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Join Us for

SENIORS' WEEK
JUNE 5 - 9

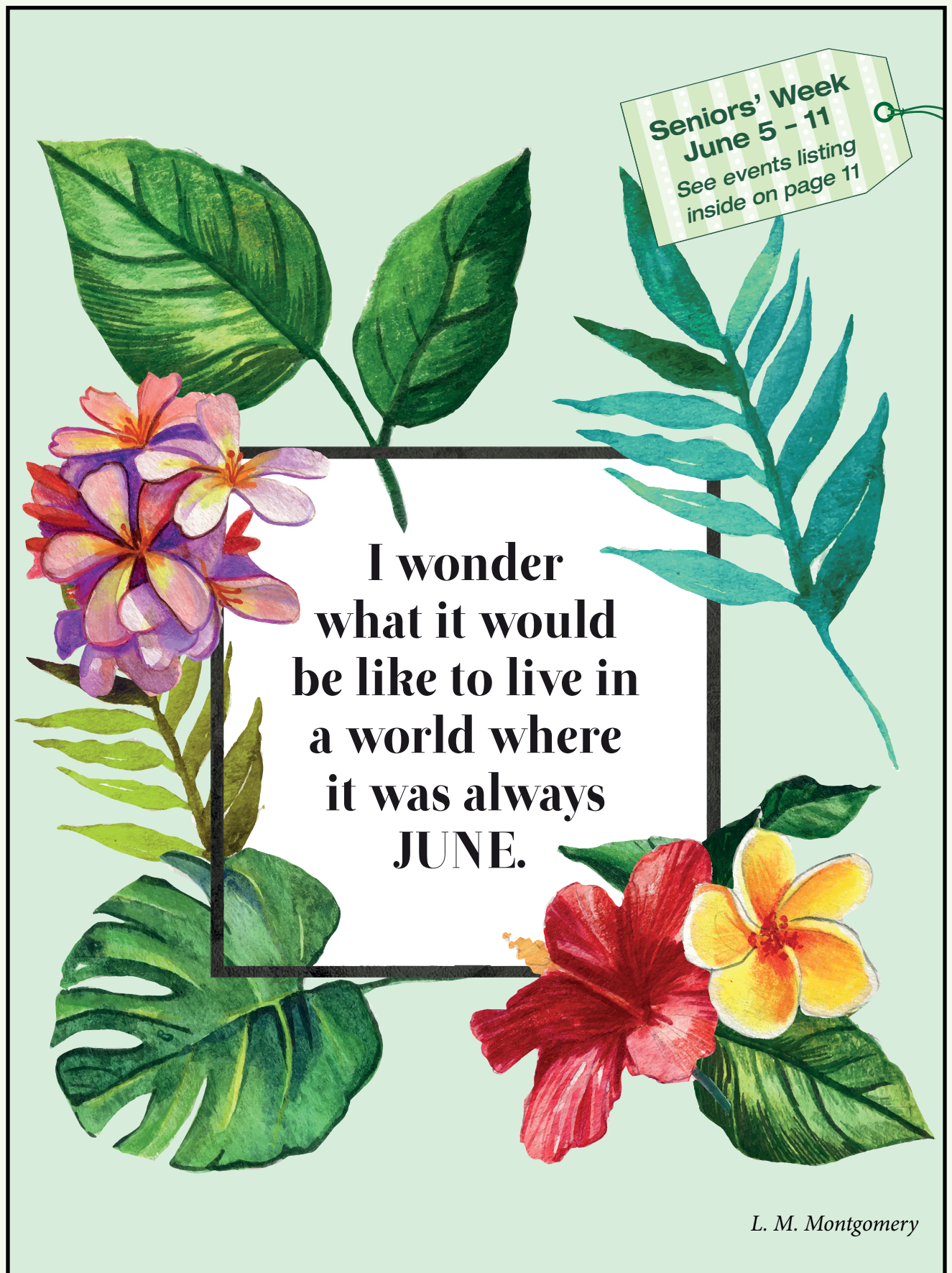
FREE COFFEE & DONUTS
AT SERVUS CREDIT UNION
JUNE 5

LSCO TOUR
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PANCAKE BREAKFAST
JUNE 8

SENIORS 55+ GOLF EVENT
JUNE 9

LSCO PUB FEST
JUNE 9



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be like to live in
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it was always
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L. M. Montgomery

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Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

I would like to express my deepest gratitude to everyone who made the 5th Annual Live Well Showcase a huge success:

- to our title sponsor, Cornerstone Funeral Home and Crematorium, and our presentations sponsor, Hosack Denture Clinic, for their tremendous financial support of this event and LSCO;
- to Sandy and Kendall Gibson and Elisha Rasmussen for your effort as our “front people”;
- to all of our volunteers, without whom Live Well would not have been possible (especially our Pickleball players who have become our unofficial setup/takedown team);
- to LSCO staff who, as usual, went above and beyond expectations to do whatever had to be done to ensure success;
- to our exhibitors who see the obvious benefit in engagement with LSCO, our members and the community;
- to the City of Lethbridge for their assistance with our parking shuttle;

- to the donors of food products for our highly successful roast beef supper;
- and to everyone that attended.

The Live Well showcase will be the biggest event we host this year, and the money we raised contributes to the great programs and services we provide to our community. ★



Marjorie Armstrong, winner of the Hot Air Balloon Ride for Two at the Live Well Showcase, accepts her prize from Rob Miyashiro, LSCO Executive Director.

National Aboriginal Day
On June 21, celebrate the heritage, diverse cultures and outstanding achievements of First Nations, Inuit and Métis!



Pat & Gordon Anderson, winners of the scooter at the Live Well Showcase, accept their prize from Gary Olson of Ultimate Freedom Plus & Rob Miyashiro, LSCO Executive Director.

To remove letters from flour bags. To remove letters from sugar, flour, and salt bags, proceed in the following way. The night before wash with kerosene and let this remain all night. In the morning boil the sack in strong soap suds, and the lettering will disappear. There are many uses for these bags, and they look much better with the letters erased.

~ The Country Women's Association of Western Australia, 1936

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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

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& Circulation. Lisette Cook (ext. 33)

Printed by Lethbridge Herald

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http://www.facebook.com/pages/Lethbridge-Senior-Citizens-Organization/149140883844

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LSCO Vision Statement

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

An Open Letter of Thanks

The 2017 Live Well Showcase was another huge success.

- First and foremost we want to thank the many volunteers. You deserve a HUGE pat on the back. You helped at the information table, prepared and served the food and coffee, provided power for each booth, and a myriad of other duties. Your assistance made it possible for the LSCO to present the best and the most informative show yet. Thanks to the Pickleballers and the other volunteers who helped set-up and tear-down & put away all the rods and drapes. The cheerfulness and eagerness of all the volunteers are to be applauded. We are always impressed with the volunteerism shown at LSCO and you really rose to the occasion again.
- A big Thank You to the staff at LSCO. We pestered them continually for the past six months while preparing for the Showcase. They were always polite and responded to every request with a smile and a can-do attitude. As LSCO members, we often think that it is different for the staff because they get paid for their work. However, we don't often take into account all of the “extra” hours and time and effort they put in. They are amazing. We also want to thank the custodian staff. We added a lot to their workload and they stepped up to the challenge.
- Thank you to our main sponsor, Cornerstone Funeral Home, the dinner donors, Kasko Cattle Co, Lethbridge Meat & Seafoods, and Bonduelle for the veggies.
- We'd also like to thank the Hosack Denture Clinic for sponsoring all of the speakers: Dr. Robbin Gibb, Gary Lepine, Travis Zentner, Hazel Hart, and Constable Steve Baker. Truly interesting talks.
- Thanks to all the exhibitors for setting up interesting displays and going out of their way to answer your questions. It's a lot of work and we hope they found the show worthwhile.

You can see it takes a lot of people and coordination to run this 2-day trade show. Finally, if you came to the show, we thank you for taking the time to discover more about our active aging lifestyle. We're all ‘getting up there’ and the Live Well Showcase can certainly help guide us along. We are looking forward to learning more next year.

With our heartfelt thanks
Kendall and Sandy Gibson and Elisha Rasmussen
The Live Well Showcase Organizers

Welcome New Members!

Brenda Smither	Darlene Dahl
Paula Dietrich	David Rowan
Jan Paulak	Dean Ellert
Paul Rainville	Christine Pelrine
Michael Fullers	Ted Richardson
Gerald Snip	Geoff Page

A Smile is the Universal Welcome.

LSCO Hours of Operation

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

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LSCO FITNESS CENTRE

Hours

Monday – Friday
8:00 am - 4:15 pm

Fitness Centre closed Saturday until September, 2017

Hours may change.

Don't Forget... LSCO website has a wealth of information. Go to www.lethseniors.com and make sure you visit it frequently.

LSCO Times

Publishing Schedule

Issue	Deadline
July 2017	June 16
August 2017	July 21

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

Wow, wasn't the Live Well Tradeshow great. There was so much to see and do and a chance to learn what is out there for us (seniors). I sat at the door to the gym giving out tickets and brochures. I saw so much energy and vitality in the people going in to the various displays with lots of smiles and laughter. There were booths showing many of the activities available here at LSCO. The displays included watercolour painting, china painting, Golden Mile Singers, exercise classes, the carpentry club and so much more! We encourage you to get involved. The show helped me to realize how much support there is out there for us.

You men out there who like to sing the old songs should check out the Golden Mile Singers. They would LOVE you. (My wife made me say that.) They have a wonderful young gentleman who is still singing at 99 years of



President's Message

Bob Maslen

age. He will be 100 in December! But remember they can use more ladies too.

There is an old saying, "Home is where the heart is." Elaine and I live in a 55+ community here in Lethbridge. This is where our hearts are. LSCO is very much a part of why we love it here in Lethbridge.

Another old song comes to mind "Let us oft speak kind words to each other." When we speak to each other let us do it softly and respectfully. When we are upset let's wait a bit until we are calm and then approach the problem with an open mind, ready to see both sides. It takes two to argue and it takes two to reconcile.

Our staff here at LSCO are great. They want to help so let's show them kindness and in return receive kindness. Our staff wear many hats when serving us. Mabe we need to have a clause in our by-laws about abuse and bullying for members and staff. Years ago a US President said "Ask not what your country can do for you—ask what you can do for your country." Let's ask what we can do for LSCO.

I encourage every one to read Lavonn Mutch's' column each month. There is a lot we can learn. ★


Lawn Care Services

Did you know that the LSCO provides *lawn care services* for low income seniors who receive **guaranteed income supplement**?

If you qualify and would like more information, please contact Diane Legault at the administration desk at 403-320-2222.



ZUMBA GOLD



This easy to follow program lets you move to the beat at your own speed. It is an invigorating class held to upbeat music that provides modified, low impact moves for active older adults. Register today. You will be so glad you did. Wear comfortable clothes, indoor footwear and bring a water bottle. Class is taught by Nicole Stratychuk.

When:	Tuesdays	When:	Tuesdays
	May 2 – June 20		July 4 – August 29
Time:	11:00 – 11:45 am		(no class August 8)
Drop In Fee:	\$6 LSCO M; \$7 NM	Time:	11:00 – 11:45 am
		Fee:	\$36 LSCO M; \$48 NM
		Register by:	Thursday, June 29

GRANDPARENTS Rights in Alberta


In recognition of Senior's Week, a presentation will be available on Grandparents Rights in Alberta

You may be taking on the role of raising your grandchild, or just want to understand more of what your rights are as a grandparent and what resources are available to grandparents.

Guest speakers will talk on the legal rights in Alberta, Family Court Counsellor's will address how necessary paperwork is required to support contact or guardianship of a grandchild, and a facilitator of a Grandparent Support group can provide information on available supports and resources.

Tuesday, June 6th, 2017
LSCO Board Room 2nd floor
1:30 – 2:30 pm

Registration Required
Please register at LSCO by Friday, June 2, 2017



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Volunteer & Fund Development

What a welcome I have had these past two months! I feel really spoiled because I got to start working with you all right before National Volunteer Week. I joked at the Volunteer Appreciation supper that I was grateful to all of the volunteers who are helping me to learn my job. Sincerely, though, I am. I know I have big shoes to fill, and I am excited for the challenge.

NATIONAL VOLUNTEER WEEK WENT GREAT!

If you were able to attend, I hope you enjoyed the free movie at the Movie Mill (we saw Hidden Figures, which was stunning), and the Volunteer Appreciation Supper. I owe thanks to so many people for making those events come together – too many to list! But special thanks to the Lethbridge Coaldale 4-H Beef Club for volunteering to serve the dinner, to the Winston Churchill High School Jazz Band for the entertainment and to Audrey Kayfish and Irene Burton-Murphy for the raffle prize donations.

LIVE WELL SHOWCASE

Wasn't that fun? This place was buzzing! A huge cup of appreciation goes to Kendall and Sandy for putting on a phenomenal two days. Jody and Farron and many kitchen volunteers pulled off the roast beef dinner flawlessly and



Coordinator

Chelsea Sherbut
csherbut@lethseniors.com
403-320-2222 ext. 31

it was a huge hit. MANY volunteers stepped up to support the event; the exhibitors loved the roving snack cart and visitors were greeted by smiling faces at the information table. Good show, everyone.

QUILT RAFFLE

The Quilt Raffle has ended and the winners have picked up their quilts. The winners are:

- 1st – Ann Maywald
- 2nd – Martha Nance
- 3rd – Tim Ellis

Of course, the whole of LSCO, members, and guests also win because of the support of everyone who bought tickets, helped sell tickets and to the very talented quilters who provided the sought-after prizes. \$1045 was earned through the proceeds – wow!

WHAT SHOULD GO IN THIS COLUMN?

I've read many back issues of the LSCO Times to get an idea of what I should be including here, but I'm interested to know what you think. What would YOU like to see in this space every month? I have seen statistics, stories, quotes, featured volunteer profiles, call-outs for volunteer help, reminders, tips and more. Come give me your opinion – I have a treat for the first 20 people that come and give me a helpful or novel suggestion.

GREEN THUMB VOLUNTEER WANTED

The dining room and LSCO plants are thirsty for some care! This position involves watering and fertilizing on a (flexible) schedule.

Visit Chelsea or email csherbut@lethseniors.com for more info.

INTERESTED IN VOLUNTEERING?

With summer vacations fast approaching, I have lots of opportunities for you if you'd be interested and willing to fill in a shift or two. Even if you've never volunteered before, or can only commit to volunteering once or twice, I would love to talk to you. Come say hello anytime or email me at csherbut@lethseniors.com. ★

Five fun ways to celebrate National Aboriginal History Month

Proclaimed by Parliament in 2009, the month of June has been designated National Aboriginal History month. From food to dance to films, here are some ideas for celebrating this special time of year and to learn more about the diverse cultures and contributions of Indigenous peoples.

- Explore national parks.** As part of Canada 150 celebrations, Parks Canada is offering free Discovery Passes throughout 2017, which give you access to all national parks all year. Did you know the Trans Canada Trail in British Columbia cuts through several parks that work in partnership with local Indigenous communities for maintenance and up keep of the trail? Visit one near you or go on a road trip to a place and park you've never been. For more information visit, www.pc.gc.ca
- Learn more about Indigenous culture and their contributions to Canadian culture and history.** For example, did you know of the many Indigenous veterans who supported our military during the War of 1812, both world wars, and peacekeeping missions?
- Take part in National Aboriginal Day events.** Indigenous peoples are the fastest-growing segment in Canadian society, so chances are that there are celebrations near you. Taking place on June 21, there will be festivals, music, dancing and other festivities in rural and urban areas nation-wide.
- Eat something delicious.** Our country is a mosaic of cultures from all over the globe, each with a unique cuisine. Explore and try sampling new flavours and dishes to learn more about your neighbours. One tasty example is the three sisters soup, a traditional dish of Indigenous peoples that's often used during ceremonies and gatherings.
- Catch a movie.** The National Film Board is bringing groundbreaking works by Indigenous directors across the country on a screening tour throughout the year. Check out some of the over 250 new and classic films coming to communities from coast to coast to coast. For more information, visit www.nfb.ca.

Barb Brant, educator, elder and wisdom keeper of Mohawk ancestry, says National Aboriginal Day provides a perfect opportunity for all Canadians to learn more about Indigenous people's diverse culture and many contributions, "Within non-Indigenous society, I think the most important thing to say is you're always welcome. Anyone wishing to join, wishing to learn, wishing to explore the Indigenous history and culture will always find a place in our communities to be welcomed and known as visitors."

Find more information about National Aboriginal Day visit www.nad.gc.ca.

www.newscanada.com



National Health & Fitness Day is Saturday, June 3rd, 2017

National Health and Fitness Day (NHFD) is an initiative to make Canada the Fittest Nation on Earth, starting with marking one day, the first Saturday in June as the day when Canadians get out and get active in any way they wish.

Shannon Phillips, MLA Lethbridge West

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Camrose Casino Resort	Jun 11-13	\$229pp/dbl
Wendover, NV Resort	Sep 10-15	\$425pp/dbl
Coeur D'Alene, ID Resort	Oct 20-23	\$325pp/dbl
Coeur D'Alene, ID Resort	Dec 5-8	\$315pp/dbl
Calgary Day Trips ~ June/July	Passion Play, Rosebud	
Enjoy the Journey! Tours will either depart from Lethbridge or pick up in Fort McLeod, using Carefree Express luxury motorcoaches. Contact Life Time Highs for more information or to book a trip.		

Self Help Groups

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 10th** at 2:00 pm in Room C & D.

Celiac Support Group

They meet the last Monday of January, May & September at 7:15 p.m. in Room “A”. The next meeting is **Monday, September 25th**, 2017.

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, June 20th** at 7:00 pm. There is also an alternative meeting date for this group if you prefer meeting in the afternoon. Come join them on **Monday, June 19th** at 1:00 pm in **Room E** (upstairs). For more information about either group call Vedna at 403-329-3766.

Lethbridge Stroke Recovery Association (LSRA)

The group will be having a potluck supper on **Wednesday, June 7th** at 6:30 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 403-394-6495 or by email at llandry@shaw.ca.

Parkinson’s Alberta Society Support Group

Meets regularly the 3rd Thursday of every month at 2:00 pm. Next meeting is **Thursday, June 15th**. A pharmacist from Norbridge Pharmacy Pharmacy will be speaking about Parkinson’s and medication. For more information call the Parkinson’s office at 403-317-7710.

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.

Hidden benefits of downsizing

As more boomers become empty nesters and retirees, new opportunities are available for the “right-sizing” trend that allows them to move to spaces that are a better fit.

An exciting new downsizing option for active individuals is land lease. If you’re looking to unlock the money tied up in your current house, or to purchase a new home without a big capital investment, land lease allows you to purchase the home and lease the land it sits on. Here are five other advantages of right-sizing into a land lease:

- Free up cash from your current home.** Land leasing is an affordable home ownership model, meaning you’ll have access to the money you make through the downsizing process and the freedom to do what you want with it. Many land lease owners become snowbirds or frequent travellers, purchase nearby golf memberships or their dream car or boat, or simply create more retirement savings.
- Join a vibrant community.** Some land lease neighbourhoods are specifically designed as lifestyle communities. For example, Parkbridge Communities offer shared amenities like indoor and outdoor pools, fitness classes, and walking and biking paths that allow residents to maintain a fun and healthy active lifestyle

- throughout retirement. Homeowners’ associations organize dinners, dances, golf tournaments and other activities that encourage social connectivity and friendships.
- Achieve peace of mind.** Safety and security are top priorities for home owners, and only become more important if you’re a snowbird or away for vacation often. As a land lease homeowner, you won’t have to worry with services like home watch security and mail collection that help hold down the fort when you’re out of town.
 - Enjoy more free time.** A common complaint about maintaining a larger home is that it’s too much work. With a land lease, you’ll receive property management services that cover snow shoveling, lawn moving and care, and other home ownership tasks. This lets you spend your golden years focusing on the important things in life rather than daily unwanted responsibilities.
 - Lower monthly housing costs.** You deserve financial freedom after years of hard work, and reducing the money you spend just to keep your home afloat goes a long way towards that.
- Find more information at www.parkbridge.com.

www.newscanada.com



MENU FOR JUNE 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






WELCOME JUNE!

Monday, June 5		Tuesday, June 6		Wednesday, June 7		Thursday, June 8		Friday, June 9	
Entree:	Teriyaki Pork Drummies	Entree:	Veggie Lasagne Casserole	Entree:	Beef Pot Pie	Entree:	Roasted Chicken	Entree:	Baked Pork Chop
Potato:	Half Baked Potato	Potato:		Potato:	Steamed	Potato:	Spanish Rice	Potato:	Mushroom Noodles
Sandwich:	Denver	Sandwich:	Denver	Sandwich:	Denver	Sandwich:	Denver	Sandwich:	Denver
Salad:	Chicken Caesar	Salad:	Chicken Caesar	Salad:	Chicken Caesar	Salad:	Chicken Caesar	Salad:	Chicken Caesar
Monday, June 12		Tuesday, June 13		Wednesday, June 14		Thursday, June 15		Friday, June 16	
Entree:	Curry Chicken	Entree:	Liver & Onions	Entree:	Roast Lamb w/Mint Sauce	Entree:	Salisbury Steak	Entree:	Baked Crispy Chicken
Potato:	Rice	Potato:	Mashed	Potato:	Roasted	Potato:	Dumplings	Potato:	Potato Wedges
Sandwich:	Grilled Beef & Swiss	Sandwich:	Grilled Beef & Swiss	Sandwich:	Grilled Beef & Swiss	Sandwich:	Grilled Beef & Swiss	Sandwich:	Grilled Beef & Swiss
Salad:	Greek Pasta	Salad:	Greek Pasta	Salad:	Greek Pasta	Salad:	Greek Pasta	Salad:	Greek Pasta
Monday, June 19		Tuesday, June 20		Wednesday, June 21		Thursday, June 22		Friday, June 23	
Entree:	Veal Cutlet	Entree:	Salmon Loaf w/Dill Sauce	Entree:	Cabbage Rolls	Entree:	Pork Molé	Entree:	Roast Beef
Potato:	Steamed	Potato:	Baby Potatoes	Potato:	Perogies	Potato:	Dirty Rice	Potato:	Mashed
Sandwich:	BLT	Sandwich:	BLT	Sandwich:	BLT	Sandwich:	BLT	Sandwich:	BLT
Salad:	Walnut & Craisin	Salad:	Walnut & Craisin	Salad:	Walnut & Craisin	Salad:	Walnut & Craisin	Salad:	Walnut & Craisin
Monday, June 26		Tuesday, June 27		Wednesday, June 28		Thursday, June 29		Friday, June 30	
Entree:	Chicken Cordon Bleu	Entree:	Mushroom Swiss Quiche	Entree:	Swedish Meatballs	Entree:	Turkey Loaf	Entree:	Roast Ham
Potato:	Yams or Turnips	Potato:		Potato:	Egg Noodles	Potato:	Mashed	Potato:	Scalloped
Sandwich:	Reuben	Sandwich:	Reuben	Sandwich:	Reuben	Sandwich:	Reuben	Sandwich:	Reuben
Salad:	Tomato & Cucumber	Salad:	Tomato & Cucumber	Salad:	Tomato & Cucumber	Salad:	Tomato & Cucumber	Salad:	Tomato & Cucumber

Meals on Wheels Punch Cards

Individuals are finding it more difficult to make ends meet. Trying to pay their rent/mortgage payment, medical bills, transportation costs etc. More times than not individuals sacrifice monies for groceries to help pay for other bills. Hence they are not eating properly/nutritiously. LSCO Meals on Wheels is adding a new aspect to their program, the pre-paid punch card system. The punch cards are purchased in advance for 5 meals, 10 meals or 20 meals based on the same guidelines as the monthly pricing, Line 236 of their 2016 income tax. The punch cards offer the option of a nutritious meal to suit any person’s individual needs. Punch Card clients will need to phone in to order the meals at least 24 hours in advance. For more information about Meals on Wheels and the punch card program you can call 403-327-7990.

Intergenerational Program

 Intergenerational Program in partnership with **Where the Wild Things Grow Early Learning Centre** is taking place at LSCO. This will give you, our members, a chance to interact and spend some time with some little people ages 3 to 6. **Where the Wild Things Grow** staff will bring a variety of books, crafts, wooden blocks etc. for you to interact with the little ones for about an hour. This program will run the 2nd Tuesday of every month from 9:00 am – 10:00 am in Room A of the centre. Join us on **Tuesday, June 13th** and make the difference in the life of a little person who might not have any interaction with a Grandparent figure.

Friday Music Program

The Friday Music Program will run from **12:30 – 2:00 pm** in the stage area of the dining room. June 2nd – Hank Wiebe. June 9th – Pub Friday John King and Don Brewer from 12:00 – 1:15pm and Randy Epp from 2:00 pm to 4:30 pm. June 16th – no music. June 23rd – Los Gringos. June 30th – no music.



Support
Services
Coordinator

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

Wellness

NEW! Mobile Dental Hygiene

LSCO has a new wellness service being offered. **Direct Dental Hygiene**, a mobile dental hygienist service, will be here at the LSCO on **Monday, June 12th & 26th** from 9:00 am till 3:00 pm. Olivia Fletcher, RDH is offering one hour appointments. Olivia offers the following services; preventative cleaning, fluoride, oral cancer screening, patient specific care, adjunctive services and she will refer if needed to other Health Care providers. Direct billing is done to Blue Cross or other providers. Appointments can be booked at the LSCO Administration desk or by calling 403-320-2222. For more information about this service call Olivia at 403-694-1346.

Massage Therapy Appointments!

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be at the LSCO on **Friday June 9th & 23rd** 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.

Reflexology Appointments

Did you know the benefits of reflexology include its ability to stimulate nerve function, increases energy, boosts circulation, induces a deep state of relaxation, eliminates toxins, stimulates the central nervous system, pre-

vents migraines and cleans up urinary tract conditions. Reflexologists, Brenda & Linda, will be here on **Friday, June 23rd**. 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

Are you missing part of the conversation? Do you continually have to ask people to repeat what they have said? Have your hearing checked for free. Candice or Jake from Lethbridge Hearing Centre will be here on **Thursday, June 8th** from 10:00 am – 12:00 pm. Book your appointment for the hearing test at the administration desk or by phoning 403-320-2222.

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, June 6th** 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.

Community Partnerships

Legal Advice

Doug Alger from the law firm of **Alger Zadeiks Shapiro** will be here on **Wednesday, June 14th**. 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.

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 June 5 – 28
Time:	8:00 – 8:50 am
Fee:	\$40 LSCO M; \$50 NM
Register by:	Thursday, June 1
When:	Mondays & Wednesdays July 5 – August 2
Time:	8:00 – 8:50 am
Fee:	\$40 LSCO M; \$50 NM
Register by:	Thursday, June 29



Thursday Morning
LINE DANCE

If you have line dance experience you are welcome to drop in to a class. Wear comfortable non-marking shoes and bring a water bottle.

When:	Thursdays, May 11 – June 29 (no class May 4 or June 1)
Time:	10:30 am – 12:00 pm
Drop in Fee:	\$4 LSCO M; \$6 NM





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Lethbridge & Area Stroke Team

Not long after Wendy Conine had a mild stroke in November, the Lethbridge & Area Stroke Team (LAST) was able to streamline her rehabilitation by working with Wendy in her own home to reach goals that she set herself.

One of those goals – to be able to do her annual Christmas baking – was achieved along with others (she no longer needs a walker, for one); and Wendy is getting closer every day to being able to return to her job as a health care aide.

“My stroke was fairly mild, and they asked me if I’d like to work with the Stroke Team at home instead of going to in-patient rehab,” said Wendy, who’s 58. “I chose home because everything they do with me is done in my own surroundings and with my own stuff.”

“We run three programs, with the Early Supported Discharge Program being our primary focus,” says Karen Perry, a Physical Therapist and Team Lead for the Lethbridge & Area Stroke Team.

“We see clients in their homes and communities who have had a mild to moderate stroke for four to eight weeks, for anywhere from 45 minutes to three hours, Monday through Friday.”

Perry leads a team of 10 from a variety of disciplines including physiotherapy, occupational therapy, therapeutic recreation, speech language pathology, social work, a registered nurse, and therapy assistants.

“We tailor our treatment activities to goals set by the clients,” she says. “We have a conversation with them about their productivity, self-care and leisure

activities – for example, what they did before their stroke and what’s important for them to be able to do now , then they rate the importance of those activities on a scale of one to 10.” Approximately 80 clients of various ages have been helped by the Lethbridge & Area Stroke Team since the program began two years ago.

“In their own homes,” Perry says, “people tend to achieve their goals and improve their function faster than they would in a facility, simply because they are doing the practice with their own possessions. They’re using their own knives in the kitchen to chop food, or their own woodworking tools out in the garage, or they are going up and down their own stairs.”

“One client was passionate about gardening, and by our final day, she was able to tolerate more than two hours of gardening and was so happy,” says Heidi Davis, Recreation Therapist. “We had another client with limited use of her left hand, and by the end of our time with her, she could shuffle cards and participated in a crib tournament.”

Team members are inventive and passionate about devising ways to help.

“One client wanted to be able to clip her guinea pig’s toenails,” recalls Davis. “We wondered how we would be able to practice this skill without hurting the guinea pig; but we coloured black sharpie on the end of toothpicks and she practiced clipping those until she was able to handle the clipper safely.” General pet care is frequently an important part of clients’ daily lives.

Marcel Leroux used to help with chores around the house and make a meal at least once a week before he had a stroke last winter, which left his right arm, hand and leg in a weakened state. Marcel lost some co-ordination, as well, and found that cooking and writing were now both a challenge, so he set goals to regain those skills.

He recently completed the program and has regained those skills after his therapy assistant, Emily, worked with him in his and his wife Debbie’s kitchen. Emily took Marcel on daily walks when the weather was good, coaching him on his gait and the way he held his arm.

“In traditional rehabilitation, we will ask clients to squeeze putty to exercise their hands,” Davis says. “Soon that can get tedious, but picture instead making bread at home. All the kneading and the mixing and the hand manipulation required to make bread is the perfect way to achieve intensity. And research shows that intensity is what gives you gains in stroke rehabilitation. Intensity can be doing a task more often, doing a task with more difficulty, or increasing the challenge or frequency of that task. We preach intensity as the backbone of our program and it’s easier to achieve intensity with a task that makes sense, or if there’s a product at the end, or if it’s meaningful.”

The Lethbridge and Area Team is one of five new Early Supported Discharge teams created in Alberta by the AHS Cardiovascular Health and Stroke Strategic Clinical Network’s Stroke Action Plan Project.

Story by Sherri Gallant,
Alberta Health Services

World Environment Day is June 5, 2017
‘Connecting People to Nature’, the theme for World Environment Day 2017, implores us to get outdoors and into nature, to appreciate its beauty and its importance, and to take forward the call to protect the Earth that we share.



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DROP IN FEES

LSCO offers an opportunity to drop in to some of the many programs. Contact us for additional information at 403-320-2222.

	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

Go to our website at www.lethseniors.com to view all our exercise and fitness classes as well as upcoming events, creative arts classes, year-round classes and general information.

Yoga

FOR MEN



Do you need some time just for you? Have you always wanted to try a 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 June 28
Time: 8:30 – 9:30 am
Drop in Fee: \$6 LSCO M; \$7NM

CLASSIFIED ADS

THINKING OF PAINTING? Give us a call. We’ve painted some of the largest and smallest homes in Lethbridge. Our painting service is Affordable, Fast, and Reliable. Call Rena today for a free estimate. 403-795-9554.

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.

FRESH PURE UNPASTEURIZED HONEY for sale. Various sizes from 300 gram jars to 10 lb. pails. 100% natural Beeswax hand & body cream. Will deliver. Call 403-381-1653.

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. These 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**



CASINO BUS TOUR

Seniors One-Day
Fun Trip to Calgary

Treats & Lunch Provided
Sign Up Now!
Last Tuesday of the Month
Mary 403-380-4304
Arleen 403-327-1813



Just Enjoy June 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.
- **Refunds** will be given if LSCO cancels a course. Participants also have the option of taking a credit.

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

PARKING PASSES

If you are planning on being at LSCO longer than 2 hours purchase a parking pass to eliminate getting a ticket.

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

NOTE: Check the bulletins, websites often for upcoming classes. Sometimes they don't make the paper!

Sports

GOLF FOR SENIORS 55+

Are you interested in receiving golf lessons? Then join one of these classes held at Evergreen Golf Centre. Please bring your golf clubs. Space is limited; register soon!

Ladies Level 1

We will review the basics and give one on one tips to help improve your skills and swing, helping to make you even more comfortable on the golf course. Perfect for the beginner or for those who haven't golfed in awhile.

- When: Wednesdays, June 7 – 28
Time: 1:00 – 2:00 pm
Fee: \$35 LSCO M; \$40 NM
Register by: Monday, June 5

Ladies and Gentlemen Level 2

This advanced class is for the seasoned golfer. Your swing will be analyzed and the lesson will include time on the golf course.

- When: Thursdays, June 8 – 29
Time: 1:00 – 2:00 pm
Fee: \$35 LSCO M; \$40 NM
Register by: Monday, June 5

SENIORS 55+ GOLF EVENT

Join us in celebrating Seniors Week by registering for this fun golf morning held at Evergreen Golf Centre, 5225 24th Ave. S. It does not matter if you have golfed a lot or a little.

New!! Registrations will be done online at: evergreengolfcentre.com, at Evergreen Golf Centre or by calling them at 403-329-4500.

- When: Friday, June 9
Time: Check in at 9:00 am golf to follow
Fee: \$30/person
(includes golf, light lunch, prizes)

Register by: Thursday, June 8

Things to know:

- All skill levels welcome.
- Golfers play their own ball. Individual scoring.
- Golfers can form their own team.
- If event is cancelled due to poor weather it will be postponed to June 16.
- If player cancels after June 8 fee is non refundable.
- If player is a “no show” entry fee is non refundable.
- Bucket of balls available to purchase for Driving Range.

- All participants must have a set of clubs to use.
- Clubs, Pull Carts & Limited Power Carts available to rent.

Exercise & Movement

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
June 5 – 28
Time: 8:00 – 8:50 am
Fee: \$40 LSCO M; \$50 NM
Register by: Thursday, June 1

- When: Mondays & Wednesdays
July 5 – August 2
Time: 8:00 – 8:50 am
Fee: \$40 LSCO M; \$50 NM
Register by: Thursday, June 29

THURSDAY Morning LINE DANCE

If you have line dance experience you are welcome to drop in to a class. Wear comfortable non-marking shoes and bring a water bottle.

- When: Thursdays, May 11 – June 29
(no class May 4 or June 1)
Time: 10:30 am – 12:00 pm
Drop in Fee: \$4 LSCO M; \$6 NM

Introduction to URBAN POLING – NORDIC WALKING

If you would like to learn how to use poles to expand your walking experience register for this beginner class. 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. Wear comfortable walking shoes and clothes appropriate to the weather. If you do not have poles they will be supplied.

- When: Tuesdays & Thursdays
June 20 & 22
Time: 10:15 – 11:15 am
Fee: \$6 LSCO M; \$12 NM
Register by: Thursday, June 13

ZUMBA GOLD

This easy to follow program lets you move to the beat at your own speed. It is an invigorating class held to upbeat music that provides modified, low impact moves for active older adults. Register today. You will be so glad you did. Wear comfortable clothes, indoor footwear and bring a water bottle. Class is taught by Nicole Stratychuk.

- When: Tuesdays, May 2 – June 20
Time: 11:00 – 11:45 am
Drop in Fee: \$6 LSCO M; \$7 NM

- When: Tuesdays, July 4 – August 29
(no class August 8)
Time: 11:00 – 11:45 am
Fee: \$36 LSCO M; \$48 NM
Register by: Thursday, June 29

Yoga & Pilates

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, May 1 – June 26
(no class May 22)
Time: 12:05 – 12:55 pm
Drop in Fee: \$6 LSCO M; \$7 NM
Instructor: June Dow

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.

- When: Wednesdays, June 7 – July 26
Time: 9:30 - 10:20 am
Fee: \$20 LSCO M; \$32 NM
Register by: Monday, June 5

GENTLE YOGA

With a few modifications to poses, individuals can participate in this gentle, calming class. It is perfect for those who have not practiced for a while or those who enjoy soft flowing yoga movements and poses. Wear comfortable clothing; bring a mat, blanket (if you like) and water bottle.

When: Tuesdays & Thursdays
May 30 – June 29
Time: 9:30 – 10:30 am
Fee: \$45 LSCO M; \$65 NM
Register by: Monday, May 29

When: Tuesdays & Thursdays, July 4 – 27
Time: 9:30 – 10:30 am
Fee: \$36 LSCO M; \$52 NM
Register by: Thursday, June 30

When: Tuesdays & Thursdays
August 1 – 31
Time: 9:30 – 10:30 am
Fee: \$45 LSCO M; \$65 NM
Register by: Monday, July 31

ACTIVE YOGA

The instructor will lead participants through an active style of fitness and yoga movements creating heat throughout the body. You are encouraged to do what feels right; options will be given. We will be moving up and down off of the mat. You may want to wear breathable clothing, even crops and short sleeves to help you stay cool. Bring a water bottle & your mat. A variety of props will be used.

When: Fridays, June 2 – 30
Time: 9:00 – 10:00 am
Fee: \$23 LSCO M; \$30 NM

YOGA for MEN

Do you need some time just for you? Have you always wanted to try a 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 June 28
Time: 8:30 – 9:30 am
Drop in Fee: \$6 LSCO M; \$7NM

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, May 2 – June 27
Time: 12:05 – 12:55 pm
Drop in Fee: \$8.50 LSCO M; \$12 NM

When: Tuesdays, July 11 – August 29
Time: 12:05 – 12:55 pm
Fee: \$40 LSCO M; \$56 NM
Register by: Friday, July 7

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, May 11 – June 29
Time: 12:05 – 12:55 pm
Drop in Fee: \$8.50 LSCO M; \$12 NM

Creative Arts

CANADA FLAG

Celebrate this great country that we live in with this wooden Canada flag. It measures 24 x 16 and is great for hanging indoors or out. In this class we will start with stained boards and create our flags using paint and vinyl stencils. All supplies are included for this class. If you are interested in a Saturday class please leave your name at the Administration Desk.

When: Wednesday, June 7
Time: 1:30 – 4:30 pm
Fee: \$45 LSCO M; \$50 NM
Register by: Friday, June 2

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SENIORS 55+ GOLF EVENT

Join us in celebrating Seniors Week by registering for this fun golf morning held at Evergreen Golf Centre, 5225 24th Ave. S. It does not matter if you have golfed a lot or a little.

New!! Registrations will be done online at: evergreengolfcentre.com, at Evergreen Golf Centre or by calling 403-329-4500.

When: Friday, June 9
Time: Check in at 9:00 am golf to follow
Fee: \$30/person (includes golf, light lunch, prizes)
Register by: Thursday, June 8, 2017

Things to know:

- ★ All skill levels welcome.
- ★ Golfers play their own ball. Individual scoring.
- ★ Golfers can form their own team.
- ★ If event is cancelled due to poor weather it will be postponed to June 16.
- ★ If player cancels after June 8 fee is non refundable.
- ★ If player is a “no show” entry fee is non refundable.
- ★ Bucket of balls available to purchase for Driving Range.
- ★ All participants must have a set of clubs to use.
- ★ Clubs, Pull Carts & Limited Power Carts available to rent.

Don't miss the **Intergenerational Program** coming to LSCO. Where the Wild Things staff will be here on Tuesday, June 13th at 9:00 am.

PICKLEBALL CLINIC

Have you thought about trying the game of Pickleball? Well, here is your chance. Interested individuals will have an opportunity to watch others play and then give it a try. Wear comfortable clothes and indoor court shoes. Racquets and balls supplied. No need to register. We will meet in Gym 1.

When: Wednesday, June 7
Time: 1:00 – 3:30 pm
Fee: FREE

play
PICKLEBALL

CELEBRATE SENIORS' WEEK

Join us at LSCO for these Seniors' Week Events



JUNE 5

Free Coffee & Donuts
9:30 am
Servus Credit Union
Westside location

Healthy Relationships
10:30 am
Meet & Greet

JUNE 6

Adult Day Program
1:00 – 4:00 pm
Music with Alice

Grandparents Rights in Alberta
1:30 pm
(Register by June 2)

JUNE 7

LSCO Tour
10:00 am
Refreshments to follow

How Long Will My Money Last
10:30 am
Free Presentation

Adult Day Program
1:00 – 4:00 pm
Fun with Wii

JUNE 8

Pancake Breakfast
8:00 am
\$4/plate

Social Media Do's & Don'ts for Grandparents
10:30 am
Meet & Greet

Adult Day Program
1:00 – 4:00 pm
Music with Floyd & Jill

JUNE 9

Seniors 55+ Golf Event
9:00 am
Evergreen Golf Centre
(Register by June 8)

LSCO Pub Fest Lunch Special
11:30 am – 1:00 pm
Music, Wings & Refreshments
2:00 - 5:00 pm

“How Long Will My Money Last”

Servus Credit Union and Paul Pflanz (NEI Investments) are co-hosting an information hour
Wednesday, June 7, 2017
10:30 – 11:30 am ~ Free of Charge

LSCO Stage Area

- Topics include:
- What is “income planning” and its considerations
 - Let’s start with the basics: Longevity, Inflation, Taxation, Healthcare Costs
 - What is your “Cost of Living” in retirement
 - Real-world retirement lifestyle scenarios
 - Determine your current financial situation

It is never to late to start.
No pressure.

Did You Know: When Birdseye introduced the first frozen food in 1930, they called it Frosted Food. Company officials feared the word frozen would suggest flesh burns. The name was changed to frozen soon after.

LSCO GIFT CARD

Use the LSCO Gift Card to pay for class registrations, fitness centre passes, parking passes, memberships fees and to pay for your meal in the Dining Room.

SOCIAL MEDIA

Do’s and Don’ts for Grandparents



Stop in and chat with
Lavonn Mutch
LSCO Case Worker
Thursday, June 8
10:30 – 11:30 am
Room B
Join in this meet and greet,
coffee and conversation.

Grandparents who are involved in social media can stop in and chat about those social do’s and don’ts regarding staying connected to grandchildren.

The benefits of being online and involved in social media are huge for seniors. These include happiness, lower rates of depression, a feeling of connectedness and an ability to stay in touch with friends and family.

This also requires those who use social media to use social etiquette.

Four actions that can never be recovered:

1. The stone after its thrown.
2. The word after its spoken.
3. The occasion after its missed.
4. The time after its gone.

5 Signs that Retirement Living Might be Right for You

Moving is never easy, but it's particularly challenging when you're considering downsizing. A transition from the home you've lived in for many years can create a great deal of stress for you or your loved one, and the process can seem daunting. You should know the different options available to allow you to choose a living arrangement that best suits your needs.

What is Retirement Living?

Retirement Living is simply about making life easier. This option is ideal for active seniors who are looking to maintain their lifestyle in a safe, supportive environment; it's the perfect balance of independence, amenities, activities and services. Here are some signs that Retirement Living might be the right fit for you or your loved one:

- 1. Struggling with household tasks (groceries, cooking, etc.)
- 2. Feeling overwhelmed by home and yard maintenance
- 3. Becoming inactive, isolated and disconnecting from friends
- 4. Worrying about injuries that could occur if left all alone
- 5. Needing independence and the ability to make decisions

Retirement living at AgeCare Columbia enables seniors to live socially active and independent lives with the reassurance that support is available if needed. Residents live in private, spacious suites with their own furnishings, belongings and decor. They enjoy meals designed by a team of red seal chefs, as well as laundry, housekeeping and maintenance services that are all-inclusive, allowing them the time and freedom to enjoy retirement. Residents are encouraged to enjoy life at their own pace – from calm and relaxing to active and energetic with programming that is specifically designed to enrich their mind, body and spirit.

With All-Inclusive Retirement Living at AgeCare Columbia life is truly worry-free. Our consultative approach recognizes that there are many stages in the aging process. We work with individuals and their families to assess their specific needs and wants and find the best fit for them.

Have more questions about Retirement Living? Give us a call, we'd be happy to help (403) 320-9363.

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SENIORS' WEEK ~ JUNE 5 - 11, 2017

Celebrate Seniors' Week
at LSCO with our
PANCAKE BREAKFAST
Thursday, June 8th
8:00 - 10:00 am
\$4.00

*Pancakes, Sausages,
Coffee & Juice*

LSCO Parking Lot (under the awning)
500 - 11th Street South

Did you know: Margarine was called *Butterine* when it was first marketed in England.

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20x Pre-Pay Punch Card
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The punch cards are purchased in advance for 5 meals, 10 meals or 20 meals based on the same guidelines as the monthly pricing, Line 236 of their 2016 income tax. The punch cards offer the option of a nutritious meal to suit any person's individual needs. Punch Card clients will need to phone in to order the meals at least 24 hours in advance.

For more information about LSCO Meals on Wheels and the punch card program you can call 403-327-7990.

E-mail: mow@lethseniors.com



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FROM THE GALT

Happy 70th birthday to Mayor Magrath Drive

The road was named Mayor Magrath Drive in 1947, but the road itself is much older than that.

When the Crow’s Nest Railway was built in 1897-98, it originally went south of Lethbridge, crossed Six-Mile Coulee by a wooden train bridge, went over the St. Mary River and then on to Fort Macleod across the north edge of the Blood Reserve. There were many difficulties with this rail-line so within a decade the Canadian Pacific Railway was redeveloping the Crow’s Nest Railway.

To do that, the High Level and Monarch railways bridges were constructed and the rail line straightened and shortened, going west from Lethbridge to Fort Macleod. The wooden bridges were removed and reused and the old rail line abandoned.

When the tracks were removed, the railbed that was left behind was a well developed, flat surface. The people of Lethbridge quickly realized the usefulness of the railbed running along the south-east side of Lethbridge and it was quickly redeveloped into a road.

Lethbridge City Council corresponded with the Alberta Railway & Irrigation Company to purchase it as a road and the right-of-way was leased in July 1915. By the 1920s the road was firmly established and was known as the Southeast Entrance Road. It was soon renamed the Sunshine Trail as tourist and automobile groups in Montana and Alberta developed the

Sunshine Trail from Edmonton to Helena to encourage motorists.

This road, a narrow, unimproved road, simply ran on top of the old railway grade and even used the wooden train bridge. In the 1930s, the old bridge was replaced with a steel one and in the 1940s it was enhanced by an earth fill across Six Mile Coulee.

As more and more cars came along, the road and bridge became of greater importance. However, it was another form of transportation other than cars that led to the next development of the road.

When Kenyon Field airport was developed south of Lethbridge in 1938, Sunshine Trail was renamed Airport Road. City Council started to ask for the road to be hard surfaced. Hard surfacing of the road during the Second World War certainly would have been useful as the road was greatly used as people travelled extensively between Lethbridge and the training schools and military spaces at the airport. But the war also meant that paving the road wasn’t the highest priority and the road wasn’t asphalted until after the war in 1946.

The next year the road had another major change when Council decided to rename it after Charles Alexander Magrath, Lethbridge’s first mayor. Magrath not only served as Lethbridge mayor, but was also a member of the Territorial Assembly, Member of Parliament and served as chair of the Canadian section of the Interna-

tional Joint Commission. He also served as the fuel controller for Canada during the First World War and was a land surveyor. In 1950, following his passing, Charles Magrath was designated a National Historic Person. The plaque in his honour hangs outside Lethbridge City Hall.

In 1947 Charles Magrath was invited to Lethbridge to see the road named in his honour but also to place the cornerstone for the new Lethbridge City Hall. Unfortunately, Magrath’s health didn’t allow him to attend the ceremony and ex-mayor David H. Elton stepped in to unveil the cornerstone for the building.

Once Mayor Magrath Drive gained its new name, work continued on it. City Council requested that J.F. Hamilton, land surveyor, survey Mayor Magrath Drive from 7 Avenue South to city limits and that the highway route was to be at least 200 feet wide.

The renaming of the road to Mayor Magrath Drive was done just before the population and growth boom that had Lethbridge growing by leaps in bounds between the late 1940s and the 1960s. Very soon businesses and residential development grew along and around Mayor Magrath Drive helping to make it one of the primary roads in Lethbridge. In the decades to follow and now, 70 years after its name change, Mayor Magrath Drive is still one of the busiest roads in Lethbridge. ★

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

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.

When: Wednesdays, June 7 – July 26
Time: 9:30 – 10:20 am
Fee: \$20 LSCO M; \$32 NM
Register by: Monday, June 5

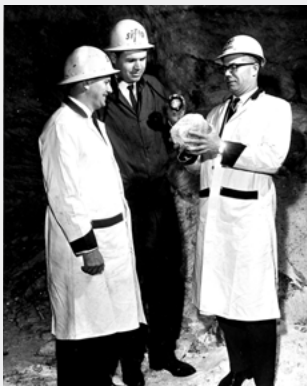


GENTLE YOGA

With a few modifications to poses, individuals can participate in this gentle, calming class. It is perfect for those who have not practiced for a while or those who enjoy soft flowing yoga movements and poses. Wear comfortable clothing; bring a mat, blanket (if you like) and water bottle.

When:	Tuesdays & Thursdays May 30 – June 29	When:	Tuesdays & Thursdays July 4 – 27
Time:	9:30 – 10:30 am	Time:	9:30 – 10:30 am
Fee:	\$45 LSCO M; \$65 NM	Fee:	\$36 LSCO M; \$52 NM
Register by:	Monday, May 29	Register by:	Thursday, June 30

The surprisingly spicy history of salt



Referred to as “white gold” in the Middle Ages due to its high trading value, salt has enjoyed a colourful world history. Here in Canada, the discovery of the great Michigan salt bed 150 years ago has made salt a staple of Canadian dinner tables since Confederation. As the only rock that humans consume, and must consume to live, salt is the unsung historical hero of the spice world. Here are some more salt facts:

Your salary has salty roots. Roman soldiers were sometimes paid in salt, which led to their

compensation being referred to as a “salary.” The word salary is derived from the Latin word sal, meaning “salt.” Additionally, it spawned the phrase “worth your weight in salt” and was the official currency of Ethiopia (then called Abyssinia) in the 18th and 19th centuries.

Salt was discovered in Canada by accident. When entrepreneur Samuel Platt was drilling for oil in Goderich, Ontario, 150 years ago, the last thing he expected to find was salt. Platt and his Goderich Petroleum Company were on the hunt for oil when they made a remarkable discovery. Once they reached a depth of 964 feet — just 36 feet short of their goal — they hit the great Michigan salt bed. The company was quickly renamed The Goderich Salt Works and they began salt panning operations in 1867, the same

year as Confederation. The company that would later become Sifto still stands today and is celebrating its 150th anniversary in 2017.

Salt helped shape human history and civilization. In Canada and around the world, salt allowed humans to break dependency on fresh food and allowed for foods to be shipped across long distances due to its preserving qualities. Additionally, salt acted as an antiseptic, antibacterial, and antidote against poisons.

Salt saved lives. The phrase “to take with a grain of salt” refers to the antidote used regularly to protect against poisons where a grain of salt was one of the ingredients. Threats of poison were taken less seriously because they were “taken with a grain of salt.”

www.newscanada.com

Transportation Serves as a Bridge for Community Engagement

*Being elderly may pose some challenges, but being health-literate and informed about available services including transportation can contribute to a happier life in retirement. **Go Friendly Shuttle Service** is a viable door-to-door transport option for seniors in our community.*

The mornings are a busy time at the Lethbridge Senior Citizens Organization (LSCO). On this day people are in the open-area reading cluster catching up with news from the magazines and daily papers, spending time in conversation – from here they might carry on to the dining room, fitness centre, gymnasium, and various club quarters. In addition, it's tax time, so the organization has arranged for professional advising. The facility brims with activity. Member, Pat Eakin has already spent some time in the Fritz Sick pool participating in a swim lesson, and afterward joins a chair yoga class. At 81-years-old Eakin is still vibrant – the LSCO fulfills a large part of her daily routine, keeping her independently active. "This place is very important to me," says Eakin. "It gets me out of the house five days a week meeting people. It offers so many opportunities." But transportation can sometimes become a difficult and frustrating undertaking for seniors. "Three years ago I came from Kimberley to live with my daughter and her husband. One of the things they discovered was the LSCO, and they encouraged me to try the **Go Friendly** service," Eakin

says. "They both work during the day, so transportation was a bit of a concern. Walking to the corner bus stop can be difficult – particularly on an icy winter day, or a windy day. But, the shuttle comes right to the front of the house, delivers me to the door of LSCO, and later takes me home again."

Go Friendly is a collaborative effort put forth by visionary local leaders from the City of Lethbridge, Nord-Bridge Senior Centre, and the LSCO. "The service boasts between 2000 to 2500 trips in a year," says Rob Miyashiro, LSCO Executive Director. "We have discovered from the research that driving is one of those things that we like to hold onto. It's only when you are not able to drive that you understand how much it impacts your independence." But **Go Friendly** is an option as LSCO members can have chauffeur service from their own home to the centre. "There are two criteria in taking **Go Friendly**," Miyashiro says. "The rider must possess a membership to the centre, and not be wheelchair dependent – which encroaches upon the mandate of the City of Lethbridge service called ACCESS-A-Ride. We can manage walkers, though. Miyashiro adds, "We're happy that the City understands the value that **Go Friendly** brings, as we couldn't do this without their assistance."

For many seniors good public transportation is integral in maintaining their connection and participation



Dave Slovack is a driver for the Go Friendly bus.

in the community. With age comes matters concerning vision, mobility, body balance, communication, and safety – the ability to connect is a critical component of being part of society. The **Go Friendly** service recognizes the changing needs of older citizens and serves as a bridge that connects to community.

For more information contact the LSCO Administration Desk at 403-320-2222. "We advise calling the day before," says Diane Legault, Member Services Assistant. "We have some faithful users of **Go Friendly** and we would like to encourage others to try out this service." The shuttle is in operation from Monday to Friday, 8:30 a.m. to 4:00 p.m. The cost is \$3.00 one-way.

by Taylor Novakowski and Darcy Tamayose

"If a June night could talk,
it would probably boast it invented romance."
~ Bern Williams



Two blocks west of the casino on Crowsnest Trail

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**THUMBS UP
TO LSCO
NORDIC WALKING**

INTRODUCTION to URBAN POLING – NORDIC WALKING

If you would like to learn how to use poles to expand your walking experience register for this beginner class. 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. Wear comfortable walking shoes and clothes appropriate to the weather. If you do not have poles they will be supplied.

When: Tuesdays & Thursdays, June 20 & 22
Time: 10:15 – 11:15 am
Fee: \$6 LSCO M; \$12 NM
Register by: Thursday, June 13

DIGITIZE YOUR PICTURES

Let me scan your pictures to a digital device so you can save them and share them with your loved ones

I will put them on DVDs, Jump drives or External Hard Drives.

Call Patty Perry at 403-330-7852 for further information.
I will pick them up on Monday and return them the next Monday

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TUES-FRI 8:30 - 5:00
SAT 8:30 - 3:00

Did you know? | that anyone 18 and over can participate in most classes at LSCO?

LSCO Karaoke Club Spring Concert

A side profile of a white and grey Asics running shoe. The upper is primarily white with a fine mesh texture. A large, dark grey Asics stripe is visible on the side. The sole is dark grey with a textured, cushioned appearance. The shoe is shown against a plain white background.

**LSCO Gym 1 & Gym 2
will be **CLOSED** from
August 14 – September 5
for maintenance.**



The parent-child relationship is one of the longest lasting social ties human beings establish.

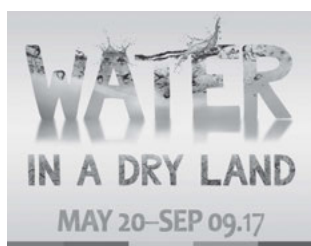
10:30 – 11:30 am • Room B

It is never too late to work on and improve those relationships with our Adult Children.

Set Boundaries • Accept Differences
Validate Feelings • Choose Your Battles
Staying in the Present • Getting Help

A garden is a grand teacher. It teaches patience and careful watchfulness; it teaches industry and thrift; above all it teaches entire trust.

~ Gertrude Jekyll



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& Our History
JUN 03-SEP 17.17

JUNE

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



Whisky Tasting at Fort Whoop-Up
 Fri **JUN 16** | 6–9 pm
 TICKETS \$25/person (+GST) | Available at the Galt
 Museum Store, Fort Whoop-Up store and online
 starting Mon **May 15** at 10 am | **must be 18+**

Get Outta Town Bus Tours
presented with *red arrow*

Waterton Wildflowers
Sat **JUN 17** | 8 am-6 pm
Full day | **\$100** (+GST) | Register by Sat **JUN 10** | To
register please call 403.320-3954

Mon JUN 19 | 11:30 am–1:30 pm *National Aboriginal Awareness Week*
Community Day | All Ages | **Free Admission**

Special Events

HERITAGE ARTS WORKSHOPS!

Felted Hat Workshop
 Fri **JUN 16 | 9 am–4 pm**
 COST **\$80+GST** (includes supplies) | must pre-register by
JUN 09 | To register, call 403.320-3954
 max 12 participants | please bring a bag lunch

Felted Luminary Workshop
Sat **JUN 17** & Sun **JUN 18** | 9 am–4 pm
COST **\$150**+GST (includes supplies) | must pre-register by
JUN 10 | To register, call 403.320-3954 | max 12
participants | please bring a bag lunch

Thu JUN 01 | 7–8:30 pm *Historic Theatre Walking Tour*
 Sun JUN 04 | 2–3 pm *Canada's Research Stations:
 Their History and Stories*
 Wed JUN 07 | 2–3 pm *Floyd Sillito & The Classics*
 Wed JUN 14 | 2–3 pm *Wildlife of Waterton Park*
 Sun JUN 25 | 2–4 pm *Churchill and the Royals*

Thu **JUN 29** | 7–9 pm *Local History on Facebook*
with Belinda Crowson

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




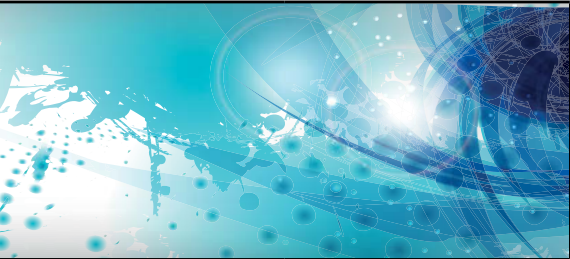


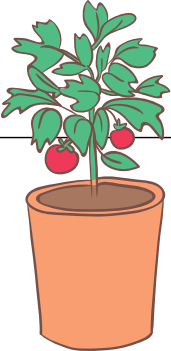

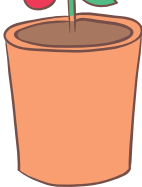
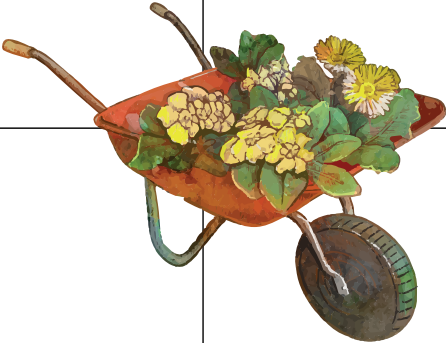
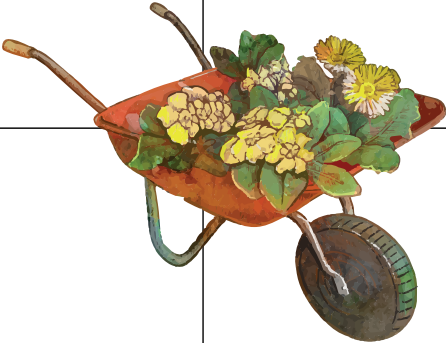
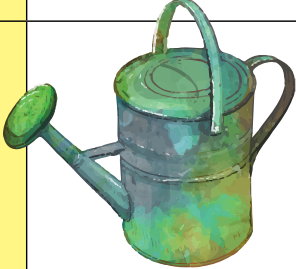
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June 2017 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>HAPPY FATHER'S DAY</div></div> 				1 Music with Sandy 1:00 pm	2 Music Program in Stage Area Hank Wiebe 12:30 ~ 2:00 pm	3 
4 	5 June 5 – 11 Seniors' Week	6 Music with Alice 1:00 pm Chair Exercises 2:45 pm	7 Fun with Wii 1:00 pm	8 Music with Floyd & Jill 1:00 pm	9 Music Program in Stage Area John King & Don Brewer 12:00 ~ 1:15 Randy Epp 2:00 ~ 4:30	10 
11	12 	13 Music with Hank 1:00 pm Chair Exercises 2:45 pm	14 Bowling Holiday Bowl 1:00 pm	15 Movie Time 1:00 pm	16 Music Program in Stage Area TBA 12:30 ~ 2:00 pm	17 
18 Father's Day 	19	20 Pet Therapy with Heather 1:00 pm Chair Exercises 2:45 pm	21 Horse Racing 1:00 pm	22 Music with Los Gringos 1:00 pm	23 Music Program in Stage Area Los Gringos 12:30 ~ 2:00 pm	24
25 		27 Day Program Outing 1:00 pm	28 Bowling Holiday Bowl 1:00 pm	29 Music with Ray Sauer 1:00 pm	30 Music Program in Stage Area TBA 12:30 ~ 2:00 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.						

LSCO Fitness Centre has a wide variety of exercise equipment.

• Abdominal Curl; Chest Press Fly/Deltoid Raise; Lateral Raise

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~ ALLAN ARMITAGE

Thank You For Visiting

Mr. Sparkle

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Congratulations Glennis Sigurdson

Winner of a Free House Cleaning

Call Us 403-394-4692

World Elder Abuse Awareness Day – June 15

A portion of an Elder’s Pledge

Taken from Deidere Scherer Syracuse Cultural Workers.com

- We will not be judged by the values of youth
- We will not equate aging with illness
- We will not be expelled from work or play
- We will grow and learn
- We will maintain a sense of humor
- We will support one another
- We will cooperate across generations to create a better world
- We will nurture and guide the young
- We will contribute according to our abilities
- We will be proud

I saw this poster in a coworker’s office when I began my first week of employment with the Lethbridge Senior Citizens Organization. The words on this poster became real to me



LSCO Case Worker/
LEARN Coordinator

Lavonn Mutch
lmutch@lethseniors.com
403-320-2222 ext. 57

as I observed and experienced individuals and groups of our members living out those actions daily at the center. LSCO is such an important part of keeping our community members engaged and staying connected. I invite all members to be part of celebrating World Elder Abuse Awareness Day.

Locally, the Lethbridge Elder Abuse Response Network will be hosting a walk to bring awareness to the problem of elder abuse. We encour-

age seniors, their support systems and anyone who is concerned about the abuse of the elderly to join us on Thursday, June 15 at 10:00 am. At Civic Athletic Track (directly behind LSCO, next to the Curling Rink). Following the walk, we will be hosting a barbeque. The cost is \$2.00, with all proceeds going towards the 2018 edition of our Seniors Safety Calendar. Put on purple and join us for this worthwhile cause.

LEARN is here to help. The services are provided free of charge to anyone 55 years of age or older currently living in the Lethbridge and County of Lethbridge area. If you or someone you know is experiencing abuse, please call LEARN at 403-394-0306.

Abuse of the elderly is an issue that touches people of all races and ethnicities, regardless of gender or socio-economic status. Individuals, families and communities the world over feel the impacts when the rights of an elderly person are abused. ★



LEARN
LETHBRIDGE ELDER ABUSE
RESPONSE NETWORK

Wear Purple and Join
LEARN for a Walk to
Raise Awareness



WORLD ELDER ABUSE
AWARENESS DAY WALK

Thursday, June 15, 2017

10:00 ~ 11:00 am
Civic Centre Track (behind LSCO)
500 - 11th Street South
\$2 BBQ at 11:15

All proceeds to the 2018 Seniors Safety Calendar



Sponsored by




LETHBRIDGE
Senior Citizens
ORGANIZATION





For more information, contact LEARN Coordinator,
Lavonn Mutch 403-320-2222

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Terrorists have sunk to a new low

It seems that everytime I go away for a holiday, there is a terrorist attack somewhere in Europe or the USA. I was in Montana on 9-11, I was in Phoenix when the Paris attacks happened, and just today I was in Montana, when the attacker hit the Ariana Grande concert. This last attack infuriated me to the extent that concert goers would be young girls heading out for a fun evening and ending up being a statistic. Truly terrorists have sunk to a new low, picking on young girls.

I am not sure what the answer is to prevent these attacks, but I do know that we have been dealing with this sort of thing since the 1960's. We are still fortunate to live in areas of the world where these are a rare occurrence, but they do shock us. The one thing is that the groups that are perpetrating these attacks are small fringe groups. Many of you might remember the Red Brigade, the Baader Meinhof Group, the Symbionese Liberation Army, and of course the Irish Republican Army. The good news is that these groups are gone. None of these groups had religion as their main driving force, but extreme political ideology.

The most recent terrorist groups are Islamic Extremists. Any religion can produce this kind of extremism. Religion is often identified as part of one's culture and therefore can often lead to extreme views, when one's culture is threatened by external forces. For example,



Legal Tips and Information

Douglas Alger

do we think that Afghanistan would be in as big a mess as it is, if it were not for the Soviet Union's invasion of that country in 1980. We might not even have had 9-11, but for this.

The good news about terrorism it is a small number of individuals that seek to wreak havoc. Many of you would be surprised to learn that ISIS only has about 100,000 maximum members. Many of you would think that they were larger than this, me included, but if you look at the facts, this is the number and if you look at the actual leaders of ISIS, it is probably less than a 1000. It is my belief that they too will fade from the earth, as they really have no plans if they were to take real power. Further the world community would not let them stand. You can see this happening in Syria and Iraq and ISIS is gradually losing ground.

It seems this is a fact of human existence, there are always going to be individuals who want to run the country, even if running it, comes at the great expense of the common people. In Canada we fortunate to have a system of government that doesn't allow extremism of any kind to prevail. If a prime minister were to propose some outlandish thing, the Parliament, would simply vote him out. We don't have the kind of the system the USA has where if the President does something that defies common sense, they can remain in power, because to kick a President out of office is a very big deal. In our lifetime, it has only happened once to President Nixon.

One thing our parliamentary system proves is that politicians seldom leave office on a high note. They have their day in the sun, but every day must end. Not many of us have fond memories of any our outgoing Prime Ministers, they all seemed to have overstayed their welcome.

Terrorists might think that they can rule with a country, but nothing lasts forever. The trick here is trying to minimize the damage they cause while they are having their day in the sun, which I think is ending soon. What comes next after ISIS is gone, we can only hope will be a change for the better. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

Year Round Program Drop-In Fees

Fees must be paid prior to attending program.

Badminton	\$2.50 member \$3.50 non-member	Billiards	\$6 members \$7 non-members (must be accompanied by billiard member)
Keep Fit	\$2.00 members & non-members	Crib	\$2 non-member
Scottish Dance	Members give weekly donation \$3 non-member	Duplicate Bridge	\$2 non-member
Table Tennis	\$2 members & non-members	Scrabble	\$2 non-member

Please take till receipt to person in charge of program (if applicable)

Computer Corner

by Sjoerd Schaafsma

Summer Computing – Hobbies, Special Interest Groups

Summer time finds many of us away from our computers enjoying the weather. This might be the time to focus on how your computer can help you with your outside and summer interests.

There have been Special Interest Groups in (SIGs) in computing circles and other clubs well before the internet. Now however they are everywhere. Whatever your hobby or interest, there is likely an app, website, group or online forum to fill you in on what you want to know.

Pinterest, and Instructables are two groups that immediately come to mind. <https://www.pinterest.com/categories/everything/> <https://www.instructables.com/>

These groups cover a wealth of user generated ideas and information from gardening, crafting, fitness, and fashion to building your own computer. A free membership gets you into the group, and usually the privilege of contributing to discussions. A paid membership gives you extra perks, perhaps fewer advertising distractions, or the ability to download an entire set of lessons or instructions without interruption.

It's summer time, so remember to keep your computer cool. Use your power settings to put your computer to sleep or turn it off automatically. Do a Google search for "windows or mac power settings" and if you haven't done it lately... blow out the dust bunnies. Go to <https://www.lifewire.com/ways-to-keep-your-computer-cool-2624713> and check out item # 3.

The Monthly Tips: One for Windows and another for iOS (Apple, Mac, iPhones, iPads).

Windows – by right clicking on a desktop, taskbar or start menu item you can usually choose to pin (place) or unpin (remove) that shortcut icon to or from its present location. Once on the taskbar, an icon only needs one mouse click to start the program.

iOS – Check out the appstore for free apps. Some apps are always free, other free offers come up periodically as a promotion for an otherwise paid app.

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: or if you have questions about the Computer Club contact – computerclub@lethseniors.com

SENIORS' WEEK

JUNE 5 – 9, 2017

Monday, June 5

LSCO Members and staff are invited to Kick off Seniors Week with us for FREE Coffee and Donuts at Servus Credit Union, WEST SIDE Location.

65 Columbia Blvd. West.

Stay tuned for additional activities taking place during Seniors Week.

Computer Club WORKSHOPS

June 2017

The LSCO Computer Club has access to the computer lab on Mondays and Wednesdays from 1 – 4 pm. This time may be pre-empted for other events.

There are currently no workshops planned for the summer months. If these plans change they will be posted on the computer club website <https://sites.google.com/site/oldfolkscomputers/workshop-calendar>, shared with members via the club email list, or posted on the bulletin board.

Email computerclub@lethseniors.com to be added to the email list or to ask for help from the computer club.



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Community Builders Volunteer Awards

In honour of Canada's 150th anniversary, Member of Parliament for Lethbridge, Rachael Harder, is awarding Community Builders Volunteer Awards.

These awards are about recognizing the remarkable contributions made to our community by individuals, not-for-profit organizations and businesses throughout the Lethbridge riding.

The deadline to apply is Friday, June 16, 2017. To nominate someone great, please visit www.RachaelHarder.ca.

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When: Wednesday, June 7
Time: 1:30 – 4:30 pm
Fee: \$45 LSCO M; \$50 NM
Register by: Friday, June 2

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I read LSCO TIMES FROM FRONT TO back. DO YOU?



A Common, Shared Fear

After all, we are all creatures who are frightened at the thought of “no more me”.

~ Staring at the Sun by Irvin D. Yalom

I have been bombarded by death recently. So far this year I’ve lost an aunt, three uncles and two very dear friends. I’ve also experienced widowhood twenty years ago, as you all know. A while back I started a list of family and friends who have left this world. So far I’m past 50 and the list is growing. I think it comes with aging; once you become a senior citizen loss becomes a big part of your life. It’s hard not to become depressed when you keep losing people who mean so much to you.

Since I have been rather preoccupied with death lately my therapist suggested that I read Irvin Yalom’s book, *Staring at the Sun*. The book has been a great comfort in several ways and has given me much food for thought. The most important idea coming from the book originated with Frederich Nietzsche, the German philosopher. The idea presented is in the form of a question. If you could live your life again and again with no changes would you choose to do so? There would be nothing new and you would not be able to change anything as your life is lived over and over. This concept gave me much food for thought and after considerable contemplation I decided that, yes, I would live my life again even with all the mistakes I’ve made through my life. The joys I have experienced would make the journey worthwhile.



The Widow’s Walk

Kay Long, BSW, RSW

Another comforting thought that the book presented is that where ever we were before birth we will likely return to upon death. We do not remember a time or space before we were born but we did exist in some form. Depending on what one chooses to believes, we could go back to that same form of existence. Our life is just a round trip, so to speak.

In the book Yalom also tells us that the most powerful idea to counter ones death anxiety, for him, is the idea of “rippling”. Rippling refers to the fact that we all, often without realizing it, affect and influence those around us. This influence is often passed on to others - a rippling effect like you see in a pond when disturbed. Since I have had so many friends, clients, family members, and descendants in my four score years, I figure I have had some influence on others. Even if only as a bad example of who not to be at times.

I do not fear going through death’s door, especially after reading Yolem’s book. What I do not want is to leave tasks undone, a principle my Mother instilled in me. If you start a job be sure that you finish it. I do believe that we are here to:

1. learn lessons, and;
2. complete the tasks we are destined to do.

I fear that I may leave a lesson unlearned or a task undone. Even at my senior age I know that I still have new experiences ahead and responsibilities to fulfill.

None of us will be exempt from the death experience. Every living thing on this earth will, eventually, die or be converted into another form. All the atoms of earth’s creatures, all plant life, and we humans will eventually become a part of something else. For me this fact is a comfort. Even after I am gone I will still be here in some form and so are those loved ones that I have lost. I only hope that when I do eventually go through death’s door they will be waiting for me, in some form, on the other side. But right now I’m not in any hurry. Life is a gift and we should all enjoy it while we can. ★

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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If you wish to make anything grow, you must understand it, and understand it in a very real sense. 'Green fingers' are a fact, and a mystery only to the unpracticed. But green fingers are the extensions of a verdant heart.

~ Russell Page



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