they can tolerate at this point and will be able to step back for a moment and maybe understand the "whys" and "hows" that they are facing.

As in recent articles, I've mentioned the talented staff at LSCO and how they are dedicated in helping you in any way they can. I feel confident they would be willing to assist you in any concerns you have.

My hope is if we all try to be more aware of others as individuals and the difficulties they are facing, we can be a help to them and in doing so our own difficulties will seem less.★

Closing Thought:

Nothing gives one person so much advantage over another as to remain always cool and unruffled under all circumstances. ~ Thomas Jefferson

Sacred Circle Dance



If you like to explore your inner landscape through movement you may enjoy Sacred Circle Dance. Sacred Circle Dances are modern and traditional dances collected from around the world danced with a spiritual focus. These simple dances, often done in circle, help us to connect to the Dance of Life, to our deeper Selves and to each other. They can be dances focusing on celebration, peace, healing, meditation, among others. No experience necessary. Dress comfortably, and have indoor footwear. Please bring a water bottle, a smile, and a willingness to learn. Drop-ins welcome if you have previously done Sacred Circle Dancing.

Join us for a Sacred Circle demonstration Friday, February 10 at 3:00 pm in Gym 2.
No registration required for demonstration.

When: Fridays, February 17 – April 7
Time: 3:00 – 4:30 pm
Fee: \$26 LSCO M; \$40 NM
Register by: Monday, February 13

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"In seed time learn, in harvest teach, in winter enjoy."

~ William Blake

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Bonnars Ferry, ID Resort	May 28-31	\$344pp/dbl
Cranbrook, St. Eugene Resort	May 28-31	\$359pp/dbl
Camrose Casino Resort	Jun 11-13	\$229pp/dbl
Wendover, NV Resort	Sep 10-15	Call
Coeur D'Alene, ID Resort	Oct 20-23, Dec 5-8	Call

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A NIGHT OF BIG BAND MUSIC

WITH SPECIAL GUESTS
THE LETHBRIDGE BIG BAND

Lethbridge Community Gold Band
~ Samuel Yamamoto, conductor ~
February 18, 2017 ~ 7PM
College Drive Community Church ~ 2710 College Drive South
Tickets: \$15 regular, children 12 and younger ~ FREE
Tickets available online at lcbs.ca, Casa and at the door

Foundation for the Arts

lcbs.ca "...for the love of music."

Self Help Groups

Parkinson’s Alberta Society Support Group
Meets regularly the 3rd Thursday of every month at 2:00 pm. Next meeting is **Thursday, February 16th**. For more information call the Parkinson’s office at 403-317-7710.

Alzheimer’s Caregiver Support Group
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 on **Tuesday, February 21st** at 7:00 pm. *There is no Monday afternoon meeting this month due to LSCO being closed for the Family Day holiday.* For more information about either group call Vedna at 403-329-3766.

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 11th** at 2:00 pm in Room C & D.

Lethbridge Stroke Recovery Association (LSRA)
Meet regularly the 2nd Wednesday of every month at 7:00 pm in Room A. *Riley Honess, CPA, CA and Nicole Freeman* from KPMG will speaking on income tax and disability tax on **Wednesday, February 8th** at 7:00 pm. For more information about the group call Louise at 403-394-6495 or by email at llandry@shaw.

Celiac Support Group
They meet the last Monday of January, May & September at 7:15 pm in Room A. The next meeting is **Monday, May 29th**.

Embracing Life’s Changes Coffee and Conversation Group
This is a drop-in support group that meets every **Monday (please note the change in day)** at **1:15 pm** in Room C & D (**please note the room change**). Participants will share concerns, worries when they feel comfortable to talk in the group. Support and encouragement is offered by qualified Alberta Health Services Outreach facilitators. There is no charge for the group and everyone is welcome. LSCO membership is not required.

Alcoholics Anonymous Saturday Morning Eye Opener Group
This group meets every Saturday morning at 9:00 am in Room C/D.

Sunset Alcoholics Anonymous
Meets in Room C/D Thursday evenings at 7:00 pm.

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Candice Elliott-Boldt
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Jake Boldt
Hearing Technician

Pilates Plus

This class involves a series of classical pilates exercises performed on a yoga mat. Each exercise emphasizes breath, core conditioning, and body awareness. We will pay special attention to alignment and form. Light weights, resistance tubing and other props may be used to add strength and stretch work. Wear comfortable workout clothes, bring a yoga mat, and water bottle. Instructor is June Dow.

When: Mondays, March 6 – April 24 (no class April 17)

Time: 12:00 – 12:55 pm

Fee: \$35 LSCO M; \$53 NM

Register by: Thursday, March 3 (after this date add \$5)

Free Neck & Shoulder Massages!

The Lethbridge College Massage Therapy students will be here at the LSCO on **Tuesday, February 14** from 10:30 am until 12:30 pm in the Card Area of the LSCO Dining Room.

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

Seniors Financial Assistance
Special Needs Assistance and Seniors Home Adaptation Repair Program

Are you turning 65?
Have you applied for the Provincial pension?
Do you need more information?

Danielle Burger, Senior Services Stakeholder Engagement Advisor from Alberta Seniors and Housing will be at LSCO to explain how to qualify, how to apply and to answer questions.

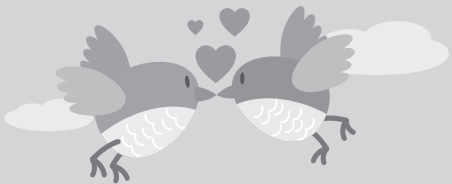

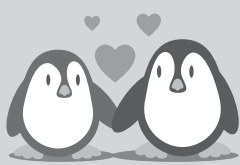
Tuesday, February 28, 2017
10:00 am ~ Room A

Special Needs Assistance is a program that provides assistance with some of the cost of appliances and some health and personal supports for low income seniors.

Seniors Home Adaptation Repair Program is a new low-interest home equity loan program to help seniors finance repairs, adaptations and renovations to their homes.

500 - 11th Street South • 403-320-2222

Alberta Government

MENU FOR FEBRUARY 2017				
Lunch served from 11:00 am ~ 1:00 pm • Soup is not included with meal The Dining Room is now accepting Debit, Credit, Cash or LSCO Gift Cards Daily Lunch Specials Available • Non-Members add 15% • Menu subject to change without notice				
<div>HAPPY VALENTINE'S DAY</div>		Wednesday, February 1	Thursday, February 2	Friday, February 3
		Entree: BBQ Pulled Pork Potato: Sweet Potato Fries Sandwich: Tuna Melt Salad: Cranberry Mandarin	Entree: Pepper Steak Potato: Garlic Mashed Sandwich: Tuna Melt Salad: Cranberry Mandarin	Entree: Pubhouse Cod Potato: Fries Sandwich: Tuna Melt Salad: Cranberry Mandarin
Monday, February 6	Tuesday, February 7	Wednesday, February 8	Thursday, February 9	Friday, February 10
Entree: Breaded Pork Cutlet Potato: Roasted Sandwich: BLT Salad: Devilled Egg Plate	Entree: Turkey Stew Potato: Steamed Butter Parsley Sandwich: BLT Salad: Devilled Egg Plate	Entree: Chicken Breast w/White Sauce Potato: Rice Sandwich: BLT Salad: Devilled Egg Plate	Entree: Ham Steak Potato: Baked Potato Casserole Sandwich: BLT Salad: Devilled Egg Plate	Entree: Roast Beef Dinner Potato: Boiled Sandwich: BLT Salad: Devilled Egg Plate
Monday, February 13	Tuesday, February 14	Wednesday, February 15	Thursday, February 16	Friday, February 17
Entree: Chicken Cutlet Potato: Corn Bread Sandwich: Egg Salad Croissant Salad: Ham, Apple & Cheese	Entree: Pork Chop in Mushroom Gravy Potato: Rice Sandwich: Egg Salad Croissant Salad: Ham, Apple & Cheese	Entree: Ginger Chicken Potato: Egg Roll Sandwich: Egg Salad Croissant Salad: Ham, Apple & Cheese	Entree: Lemon Pepper Tilapia Potato: Baked Sandwich: Egg Salad Croissant Salad: Ham, Apple & Cheese	Entree: Turkey Dinner Potato: Mashed Potato/Stuffing Sandwich: Egg Salad Croissant Salad: Ham, Apple & Cheese
Monday, February 20	Tuesday, February 21	Wednesday, February 22	Thursday, February 23	Friday, February 24
LSCO CLOSED for FAMILY DAY	Entree: Cabbabe Rolls Potato: Steamed Sandwich: Grilled Turkey & Swiss Salad: Broccoli & Sunflower Seed	Entree: Chicken Pot Pie Potato: Mashed Sandwich: Grilled Turkey & Swiss Salad: Broccoli & Sunflower Seed	Entree: Corned Beef/Sauerkraut Potato: Perogies Sandwich: Grilled Turkey & Swiss Salad: Broccoli & Sunflower Seed	Entree: Baked Ham Potato: Scalloped Sandwich: Grilled Turkey & Swiss Salad: Broccoli & Sunflower Seed
Monday, February 27	Tuesday, February 28	<div><div></div><div></div><div></div></div>		
Entree: Salmon Potato: Rice Sandwich: Chicken Caesar Wrap Salad: Tomato & Cucumber	Entree: Meatloaf Potato: Mashed Sandwich: Chicken Caesar Wrap Salad: Tomato & Cucumber			

“Too often we underestimate the power of touch. A smile. A kind word. A listening ear. An honest compliment. Or the smallest act of caring. All of which have the potential to turn a life around.” ~ Leo Buscaglia

CLASSIFIED ADS

2 bed Main floor Northside Condo. No stairs. All new kitchen, bathroom, floors, appliances. Sheltered patio. \$139,999 or best offer. **Plus 6 months condo fees PAID.** Ursula@Sutton. 403-795-7815

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KAREN’S KARE SERVICE Bonded, friendly, caring, professional mature Lady. Available for cleaning, meal prep, yard work or taxi to appointments. 3 years experience with seniors and their needs. Minimum 3-hour service. Hourly cost: \$25. Call Karen at 403-315-9025.

Everyone welcome to the **Faith Baptist Church** – Sundays at 11:00 am at the Lethbridge Senior Citizens Organization (LSCO) at 500 - 11th St. South. Phone 403-381-8237.

PAPPY’S HANDYMAN SERVICE INC. now including snow clearing and blowing. Call Greg at 403-942-6533 for a quote. www.pappys-handyman.ca - greg@pappys-handyman.ca

Fresh honey for sale: various sizes, including gift packages. From 300 grams to 10 lbs. Will deliver, call 403-381-1653.

Anyone interested in form a group, for discussion only, relating to **stock market investing**. Please call Marge at 403-317-1772 (please note: this is corrected phone number) or e-mail msiskus@telus.net

Established Business – **Naked Feet Mobile Foot Care:** Nail trim and callus removal, filing corns, corn removal when possible \$30.00. Medical or surgical conditions may prevent you from caring for your feet. Theses could include arthritis, joint replacements, diabetes and/ or other disabilities. It is very important to care for your feet. When your Feet feel good you feel good! For more information call Barbara **403-308-7654**. Seniors may qualify for benefits. **Bless Your Feet**



Community Volunteer Income Tax Program

We will be booking appointments starting **February 20th**.

Appointments will not begin until **March 8th**.

Book your appointment at the Administration desk or by calling 403-320-2222.

Volunteers do not prepare returns for:

Individuals who:

- report business or rental income and expenses;
- report capital gains or losses;
- report employment expenses;
- filed for bankruptcy; or
- died in the tax year.

Income thresholds for eligible individuals

Taxpayer status	Annual income
Single person	up to \$30,000
Couple	up to \$40,000
One adult with one child	up to \$35,000
Each additional dependent	up to \$2,500
Interest income less than	\$1,000

Volunteer Corner



Volunteer Coordinator

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



The LSCO is very proud of our volunteers and the contributions you make to LSCO and our community. You all make our community a better place. **Thank you.**

Information about National Volunteer Week at LSCO coming next month.

CLEVER CRAFTER’S BOUTIQUE
I would like to remind all Boutique Consignee’s that your 2016 contract expired December 31st. 2017 contracts (available at the administration desk) is payable now. If you have not paid for 2017 and **do not** want your items removed, please take care of this right away. Items belonging to Consignee’s that have not paid will be removed from the Boutique on February 10th.

WELCOME DESK (MEMBER SERVICES)
Volunteers change like the weather around here. One minute I have too many volunteers wanting to assist in the kitchen, the next minute I am short.

One area in particular that could use more smiling faces is the Welcome Desk inside our main entrance. We would like to see volunteers

in place from 9 am to 3 pm Monday to Friday. Back in the day it used to consist of 2 hour shifts (9 to 11, 11 to 1, 1 to 3), we lengthened the shift to 3 hours (9 to 12 & 12 to 3) when it became difficult to find 3 people every day.

We are looking to make a couple of minor adjustments/visual improvements to this area making it easier for volunteers to log in. If you are reading this and are able to give us just 1 shift each week please come and see me. I would love some feedback from you regarding this area as well as your smiling face to assist at the Welcome Desk.

BINGO
Another area we need volunteers is Bingo. We have 2 Bingo’s each & every week and each Bingo is a 5 hour commitment,.....please don’t be scared.....keep reading..... ☺

In a perfect world it would simply be grand if a new volunteer was able to commit to volunteering at a Bingo once a week. We all know the world is not perfect, but to imagine a bunch of new volunteers coming forward and working just ONE BINGO A MONTH.....well, it would be close to perfect. I say perfect because most of our current Bingo volunteers are already doing 2 Bingo’s each week because we are short volunteers.

The funds raised at Bingo are truly a blessing to the LSCO. I am 100% certain that none of us want to think what prices our classes or programs or food would be without the revenue from Bingo subsidizing what we ALL take advantage of every day.

Please consider giving us 1 volunteer day a month. ★

April 23 to 29 is National Volunteer Week. However you recognize volunteering in 2017, one thing remains timeless...and that is volunteer efforts create positive impact in communities across Canada.



Two blocks west of the casino on Crowsnest Trail

EVERY THURSDAY IS SENIORS DAY!

Half Price On All Regular, Gold and Combo Cards

Come support LSCO and have fun at the same time ~ play Bingo on Thursdays!



Every Wednesday
HALF PRICE REGULAR CARDS

Friday Nights
FREE \$500 GAME

Sunday Afternoons
FREE \$200 GAME

Call the Hotline: 403-327-7454
or Email: winners_bingo@telus.net

Celebrate Valentine’s Day with perspective

It was in England that February 14th first became associated with romantic cards being sent by an admirer. And by 1910, Hallmark Cards was founded leading to the mass production of valentines and the holiday as we know it. We now recognize Valentine’s Day as a time to celebrate love and marriage — but we must also remember there are those who have such things forced upon them.

In many sub-Saharan African countries, child-marriage is an all-too-common occurrence. Poverty and a lack of employment opportunities mean that girls are often sold to older men by their parents in exchange for money or livestock. Families use their daughters as commodity items in order to provide an income for the most basic needs.

Unicef reports that in 2016, 40 per cent of Ugandan females were married by the age of 18 and 10 per cent were wed by 15. Similarly high numbers are reported in Rwanda and Sierra Leone.

Fortunately, this practice can be stopped with education. A young woman with an education is better equipped with the skills needed to succeed in the job market, enabling her to support her family without a husband.

Enrollment for primary school education has gone up in recent years, but post-secondary education is still lacking. Women need degrees from colleges and universities more than ever to find safe and sustainable careers that allow them to choose when and whom to marry.

That is why Beautiful World Canada, a Toronto-based charity, focuses on providing college and university scholarships to women in Uganda, Rwanda and Sierra Leone. This helps women to graduate with a better chance of finding employment and to focus on bettering themselves and their community.

Find more information or become a sponsor at www.beautifulworldcanada.org.

www.newscanada.com



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TRIVIA: Did you know? Woodpecker scalps, porpoise teeth, and giraffe tails have all have been used as money.



Thursdays for the Month of February Only

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FROM THE GALT

Lethbridge coal miners of the past

Whether in the life of a person or a community, there are certain dates that represent historic events that changed everything and after which the individual or city started down a different path. While change is inevitable, sometimes one event can have a dramatic and long-term effect. Such is the date 12 February 1957 for Lethbridge. For that's the date the coal industry in Lethbridge came to a close and while Galt 10 (at Shaughnessy) operated for almost another decade, in 1957 the last coal mine connected to the community of Lethbridge itself closed forever.

The coal industry started in this area in the 1870s when Nicholas Sheran started grubbing (grubbing is digging shallowly on the surface of the ground or coulee) coal near the site of the original Fort Whoop-Up. Sheran provided coal for the fort and would eventually send coal down to Fort Benton, Montana. Sheran later moved to a site that is now north of Whoop-Up Drive on the west side of the river. There he started a drift mine. His customer base expanded as the North-West Mounted Police arrived in the area in the fall of 1874 and coal was taken by wagon to Fort Macleod. The coal industry grew considerably in the early 1880s when the Galt company started its first mine. The company grew into a large operation with several mines. Other companies and individuals also starts mines and over 100

mines developed between Picture Butte and Magrath between the 1870s and 1960s.

Galt 8 was one of the largest and best known of those mines. To this day the tippie and water tower are visible on the coulees in West Lethbridge. When it was in operation, the miners' bus – carrying miners from Lethbridge across to the west side colliery – was a common sight. Many of the miners lived in Lethbridge and the bus carried them to and from their shifts.

Galt 8 had its start in the 1930s, in the middle of the Great Depression. As Galt 6 (Hardieville site) was closing, it was replaced by Galt 8. The shaft for Galt 8 was sunk starting in September 1934 and completed that December, with mining commencing soon afterwards. Equipment was brought over from Galt 6. The tippie at Galt 6 was taken down, moved to Galt 8 by railcar, and rebuilt and expanded.

Work at Galt 8 was sped up after 9 December 1935, when the Coalhurst Mine Explosion resulted in the closure of the Coalhurst mine and meant that several of the Coalhurst miners moved over to the Galt 8 mine.

Over the next 22 years over 3 million tonnes of coal was produced from Galt 8. But the mine faced problems such as poor roof conditions, creep and water issues. Robert Bowman was killed by a rockfall in 1938; two years later, John Filchak was killed in a similar manner.

Bentonite was known to cause heaving in the floor and the mine was required to use a great deal of timber for roof support. Finally the decision was made to close the mine and concentrate work at the Shaughnessy Mine.

So on 12 February 1957, at 3:00 pm, members of the last Galt 8 shift left the mine. Mine manager Adam G. Donaldson and company manager R. Donald Livingstone were on hand to watch the momentous occasion. Among the last men to leave the mine on that final day were Alex Veres, Louis Slotta, George Latvat, Joseph Rapach, Tony Norgusta and Mike Zizich, all of whom were members of the original 1935 crew.

After the mine closure, five hundred empty mine cars were simply lined up for display on the prairie site. It must have been an incredible and sad sight for those there that day.

With the closure of Galt 8 and then Shaughnessy in the 1960s, Lethbridge's coal industry was gone. Agriculture and agricultural industries grew to become the major part of the local economy. But we can't forget it all started with that black rock and the thousands who risked their lives in the tunnels under Lethbridge and area. So on February 12, give some thought to the Lethbridge coal miner of the past. ★

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

TRIVIA: Did you know? The game of Badminton was originally called Poona.



NEW EXHIBIT!



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FEBRUARY

*admission fees apply [incl. exhibit access] | free to annual pass holders

Special Events

FREE ADMISSION!!



FEB 11 | noon–4:30 pm | Black History Month

FEB 20 | 1–4:30 pm | Family History Day

*Adult Programs

WEDNESDAYS at the Galt

STIMULATE YOUR MIND

FEB 01 | 2–3 pm | Why I Hate the "F" Word

FEB 15 | 2–3 pm | Painting an Image with Songs

FEB 26 | 2–3 pm | A Capella Harmony–A Wall of Sound

HANDS-ON HISTORY WORKSHOPS

FEB 12 | 2–3:30 pm | Drumming Workshop

* Family Programs

check website for details



FEB 03 | 1:30–3 pm | Drop in anytime

SATURDAYS at 1:00

Sat FEB 04, 18 and 25 | 1–2 pm


FOR MORE INFORMATION | www.galtmuseum.com | 403.320-3954

Embracing Life's Changes

Coffee & Conversation Support Group

This is an on-going drop-in group. Participants are welcome to drop-in whenever they are available.


Participants share concerns/worries when they are comfortable to talk in the group. Support and encouragement is offered to all participants.




Every Monday Afternoon ~ 1:15 p.m.

Lethbridge Senior Citizens Organization
500 – 11th Street South • 403.320.2222

There is no charge to participate in the group. Everyone is welcome and membership at LSCO is not required. Coffee is supplied by LSCO but donations are accepted.



LETHBRIDGE Senior Citizens ORGANIZATION



Circuit Training

Participants will enjoy a variety of workouts during this 4-week session, offered twice per week. Including strength, cardiovascular training, flexibility and more. Classes are designed for those who are new to exercising with weights and those who have some experience (beginner & intermediate). Classes will be held in the Fitness Centre.

Please note: you do not have to be a member of the Fitness Centre to register. Wear comfortable exercise clothing, indoor shoes; bring a water bottle.

When:

Time:

Fee:


Register by:

Session 2: February 7 – March 2

1:30 – 2:30 pm

\$40 LSCO M; \$60 NM

Friday, February 3 (after this date add \$5)





Seniors And Pets ~ Can They Stay Together?

If you have an aging parent or loved one with a devoted pet, chances are it's heartbreaking to think about having to separate them from one another, down the road.

At AgeCare Columbia we believe that having pets in senior communities can not only provide companionship and increase the quality of life for our residents, but it also has a positive effect on our residents' health. A 2009 study by the Vanier Institute found that pet ownership can lower stress, reduce loneliness of residents in long-term care communities, improve health during difficult times, and lower the risks of heart disease and other medical conditions.

To allow your loved one to maintain their pet relationship while transitioning to AgeCare Columbia, we offer a couple of choices:

1. We allow pets! At AgeCare Columbia we allow our independent living residents to move in with their pets, subject to approval. Residents with pets are required to sign a "pet care contract" undertaking to provide all the

care and responsibility for their pet. In each community we also maintain pet-free zones.

2. We encourage families and friends to bring well-behaved vaccinated pets for visits. There are some conditions in place to ensure rules are observed and other residents are not negatively impacted.

For anyone who has experienced the unfaltering devotion of a beloved pet, it's comforting to know that illness or aging does not have to pose a threat to that enduring relationship. Our faithful friends can accompany us in our new home, or come for regular visits and continue to brighten our days. **Call us at (403) 320-9363 to book your personalized tour today.**

We are proud to be a PET FRIENDLY Seniors Community!



All-Inclusive Retirement Living
785 Columbia Blvd. W, Lethbridge
(403) 320-9363
www.agecare.ca/Columbia



Compass for the Caregiver

Compass encourages caregivers to balance their own well-being with challenges of caregiving.

Caregiving can be stressful, isolating and overwhelming experience. This often results in a negative impact of the caregiver's physical and mental health. Compass for the caregiver offers a 9 module program facilitated by individuals who understand how difficult caregiving can be.

Topics covered are:

The emotional journey, improving communication, putting yourself first, managing stress, navigating the system and planning the journey ahead.

The 9 week sessions will start on Thursday, February 2nd until March 30th ~ 1:30 pm ~ Room F.

Individuals will be required to register for this 9 week course by calling 403-320-2222 or at the Administration desk.



Hula-hooping is not just for kids anymore! This new style, called "hooping", is the latest fitness and dance craze. This class uses hoops that are specifically designed for adult beginners. Participants will safely and effectively burn calories, tone core muscles and improve balance, posture and stability. Class content will be adapted to suit all fitness levels; including those who have never been able to keep the hoop up!

When: Tuesdays, February 28 – March 28
Time: 5:30 – 6:30 pm
Fee: \$25 LSCO M; \$33 NM
Instructor: Erin Lix
Register by: Friday, February 24

ADVANCED CARE PLANNING "GREEN SLEEVE"

THURSDAY, FEBRUARY 9TH
10:00 AM
LSCO - ROOM A&B

Joy Doram, MEd/PCT Palliative Care Nurse Consultant will be speaking on the Advanced Care Planning "Green Sleeve".

The Green Sleeve is a way to help you think about, talk about and document wishes for health care in the event that you become incapable of consenting to, or refusing treatment and other care.

Joy will be speaking about the Goals of Care Designation order, Tracking Record for Advanced Care planning and personal directive documents that are all part of the "Green Sleeve".

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Fitness & Fun is February at LSCO

REGISTRATION INFORMATION

- **How do I register?** In person, call 403-320-2222.
- **How do I pay?** By debit, cash, cheque, Visa or MasterCard.
- **How do I find additional classes?** Read the monthly LSCO Times, check the bulletin boards, visit www.lethseniors.com.
- If making payment after register by dates \$5 will be added to course fee where indicated.
- Refunds will NOT be given after course start dates. For medical reasons credits may be given and a \$5 Administration Fee will be charged.

MEMBERSHIPS

For detailed information on being a Senior Member or Adult Member please visit www.lethseniors.com or call 403-320-2222.

SENIOR 12 Month Memberships

Individuals 55 years +

- Renewal\$50
- New Member\$53

ADULT 12 Month Memberships

Individuals 35 – 54 years

- Renewal/New Member..... \$90

FITNESS CENTRE

LSCO Member Fees

- 1 month..... \$18
- 6 months..... \$99
- 12 months\$180

Non-Member Fee

- 1 month..... \$27

10X CLASS/FITNESS PASS

This Pass is the perfect solution for anyone who enjoys participating in a variety of classes or working out in the **Fitness Centre**. Pass holders have access to dropping into the following classes: **Active Aging, Gentle Yoga, Gentle Nia, Noon Yoga, Zumba Gold as well as using the Fitness Centre**. Review the class information including the description to determine whether it is right for you. Please ask for additional information. This pass will expire June 30, 2017.

Fee: \$55 LSCO Member; \$65 Non-Member

NON-MEMBER PARTICIPATION

Individuals under age 35 are welcome to participate in some classes offered at LSCO. Upon approval participants will be required to pay the non-member fee. Please ask at the Administration Desk for more information.

NON-MEMBER PARTICIPATION

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PARKING PASSES

If you are planning on being at LSCO longer than 2 hours purchase a parking pass to eliminate getting a ticket. You must show your vehicle registration.

- Renewal\$10
(when returning past years pass)
- New \$13
- Day Parking.....\$3

Special Interest

BASIC SELF DEFENSE for Women Rape Aggression Defense Training

This class is designed for females 14 years and older. They will be taught defensive concepts and techniques against various types of assault, by utilizing easy, effective and proven self-defense tactics. Our system of realistic defense will provide a woman with the knowledge to make an educated decision about resistance.

You will be shown tips (and have an opportunity to try them) on how to block, strike and kick, as well as other safety defense tactics in these fun, relaxed go at your own pace classes. The skills are basic, easy to learn and should not be confused with martial arts. Wear comfortable clothing and footwear. Please call and leave your name on an interest list.

- When: Thursday, February 9
6:00 – 9:00 pm
Saturday, February 11
9:00 am – 3:00 pm
- Fee: \$67.50/person
- Register by: Monday, February 6
(after this date add \$5)
- Instructor: Dan Walton (retired police officer, certified instructor)
- Note: Refunds or credits will not be given after registration is made.

Exercise & Movement

NEW Sacred Circle Dance

If you like to explore your inner landscape through movement you may enjoy Sacred Circle Dance. Sacred Circle Dances are modern and traditional dances collected from around the world danced with a spiritual focus. These simple dances, often done in circle, help us to connect to the Dance of Life, to our deeper Selves and to each other. They can be dances focusing on celebration, peace,

healing, meditation, among others. No experience necessary. Dress comfortably, and have indoor footwear. Please bring a water bottle, a smile, and a willingness to learn. Drop-ins welcome if you have previously done Sacred Circle Dancing.

Participate in a Free Demonstration class Friday, February 10 from 3:00 – 4:30 pm in Gym 2. No registration required.

- When: Fridays, February 17 – April 7
Time: 3:00 – 4:30 pm
Fee: \$26 LSCO M; \$40 NM
Instructor: Alane Witt-Lajeunesse
Register by: Monday, February 13

LEARN TO HOOP

Hula-hooping is not just for kids anymore! This new style, called “hooping”, is the latest fitness and dance craze. This class uses hoops that are specifically designed for adult beginners. Participants will safely and effectively burn calories, tone core muscles and improve balance, posture and stability. Class content will be adapted to suit all fitness levels; including those who have never been able to keep the hoop up!

- When: Tuesdays, February 28 – March 28
Time: 5:30 – 6:30 pm
Fee: \$25 LSCO M; \$33 NM
Instructor: Erin Lix
Register by: Friday, February 24

ACTIVE AGING STRENGTH & LOW IMPACT CLASSES

These low impact classes will assist you to maintain, build and improve your balance, strength, cardiovascular fitness and overall health. A variety of exercise equipment will be used. All fitness levels welcome. Wear comfortable exercise clothes, indoor sneakers, water bottle, yoga or exercise mat and be ready to have fun!

- When: Mondays & Wednesdays
February 27 – April 12
Time: 8:00 – 8:55 am
Fee: \$70 LSCO M; \$95 NM
Instructor: June Dow
Register by: Friday, February 24
(after this date add \$5)

CIRCUIT TRAINING

Participants will enjoy a variety of workouts during this 4-week session, offered twice per week. Including strength, cardiovascular training, flexibility and more. Classes are designed for those who are new to exercising with weights and those who have some experience (beginner & intermediate). Classes will be held in the Fitness Centre.

Please note: you do not have to be a member of the Fitness Centre to register. Wear comfortable exercise clothing, indoor shoes; bring a water bottle.

- When: **Session 2:** February 7 – March 2
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, February 3

MORNING EXERCISES

This program is ideal for individuals who would like to have the option of sitting in a chair or standing when exercising. Participants with limited mobility, arthritis, injuries, etc. however; everyone is welcome. You will work on strength and flexibility, within your limitations. Wear loose clothing and bring a water bottle.

- When: **Session 2:** Mondays
February 27 – March 27
Time: 9:15 – 10:00 am
Fee: \$14 LSCO M; \$20 NM
Register by: Friday, February 24
(after this date add \$5)

Yoga & Pilates

CHAIR YOGA

This is a unique style of yoga that adapts yoga positions and poses using a chair which replaces the yoga mat. The participant is able to warm up the body safely and perform yoga poses with more support and stability. Chair yoga is suitable for all ages, fitness levels and physical conditions.

Wednesdays

- When: **Session 2:** March 1 – 29
Time: 9:30 - 10:20 am

Fee: \$13 LSCO M; \$20 NM
Register by: Friday, February 24
(after this date add \$5)

GENTLE YOGA

Middle-aged adults and senior citizens can use yoga techniques to slow the aging process. With a few modifications to poses and a respect for the physical limitations of the body, individuals can easily participate in a healthy and active yoga session. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks.

When: Session 2: Tuesdays & Thursdays
February 28 – March 30
Time: 9:30 - 10:30 am
Fee: \$45 LSCO M; \$68 NM
Register by: Friday, February 24
(after this date add \$5)

PILATES PLUS

This class involves a series of classical pilates exercises performed on a yoga mat. Each exercise emphasizes breath, core conditioning, and body awareness. We will pay special attention to alignment and form. Light weights, resistance tubing and other props may be used to add strength and stretch work. Wear comfortable workout clothes, bring a yoga mat, and water bottle.

When: Mondays, March 6 – April 24
(no class April 17)
Time: 12:00 – 12:55 pm
Fee: \$35 LSCO M; \$53 NM
Instructor: June Dow
Register by: Thursday, March 3
(after this date add \$5)

YOGA for MEN

Do you need some time just for you? Have you always wanted to try a beginner yoga class? Do you want to improve your balance? Do you want to be able to bend over and tie your shoes without straining now and as you age? How about your coordination? If yes or a maybe is being contemplated then register for this class. Skip Cooper will lead you through a very comfortable sequence of movements and stretches. Register today; you will be glad you did! Props maybe used. Wear comfortable clothing, bring a yoga mat and water bottle.

When: Wednesdays until February 22
Time: 8:30 – 9:30 am
Drop In Fee: \$6 LSCO Members; \$7 NM

When: Session 2: Wednesdays
March 1 – April 12
Time: 8:30 – 9:30 am
Fee: \$28 LSCO Members; \$42 NM
Register by: Monday, February 27
(after this date add \$5)

YOGA Noon Hour

Whether you are new to yoga or have been practicing, you will benefit greatly by attending this class. The breath becomes an important component of Vinyasa yoga. Wear comfortable clothing; bring a mat, blanket, water bottle and any other props you may like to use.

When: Tuesdays, January 10 – February 28
Time: 12:05 – 12:55 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM
Instructor: Melanie Hillaby

YOGA BLEND

Participants will enjoy this class as workouts vary weekly to improve concentration, flexibility, balance and more using a variety of props. Wear comfortable clothing; bring a mat, water bottle and any other props you may like to use. All skill levels welcome.

When: Thursdays, January 12 – March 2
Time: 12:05 – 12:55 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM
Instructor: Melanie Hillaby

SOMATICS

What is it and how can you benefit from it? You will learn how our bodies filter our lives and how the effects of our lives result on how we carry our bodies forward. You will learn techniques to better connect the mind to the body to help decrease muscle stiffness, reduce pain, learn proper recovery and self maintenance. Somatics can be done standing, laying or sitting. Wear comfortable clothes and bring your yoga mat. Bring a blanket, pillow, bolster and anything other items you may like to use.

When: Thursdays
February 9 – March 16
Time: 1:15 – 2:15 pm
Fee: \$60 LSCO M; \$90 NM
Instructor: Melanie Hillaby
Register by: Tuesday, February 7

HIDDEN LANGUAGE HATHA YOGA

This gentle and meditative style of Hatha Yoga takes the asanas (poses) far beyond a series of physical exercises and respect the body as a spiritual tool. The asanas are practiced to help us understand the psychological and symbolic meanings and help us understand how each asana can increase spiritual awareness. Please bring a yoga mat, water bottle, pen and paper for writing personal reflections.

When: Friday, March 3 – April 28
(no class April 14)
Time: 10:15 – 11:15 am
Fee: \$27 LSCO M; \$36 NM
Instructor: Leigh Monette
Register by: Wednesday, March 1

Sports

ADULT BASKETBALL

Here is your opportunity to play basketball twice a week for a reasonable price during the lunch hour! A great way to relieve stress and get some exercise before heading back to work or to whatever the afternoon holds. Shower facilities are available so no need to worry about not being fresh for the rest of the day!

When: Tuesdays & Thursdays
Time: 12:00 – 1:00 pm
Feb. Fee: \$15/person

PICKLEBALL for BEGINNERS

If you are interested in learning the game of pickleball register for this 4 week course. Some equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Fee includes additional practice time (ask the instructor for times). Please complete an Activity Waiver Form upon registration.

When: Wednesdays, February 8 – March 1
Time: 2:00 – 3:30 pm
Fee: \$15 LSCO M; \$30 NM
Register by: Monday, February 6

PICKLEBALL

Avid pickleball players can purchase passes to play a number of times through the week. Bring a water bottle, wear comfortable exercise clothes and clean, indoor court shoes. Some equipment is supplied. Note: A few times a year that the gym is not available due to, special events, tradeshows, holidays and floor resurfacing. Dates will be posted. Fees are not pro-rated.

When: Mondays, Wednesdays, Fridays
7:30 – 9:30 am

Mondays & Fridays
1:00 – 4:50 pm
Tuesdays & Thursdays
1:15 – 4:50 pm
Fee Yearly: \$120 LSCO M
Fee Monthly: \$15 LSCO M; \$30 NM
Drop In Fee: \$2.50 M; \$3.50 NM

Creative Arts

INTRODUCTION TO PAPER TOLE

This is a beautiful paper craft which involves cutting, shaping, sculpturing and gluing cutout pictures obtained from a number of prints to create 3 dimensional pictures, cards, etc. Your first project will be a card. If you are interested in learning this art register soon as space is limited.

When: Fridays, February 3 – April 7
Time: 9:30 am – 12:00 pm
Fee: \$10 LSCO M; \$20 NM

Supplies will be an additional cost of approximately \$35 – \$40 and payable first day of class.
Register by: Monday, January 23
(after this date add \$5)

COLOURED PENCIL & WATERCOLOUR

Back by popular demand – coloured pencil and watercolour. Tired of the same old techniques in watercolour painting, well this is the class for you. One can achieve such interesting results using colored pencil or even watercolour pencil with watercolour paints. This style of working can create more intense images, or more soft and sensitive images and you can create wonderful movement throughout your work. This is a great way to work on location or just for sketching. We will cover some basic watercolour techniques but mostly we will be mixing the two. Your choice of whether to use regular coloured pencils or watercolour pencils or both; each have different results. It's a little like drawing but much more dynamic after you add the paint.

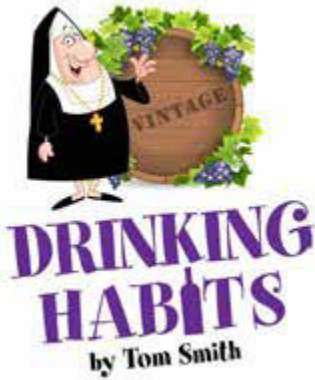
When: Wednesdays, March 29 – May 31
Time: 10:00 am – 12:00 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Wednesday, March 22

DROP IN FEES

	Member	Non-Member
Active Aging	\$6.00	\$7.50
Morning Exercise	\$4.00	\$5.00
Chair Yoga	\$3.00	\$5.00
Gentle Yoga	\$6.00	\$7.00
Morning Yoga	\$6.00	\$7.00
Active Yoga	\$6.00	\$7.00
Noon Yoga	\$8.50	\$12.00
Yoga Blend	\$8.50	\$12.00
Yoga for Men	\$6.00	\$7.00
Nia	\$8.50	\$12.00
Pickleball	\$2.50	\$3.50
Pilates	\$6.00	\$7.00
Zumba	\$6.00	\$7.00
Fitness Centre	\$6.00	\$7.00

February LSCO Weekly 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. Schedule may change without notice.				
Monday	Tuesday	Wednesday	Thursday	Friday
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	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	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am Paper Tole 9:00 am
	Advanced Photography 9:30 am	Scrabble 9:30 am	Scrabble 9:30 am	
Keep Fit 10:00 – 10:50 am	Golden Mile Singers 10:00 am Badminton 10:00 – 11:50 am Lapidary 10:00 am	Keep Fit 10:00 – 10:50 am Genealogy 10:00 am	Badminton 10:00 – 11:50 am	Keep Fit 10:00 – 10:50 am Digital Photography 10:00 am
				Scottish Country Dance 10:15 am
Badminton 11:10 am – 12:30 pm		Badminton 11:10 am – 12:30 pm		Badminton 11:10 am – 12:30 pm
	Basketball 12:00 – 1:00 pm		Basketball 12:00 – 1:00 pm	
			Wood Carving 12:30 pm	
Pickleball 12:45 pm – 4:50 pm	Quilting 12:00 pm Karaoke 1:00 pm	Bingo 1:00 pm Lapidary 1:00 pm	Needlework 1:00 pm Crib 1:00 pm	Pickleball 12:45 – 4:50 pm
	Pickleball 1:15 – 4:50 pm		Pickleball 1:15 – 4:50 pm	
Table Tennis 3:00 pm		Table Tennis 3:00 pm		Table Tennis 3:00 pm
			Jam Session 6:45 pm	
Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 5:45 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 5:45 pm	Fitness Centre 8:00 am - 4:15 pm
Fitness Centre extended hours: Saturday, 9:00 am – 12:00 pm. ~ Tuesdays & Thursdays Fitness Centre open until 5:45 pm.				
For information about LSCO programs go to www.lethseniors.com				

Travel to Stage West in Calgary with Us!



Accusations, mistaken identities, and mysterious relationships run wild in this traditional, laugh-outloud farce. Two nuns at the Sisters of Perpetual Sewing have been secretly making wine to keep the convent’s doors open, but Paul and Sally, sometimes reporters and sometimes fiancées, are hot on their trail. They go undercover as a nun and priest, but their presence, combined with the addition of a new nun, spurs paranoia throughout the convent that spies have been sent from Rome to shut them down. Both wine and secrets are inevitably spilled as everyone tries to preserve the convent and reconnect with lost loves.

When: Wednesday, March 15, 2017

Where: Stage West Calgary

Time: Departs LSCO: 8:15 am;
Returns LSCO: Approx. 5:00 pm

Fee: \$95 LSCO members;
\$100 non members
(includes travel, meal & show)

Please let us know if you will be needing a Day Parking Pass. They can be purchased Tuesday, March 14 or before boarding the bus for \$3.

A minimum of 40 people are required for this trip to take place. Payment must accompany your booking. *Payments will be held until minimum number of travelers have been confirmed before processing.*

You will only be contacted if the trip is cancelled upon which time full payment will be returned. Refunds will not be given if travelers cancel with less than one weeks notice. All refunds will be subject to a \$10 administration fee.

“...a delightful comedy with a touch of silliness... a zany and funny story with plot twists galore.”
– Patricia L. Garcia, Las Cruces Sun-News

“Those in need of a good laugh can rest assured that’s what they’ll get.”
– The Willits News

“...a laugh-out-loud farce that just might leave you wiping tears off your cheeks.”
– Mary Gennrich, Las Cruces Bulletin

DEADLINE to book a seat is Tuesday, February 21

Call LSCO at 403-320-2222 to book your seat.

Payment can be made with Visa, MasterCard, Cash, Debit, Cheque.

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~ Maya Angelou

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Estate Planning Documents

I had the honor of delivering a eulogy at a funeral I attended in late December. Being still relatively young, I have not attended that many funerals and when I do, it seems to hit close to home. Sometimes as a lawyer, who sees lots of clients dealing with a loved one’s estate, I fail to empathize enough. So it was a good thing to be reminded once again of the fleeting nature of life and to appreciate what we have.

2016 had its fair share of notable deaths, including many stars of the music world. The end of December was especially bad. It seems like a lot of people pass away around Christmas. The season definitely places a lot of stress on people and getting back to work in January seemed like a relief.

I do a whole lot of estate planning documents at work and it is interesting how many people like to take a stab at drafting their own documents or planning their own estate. While it may be good to save a few dollars and draft your own, having a lawyer do the drafting is a safe bet and may actually save your estate a lot of money. For example, a lawyer should know how to efficiently get your estate to your beneficiaries and the place to start is with the drafting of the will, but that’s not all. A lawyer will help you examine your assets and see if they are consistent with the wishes in your will. Take your life insurance, if you have des-



Legal Tips and Information

Douglas Alger

ignated someone different in your life insurance or investments as your beneficiary and that somehow conflicts with your will; there could be a problem. You might have thought that your will supersedes the designated beneficiary in your life insurance, but it doesn’t.

Passing on the family farm in your will, is another level of estate planning complexity. It involves a careful examination of what your objectives are and how best to achieve those goals. If you wanted to leave the family farm to your eldest child, because they are the only ones interested in farming and also wanted to be fair to your other children, then you likely not only going to need a lawyer, but an accountant and a life insurance agent as well. There are many ways to be fair to your beneficiaries, but roughly dividing up your assets in

the hope that in the end, it will all work out, is likely not going to be the answer.

If you are worried about probate in your estate planning, a good way to create huge problems for your estate is to write your own will or do something like transferring a title into joint names to one child in the hopes they will do the right thing after you have gone. A careful lawyer always drafts a will with a view to making sure it gets through probate with relative ease and minimal expense.

Finally it bears repeating that a personal directive is a very useful estate planning document. It now seems that Alberta Health Care has gone full out in promoting people to do one and when someone is admitted to hospital, they are making sure that if one exists they get it on the patient’s chart. At the end of one’s life, if you are not capable to telling the Doctor what you want, a personal directive is the best way to ensure you are not kept alive at all costs, if those are your wishes. Most lawyers do a personal directive at a very reasonable cost and I would recommend that you get one done without delay.

Enjoy the month of February and here’s to an early spring! ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

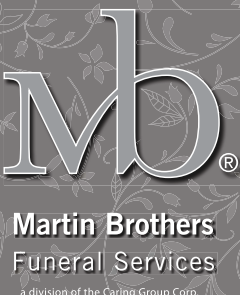


When: Session 2: Wednesdays
March 1 – April 12

Time: 8:30 – 9:30 am

Fee: \$28 LSCO Members; \$42 NM





Register by: Monday, February 27
(after this date add \$5)









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How to choose a home care services provider

Choosing a quality home care services provider can be confusing and time consuming. But this important decision can help you avoid caregiver burnout, spend quality time with your elderly family, and ensure they maintain quality of life, dignity and independence.

Wondering what questions you should ask when deciding who will help care for your loved ones? This checklist is recommended by Bayshore HealthCare, an organization that provides a wide range of customized personal and community home care services across Canada.

Questions to ask the organization:

- What type of training has your staff received?
- How do you ensure the quality of your services?
- How do you evaluate your skills and abilities?
- Do you provide a personalized care plan, highlighting the specific duties the caregiver will perform?
- Will the caregiver be supervised by a nurse?
- Do you ensure that your staff are bonded, insured and professionally licensed or certified?
- Will you ensure the caregiver matches the patient’s needs, and provide a replacement if they do not?

Questions to ask the caregiver:

- Will you consult regularly with the patient’s doctor or family members regarding the care plan?
- Do you provide services and answer calls 24 hours a day, seven days a week?
- How long have you done this sort of work?

Financial questions:

- Do you provide a complete list of the services you provide, as well as their prices?
- Will you assist in investigating funding options for care?
- Will you help with submitting claims to the insurance company?
- Do you provide all financial arrangements in writing?
- Do you pay CPP, EI and Workers’ Compensation for the staff that come to the home?

Find more information at www.bayshore.ca.

www.newscanada.com

Important Dates in February

Advanced Care Planning (Green Sleeve)

Joy Doram, MEd/PCT Palliative Care Nurse Consultant, will be speaking on the Advanced Care Planning “Green Sleeve”. The Green Sleeve is a way to help you think about, talk about and document wishes for health care in the event that you become incapable of consenting to, or refusing treatment and other care. Joy will be speaking about the Goals of Care Designation order, Tracking Record for Advanced Care planning and personal directive documents that are all part of the “Green Sleeve”. Join Joy Doram on **Thursday, February 9th** at 10:00 am in Room A.

When are you turning 65?
Have you already turned 65?

You have filled out the Federal pension papers for Canadian Pension Plan and Old Age Security, but have you filled out your Provincial pension paperwork? *What are the requirements for receiving Seniors Financial Assistance from the Alberta Government?* Danielle Burger, Stakeholder Engagement Advisor from Alberta Seniors and Housing will be here to explain the Seniors Financial Assistance monthly pension, the Special Needs Assistance Program as well as the Seniors Home Adaptation and Repair Program (SHARP). Danielle will be here on **Tuesday, February 28** at 10:00 am in Room A at LSCO.

The 3 C’s
Cooking, Conversation & Companionship program is geared to reach out to individuals who are living alone and have a difficult time meeting people. It is a six week cooking class where instruction are given each week to create simple, healthy meal to be taken home. These sessions offer the opportunity to interact with individuals in the same circumstances and the chance to develop new friendships. The 3 C’s starts on **Tuesday, February 28th**. The cost for this 6 week session is \$50. The classes take place in the kitchen at McKillop United Church, 2329 15th Avenue South. Individuals needing more information or wanting



Support
Services
Coordinator

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

to register can call LSCO 403-320-2222 ext 25. **Registration deadline is February 21st.**

Friday Music Program
We have made some changes due to the availability of the musicians. The Friday Music Program will run from **12:30 – 1:30 pm** in the stage area of the dining room. We may not be having music every Friday as we have had in the past. Please check the newspaper for the dates that performers will be here. **February 3rd** – Hank Wiebe. **February 10th** – Alice Tinordi. **February 17th** – no music. **February 24th** – Los Gringos.

Community Partnerships
Legal Advice
Doug Alger from the law firm of Alger Zadeiks Shapiro will be here on **Wednesday, February 8th**. The law firm of Alger Zadeiks Shapiro offers a free 15 minute legal advice sessions here at LSCO the 2nd Wednesday of every month. Appointment times run from 10:00 am – 12:00 pm and appointments can be made either by stopping by the Administration desk or by phoning 403-320-2222. These appointments are for information only.

Wellness
Serenity Foot Care
The care provider for this service is Mercy Lar, LPN. 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.

Serenity offers one-hour appointments. Book your appointment for **Tuesday February 7th & 21st** by calling LSCO 403-320-2222. There is a fee for this service with a portion of it going to the LSCO. To book an appointment for a home visit call 403-915-1800.
Refer a Friend and book your appointments together and each save \$5. Book your appointment for Tuesday February 7th & 21st by calling the LSCO 403-320-2222 There is a fee for this service with a portion of it going to LSCO. To book and appointment for a home visit, call 403-915-1800.

Free Neck and Shoulder Massages!
The Lethbridge College Massage Therapy students will be here at the LSCO on **Tuesday, February 14th** from 10:30 am till 12:30 pm in the Dining Room (Card Area). The students will provide free neck and shoulder massages on a first come first served basis.
Reflexology Appointments
Reflexologists, Brenda & Linda, will be here on **Friday, February 17th**. Individuals interested can book their 1 hour appointments at the administration desk with the first appointment starting at 9:00 am. The cost for a 1 hour session is \$50 with a portion of that going to LSCO.

Hearing Screening
Are you not hearing as well as you use to? **Have your hearing checked for Free.** Candice Elliott-Boldt from *Lethbridge Hearing Centre* will be here on **Thursday, February 9th** from 10:00 am – 12:00 pm. Book your appointment for the hearing test at the administration desk or by phoning 403-320-2222.

Massage Therapy Appointments!
Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be at LSCO on **Friday February 10th & 24th** from 9:00 am – 2:00 pm in the Clinic Room. 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.

February 22, 2017 is Pink Shirt Day. Wear pink to symbolize that you do not tolerate bullying. Go to pinkshirtday.ca

SHARING STORIES

Wilbur: Indoor Plumbing

To put my story into context, you must be aware of the statement made by the Saskatchewan politician, Tommy Douglas, who said he was going to put an indoor toilet into every home. Well, when Wilber bought the ranch, there was a bathroom and a tub, but no hot water or sewer connection. He decided it was time, so Wilber bought and installed a toilet and a new bathtub. He had a well, but no pipes into the house. He had a gas water heater powered by propane. Things were looking good. Wilber remodeled the bathroom with a new tub, toilet and hot water. He hired a plumber and was real proud of his new bathroom. We have come a long way, he thought. It needed showing off . . .


His wife belonged to the Salvation Army Home League – a group of women who did good things for the community. Next Tues-



day was Home League Day, what a great opportunity to show off the new bathroom! All those ladies would be having tea and biscuits. They could also have a tour, because you see, very few of them had ever used an indoor facility. They were all farmers’ wives and had just gotten electricity. Wilber was doing some finishing touches with the paint and had left a can of brush cleaner sitting on the counter by the toilet. Now, he had told his wife to make sure that she put the starter in the septic tank. He left the starter in a can on the toilet. Now the stage was set . . .

Wilbur’s wife wanted him out of the house when the ladies were there, but Wilbur could hear nature calling. He decided to get his newspaper and set a spell. By this time he could hear all the ladies laughing and talking. He’d better get the heck out of there, he thought. When he finished, he

knew the smell was bad. His mind got going and told him that when one has a bad small, one could light a match and the smell of lighting the match would smother the other odour. He used a couple of matches, then is wife banged on the door. “Wilbur, get out of there!” This startled him and he dropped a still lit match in the toilet. Now, remember the septic tank starter? Well, his wife had put the can of brush cleaner fluid in the toilet by mistake, thinking it was septic tank starter. Everyone knows that paint brush cleaner floats on water, so when the lit match went between his legs, there was no fire but there was a heck of a noise! Combined with what was in the bowl and the fellow sitting there, well, enough said. His pride was gone and all the neighbours’ wives were witnesses. Just another day in the life of Wilbur.

Story by Stan Coxson

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February is National Therapeutic Recreation Month

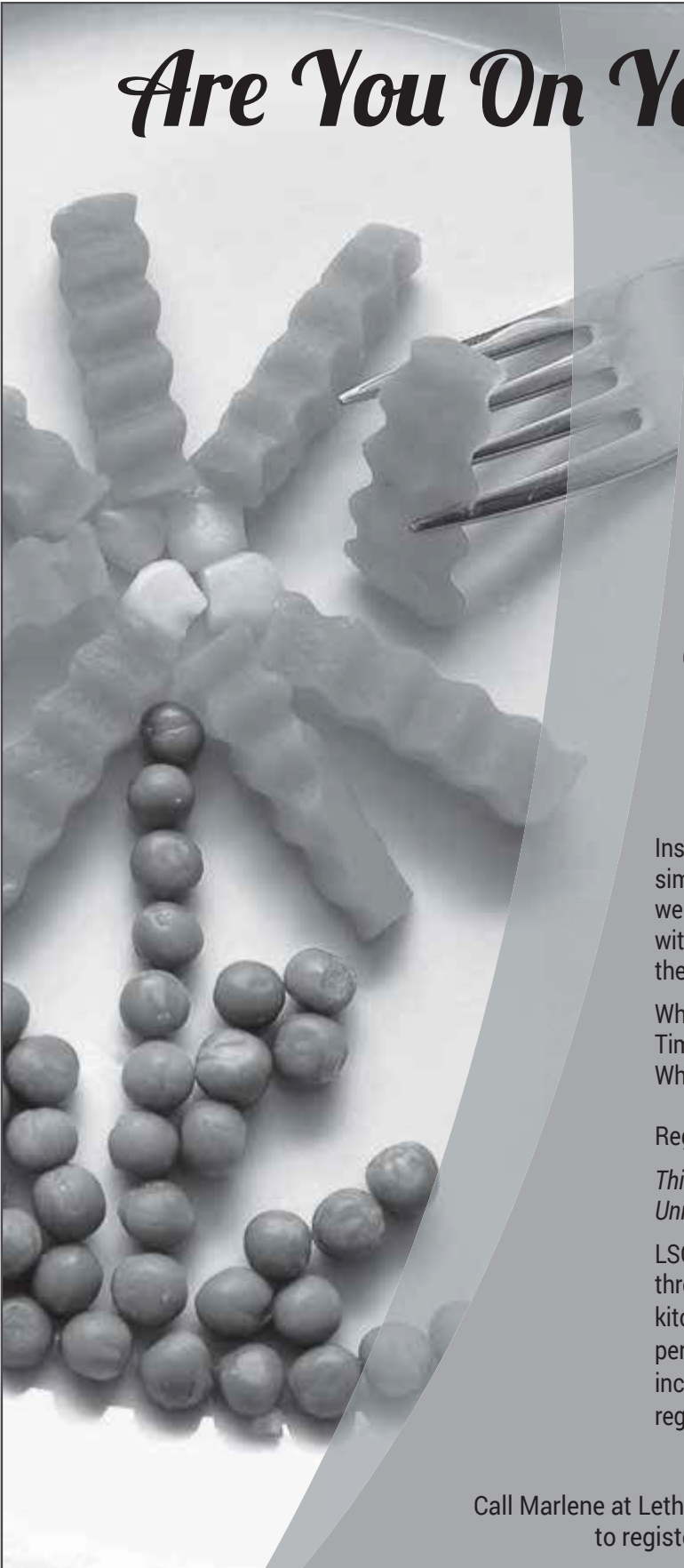
Therapeutic Recreation/Recreation Therapy is a health profession which acknowledges the significance of leisure and recreation as integral components of optimal health and well-being of individuals with illnesses and disabling conditions.

Recreation Therapists:

- Work with individuals with physical, mental, emotional, cognitive or social limitations that impact their ability, attitude and motivation to engage freely in leisure and to maintain a healthy and balanced leisure lifestyle.
- Work collaboratively within health service teams which may include physicians, psychiatrists, psychologists, nurses, nutritionists, occupational therapists, physical therapists, speech language pathologists and social workers.
- Work in settings throughout the continuum of health care including acute care, rehabilitation, community, assisted living, day programs, long term care and private business.
- Follow established Standards of Practice including assessment, intervention/care planning, program development and delivery, documentation, evaluation, research, professional development and community practice.

<http://www.alberta-tr.org/>

Are You On Your Own?



Come Join Us
for the

3C's

**Cooking, Conversation
& Companionship**

A six week cooking class for individuals who live alone.

Instruction will be given each week to create simple, healthy meals to be taken home. The six week session offers the opportunity to interact with individuals in the same circumstances and the chance to develop new friendships.

When: Tuesdays, February 28 – April 4
Time: 2:30 pm
Where: McKillop United Church
2329 15th Avenue South
Register by: February 21, 2017

This is a joint partnership between McKillop United Church and LSCO.

LSCO Chefs Farron or Jody will guide you through the creation of wonderful meals in the kitchen at McKillop. The cost for the 3 C's is \$50 per person (works out to less than \$10 a week including supplies). Fee must be paid at time of registration.

Call Marlene at Lethbridge Senior Citizens Organization to register. 403-320-2222 ext. 25



Everyone is welcome to come play Bingo
Starting January 4, 2017
Every Wednesday 1:00 – 3:00 pm
Come early to buy your cards
\$5 Booklet / \$1 Bonanza

500 - 11th Street South • 403-320-2222

TRIVIA: Did you know? A male koala belches to attract a mate.

Filing your taxes can turn your life around

Homeless people across the country are getting help accomplishing something unexpected – doing their taxes. The Community Volunteer Income Tax Program helps individuals with a modest income and a simple tax situation file their taxes. Organized by local community organizations with support from the Canada Revenue Agency, the program focuses on making sure individuals who most need help doing their taxes get that help. Community organizations participate in the program by hosting free tax clinics all over Canada, where trained volunteers do your taxes.

For one homeless man in Halifax, connecting with the program helped him turn his life around. Despite his having no income and not having a bank account, the volunteers at the clinic helped him do his taxes so that he could claim benefits. Using a homeless shelter for his mailing address, he got a cheque for the benefits to which he was entitled.

The program makes doing taxes easy. If you're over 19 years of age and are currently unemployed or don't have a mailing address, you may still be eligible for tax credits and payments.

Find a free tax clinic online at cra.gc.ca/volunteer.

www.newscanada.com



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What does the Office of the Seniors Advocate do?

- Provides information and resolution support to senior Albertans and their families.
- Identifies trends and systemic issues impacting seniors.
- Makes recommendations to the Government of Alberta for improvements to seniors services and programs.



Dr. Sheree Kwong See, Seniors Advocate



The Seniors Advocate, **Dr. Sheree Kwong See**, will be presenting to seniors at Lethbridge Senior Citizens Organization on **February 14 at 10:30 am** in Room A & B LSCO ~ 500 - 11th Street South
Service providers are also welcome to attend.

Dr. Kwong See was appointed as the Alberta Seniors Advocate on September 1, 2016. She will provide a presentation on the roles and responsibilities of the Office followed by an opportunity for questions.

The Office of the Seniors Advocate provides information and links you to government and/or community programs and services, analyzes trends and identifies systemic issues of importance to seniors, and makes recommendations to the Government of Alberta to improve senior services and programs.



Shannon Phillips,
MLA Lethbridge West
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The Somatic Movement Experience

This class introduces you to the idea of Somatics. Somatic is a complement to any activity you participate in and helps improve your daily functional movements. Participants recovering or living with stroke, Parkinson's and MS have found great results.

As you explore the movements of Somatics you are connecting the body and mind through movement and meditation. As we bring awareness to our bodies (SOMA'S) we can then help ourselves relieve pain, recover from injury, reduce stress and maximize flexibility. These exercises do not just address the bodies movement gateways as we walk and breath but how we carry our stress and tension that leads into chronic neck, shoulders, hips and low back pain.

We as individuals view ourselves from the inside looking out otherwise the distinction between mind and body disappears "We are our own best healers".

When: Thursdays, February 9 – March 16

Time: 1:15 – 2:15 pm

Fee: \$60 LSCO M; \$90 NM

Instructor: Melanie Hillaby

Register by: Tuesday, February 7



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23 Days of Christmas

LSCO Meals on Wheels would like to say a GREAT BIG "THANK YOU!" to **Teamwork Training Ltd.** and **Select People Solutions** – the founders of "23 Days of Christmas".



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Zero Gravity

"The 23 Days of Christmas" December fundraiser for LSCO Meals on Wheels was a great success in 2016!! A Grand Total of well over **\$20,000** was donated by Lethbridge and surrounding area businesses. LSCO Meals on Wheels feels grateful to be a part of this caring and generous community!

The campaign has made a huge contribution to the ongoing operation of Meals on Wheels – year after year.

This campaign is so successful because of the involvement of our major sponsors. We offer our heartfelt thanks to Crazy Cakes, Cuppers Coffee and the Urban Grocer. We could not do this without them. Thank you to our Media Sponsors: Lethbridge Herald, 94.1 CJOC and Mark Campbell.

Thank you to ALL the businesses who donated as "Sous Chef" or "Chef for the Day". Your generosity is so greatly appreciated!

Moving Forward

In January I wrote about a few of the changes the LEARN program has undergone in the past few months, primarily in terms of some of the key players involved. This month, I'd like to talk about some additional changes that have taken place.

In the fall of 2016, the LEARN program redefined elder abuse from “Any action or inaction by self or others that harms the health and well-being of an older adult” to “Any action or inaction by a person (s) in a trusting relationship that causes harm and distress to an older adult”. The new definition will enhance our scope of practice in the following ways:

- 1 – It will *better align* with the definitions used by the Alberta Elder Abuse Awareness Council, the World Health Organization, and law enforcement to ensure continuity of practice;
- 2 – It specifies the *relationship of trust* that must be present in order for LEARN to become involved. To clarify, abusive situations involving *anyone with some level of intimacy, power or authority, who provides care or support to an older adult, whether formally or informally*, are eligible to receive services, while abusive behaviours used by peers, contractors or scammers are not;*



LEARN
Case
Manager

Tanya
Purdy-Fischer
learn@lethseniors.com
403-320-2222 ext. 31

- 3 – It *emphasizes the impact* the abusive behaviour has on the older adult, which will allow for more effective interventions now and pave the way for improved services in the future.

There has also been an important change that affects the work being done at the provincial level. The **Alberta Elder Abuse Awareness Council**, or AEAAC, is the newly created non-profit society formerly known as the Alberta Elder Abuse Awareness Network. The change from an informal network to a registered non-profit society will allow the Council to “grow and adapt to meet the needs of service providers, seniors and all Albertans”.¹ You can follow the Council’s progress by visiting their website at www.albertaelderabuse.ca.

Finally, the Alberta Government Ministry of Seniors and Housing is also taking forward strides in the fight against elder abuse. In addition to the funding provided to several communities across the province to establish Coordinated Community Response programs, the Ministry has appointed a Seniors Advocate to support older Albertans with issues relating to aging, including elder abuse. You will have the opportunity to meet with the Advocate in person at LSCO on February 14th.

Working to address and eradicate elder abuse is an on-going effort that requires the support of individuals, organizations, communities and governments. If you would like more information, or have a concern to report, please give me a call or come in to see me. It is never too late to LEARN. **Let’s end Elder Abuse Right Now.**

* 1 - Taken from the AEAAC Press Release, November 21, 2016.

The Lethbridge Elder Abuse Response Network is a collaboration of human service organizations working together to educate and support senior citizens at risk of or experiencing abuse. For more information or to report a concern, please contact the LEARN Case Manager, Tanya Purdy-Fischer, at 403-394-0306 or learn@lethseniors.com.

3 tips to beat winter blues while making a difference

Is the cold weather, lack of sunlight and too much time cooped up indoors bringing you down? Sometimes it can feel hard to keep your mood up during our long winter months. The impact of dark, harsh wintertime is well-documented, and some people can even suffer from seasonal affective disorder. For others though, it may just be a matter of staying energized, motivated and connected to the issues you care about. Here are three ways to stay positive until spring.

1. **Join a book club.** Winter is the perfect time to read, but why not do it in a group? Many organizations offer great reading lists, resources and social opportunities with book clubs covering a range

of themes and issues. One choice is the Amnesty International Canada book club, which offers new book selections, reading guides, notes from authors and opportunities to take action and directly engage with the issues addressed in the reading list.

2. **Connect to a cause.** There is no greater motivator than feeling genuinely engaged in a cause you’re passionate about. In the wintertime, it’s more difficult to spend a lot of time outdoors, so now’s the perfect time to reflect on your passions and take action. Getting involved in a good cause is also a great way to expand your social circle and meet new people who share the same interests.

3. **Have people over.** For years, North Americans have been spending less and less time eating together at home. That is valuable time lost for connecting with loved ones and the people in your community. You may not be the only person suffering from the winter blues this season, so why not have people over? If you follow tips one and two, you’re sure to have lots to talk about with your guests.

Find more information on the Amnesty book club and social and activist groups near you at www.amnesty.ca.

www.newscanada.com

Computer Corner by Sjoerd Schaafsma

Free Services on the Internet

What is a free internet service anyway? Most of us pay to get internet service in the first place, but once we’re there, then what? Free services are programs running on a computer somewhere besides your home, and accessed via your web browser, or in the case of mobile devices, perhaps via an app on your mobile device.

Free services are only free insofar as you don’t pay for them with money. Your cost in is the advertising you are subjected to, just as broadcast to air TV used to be free and supported by commercials; now we pay and still get commercials.

Most of the internet is supported by advertising revenue. Sometimes by paying a subscription fee you can by-pass the ads or get more in depth service. If you’re patient or don’t mind viewing an ad or two, you might get all you want without extra cost.

Web mail is probably the most easily recognized internet service. Regardless of your internet provider, or if you don’t have a local provider, you can access services like Yahoo, Hotmail, and Gmail from almost any place in the globe.

Here’s a quick run down of some other free services offered on the internet.

Wikipedia – Encyclopedia; Youtube – videos, music, tutorials; Anti-Virus software – scan your computer online; Cloud storage – Dropbox, Icloud, Onedrive, Google Drive; Free ebooks – expired copyrights or free offers by publishers and authors; Conversions – copy videos or music tracks from the internet to your computer; Photo Editing – edit your pictures online; Office software – Google Docs – word processor, spreadsheet, photo storage.

The January computer club workshops on Google Docs were cancelled due to health issues. We hope to be able to present these later in the year.

The LSCO Computer Club offers a great bang for your buck! For the cost of a LSCO and Computer club membership, the club offers free workshops and personalized computer help. The lab is open to club members from 1 - 4 pm Mondays and Wednesdays. Non-members pay a \$5 fee at the desk.

The Monthly Tip: On an iPad or iPhone you can swipe left on a mail message to archive or delete it. The following link gives details on how to choose which option you want. If you don’t care, just swipe and the message will disappear.

<https://www.cnet.com/how-to/change-swipe-gesture-from-archive-to-delete-in-apples-mail-apps/>

The Computer Corner can be read online at the Computer Club tech site <https://goo.gl/pjZz3J>, which is the short form of <https://sites.google.com/site/oldfolkscomputers/home>

To subscribe to the computer club email list: contact-computerclub@lethseniors.com

Find us on Facebook

Be the first to see our upcoming events, new classes and programs.

<https://www.facebook.com/pages/Lethbridge-Senior-Citizens-Organization/149140883844>

“Gaze upward, look inward.
reach outward, press forward.”

~ Thomas S. Monson

Computer Club WORKSHOPS

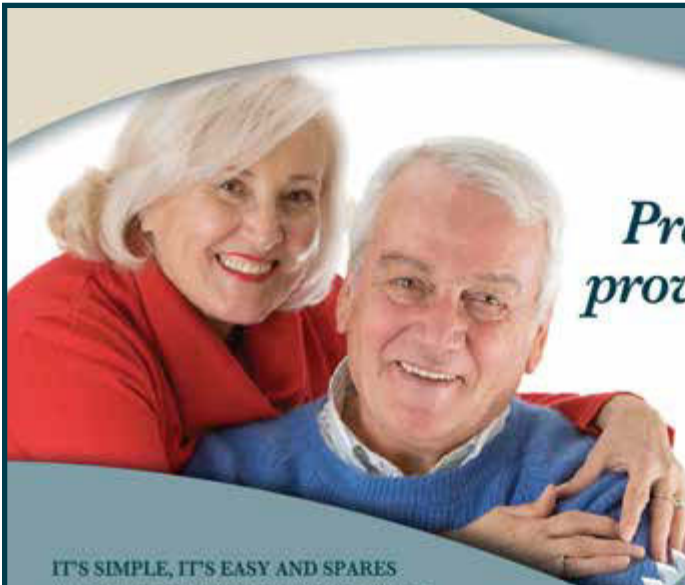
February 2017

Wednesday, February 1 ~ 1:00 pm in the Computer Lab
Computer and Internet Fraud and More
Presented by Constable Dan Shurtz
Economic Crimes Unit, Lethbridge Police Service

Wednesday, February 22 ~ 1:00 pm in the Computer Lab
Using The Lethbridge Public Library Electronic Resources
Presented by Jonathan Jarvie

A library Membership and pin number are required to make full use of this workshop. The pin number must be obtained in person at the library.

If you have suggestions for computer related workshops, are interested in helping with software updates, or would like to present a workshop please email computerclub@lethseniors.com.



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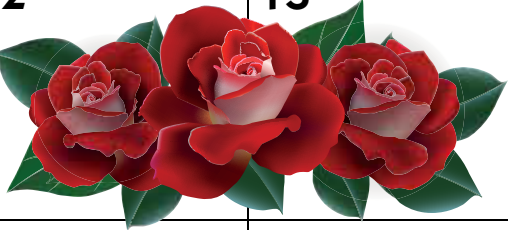
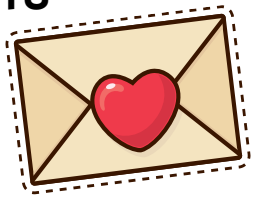

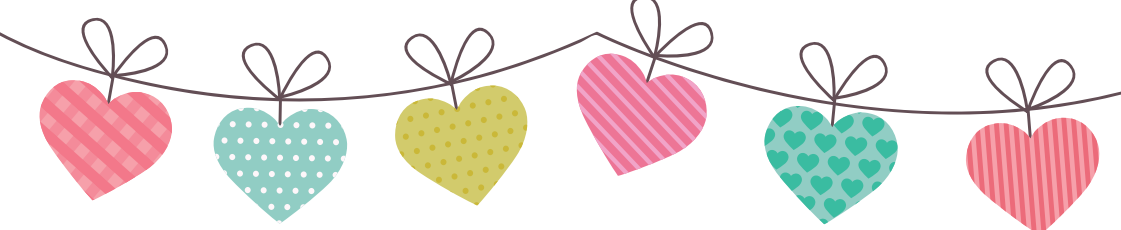
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Lethbridge, Alberta
T1J 4Y1

Phone: 403-320-0070
Web: RachaelHarder.ca



Here To Serve You

February 2017 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Fun with Wii 1:00 pm	2 Music with Sandy 1:00 pm	3 Music Program in Stage Area Hank Wiebe 12:30 ~ 2:00 pm	4 
5	6	7 Music with Alice 1:00 pm Chair Exercises 2:45 pm	8 Bowling Holiday Bowl 1:00 pm	9 Music with Floyd Sillito 1:00 pm	10 Music Program in Stage Area Alice Tinordi 12:30 ~ 2:00 pm	11
		13	14 Music with Hank 1:00 pm Chair Exercises 2:45 pm	15 Horse Racing 1:00 pm	16 Music with Don Robb & Randy Epp 1:00 pm	17 
19	20 Family Day LSCO Closed	21 Movie Time 1:00 pm Chair Exercises 2:45 pm	22 Bowling Holiday Bowl 1:00 pm	23 Music with Los Gringos 1:00 pm	24 Music Program in Stage Area Los Gringos 12:30 ~ 2:00 pm	25
		28 Cards & Dice 1:00 pm Chair Exercises 2:45 pm				

Lethbridge Senior Citizens Organization operates an adult day program giving individuals with physical or mental limitations the opportunity to participate with other adults in a variety of activities. Cost is \$5 per visit.

Free Coffee and Cookies and a chance to win a \$100 LSCO Gift Card

LSCO Annual General Meeting ~ Tuesday, March 28, 2017

Marijuana – A Change of Attitude

Complete prohibition of all chemical mind changers can be decreed, but cannot be enforced, and tends to create more evils than it cures.

~ Aldous Huxley

I grew up during the days of *Reefer Madness*, a movie that is not only hilarious (from today’s perspective), but also presents a very biased and ignorant point of view. Although humorous and exaggerated this negative image of marijuana stuck in my head for many years, especially when my daughters reached the age when they and their friends began experimenting with pot. In my mind Cannabis sativa was evil and something to avoid at all costs.

Then in 2013 on CNN Dr. Sanja Gupta presented a 3-part documentary on **medical** marijuana which started me on a research project for my own benefit. I have suffered with the pain of osteoarthritis for many years now (at times it seems like a 100 years) which has led to the use of a long list of pain medication. While some drugs work, they also make me sluggish and tired. Other medications I’ve tried make me feel jittery and on edge. I started to wonder if medical marijuana might be a new and different answer for an old lady that would like to live out her days pain-free and productive. My research revealed that:

- Marijuana has been used since ancient times – first described in Chinese writing that dates back to 2737 B.C. In the early United States hemp was grown in the southern U.S. to make rope for sailing ships.
- Medical marijuana has been legal in Canada since 2000. A patient who uses medical marijuana must have a prescription for use by a licensed physician (if they want to stay on the right side of the law).



The Widow’s Walk

Kay Long, BSW, RSW

- A patient must order their drugs via mail from a Licensed Commercial Producer. There is currently only one licensed producer in Alberta. There are dispensaries that are not licensed and they obtain their product from illegal sources. Non-licensed dispensaries are not currently operating legally. This may be about to change soon in Alberta.
- There are many different strains of marijuana – some make one high while others can alleviate pain, post-traumatic stress disorder, and stop seizures. Different strains are used for different maladies. In Israel holocaust survivors have used forms of cannabis for stroke symptoms and PTSD.
- In the States there are many families who have moved to Colorado (where medical marijuana is legal) because their children suffer from seizures and other brain disorders. These parents feel they have saved their children’s lives by relocating the family to Colorado.
- Right now the cost to be assessed by a physician who will prescribe marijuana

is \$325. This cost does not guarantee that one will receive a prescription. The current cost for medical marijuana is \$7 - \$12 per gram. The lesser cost is from a licensed clinic – the higher cost is from an unlicensed dispensary. To date medical marijuana is not covered by health insurance.

So we have a product that may (or may not) be an answer for those of us who suffer from a variety of mental or physical problems. Cannabis has been used by humankind for centuries but somewhere along the way our thinking about it has taken a very negative turn. It is currently available for those who could benefit from the medicinal qualities of the product but the process to obtain it is not easy, nor is it cheap, here in Lethbridge.

There is light at the end of the tunnel. The Neighborhood Pharmacy Association of Canada has proposed that the pharmacy distribution network that is already in place is prepared to fill prescriptions for marijuana with the same safeguards as any other prescription. Proper regulations will be used and the customers will have the advantage of keeping the patients safe by ensuring that packaging, medication management, and tracking will be used the same as any other drug. I plan to wait for the next change in legislation involving medical marijuana which should take place sometime this spring before I go through the process to obtain a prescription. Through my research my image of marijuana has changed and, if it proves to be an answer for pain management, I may consider it an answer for me. ★

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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