



### INSIDE THIS ISSUE

Executive Director .....	p.2
LSCO Contacts .....	p.3
Volunteer Corner .....	p.4
From the Kitchen .....	p.6
LSCO Self Help Groups .....	p.8
LSCO Support Services .....	p.14
LEARN .....	p.16

*Bags  
for the Beach*

**Clever Crafter's Boutique**  
Monday to Friday ~ 10 am to 3 pm

*Seniors' Week  
June 1 - 7  
See events listing  
inside*

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flowers and plants as paint,  
and the soil and sky as canvas.*  
~ Elizabeth Murray

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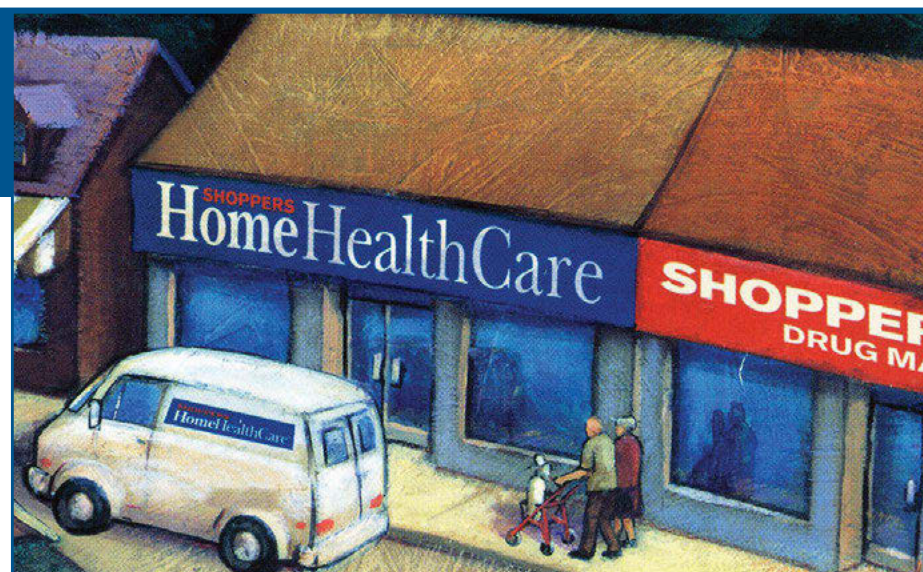
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# Notes from the Executive Director

Rob Miyashiro  
Executive Director  
rmiyashiro@lethseniors.com

## What a Difference a Day Makes!

On May 5 we were witnesses to an historic event in Alberta: the New Democratic party was victorious in the provincial election over the long-serving Progressive Conservatives. Congratulations to Premier Rachel Notley, Lethbridge West MLA Shannon Phillips and Lethbridge East MLA Maria Fitzpatrick on your election to our Legislature. We hope the change you spoke of comes to fruition and is not stifled by governance.

Notwithstanding the overall potential for change in our province, what might an NDP government mean for Seniors and Seniors' Centres? The following are excerpts from the NDP election platform (the numbers in parentheses refer to the NDP platform items);

Health: (3.3) We will eliminate the PCs' proposed health care levy, replacing it with a more progressive income tax for the top 10% of tax filers in Alberta, and fairer corporate taxes (3.4) We will shorten emergency room waiting times by creating 2,000 public long-term care beds over four years, which will

improve seniors care and reduce hospital congestion. (3.5) We will phase in a new model for expanded public homecare which will enhance and stabilize the system by directing care to where individuals need it, helping to keep people at home instead of in hospitals.

Family and Community Support Services: This is a prevention/early intervention funding program whereby the province contributes 80% and the municipalities 20%. In Lethbridge, these funds are administered by the City of Lethbridge. FCSS funding for LSCO is significant and provides us the capacity to implement volunteer services, support services (including support for Meals on Wheels customers), inclusive activities and social opportunities. (5.7) We will increase funding to Family and Community Support Services (FCSS) to enhance important community based services and programs.

It is our goal at LSCO to work closely with our new MLA's and Provincial Government in order to ensure seniors issues are addressed.

We would also like to extend our thanks to former MLA's Greg Weadick and Bridget Pastoor, who served our community so well for so many years. Greg and Bridget were great supporters of Seniors issues and our Seniors Centres as well as huge cheerleaders for Lethbridge. ★

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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

# The Officers of LSCO

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

**Board of Directors:**  
John Baker, Colin Thompson, Bill Hansen, Bob Maslen, Carol Roesler and Merri-Ann Ford.

**LSCO . . . . . 403-320-2222**

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mowlethbridge@shaw.ca . . . . . ext. 34  
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*The LSCO accepts no warranty and accepts no liability resulting from incorrect, incomplete or misleading information or its improper use. 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.”

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LSCO Times Publishing Schedule

Issue

July 2015 . . . . .

August 2015 . . . . .

Deadline

June 19

July 17

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



# Volunteer Corner



## Volunteer News

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



### LSCO Volunteers still ROCK!!!

#### Volunteer of the Month: Marina Gannon

Marina shares her smiles and pleasant personality at the Reception Desk with a few hundred people every week. Marina logged 198 volunteer hours last year and not just at the Reception Desk. Marina enjoys assisting patients with their appointments for Dr. Bolokoski and she's always only too willing to assist with our special/fundraising events.

Marina you are very much appreciated....you ROCK!!!

#### OTHER VOLUNTEERS NEEDED

**Green Thumbers:** occasional assistance needed in the LSCO botanical gardens.

**Caterers:** Buffet style catering events in the summer keeps our volunteers very busy. If you are able to clear plates & pour coffee at our smaller functions you would be providing reprieve to our volunteers that work very hard all summer long.

#### QUILT RAFFLE

We are most appreciative of the talented ladies from the Lethbridge Senior's Quilters who donated three beautiful handmade quilts to the LSCO & for the opportunity to raise over \$1,000.00. Thank you so much. We made the draw during our Mother's Day Brunch, the winners were:

Tammy Giesbrecht ~ Anne Miller  
Liam Nixon

Who can hum me a few bars of "Glow Worm", "Come Rain or Come Shine", "That Old Black Magic" & "Moon River"? You may not know who Johnny Mercer is, but he's the lyricist behind all these great hits made famous by Tony Bennett, Bing Crosby, Rosemary Cloony, Frank Sinatra, Bobby Darren & Ella Fitzgerald, just to name a few. Picture the orchestra sitting in tuxes in front of a starlight backdrop, a lone vocalist stands at a microphone. "From the Starlight Lounge" will transport you back. Director Fran Rude and Music Director Ken Rogers, along with ten of Lethbridge's well known vocalists and the classic big band sound of the Starlight Orchestra perform the songs you have known and loved for years.

The LSCO is pleased to present this fundraising concert with one performance on Friday, October 16th, and a matinee and evening performance on Saturday, October 17th, 2015. Doors open at 12:30 p.m. for the Saturday matinee and 6:30 p.m. for the evening performances. **Early bird tickets at \$25.00** per person are available starting Monday, June 1st through until Monday, August 31st and are available at the LSCO and both Ticket Centre's. On September 1st the tickets will be \$35.00 per person so get yours early for a significant savings.

Details regarding volunteer opportunities at this fundraiser are available in my office. ★

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Location #2. Entrance in the Bridge Drive West Recycling Station

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**CITY OF Lethbridge**

## NOON YOGA

Treat yourself to a noon Vinyasa Flow Yoga class this summer. All levels of ability are welcome. Wear comfortable clothes; bring your mat and water bottle. (Fitness Advantage Pass does not apply).

When: Wednesdays, June 17 – August 26 (no class July 1)  
Time: 12:05 – 12:55 pm  
Fee: \$50 LSCO M; \$75 NM  
Register by: Monday, June 15 (late registration add \$5)  
Instructor: Melanie Hillaby


**Drop-Ins Welcome**



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If you have taken the Apple Computer class or have good knowledge of how to use your Mac and are interested in editing your photos, register for this class. Bring your charged laptop to the class.

When: Tuesday & Thursday

June 23 & 25

Time: 1:00 – 3:00 pm

Fee: \$15 LSCO M; \$25 NM

Register by: Friday, June 19



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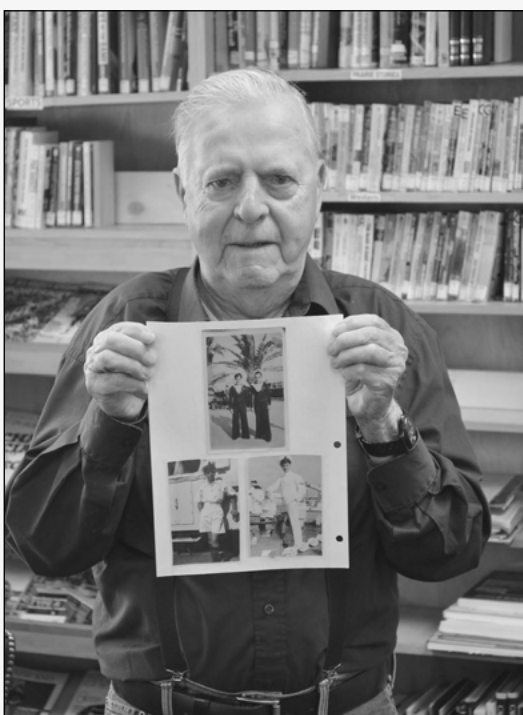
Our new website launches June 1st

[www.lethseniors.com](http://www.lethseniors.com)



Eighty-eight year old world trotter, British veteran, and Lethbridge resident George Garnham Stanley is soon heading off on another trip to faraway lands, this time traveling through Greenland, Iceland, Sweden and Denmark. George has always been a globe trotter. In 1943 he served in the Royal Navy as a seamen during World War II and was able to traverse much of the globe while serving. "We all had to serve back then when we were 18. We were all boys you see, and no one knew what was going on in those days."

George has many plans for the upcoming trip. He will be visiting cities and villages in Iceland, Greenland, Sweden and Denmark, taking in all the sights. He is looking forward to boarding a ferry cruising north to one of the largest and oldest caves in the world. The cave is one of the few in the world to actually go through an arctic glacier. George



In George's previous travels, he has traversed through the Middle East in Yemen, Jordan, Egypt, Lebanon, Syria, Sicily, Turkey and Palestine. He has enjoyed his adventures in Lithuania, Latvia and Estonia in the Baltics and has also explored parts of Europe, visiting Finland and Russia. In Russia he was able to visit Moscow and St. Petersburg.

Other than the places mentioned, George visited many more. George originally hails from one of England's oldest cities, Ipswich. A town that was established way back when even the Roman Empire crossed the English Channel and took over for a time.

Setting off for Greenland on June 21st, George will be out of town for about a month, returning from his travels on July 14th. Amazingly enough, George has already started making plans for future trips. He was planning on visiting the Himalayas in the future, but due to recent events, changes have had to be made to his plans. George does though hope to visit the Dalmatian Coast, a stretch that goes through Albania, Zagreb, Croatia, eventually ending in Athens, Greece. While he has traveled far and wide, and more than most people without a doubt, there are still many places for him to visit, and he is keen on doing so.

*By Alexander Marshall*

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

A banner for Father's Day Brunch. The text "FATHER'S DAY BRUNCH" is in a large, white, outlined font. Below it, "JUNE 21, 2015 - 10:00 AM - 1:00 PM" is in a smaller, solid black font. The background is dark with geometric patterns and a baseball is visible in the bottom left corner.

**FATHER'S DAY BRUNCH**  
**JUNE 21, 2015 - 10:00 AM - 1:00 PM**



Recently I listened to a talk about being genuine. I would like to take the first part of this talk verbatim to start.

**Quote** “In the 18th century, Catherine the Great of Russia announced she would tour the southern part of her empire, accompanied by several foreign ambassadors. The Governor of the area, Grigory Potemkin, desperately wanted to impress these visitors. And so he went to remarkable lengths to show case the country’s accomplishments.

For part of the journey, Catherine floated down the Dnieper River, pointing out to the ambassadors the thriving hamlets along the shore, filled with industrious and happy townspeople. There was only one problem: it was all for show. It is said that Potemkin had assembled pasteboards facades of shops and homes. He even had positioned busy-looking peasants to create the impression of a prosperous economy. Once the party disappeared around the bend of the river, Potemkin’s men packed up the fake village and rushed it down-stream in preparation for Catherine’s next pass.

Although modern historians have questioned the truthfulness of this story, the term “Potemkin village” has entered the worlds vocabulary. It now refers to any attempt to make oth-



## Acting President’s Message

Clifford (Charlie) Brown

ers believe we are better than we really are.”  
**End of Quote**

So my thoughts to you that we are basically in the same boat. Each striving to keep our heads above the fiscal restraints and feeding ourselves and families.

Some may feel less if someone even thought they couldn’t provide in a way others thought they should, so we put on a good show that our house is in order and we are doing just fine. In other words, our own “Potemkin village”. The bills never seem to end, the unexpected sometimes becomes the expected, and often we ask, “ Why or what is the sense when were not getting further ahead? I do submit that not everyone is in this same situation or

they are even close to this crazy village. For those that are, my thought for now is how genuine do we come across to others? Why do some of us try to make others think we are better off, or even better than we really are? May I ask we be ourselves, happy in the circumstances were in, and genuinely concerned for others – be they be close acquaintances or distant friends/ associates. Our country allows us to have different opinions and the benefits of living here are endless. Sometimes negativity is contagious but optimism overrides all.

I feel that LSCO should be that type of place - where anyone can attend and feel equal and welcome at anytime regardless. How hard would it be to be genuine to each other with sincere greetings and a voice of friendship to all. How hard would it be to make a new friend or cheer the lonely?

It’s good to be part of this great organization and for myself and the board I hope we can be genuine in our stewardship to make LSCO a place where those who are not members or do not attend for various reasons, want to join and be a regular visitor/ member.

Closing thought: *Character is not made in a crisis, it is only exhibited.* ★

## How senior travellers ace airport security checkpoints



July and August are by far the busiest months of the year in Canadian airports with more than 10 million travellers going through security screening. The peak starts in the last days of June and continues all the way to Labour Day. If you’re a senior,

the Canadian Air Transport Security Authority (CATSA) has tips that can help you navigate busy security checkpoints this summer.

**Tip #1:** The biggest hold-up at the checkpoint is caused by containers of liquids, gels and aerosols that exceed the 100 ml limit for carry-on baggage. Pack items like shampoo, toothpaste, creams, shaving cream, perfume and suntan lotion over 100 ml in your checked baggage.

**Tip #2:** There’s an exception to Tip#1. The size restriction on liquids, gels and aerosols in your carry-on doesn’t apply to medication – whether it’s prescribed or over-the-counter. However, containers should be properly labeled. Keep medication in the original manufacturer’s packaging and ensure pharmaceutical labels are intact so they can be easily identified.

**Tip #3:** Arrive early and ask for help, if needed. The more time you have to go through security, the less stress you’ll feel. If you have difficulty lifting or carrying your bags, advise airline staff when you check in.

At the checkpoint, look for the Family/Special Needs line if you need more time or assistance to move through security.

**Tip #4:** Be security savvy. Have your boarding pass ready to present to the screening officer; place your cell phone and other electronic equipment, coins, keys and small metal items in your carry-on; and let screening officers know if you have any medical devices or metal implants that may impact your screening.

If you still have questions about security screening, visit CATSA’s website ([catsa.gc.ca](http://catsa.gc.ca)) or call toll-free 1-888-294-2202.

[www.newscanada.com](http://www.newscanada.com)

## Active Aging Strength and Low Impact Classes

These low impact classes will assist you to maintain, build and improve your balance, strength, cardiovascular fitness and overall health. Monday classes focus on strength training, Wednesday on aerobic fitness. Wear comfortable exercise clothes, indoor sneakers, water bottle, yoga or exercise mat and be ready to have fun with Deb Palmer. Classes are held from 8:00 – 8:55 am in Gym 2.

When: Mondays & Wednesdays, July 6 – 29  
Fee: \$36 LSCO M; \$54 NM  
Once/week \$18 M; \$27 NM  
Register by: Monday, June 29



CITY OF  
*Lethbridge*

### Protect Your Home From Flooding

On average, Lethbridge receives 275 mm of rain each year. Often this comes in the form of thundershowers or summer storms. Here are some simple things that you can do to help protect your home from flooding:

- ◆ Ensure your downspouts are extended before it rains
- ◆ Clear any leaves or twigs from your eavestroughs
- ◆ Repair damaged eavestroughs and downspouts
- ◆ Ensure proper lot grading
- ◆ Keep stormdrains near your property clear of debris
- ◆ If you have a sump pump ensure it is working properly



To find out more on how you can protect your home from flooding visit  
[www.lethbridge.ca/floodprevention](http://www.lethbridge.ca/floodprevention)





# Self Help Groups

## Difficulties In Life Coffee and Conversation Group

This is an ongoing drop-in support group that meets every **Wednesday at 1:15 pm** in Room B. Participants share concerns, worries when they are 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.

## 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 **June 16th** at 7:00 pm. For more information 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 **June 13th** 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.

## Parkinson’s Alberta Society Support Group

This month the group will be having a luncheon before they take a break for the summer. The luncheon will take place on **Thursday, June 18th** at 12:00 pm in Room A For more information or to RSVP for the luncheon call Brian at 403-317-7710.

## 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 p.m. New member are welcomed.

## 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, September 28th**.

## Lethbridge Stroke Recovery Association (LSRA)

The group will be having a potluck supper on **Wednesday, June 3rd** at 6:00 pm in Room A. Please bring a hot dish or a salad to share. Dessert, beverages, plates and cutlery will be provided. For more information or to RSVP please call Louise at 394-6495.

## Sunset Alcoholics Anonymous

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

## Tips for seniors to avoid heat illness at home

While extremely hot weather can put everyone at risk, seniors are especially susceptible to conditions such as heat stroke, heat exhaustion, fainting and swelling of the hands and feet. Left unchecked, heat-related illnesses can become dangerous, even fatal.

In fact, seniors with the following conditions should be particularly careful about extreme heat this summer:

- Breathing difficulties
- Heart or kidney problems
- Hypertension
- A mental illness such as depression or dementia
- Parkinson’s disease

If you or a senior in your care takes medication or has a health condition, ask your doctor or pharmacist if the heat or sun will affect these medications. Be sure to follow their recommendations.

Tips for helping seniors to stay cool at home

- Tune into local weather forecasts so you know when to take precautions
- Arrange for friends, family or caregivers to visit you regularly. Visitors will often notice signs of heat illness such as swelling of the hands, feet and ankles, heat rash and heat cramps (muscle cramps) before you do
- Heat stroke is a medical emergency. If you start to feel confused or if you have a high temperature or feel like you might faint, call 911 or your local emergency number. Check your air conditioner to ensure it works properly. Keep the temperature as cool as is comfortable for you (somewhere between 22°C/72°F and 26°C/79°F)
- Use a fan if you have no air conditioner
- Drink plenty of fluids before you become thirsty. Leave a glass by the sink to remind yourself
- Eat more fruits and vegetables as they have a high water count
- Wear loose-fitting clothes
- Prepare meals that require no heating
- Keep your curtains or blinds closed
- Take cool showers or baths
- If safe, open your windows at night

Helping yourself and the ones you love prevent heat-related illness could be a matter of life and death. The best defence is awareness. You can find more tips in a series of free brochures published by Health Canada, which you can order at 1-866-225-0709. Additional information is available on the Internet at Canada.ca by searching for Extreme Heat.

www.newscanada.com



## Why should you take Yoga?

### Benefits of Yoga

While young and middle-aged adults often attend yoga classes to achieve a lean and toned body, senior citizens can also use the techniques to slow the aging process. With a few modifications to yoga poses and a respect for the physical limitations of an aging body, seniors can easily participate in a healthy and active yoga session. In face, the benefits of yoga for senior citizens extend far beyond the practice’s physical effects.

### Better Stability & Flexibility

One of the most significant concerns among senior citizens is the tremendous risk of falls. As the body ages, the bones, muscles and joints become weak and it becomes increasingly difficult to move. However, yoga challenges seniors to use their body weight to improve their overall body strength. Yoga also requires a heightened awareness of your own body as you move through the various poses. As the bones and muscles strengthen and the sense of body awareness improves, most seniors develop better stability, flexibility and balance. As a result, the risk of falls significantly decreases.

**Register for a yoga class today!**



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# Thank You!

The LSCO Karaoke Club would like to thank the following sponsors for the generous donations to their Spring Concert.

Please support them whenever you can.

Lethbridge Nissan  
Sisters Pub & Grill  
Ellas Family Hair Styling  
M&M Meat Shops  
Tops Pizza & Spaghetti House

Jacquie's Salon & Spa  
Pops Tap House & Grill  
Nutters Bulk & Natural Foods  
LSCO





1776 sq. ft. Senior Condo  
River Ridge MOTIVATED SELLER.  
Beautiful loft condo with 2 beds & 3 baths,  
2 parking stalls & 2 storage units.  
Call Jen to view now 403-795-8783

An LSCO Gift Certificate can be used for breakfast, lunch, the fitness centre, creative art class, strength training or pickleball.  
Give the Gift!



## COMMUNITY CARE COTTAGES

Private Nursing Home & Continuing Care For Seniors



### Long Term Care placements available at Cottonwood Cottage in Barnwell

Community Care Cottages is proud to be one of the few private providers of elegant, residential supportive living accommodations and long term care for the elderly in Alberta. As a private facility we offer an alternative to institutionalized care and offer the highest quality of care available. By keeping our homes small and the staff to client ratios at about 1:4 we are second to none in the industry! We provide care in elegant, residential homes that are fully Licensed and Approved by the government of Alberta and are inspected regularly by the applicable governing bodies including Health, Safety and Fire inspectors.

We offer an in house physician, nurses, homecooked meals and 24 hour care.

# Call 403-598-3858

See all of our homes on our website  
[www.carecottages.ca](http://www.carecottages.ca)

Enjoy walking outdoors? Sign up for a Nordic Walking class!

# We're Back!

### Glenn Hole BSc Audiology

Reg. Hearing Aid Practitioner

### Thomas Copps Au.D

Doctor of Audiology

## We Lead - University Educated, Experienced Clinicians!



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CONVENIENT LOCATION WITH AMPLE FREE PARKING  
(403) 394-9903  
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Hearing Excellence



# LSCO Spring and Summer Programs

- **PLEASE register early to avoid cancellations and to secure your spot!**
  - **Credits or refunds** will **NOT** be given once the class has begun.
  - Please ask for information regarding additional policies on cancellations, refunds, make up classes, credits, etc.
  - **How do I register?** In person, call 403-320-2222.
- **How do I pay?** By debit, cash, cheque, Visa or MasterCard.

Some members involved in LSCO’s programs and clubs choose not to participate during the summer months. This does not mean you have to. Many of the clubs require 2 people in the room for safety; all you have to do is contact another member to confirm whether they will be here or not.

**FIT BALL & More**  
Participants in this class will work hard to improve core muscles, posture, coordination, cardiovascular fitness and flexibility. Exercising with the fit ball will assist you to improve your balance and strength too! A variety of exercise equipment will be used. Wear comfortable clothing, footwear; bring water and an exercise mat.

When: Tuesdays, May 5 – June 23  
Time: 9:00 – 9:45 am  
Drop In Fee: \$6 LSCO M; \$7 NM

**ACTIVE AGING**  
Join these early morning exercise classes. They are low impact and will assist you to maintain, build and improve your balance, strength, cardiovascular fitness while having fun! Wear comfortable clothes, indoor exercise footwear, bring a water bottle and yoga mat. Deb Palmer will be instructing the classes.

When: Mondays & Wednesdays  
July 6 – 29  
Time: 8:00 – 8:55 am  
Fee: \$36 M; \$54 NM  
Once/week \$18 M; \$27 NM  
Register by: Monday, June 29  
(after this date add \$5)

**BASKETBALL**  
Pickup games of basketball are played twice a week. Shower facilities are available. Please do not leave valuables unattended. There will not be basketball when gym floor is being resurfaced August 10 - 31 and September 17. Please watch for other dates.

When: Tuesdays & Thursdays  
until December 31  
Time: 12:00 – 1:00 pm  
Fee: \$15/month LSCO M;  
\$30/month NM

**BEGINNER PICKLEBALL**  
If you have attended any of LSCO’s instructional programs time has been scheduled for you to play socially Mondays & Thursdays from 3:30 – 4:55 pm & Wednesdays from 1:00 – 3:30 pm. No formal instruction will be given. Bring a water bottle; wear comfortable exercise clothes and clean, indoor running shoes.

Days: June & July  
Mondays & Thursdays  
Times: 3:30 – 4:55 pm  
Days: June & July  
Wednesdays  
Times: 1:00 – 3:30 pm  
Monthly Fee: \$12 LSCO M; \$24 NM

**CHAIR YOGA**  
This is a unique style of yoga that adapts poses by using a chair; replacing 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.

When: Wednesdays  
June 3 – 24  
Time: 9:30 - 10:20 am  
Fee: \$10 LSCO M; \$15 NM  
Register by: Monday, June 1  
(after this date add \$5)

**GENTLE YOGA**  
If you have always wanted to try yoga this class is the one. Modifications have been made to poses to help you enjoy all the benefits. Wear comfortable clothing bring a mat and water bottle.

When: Tuesdays & Thursdays  
July 7 – 30 &/or August 4 – 27  
Fee/month: \$32 LSCO M; \$48 NM (twice/ week)  
\$16 LSCO M; \$24 NM (once/ week)

**NOON YOGA**  
Treat yourself to a noon Vinyasa Flow Yoga class this summer. All levels of ability are welcome. Wear comfortable clothes; bring your mat and water bottle.  
*(Fitness Advantage Pass does not apply).*

When: Wednesdays  
June 17 – August 26  
(no class July 1)  
Time: 12:05 – 12:55 pm  
Fee: \$50 LSCO M; \$75 NM  
Register by: Monday, June 15  
(late registration add \$5)  
Instructor: Melanie Hillaby

**NORDIC WALKING**  
Research states that some of the benefits of walking with the use of poles are that posture, stability and mobility will improve. Aerobic capacity will also increase. If you enjoy the outdoors and would like to expand your walking experience this is the class for you. Wear comfortable walking shoes and clothes appropriate to the weather. We will be going outside. Poles will be supplied. (Fitness Advantage Pass does not apply).

When: Mondays &/or Thursdays  
June 1 - 25  
Time: 9:00 – 10:00 am  
Fee: \$10 LSCO M (once a week);  
\$20 NM  
\$16 LSCO M (twice a week);  
\$32 NM

**APPLE COMPUTERS**  
Basic and simple instructions on how to use Apple Mac Computers, MacBook and iMac will be given. The instructor will start with Mac basics and then will gradually work up to general information, followed by answering participants questions. Some of the topics will be using iTunes, safe web browsing with Safari, setting up Skype. Bring your Mac to the class. You are welcome to take notes if your Mac isn’t portable.

When: Tuesdays & Thursdays  
June 9 – 18  
Time: 1:00 – 3:00 pm  
Fee: \$36 LSCO M; \$54 NM  
Register by: Friday, June 5

**PHOTO EDITING**  
If you have taken the Apple Computer class or have good knowledge of how to use your Mac and are interested in editing your photos, register for this class. Bring your charged laptop to the class.

When: Tuesday & Thursday  
June 23 & 25  
Time: 1:00 – 3:00 pm  
Fee: \$15 LSCO M; \$25 NM  
Register by: Friday, June 19

**BASIC COMPUTERS**  
When: Mondays, June 8 – 29  
Time: 9:30 – 11:30 am  
Fee: \$30 LSCO M; \$45 NM  
Register by: Monday, June 1  
or  
When: Tuesdays & Thursdays  
July 7, 9, 14, 16  
Time: 9:30 – 11:30 am  
Fee: \$30 LSCO M; \$45 NM  
Register by: Thursday, July 2  
This class is for you if:  
• You currently use a computer, but would like to become more comfortable and confident user  
• You would like to learn to create documents such as letters, and be able to save and print

**BASIC EMAIL & INTERNET**  
When: Wednesdays, June 3 – 24  
Time: 9:30 – 11:30 am  
Fee: \$24 LSCO M; \$36 NM  
Register by: Wednesday, May 27  
This class is for you if:  
• You don’t yet have an email account  
• You have an email account but need help accessing and using it\*  
• You have basic experience browsing web sites

**INTERMEDIATE COMPUTERS**  
When: Thursdays, June 11 – 25  
Time: 9:30 am – 12:00 pm  
Fee: \$24 LSCO M; \$36 NM  
Register by: Thursday, June 4  
This class is for you if:  
• You have Basic Computer Skills (learned here or on your own)  
• You would like to learn to organize files into folders and copy files to and from your computer

**INTERMEDIATE EMAIL & INTERNET**  
When: Tuesdays & Thursdays  
July 7, 9, 14, 16  
Time: 1:00 – 3:00 pm  
Fee: \$24 LSCO M; \$36 NM  
Register by: Tuesday, June 30  
This class is for you if:  
• You have basic email/internet skills (learned here or on your own)  
• You would like to learn for forward email, and upload and download attachments

### Spring Fling

Join LSCO Pickleball and Badminton players for an evening of fun. Enjoy dinner followed by dancing to a variety of music from the 60’s, 70’s, 80’s. What a great way to celebrate Seniors Week, LSCO’s 40th Anniversary and our MEMBERS! Cocktails at 5:30 pm followed by dinner and dance. Tickets available at the Administration Desk.

When: Friday, June 5  
Time: 5:30 – 10:30 pm  
Tickets: \$30/person  
Deadline: Friday, May 29




LSCO 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
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	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, June 16, 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 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		Keep Fit 10:00 am Genealogy 10:00 am	Common Ground 10:00 am	Keep Fit 10:00 am Digital Photography 10:00 am
	Badminton 10:30 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 (ends June 8)	Basketball 12:00 pm	Yoga 12:05 pm (starts June 17)	Yoga 12:00 pm (ends June 11) Basketball 12:00 pm	
			Wood Carving 12:30 pm	
Pickleball 1:00 pm Computers 1:00 pm	Quilting 1:00 pm Karaoke 1:00 pm	Beginner Pickleball 1:00 pm Bingo 1:00 pm Lapidary 1:00 pm Computers 1:00 pm	Needlework 1:00 pm Crib 1:00 pm	Pickleball 1:00 pm
	Pickleball 1:30 pm		Pickleball 1:30 pm	
Table Tennis 3:00 pm		Table Tennis 3:00 pm		Table Tennis 3:00 pm
	Beginner Pickleball 3:30 pm – 4:55 pm		Beginner Pickleball 3:30 pm – 4:55 pm Gentle Nia 3:30 pm (ends June 11)	
			Classic Nia 5:15 pm (ends June 11)	
			Jam Session 6:00 pm	
Fitness Centre 8:00 am - 4:30 pm	Fitness Centre 8:00 am - 4:30 pm	Fitness Centre 8:00 am - 4:30 pm	Fitness Centre 8:00 am - 4:30 pm	Fitness Centre 8:00 am - 4:15 pm
Seniors Week ~ June 1 - June 7, 2015				
Monday, June 1	Tuesday, June 2	Wednesday, June 3	Thursday, June 4	Friday, June 5
Pancake Breakfast 8:00 am	Golf Tournament 9:30 am	Housing & Travel Fair 10:00 am LSCO Tour 10:00 am		Early Friday Music Program 11:30 am Chinook Choir 1:30 pm Spring Fling Dinner & Dance 5:30 pm

Special Offer

Are you a Fitness Centre member?

Are you interested in changing up your exercise routine?  
If so, you may be interested in a **Fitness Advantage Pass.**  
  
From June 1 – August 31, 2015  
Fitness Centre Members are Welcome to attend any **Morning LSCO Yoga or Exercise Classes FREE!**  
  
*Pick up your pass after May 27th at the Administration Desk.*



DROP IN FEES		
	Member	Non Member
Active Aging	\$6.00	\$7.50 <small>(pay after to Admin Desk)</small>
Chair Yoga	\$3.00	\$5.00
Fit Ball	\$6.00	\$7.00
Gentle Yoga	\$6.00	\$7.00
Noon Yoga	\$8.50	\$12.00
Nia	\$8.50	\$12.00
Yoga Monday AM	\$6.00	\$7.50
Pickleball	\$2.50	\$2.50
Fitness Centre	\$5.00	\$6.00
<i>(must be purchased before 4:15 weekdays for use after 4:30 or Saturdays).</i>		



MONTH OF JUNE

Free Golf Tips  
on the Range

Thursdays 1:30~2:30 pm

Participants must pay  
for the range balls.



Senior  
Tuesdays

this year at Evergreen Golf Centre

Seniors play golf up  
to 4 pm for \$8.00 + GST.

Book a tee time at 403-329-4500  
or online at  
www.evergreengolfcentre.com

Seniors Week

June 1 - 5

SENIORS PLAY GOLF FOR  
\$8.00 + GST

7:30 am ~ 4:00 pm

CELEBRATING

LSCO

40<sup>th</sup>

SENIORS WEEK ~ JUNE 1 – 7, 2015

Monday, June 1

Flipping for 40 Anniversary Pancake Breakfast  
8:00 – 10:00 am ~ \$4.00

Tuesday, June 2

Golf Tournament ~ Evergreen Golf  
Check in at 9:00 am, Shotgun start at 9:30 am

Wednesday, June 3

Housing & Trade Fair ~ 10:00 am - 1:30 pm  
LSCO Stage Area  
LSCO Program Displays in Lobby  
LSCO Tour ~ 10:00 am

Friday, June 5

Early Friday Music Program ~ 11:30 am  
Chinook Choir ~ 1:30 pm  
Spring Fling Dinner & Dance ~ 5:30 pm



Tai Chi  
Classes

Morning Tai Chi Program  
Tai Chi Beginner Practice  
Tai Chi Beginner Class  
Tai Chi Intermediate Class  
Tai Chi Advanced Class  
Tai Chi Practice  
Evening Tai Chi

See our program schedule for times and date.

NORDIC WALKING



Research states that some of the benefits of walking with the use of poles are that posture, stability and mobility will improve. Aerobic capacity will also increase. If you enjoy the outdoors and would like to expand your walking experience this is the class for you. Wear comfortable walking shoes and clothes appropriate to the weather. We will be going outside. Poles will be supplied. (Fitness Advantage Pass does not apply).

When: Mondays &/or Thursdays, June 1 - 25  
Time: 9:00 – 10:00 am  
Fee: \$10 LSCO M (once a week); \$20 NM  
\$16 LSCO M (twice a week); \$32 NM

SPRING HEARING SAVINGS



If you or a loved one have difficulty hearing, come out of winter hibernation and SPRING into savings with these special, limited-time coupon offers! Combine and redeem them at our location in Lethbridge at 1258-3<sup>rd</sup> Avenue South.



Book your appointment today!  
1-888-286-7969  
or visit Coupons.HearingLifeCanada.ca

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Receive a FREE hearing test and earn 25 AIR MILES® reward miles!

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Members of these trusted groups and more SAVE an additional 10% off their hearing aid purchase!

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For as low as:  
\$1,200!

This limited-time offer applies to AADL and private sales of select models of hearing aids and is subject to change without notice. Price is listed per device with discount and grant applied. Some conditions may apply. Please see clinic for details. Expires 05/29/15. Limit one use per customer.

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1,000  
AIR MILES® reward miles



with purchase of select hearing aids!

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Breakfast  
MENU

8:00 – 10:00 a.m.  
Monday – Friday  
OPEN TO THE PUBLIC  
~ CASH ONLY ~  
\$5.75  
Non-Members  
Add 15%





FROM THE GALT

Filling Stations

When you hear the words Imperial Oil, Royalite, Red Head, British American, and White Rose, what do you immediately think of? Very likely, your mind went to gas stations, long part of southern Alberta history.

The first car in Lethbridge arrived in 1903. This car was actually steam-driven. But soon there were many more cars in Lethbridge and all of them needed a fuel supply. Most required gasoline and in the beginning there were no gas stations in Lethbridge.

In the early days drivers would buy their gasoline in cans from hardware stores or blacksmith shops/liveries or, in a few years, from garages themselves (though often still in tins). Going on long trips required carrying gas tins in the car. Having gasoline stored and used in so many places required changes to Lethbridge bylaws, particularly associated with fire protection. Many rules were put in as to where and how gasoline could be stored.

The first filling station similar to what we now know started in Pittsburgh in 1913 and it would take a while before the idea moved across the continent. The early garages and places selling gasoline were certainly a great deal more luxurious than many of the places we have today.

The 28 July 1917 Lethbridge Herald noted that Graham Motor Co. opened a garage on 6th St South. "The new home of the Studebaker is

easily among the best automobile garages in Alberta....

At the front of the building is also the office and accessories department and office. Opening off the street is another office, with toilet accommodations in conjunction. This office will be fitted up with easy chairs, mirrors, etc., and will make an ideal restroom for the ladies who come from country points to shop in the city. The room is especially for the ladies and nothing will be left undone that will make for their comfort.

The gasoline filling station is located in the building."

Other new filling stations were not to be left behind. The 2 May 1918 Lethbridge Herald noted that "the new filling station of the Imperial Oil Co., on 4th Ave. S., was opened to the public this afternoon with Lieut. Norman Kirkham in charge. The station is a neat looking structure in the very heart of the business centre and will no doubt be found very convenient to motorists."

While some of the early filling stations were actually inside the building, soon they were outside and even more convenient, at least for the car owner, if not pedestrians.

In the 15 September 1919 Lethbridge Herald advertisement for Baalim Motor Co., Ltd. It was noted that "Our Gasoline and Oil filling Station is Always Open Day and Night". It was mentioned there was free air on the curb

and everything for the automobile. Baalim's was located on "Seventh Street South, Just North of Post Office." A 1920 photograph of the Baalim company shows its gas pump just sitting in the middle of the sidewalk; car owners simply had to drive up to the pump (while remaining on the street) and fill up the tank.

In 1921 The North Lethbridge Garage advertised in the 23 May 1921 Lethbridge Herald with a special notice to North Lethbridge car owners. The company informed patrons that they "have just installed the latest Bowser gasoline filling station, equipped with filter and special water separator, ensuring our patrons of clean free-from-water gas. You are now able to get gas and oil at the same price as any filling station in Lethbridge." They were also offering a special high test gas "the same as Jock uses in the aeroplane" for a limited time at 50cents per gallon – which they said was the ordinary price. The North Lethbridge Garage was run by E.J. O'Sullivan and was located at 313-317 13 St North.

It is after the Second World War that cars and gas stations truly come into their own and start to develop into the service stations we know today. What service stations and companies do you remember? Which were your favourites? ★

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



Across oceans and mountains,  
from Sheffield to Lethbridge

A Legacy of  
Adventure & Art  
Miss Edith  
Fanny Kirk

JUN 6 - OCT 12.15





\* The Curator Presents ▶

Sun JUN 07 2:00 pm

Searching for Adventure with Wendy Aitkens—followed by the official opening of "A Legacy of Adventure & Art: Miss Edith Fanny Kirk".

\* Wednesdays at 2:00 ▶

1st & 3rd Wed 2:00 pm  
twice monthly program for 55+

03 Wildflowers of Waterton Park  
with Ian Wilson and Jacinthe Lavoie

17 Sharing the Legacy of Miss Edith Fanny Kirk: Exhibit Tour  
with Curator Wendy Aitkens

\* Thursdays at the Galt ▶

program 7 pm | cash bar 5-8 pm Archives,  
Discovery Hall & Museum Store open to 9 pm

04 Archives Program: Just Scan It...  
with Archivist Andrew Chernevych

11 Galt Workshop: Watercolour Painting  
with artist Alex Bakk

\* Café Galt ▶

adult lecture program  
Fri 7:00 pm

26 Yellow Fever: The BCATP in Southern Alberta  
with military historian Stéphane Guevremont | includes intermission, Q&A

Best of the Best  
Summer Wine & Beer Tasting

Thu JUN 18 | 7-9

All inclusive tickets \$60  
+GST (\$30 tax receipt)



COLLEGE LINCOLN

Get Outta Town Bus Tour

presented with 

Sat JUN 21 | Waterton Wildflowers

Sat JUN 27 | BCATP in Southern Alberta

registration now open | details online

✱= Admission applies | Senior rate (60+): \$5/day | free for Annual Pass holders (\$20/yr)

YEAR-ROUND HOURS OF OPERATION

10-5 mon-sat | 10-9 thu | 1-5 sun + hol

CLOSED DEC 25-26, JAN 01, Easter Sunday

program information & event tickets:

information desk 403.320-3954 | info@galtmuseum.com

 www.galtmuseum.com

Don't miss our upcoming Apple Computer class.

Sign up by June 5th!

Difficulties in Life  
Coffee & Conversation  
Support Therapy 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 Wednesday 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



Alberta Health  
Services



**Housing &Travel Fair**

LSCO Housing & Travel Fair will be taking place on **Wednesday, June 3rd** from 9:30 am – 1:00 pm in the Dining Room (card & stage area).Thinking of moving or maybe taking a trip? Representatives from various housing options; senior apartments, lodges and tour companies will be here. Come and check it out

**Seniors Week Music**

Chinook Music Program will be here on **Thursday, June 4th** to share their talents with us. Come and listen to the students share their musical talents with us. Program starts at 1:30 pm in Gym #2.

**COMMUNITY PARTNERSHIPS**

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

LSCO congratulates Jim Farrington on being appointed to a position with the Court of Queen’s Bench of Alberta. The law firm of ALGER ZADEIKS SHAPIRO will be taking over the clients of Krushel Farrington. Ms. Christina Lam, a lawyer who was with Krushel Farrington will now be with the firm of ALGER ZADEIKS SHAPIRO and will continue to offer the legal advice sessions here at the LSCO on the 2nd Wednesday of each month. Ms. Christina Lam will be here on **Wednesday, June 10th** to answer



**LSCO Support Services**

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

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.

**WELLNESS**

**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, June 16th** (all day) & Tuesday, **June 2nd** (morning only) 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.

**Massage Therapy Appointments!**

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will beat the LSCO on, **Friday June 12th & 26th** 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 the LSCO.

**Reflexology Appointments**

Brenda from New “U” Reflexology will be here on **Friday, June 19th**. 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.

**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, June 11th**.

**Protect yourself from age-related eye disease**

Many eye conditions and diseases show no symptoms and can only be detected through a comprehensive eye exam

As we age, our bodies change and our eyes are no different. For adults 65 and older, annual eye exams performed by a Doctor of Optometry are an important part of maintaining overall health and slowing the progression of aging eyes.

**Five most common age-related eye diseases:**

**Cataracts:** Cataracts are the result of aging changes that occur within your eyes that cause the lenses to become cloudy. They form without pain or redness, and are most often found in people over the age of 60. Some indications that a cataract may be forming include blurred vision, or the feeling of a film over your eye that doesn’t disappear after blinking. Most cataracts are fixed with minor surgery, which nowadays is quick and painless, with most patients only requiring numbing eye drops. To help slow the progression of cataracts, make sure you wear good quality sunglasses, avoid smoking and follow a healthy diet.

**Diabetic retinopathy:** Diabetes and its complications affect many parts of the eye. Diabetic retinopathy has no early warning signs and occurs when there is a weakening or swelling of the tiny blood vessels in the eye. Treatment varies depending on the case, but may include laser surgery, injections and/or surgery to stop the leakage or remove blood from the back of the eye. Diabetics should have an annual dilated eye examination so their optometrist can effectively monitor and, if needed, treat the disease.

**Glaucoma:** The most common form of glaucoma is almost always symptomless and is commonly caused by the overproduction of fluid and/or a decrease in fluid being drained from the eye, which damages the optic nerve. Your Doctor of Optometry will assess the health of the optic nerve and perform multiple tests including a simple and painless procedure called tonometry during your routine eye exam, which measures the internal pressure of your eye to check for glaucoma. If diagnosed early, eye drops and

laser treatment can control the disease and in some cases little or no vision loss will occur.

**Macular degeneration:** The risk of developing macular degeneration increases with age. In the earliest stages, the disease is symptomless but as it progresses you begin to lose

central vision when performing tasks that require you to see detail. Although there is no cure, your Doctor of Optometry can recommend lifestyle changes such as vitamin supplementation, a healthy diet, not smoking, maintaining normal blood pressure and regular moderate exercise to slow the progression of the disease. Your optometrist can also teach you how to self-monitor for distorted vision that can be a sign of bleeding under the retina, which is treatable if caught early.

**Dry eye:** The common nuisance of dry, itchy eyes can be effectively managed with simple, routine visits to your optometrist. As we age, our ability to produce tears decreases and our eyelids may not properly distribute moisture over our eyes, which can lead to the development of dry eye. There are

also a number of medications and diseases that can lead to the development of the condition, including some high blood pressure medications and rheumatoid arthritis. Symptoms range from excessively watery eyes and sharp intermittent pain, to blurry vision and the desire to close your eyes for relief. Your optometrist can effectively treat dry eye once the underlying condition is properly diagnosed with nutritional supplements, eye drops or surgery depending on the severity.

Alberta Health Care covers the cost of annual comprehensive eye exams for seniors 65 years and older. Treatment of eye-related emergencies, diseases and injuries is also covered in Alberta. To find a Doctor of Optometry near you, visit [www.optometrists.ab.ca/find-an-optometrist](http://www.optometrists.ab.ca/find-an-optometrist).

By: Dr. Nobe Nijjar, Doctor of Optometry





# Modern Family

The term “nuclear family” is one not often heard these days. While the family structure it refers to – a father, mother and their biological children – certainly still describes many Canadian families, the family landscape is not as uniform as it once was. The definition of family has evolved to include adult interdependent partners, otherwise known as common-law partners, adopted children, step children, children born from surrogates and even unborn children.

Accurately describing your family situation in your will, and to your lawyer if you have a will prepared for you, is key to ensuring your gifts to spouses, partners, children and grandchildren are made as you intended. Understanding where wills and estate law in Alberta stands on modern families could also prevent unnecessary court disputes or applications for directions.

In Alberta, where there is uncertainty over what the true intentions of the will maker were, the Court will interpret the will according to rules set out in the *Wills and Succession Act*. Section 28 of the Act states that references to children or descendants of a person in a will must be read to include any child in the womb at the time of death that is born alive and any child that person is a parent of under the *Family Law Act*. This includes birth children, legally adopted children, and in certain circumstances children born from donated human reproductive mate-

## Legal Tips and Information

Christina Lam

rial. Where a father is not the biological father of a child, but he was married to the child’s birth mother at the time of birth, married the birth mother after the birth and acknowledged that he is the father, or lived with the birth mother for at least 12 consecutive months during which time the child was born, he is also considered by law to be a parent of that child. Notably, this interpretation does not appear to include step children who are not legally adopted, or situations where a woman is not a biological parent of a child but is in a relationship with the biological father.

The same principle applies if you do not have a will at all. If a person dies without leaving a will, the *Wills and Succession Act* intestacy provisions will apply to the distribution of their estate. Section 65 and 66 of the Act state that if an individual dies without a will and without a surviving spouse or interdependent partner, the estate shall be distributed to the descendants of that individual. The Act defines descendants to mean all “lineal descendants”. According to Black’s Law Dictionary, “lineal descendants” means a blood relative in the

direct line of descent, and therefore does not include step children.

A recent Alberta estate case decided by Justice R. A. Jerke illustrates the consequences of allowing the *Wills and Succession Act* to apply by default to an unconventional family estate. In *Peters Estate (Re)*, 2015 ABQB 168, the deceased was a widow who died without a will. She and her predeceased husband had one biological child. Her predeceased husband also had four daughters who were the deceased’s step daughters and whom she treated as if they were her own for 42 years. As a result of the Court’s application of the *Wills and Succession Act* and the Black’s Law Dictionary definition of lineal, the deceased’s step daughters were unfortunately excluded entirely from the estate.

While law is generally thought and intended to reflect society, the process by which law is reviewed and amended may be too slow at times to keep up. Not everyone chooses to make a will. Those who do not run the risk of having their estates distributed according to the black letter law of the *Wills and Succession Act* in force at the time. Whether your family is nuclear, modern, or somewhere in between, a few words of clarity in your will can go a long way towards making sure your intentions are understood. ★

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### What to do after hail damage from a storm

While hail storms do not happen frequently, they can cause significant damage to both your home and your vehicle. With hail that can reach the size of golf balls falling from the sky, it is not uncommon for hail to break windows, dent cars and damage the siding on your home.

“If you experience damage from a hail storm, call your insurance company immediately. All of the details of the storm and the damage caused will be fresh in your mind,” says Achiel Goossens, Senior Manager of Auto Claims with Aviva Canada.

If you have any questions about the claim process, talk to your insurance broker or insurer. They will be able to guide through the claim process. But, here are some important tips that everyone should follow if they experience damage from a hail storm:

1. Take photos: Photos are your proof that damage occurred. It will also validate your claim and move the claim process along quicker.
2. Record all details: Take note of all the specifics of the hail storm. Write down the time, location, and date of the storm and make note of all the damage that occurred to your home or vehicle.
3. File immediately: File your property damage claim as close to the event as possible. It is easier to file a claim when all the details are fresh in your mind, allowing you to complete the claim process quickly and efficiently.

Following these three easy steps will make your auto or property damage claim significantly easier. No one wants to experience damage from a hail storm, but knowing how to file a claim properly will make the process smoother and ensure that things go back to normal.

More information is available from your insurance broker or at [avivacanada.com](http://avivacanada.com).

[www.newscanada.com](http://www.newscanada.com)

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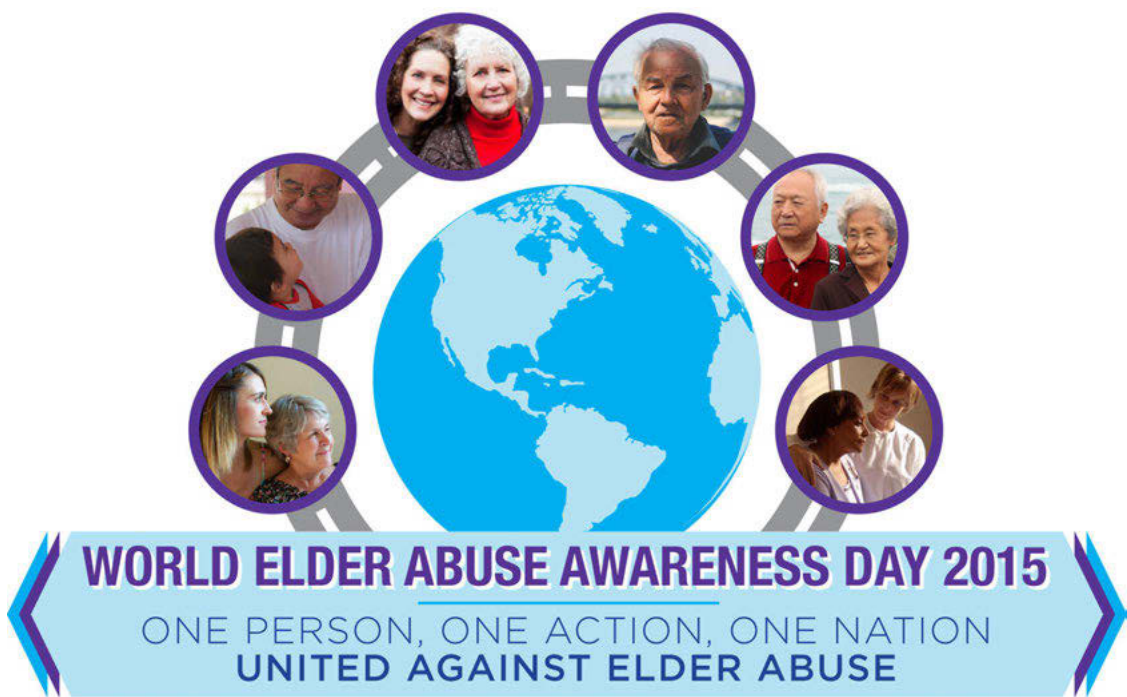


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**June 15th is recognized as World Elder Abuse Awareness Day.**

The Day started in Canada and is now observed around the world. Purple is the official colour of World Elder Abuse Awareness Day. Everyone is encouraged to wear purple on June 15th in recognition of the day.

**What is Elder Abuse?**

Elder abuse is any action or inaction by self or others that jeopardizes the health and/or well-being of an older adult. It can include many forms of financial, physical, sexual, psychological or medical abuse or a violation of basic personal rights. It also includes neglect and violation of human rights. Often more than one form of abuse is being inflicted onto the older adult. It often occurs in a relationship where there is an expectation of trust.

**Who Abuses?**

One in four cases of elder abuse is at the hands of a family member; usually a spouse, adult child or grandchild. Abusers are also friends, neighbours, paid care providers, landlords or anyone else in a position of trust and power over the older adult. Elder abuse occurs in all income levels, cultures,



religions, educational backgrounds and professions. Isolation increases risk that the older adult will be abused.

Elder abuse exists in Lethbridge. There is a strong network of support available to those individuals who are being abused. The Lethbridge Elder Abuse Response Network (LEARN) is increasing awareness to help citizens understand more about elder abuse and the resources available in the community. Community members can learn to recognize the possible signs of abuse and offer support to the older person. They can act by reporting their concerns to the LEARN Case Manager at 403-394-0306. Anonymous referrals are accepted. Simplifying access to services and providing education increases the community understanding of the issue. Encouraging socialization and offering supports are key components of prevention.

# FATHER'S DAY BRUNCH


## JUNE 21, 2015

### 10:00 AM - 1:00 PM

*BBQ Beef on a Bun, made to order omelette station, eggs, ham, sausage, hash browns, pancakes, salad bar, desserts, coffee and tea.*

**Now Taking Reservations**  
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### APPLE COMPUTERS

Basic and simple instructions on how to use Apple Mac Computers, MacBook and iMac will be given. The instructor will start with Mac basics and then will gradually work up to general information, followed by answering participants questions. Some of the topics will be using iTunes, safe web browsing with Safari, setting up Skype. Bring your Mac to the class. You are welcome to take notes if your Mac isn't portable.

When:	Tuesdays & Thursdays June 9 - 18
Time:	1:00 – 3:00 pm
Fee:	\$36
Register by:	Friday, June 5



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Saturday Evening 8:00 pm  
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Spring Fling

---

Dinner & Dance

Friday, June 5  
5:30 pm  
LSCO Dining Room  
\$30 per person

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4th Annual Live Well Showcase  
on September 17th & 18th at LSCO.**

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Jake Boldt  
Hearing Technician



JUDICIAL APPOINTMENT  
JAMES “JIM” R. FARRINGTON




Jim Farrington announces that after 25 years in the private practice of law, he has been appointed a Master of the Court of Queen's Bench of Alberta.

Jim would like to express his most sincere appreciation to his many clients for their dedication to Krushel Farrington Law Firm. Krushel Farrington Law Firm's tremendous legacy in the legal community results from the outstanding client relationships that have been developed with Jim Farrington and Allan R. Krushel over the past 45 years.

With his judicial appointment, Jim has transferred all Krushel Farrington Law Firm files to Alger Zadeiks Shapiro LLP, with confidence that they will provide unparalleled legal services to all former clients of Krushel Farrington Law Firm. Alger Zadeiks Shapiro LLP is a full service law firm committed to approachability, exceptional communication and client-centred service. They are excited to be expanding and are committed to maintaining the relationships built over the many years.

If you are a present or former client of Krushel Farrington Law Firm, please contact Alger Zadeiks Shapiro LLP at 403-380-6005 or attend their office at #260, 719 – 4th Avenue South (the Paramount Theatre Building) Lethbridge, Alberta.




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DON'T FORGET FATHER'S DAY BRUNCH  
JUNE 21ST


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**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.

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SENIORS WEEK ~ JUNE 1 - 7, 2015

LSCO

Housing & Travel

Fair

What housing options are available in Lethbridge & surrounding area?

Thinking of moving or maybe taking a trip?

Representatives from various housing options; senior apartments, lodges and travel companies will be at Lethbridge Senior Citizens Organization

Wednesday, June 3, 2015

10:00 a.m. ~ 1:30 p.m.

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SENIORS WEEK ~ JUNE 1 - 7, 2015

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TUESDAY, JUNE 2, 2015

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Everyone welcome.

Register at  
Lethbridge Senior Citizens Organization  
500 - 11th Street South by May 29th

Download the registration form at  
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SENIORS WEEK ~ JUNE 1 - 7, 2015

Flipping for Forty

LSCO

40th Anniversary

PANCAKE BREAKFAST

Monday, June 1st

8:00 - 10:00 am

\$4.00

Pancakes, Sausages, Coffee or Juice

LSCO Parking Lot ~ 500 - 11th Street S.

If you have attended any of LSCO's instructional programs time has been scheduled for you to play socially Mondays & Thursdays from 3:30 - 4:55 pm & Wednesdays from 1:00 - 3:30 pm. No formal instruction will be given. Bring a water bottle; wear comfortable exercise clothes and clean, indoor running shoes.

When: Wednesdays, June 3 - 24, July 8 - 29


Fee monthly: \$12 LSCO M; \$24 NM

Register by: Monday, June 1 & July 6

beginner

PICKLEBALL

Gardening Tips to Grow Healthier



It's a given that getting out in the garden will increase your home's curb appeal, but there are many unseen benefits too. Research has shown gardening can have a very positive impact on our health - whether it is encouraging exercise or reducing stress.

For those with chronic health conditions, like chronic obstructive pulmonary disease (COPD), there is sometimes a fear that gardening lovers will have to give up this hobby. But as long as you take steps to do it safely, gardening should be encouraged, not eliminated.

COPD, which includes emphysema and chronic bronchitis, is a respiratory disease that causes symptoms like shortness of breath and coughing up phlegm. If you are experiencing shortness of breath while enjoying activities like gardening, it's a sign your COPD could be better managed. If you take medication for COPD but are still experiencing shortness of breath, there may be treatment options available that can help you breathe better.

There are other healthy choices you can make to help you garden safely with COPD:

- Choose the right tools: Find lightweight tools as well as those with extra-long or extendable handles.
- Choose moderation: Take frequent breaks and don't try to take on a whole project at once.
- Choose the right weather conditions: Watch the weather reports and avoid gardening on days with high pollen levels or extreme heat.
- Choose the right medication in collaboration with your doctor: COPD treatments have evolved and improved with many options currently available. Ask your doctor about personalized treatment options that include once-daily dosing.

It's time to live well with COPD. For information and support in living well with COPD, visit [www.copdsigns.ca](http://www.copdsigns.ca).

[www.newscanada.com](http://www.newscanada.com)



# Bring On The Apolalypse

BRING ON THE APOLALYPSE  
(A book by George Monbiot)

*It's the end of the world as we know it (and I feel fine)*  
Song by R.E.M. 1987

Ever since H.G. Wells wrote *War of the Worlds* science fiction writers and script writers have speculated about the end of the world. When Orson Wells broadcast Well’s story about Martians attacking the earth he did it on Mercury Theater (October 30, 1938) as a live newscast. Twenty percent of the radio listeners didn’t catch the beginning of the show and took it to be a real attack. My parents told me that Mr. Foster bravely donned his newly acquired Air Raid Wardens Helmet, took up his service issued flashlight and bravely went to inform the neighborhood that the east coast had been invaded by Martians and everyone should get ready as they worked their way west.

His neighbor, Elsie Reese, took another tactic, she ran down the dirt road screaming, “The Martians are coming and we’re all going to be murdered!!” Of course, those who heard the program to the end realized that it was just another way of presenting drama and knew no such thing was happening. Mrs. Reese survived her ordeal but was a bit embarrassed as were many others throughout the U.S.

Since then authors and screenwriters have done away with our planet and humanity in a variety of horrible fashions. The old atomic bomb war with the few hardy survivors left seem to be one of the favorites. World-wide radiation poisoning was one of my favorites in Nevil Shute’s, *On the Beach*, where the last survivors were in Australia waiting for the radiation to drift south. We’ve had massive



## The Widow’s Walk

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

earthquakes and volcano eruptions in fiction that blew the planet to kingdom come and one of the books that actually made sense to me was *The Hab Theory* (1976) by Allan W. Eckert. The earth suddenly shifted on its axis and north was suddenly south and vice versa. That was lights out for everyone on the planet but the planet still carried on.

In more modern days we have plagues and viruses which isn’t that far from the truth with Ebola Fever, HIV and Hep C letting us know that there could be far more deadly bugs out there. One of the scariest viruses (fiction, of course) turns living creatures into mindless zombies in the very popular TV series *The Walking Dead*. And we mustn’t forget the war of the vampires and the werewolves.

Now something is happening in our oceans that just might be the demise of our world as we know it and it is something that seems to have sneaked up on the scientific world. There are now Jellyfish blooms happening throughout the oceans, seas and even lakes. Their swarms are getting bigger and they have been in the earth’s waters for 650 million years. Some are poisonous – some are not however they have the ability to wipe out fisheries in certain parts

of the world and is some case make our beaches unsafe when they are in the water. The shrimp-ing industry in the southern United States is in the process of switching their catch. Some of the fishermen are adapting their equipment to harvest “jellyballs” – large jelly fish which have taken over the Gulf waters and driven out the shrimp. The jellyballs are processed, salted and shipped to the Orient where they have become part of their diet. The taste (I’ve read) isn’t great but they have a great crunch when one bites down on them The ocean waters of Japan have also been invaded by a super jellyfish – the largest in the world called *Nemopilema nomurai*. These great globs of jelly used to bloom every 10 years or so; now they are interfering with the normal catch of the Japanese fisherman ongoing.

So there you have it folks! Something as supposedly innocuous as a jellyfish could take over our oceans, do away with current harvestable fishing and leave us with few usable ocean beaches. The strangest thing about jellyfish is that although they are classified as an animal, they have no brain, no heart and no blood. They are not invading the oceans as a form of warfare – they are simply doing what comes naturally to jellyfish (or any other animal) - feed to survive and multiply their own kind. No animosity intended. ★

*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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