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Notes from the Executive Director

Rob Miyashiro
Executive Director
rmiyashiro@lethseniors.com

Welcome to our new LSCO Board Members

I would like to express my appreciation to our Incumbent Board members who are completing their terms and give a big welcome to our new Board members ratified at the recent AGM: Clifford (Charlie) Brown - President Elect; Irwin Wyrostok - Treasurer; Marnie Brown - Secretary; Bob Maslen, Merri-Ann Ford, Carol Roesler - Board Members. Our new Board members bring a revitalized energy and new ideas to the Board. I would also like to thank out-going Board members Stan Coxson, John Preston, Nadia Campbell and Wilma Mulder for their dedication to LSCO and their work to make our organization stronger.

Speaking of strong organizations, did you know this year is LSCO's 40th year in existence? We had humble beginnings in a meeting room at Southminster Church and have grown into one of the largest seniors organizations in Canada. Celebrate our Anniversary with us during Seniors Week, the first week of June...check the *LSCO Times* and our web site for more information. ★

THE YARD WASTE RECYCLING SITES ARE OPEN!

Open 7 days/week until the end of November, 7 am to 7 pm.

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~ Margaret Atwood, *Bluebeard's Egg*

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Offer valid on new activations only.
*AutoAlert does not detect 100% of falls.
If able, you should always press your button.



MONTH OF MAY Free Golf Tips on the Range

1:30 ~ 2:30 pm

Participants must pay for the range balls.



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this year at Evergreen Golf Centre

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

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



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

Staff Members:
Executive Director – Rob Miyashiro
rmiyashiro@lethseniors.com ext. 24
Office Administrator – Jodie McDonnell
jmcdonnell@lethseniors.com ext. 23
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mvaneden@lethseniors.com ext. 25
Volunteer Coordinator – Teresa Ternes
tternes@lethseniors.com ext. 31
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lcook@lethseniors.com ext. 33
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shamilton@lethseniors.com ext. 26
MoW Client & Volunteer Support Worker
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mowlethbridge@shaw.ca ext. 34
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. ext. 23
Administrative Support – Kari Martin
kmartin@lethseniors.com ext. 21
Food Services Coordinator
Jennifer Harrison
jscott-harrison@lethseniors.com ext. 27
Assistant Food Services
Coordinator – Farron Matthews ext. 27
Cook I – Jody Gordon ext. 27
Cashier & Prep Cook – Blair Romaniuk ext. 27
Adult Day Program Supervisor/
OPGT Support Services – Sharon Appelt
sappelt@lethseniors.com ext. 32
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http://www.facebook.com/pages/
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Organization/149140883844



LSCO Vision Statement

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

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Welcome New Members!

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Anna Burla Kathy Serniak
Donna Wright

“A Smile is the Universal Welcome.”

LSCO WILL BE CLOSED FROM

SATURDAY, MAY 16TH

THROUGH

MONDAY,

MAY 18TH FOR THE

VICTORIA DAY

LONG WEEKEND.

Book now for
Father's Day Brunch
June 21st

LSCO Times Publishing
Schedule

Issue

June 2015 May 15
July 2015 June 19

Deadline

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



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~ Swedish Proverb

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Sunday, May 10th by Reservation Only
★ 3 Seatings ~ 10:00 am, 11:30 am & 1:00 pm ★

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

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

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Enjoy Spamalot, a new musical lovingly ripped off from the motion picture “Monty Python and the Holy Grail”. Spamalot retells the legend of King Arthur and his Knights of the Round Table, and features a bevy of beautiful show girls, not to mention, cows, killer rabbits, and French people.

“Hear ye, hear ye! Let it be known that “Spamalot” is a blast.” – Seattle Times

“A hugely enjoyable knight out.” – Manchester Evening News

“Gloriously silly” – The Jewish Chronicle

When:	Wednesday, May 27, 2015
Time:	Departs LSCO 8:00 am
Return to LSCO:	Approximately 5:00 pm
Fee:	\$90 LSCO M; \$100 NM (includes travel, meal & show)
Deadline:	Tuesday, May 19, 2015

Payment must accompany booking. Thank you!

FIT BALL AND 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, foot wear; bring water and an exercise mat.



When:	Tuesdays, May 5 – June 23
Time:	9:00 – 9:45 am
Fee:	\$20 LSCO Member; \$30 NM (per session)
Instructor:	Ryan Smith
Register by:	Friday, May 1

If you would like to learn to play Pickleball basic instruction will be given from 1:00 – 2:00 pm. Time for practice and play will continue until 3:30 pm. Those with no or limited experience are encouraged to register. Played in the gym this energetic game is similar to badminton and tennis. Some equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and clean, indoor running shoes. **Drop Ins will only be permitted if individuals attended the January clinic or a Beginner session.** Fee includes ability to play one other day per week and must register at the Administration Desk upon arrival.

When:	Wednesdays, May 6 – 27; June 3 – 24
Fee monthly:	\$12 LSCO M; \$24 NM
Register by:	Monday, May 4 & June 1



beginner PICKLEBALL



From the Kitchen

Jennifer Harrison
jscott-harrison@lethseniors.com

We are approaching spring and summer and with that comes another season of weddings and anniversaries. Our catering list is filling up nicely, and as in the past, I would like recommend that if you are thinking of holding a catered event at LSCO, that you book in as soon as possible to avoid disap-

pointment. Our catering and dish rental information is available online at www.lethseniors.com or by calling me at 403-320-2222 ext 27.

Our last two Sunday brunches for this season will be held on Mother's Day, May 10th and Father's Day, June 21st. Due to the overwhelming response last year, reservations will be required for the Mother's day Brunch. There are three sittings available: 10:00 a.m., 11:30 a.m. and 1:00 p.m. Space is filling up so please call 403-320-2222 ext 27 or email me at jscott-harrison@lethseniors.com. If you are reserving by email, please leave your name and a call back number to confirm your reservation. You do not require a reservation for the Father's day Brunch, but you can certainly make one if you wish. The hours for Father's Day Brunch on June 21st are 10:00 a.m. -1:00 p.m. ★

Dear Members,

We have listened to your concerns regarding the price of coffee in the Dining Room.

As of April 23, 2015, the price has been reduced to \$1.00.



The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found.

~ Calvin Trillin

CLASSIFIEDS

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 HONEY FOR SALE: various sizes, including gift packages. From 300 gram to 10 lbs. will deliver call 403-381-1653.

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MENU FOR MAY 2015

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



May 10th
by Reservation Only
3 Seatings
10:00 am, 11:30 am & 1:00 pm

Friday, May 1

Entree: Crab Stuffed Pollock
Potato: Buttered Rice
Veg: Cauliflower
Soup: Beef Barley
Sandwich: Grilled Ham & Cheddar
Salad: Fresh Fruit & Cottage Cheese

Monday, May 4

Entree: Beef Wellington
Potato: Mashed
Veg: Carrot Medley
Soup: Beef Vegetable
Sandwich: Chicken Salad Croissant
Salad: Assorted Cold Plate

Tuesday, May 5

Entree: Chicken Alfredo
Potato: Egg Noodles
Veg: Peas
Soup: Tomato Vegetable
Sandwich: Chicken Salad Croissant
Salad: Assorted Cold Plate

Wednesday, May 6

Entree: Salmon Fillet
Potato: Creamed Potatoes
Veg: Corn
Soup: French Onion
Sandwich: Chicken Salad Croissant
Salad: Assorted Cold Plate

Thursday, May 7

Entree: Pulled BBQ Pork
Potato: Scalloped
Veg: Baked Beans
Soup: Chicken Noodle
Sandwich: Chicken Salad Croissant
Salad: Assorted Cold Plate

Friday, May 8

Entree: Beef Rouladen
Potato: Mashed
Veg: Lima Beans
Soup: Split Pea
Sandwich: Chicken Salad Croissant
Salad: Assorted Cold Plate

Monday, May 11

Entree: Pork Stew
Potato: Mashed
Veg: PEI Mix
Soup: Clam Chowder
Sandwich: Seafood Croissant
Salad: Chef's Salad

Tuesday, May 12

Entree: Fillet of Sole
Potato: French Fries
Veg: Coleslaw
Soup: French Tomato
Sandwich: Seafood Croissant
Salad: Chef's Salad

Wednesday, May 13

Entree: Roast Beef
Potato: Mashed
Veg: Carrots
Soup: Turkey Vegetable
Sandwich: Seafood Croissant
Salad: Chef's Salad

Thursday, May 14

Entree: Chicken Marinara
Potato: Pasta Shells & Cheese Sauce
Veg: Cauliflower
Soup: Cream of Mushroom
Sandwich: Seafood Croissant
Salad: Chef's Salad

Friday, May 15

Entree: Turkey Cutlet
Potato: Steamed
Veg: Mixed
Soup: Five Bean
Sandwich: Seafood Croissant
Salad: Chef's Salad

Monday, May 18

LSCO CLOSED FOR VICTORIA DAY

Tuesday, May 19

Entree: Veal Cutlet
Potato: Mashed
Veg: Peas
Soup: French Onion
Sandwich: Deli Sub
Salad: Garden Salad

Wednesday, May 20

Entree: Roasted Chicken
Potato: Steamed
Veg: Green Beans
Soup: Cream of Carrot
Sandwich: Deli Sub
Salad: Garden Salad

Thursday, May 21

Entree: Hake Fillet
Potato: Buttered Rice
Veg: Salad
Soup: Tomato Vegetable
Sandwich: Deli Sub
Salad: Garden Salad

Friday, May 22

Entree: Beef Stroganoff
Potato: Egg Noodles
Veg: Corn
Soup: Mushroom Barley
Sandwich: Deli Sub
Salad: Garden Salad

Monday, May 25

Entree: Teriyaki Pork Drummies
Potato: Mashed
Veg: Wax Beans
Soup: Five Bean
Sandwich: Toasted BLT
Salad: Summer Salad

Tuesday, May 26

Entree: Cabbage Rolls
Potato: Perogies
Veg: Bistro Mix
Soup: Beef Barley
Sandwich: Toasted BLT
Salad: Summer Salad

Wednesday, May 27

Entree: Chicken Pot Pie
Potato: Mashed
Veg: Asparagus
Soup: Split Pea
Sandwich: Toasted BLT
Salad: Summer Salad

Thursday, May 28

Entree: BBQ Chicken
Potato: French Fries
Veg: Corn
Soup: Cream of Mushroom
Sandwich: Toasted BLT
Salad: Summer Salad

Thursday, May 29

Entree: Beef Canneloni
Potato: Italian Mix
Veg: Minestrone
Soup: Toasted BLT
Salad: Summer Salad

Being so new in this organization, I would like to write a few lines to introduce myself and family.

I was raised on a farm in west Lethbridge when there were approximately 12 farm houses in the neighborhood. My mom and dad farmed three quarters of dryland and we raised cattle and pigs. I remember chickens but they didn’t last very long. Not too sure why. It seems like only a short time ago that I sat around the table with a coal oil lamp and the warmth of the coal stove keeping everyone warm and happy. Bed time was a little scary for a small boy as it was very dark in the bedroom and I tried all the excuses not to go to bed. In the winter time I awoke many times to thick frost on the window and cold shoes on the floor. I remember my mom getting up early and putting some coal in the stove to warm up the house. It was a good time and I’m sure many of you will relate to exactly what I’m saying. As I grew, one of my jobs was to look after the pigs. At one time there was approximately 200. Before school – feed the pigs. There were no showers, just a change of clothes and off I went.



Acting President’s Message

Clifford (Charlie) Brown

Did I smell of pigs? Not sure but I laugh at the thought of it. Those were good times and I was happy boy. I’m hesitate to say I would like to revisit that time in my life but we all have fond memories of our childhood and the fun times. I can say the Lord was with me many times a foolish boy.

I saw a little red headed girl in Coalhurst school and chased her until she gave in and she is now my wonderful wife and has been for many years. We have four daughters who all live in Lethbridge with their families. I had the privileged to be on the Fire Department for many

years and made many life long and very close friends. My wife and I live on a small acreage in west Lethbridge and I board horses for anyone who needs a place to keep their horse. What magnificent and intelligent animals.

As a new Board, I admit we are green and have a lot to learn but I see determination in each member of this board to do our there best. I do look forward to getting to know each one of them better and working together.

I would like to thank each and every one of you for forging the way before us “greenies”. Many of you have given to the community and gone without in years past and we as a Board acknowledge you and thank you. I tip my hat to you “pioneers”. This City is what it is because of you!

Please don’t be afraid to call any of us if we should meet. We would like to get to know as many of the members as possible.

Let me leave you with one thought.

It is following the course of least resistance that men and rivers go crooked. ★

Plant an indoor herb garden in just a small space

If you’re a condo or apartment dweller with limited access to outdoor space, growing some indoor herbs will help you feel connected with nature. Not only do they freshen up a space, but herbs pack a flavourful culinary punch in your favourite snacks and smoothies. A window or balcony is all you need to get started. Here are four easy steps to begin:

1. The flavours, scents and sight of an herb garden bring a sensory blast of Mother Nature indoors. Basil is one of the easiest herbs to grow indoors and the best way to liven up a Caprese salad. Thyme grows in the same sunshine loving conditions and is the perfect addition to kebabs or pasta salad. Consider planting your

herbs together in a medium sized container so watering them doesn’t become a chore.

2. To allow all that glorious sunshine in, you’ll want to keep your curtains or blinds open. Ensure your windows are spotless so the plants can soak up all the natural light they need. Sometimes a quick wipe with a soft cloth can get rid of the dust, but for those spots and greasy smudges that are harder to remove, try using a naturally-derived cleaner like Green Works Glass and Surface Cleaner on windows. Let there be light!
3. For the best growing result, use a lightweight potting mix for proper drainage. It’s best to change the potting mix after a season

to keep your herbs healthy. Don’t water too often as this will cause root rot. It’s a good idea to fertilize your herbs about once a month, using a fertilizer that’s safe for edible plants.

4. Have fun with your kids, nieces or nephews. There’s nothing like passing on your green thumb, and children have a natural curiosity, so encourage their interest in nature. Potting plants is messy business but don’t let this discourage you from getting them involved, Green Works Compostable Cleaning Wipes are easy to use so they can help clean up too.

More information is available at www.trygreenworks.ca.

www.newscanada.com



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A travelling bilingual
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until MAY 18.15



*** Saturdays at 1:00** ▶ 02 Regional Heritage Fair 9:30-2
presented with Green Acres Kiwanis Club of Lethbridge

*** Café Galt** ▶ 03 The Liberation of Holland: 70 Years Later with military historian Stéphane Guevremont includes intermission and Q&A
adult lecture program Sun 2:00-4:00 pm

*** Wednesdays at 2:00** ▶ 06 My Hard Road to Healing, Vision, and Leadership with Ruth Scalp Lock, AwoTaanaakii
1st & 3rd Wed 2:00 pm twice monthly program for 55+

20 Music and Stories with Floyd Silito

MAY 19 | 10am TICKETS go on sale for the Thu JUN 18 Best of the Best Wine [& beer] Tasting

*** Thursdays at the Galt** ▶ 26 Café Galt: History of Botanical Art with Margaret Best
program 7 pm | cash bar 5-8 pm Archives, Discovery Hall & Museum Store open to 9 pm

Get Outta Town Bus Tours ▶ Sat JUN 20 | Waterton Wildflowers
presented with red arrow Sat JUN 27 | BCATP in Southern Alberta
Sat AUG 08 | Hutterites & History
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

MEMORIAL & IN HONOUR GIFTS

are a meaningful way to celebrate the life of a loved one, as well as supporting the mission and vision of the LSCO ~ to make a positive difference in the lives of ageing adults.

A LEGACY GIFT TO LSCO

focuses on the future and gives you an opportunity to be a part of LSCO for years to come. A Legacy Gift allows you the opportunity to support an organization that you believe in and ensures that you will be remembered by those that are going to benefit from your gift ~ future members!

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Monday to Friday: 10 am - 6 pm
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Jeff Mead
B.Sc. Pharm.
Pharmacist/Owner

CARFIT for Mature Drivers

We all love the freedom that driving gives us. As we age certain factors can contribute to how safe we are driving. CarFit helps with this. Trained CarFit volunteers go through a checklist with you and your car. They check seatbelt position, line-of-sight, steering wheel tilt, position to air bag and head restraint. They help you make sure that your mirrors are positioned right for optimum safety. Do you have the proper distance between chest and steering wheel, your position to pedals and more? There is no cost to the 20 minute appointment. Individuals interested in continuing to be safe on the road can book their appointment by calling 403-320-2222. The CarFit is taking place on **Wednesday, May 27th** from 9:00 am till 1:00 pm at the Alberta Motor Association parking lot. Everyone who takes part in the CarFit will receive a Husky gift card. If you require more information please call the LSCO 403-320-2222 or Nord-Bridge 403-329-3222.

Emergency Preparedness

While many seniors are extremely independent and able to cope with crisis, advancing age put us at risk during larger scale emergencies. Your risk can be decreased by planning ahead. Fires, flooding and winter/summer Storms are becoming more common in our area. As such, we want to make sure the community is aware of how to be prepared to survive for 72 hours with minimal assistance. A representative from the Canadian Red Cross will be here on **Thursday May 7th** at 10:00 am to talk about how we all can be better prepared for emergencies.



LSCO Support Services

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

“Traveling with your Medications”

Nicole, a 1st year Pharmacy Student with Stokes Pharmacy, will have a table in the Foyer by the Administration Desk on **May 13th** from 10:00 am – 12:00 pm. Nicole will have information to share on the best way to travel with the medications that you are taking in Canada, USA and abroad.

COMMUNITY PARTNERSHIPS

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

Ms. Christina Lam from the law firm of Krushel Farrington will be here on **Wednesday, May 13th** to answer any questions you might have. Book your free 15 minute appointment with the lawyer at the LSCO administration desk. Appointments times run from 10:00 am –12:00 pm.

WELLNESS

Massage Therapy Appointments!

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will beat the LSCO on, Friday **May 8th & 22nd** 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, May 29th**. 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, May 14th**.

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 **Wednesday, May 20th** (all day) & **Monday, May 25th** (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.

How to create a comfortable media room

It’s no secret that we spend a lot of time in front of screens – on our smartphones, tablets, laptops. We need computers to do our jobs, cell phones to stay in touch, tablets to entertain, and iPods to play our favourite tunes. But what about the television, the original screen we all know and love?

“The art of enjoying a favourite film or TV show has become lost on many people,” says Sally Morse, director of creative services at Hunter Douglas, a leading window treatment company. “Instead of settling down at home and relaxing with the family, viewers are cramming their shows into their commute, squinting at their phones, watching when they can,” she continues.

So, how do we get back to enjoying the art of watching film? Morse says by investing in a media room, which is trending so much so that it is now the new “must have” room in the house. A media room will bring the family together for some good, old-fashioned entertainment and relaxation, so to get the most out of it and to make yours seem like a movie theatre here are some helpful tips from Morse:

Comfort and style, living in harmony

“It’s important to make your media room comfortable,” notes Morse, “but that doesn’t

mean you have to sacrifice style.” Pick a favourite colour and shop for throws and pretty pillows to show it off, an easy way to add some flair to the room while making your viewing experience more cozy. If you have hardwood floors and don’t want to take the wall-to-wall carpeting plunge, look for a rug made of thick material to instantly soften up the feel of the room.

Don’t mess with the view

Picture this: You’ve just nestled into your favourite corner of the couch, put a movie on and are resting with your feet up. And then you notice it, the dreaded glare on the television from the blazing sun outside. “There are times when you want sunshine while watching the screen,” says Morse, “and times when darkness is preferred.” Either way, the glare should not be a part of the picture. When designing your media room, keep this in mind.

A stylish fit for both situations and for any light control preference for that matter, are Solera Soft Shades from Hunter Douglas. If you want to let outdoor light in without the pesky glare, you’re in luck: the window fashions are available with a top-down/bottom-up option, which is especially useful for preventing glare

on TV screens. Are you in the mood to really make your media room seem like a theatre? Opt for fabrics with room-darkening opacity for the ultimate movie night.

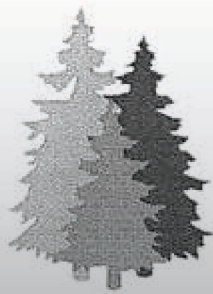
Maximize space

“Ample seating in this room is key,” Morse advises. It’s important to have enough seating without crowding the room, depending on the size of the space. She suggests an L-shaped couch so families and guests can sprawl out and still feel connected. You can go modern with crisp lines and a square shape, or more traditional with plush cushions and rounded armrests. For even more seating, add a loveseat or pair together slipper chairs.

Double duty

“The great part about creating a media room is that it becomes a type of retreat for everyone in the family, whether they’re watching the TV or not,” Morse says. Wander inside and sink into the couch during a long phone call with an old friend, put a tray of drinks on the coffee table when guests come over, or curl up and read a good book. “The room is what you make it,” she concludes.

www.newscanada.com



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Life Changes

Very few things in life stay the same. In fact, one thing we can count on is that change will happen. We age, we mature, people come and go in our lives and so on. Even though change is normal, it doesn't mean it's always easy. In cases of elder abuse, life changes like deteriorating health or losing a spouse lead to vulnerability and possibly being taken advantage of. Building resilience can help prepare us for the changes we will encounter. Resilience is like the gas tank of a car, it has to be filled up over and over to keep us going.

In their Elder Care newsletter (April 2012), Arizona State University identifies the behaviours and characteristics of resilient older people:

- **Optimism and effective coping styles:** Responses to crises are more often seen from the "silver lining" point of view, rather than from despair. These factors are more important to obtaining happiness in aging than perfect health.



LEARN More

Jennifer Payne
LEARN Coordinator

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

- **Personal connections:** Happily engaged with family and friends, close-knit communities, or at paid or unpaid work.
- **Sense of purpose:** Involved in an activity or a function that gives life meaning. This factor affects optimism and how one looks to the future.
- **Self-efficacy:** Ability to handle one's own problems; flexibility; adaptability.

- **Healthy diet/active lifestyle:** The healthier and more active older adults are, the more factors of resilience they possess and vice versa.

So, find a way to refill your tank! Take a class, go for a walk, spend time with friends and family. LSCO offers fantastic opportunities, some free of charge, and everyone is welcome!

In keeping with the theme of change, this is my last newspaper article for LEARN. I will be moving onto another position and a new Coordinator will be hired. With three year funding in place, and the program well established, I feel comfortable to leave knowing that services and supports for victims of elder abuse are in place.

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

Join LSCO for Seniors' Week - June 1-7

Get more information about what is happening around Alberta at www.seniors.alberta.ca

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.

Stage & Card Area



Come and check it out and visit the vendors!
500 – 11th Street South, Lethbridge
403.320.2222

Spring is nature's way of saying, 'Let's party!'

~ Robin Williams

www.elbeeshearing.com

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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.

LSCO SUBSIDY

You may be eligible for financial assistance to join LSCO and participate in programs and classes. Please review the table below. For more information and to apply for assistance contact the Administration Desk.

WELCOME POLICY

This subsidy will be a service administered under Senior Supports. The following subsidies will be available to our members upon receipt of prior year income verification and current year’s fee assessment;

SINGLE		COUPLE	
Prior Year Income (line 150 of Tax return)	Fee Subsidy	Prior Year Income (line 150 of Tax return)	Fee Subsidy
<20,500	25%	<32,500	25%
20,501—22,000	20%	32,501—35,000	20%
22,001—23,500	15%	35,001—37,500	15%
23,501—25,000	10%	37,501—40,000	10%

TAI CHI FOR THE BEGINNER

Tai Chi is a moving meditation for your health with benefits of stress reduction, lowered blood pressure, flexibility, improved circulation and healing, balance and peace. It is a system of physical exercises based on the principals of effortless breathing, rhythmic movement and weight equilibrium. The combination of mental and physical activity works to harmonize the mind, body, and spirit which promote the feelings of well being. If you have always wanted to take Tai Chi, or haven’t been practicing for awhile this is the class for you.

When: Thursday, May 7 – June 25
Time: 8:00 – 8:55 am
Fee: \$20 LSCO M; \$40 NM
Instructor: Steve Burger
Register by: Monday, May 4
(after this date add \$5 to fee)



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, foot wear; bring water and an exercise mat.

When: Tuesdays, May 5 – June 23
Time: 9:00 – 9:45 am
Fee: \$20 LSCO M; \$30 NM
Instructor: Ryan Smith
Register by: Friday, May 1

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.

When: Mondays & Wednesdays
May 4 – June 29 (no class May 18)
Time: 8:00 – 8:55 am
Fee: \$67 M; \$101NM
Once/week \$34 M; \$51NM
Register by: Wednesday, April 29

When: Mondays & Wednesdays
July 6 – 29
Time: 8:00 – 8:55 am
Fee: \$36 M; \$54 NM
Once/week \$18 M; \$27 NM
Instructor: Deb Palmer
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 would like to learn to play Pickleball basic instruction will be given from 1:00 – 2:00 pm. Time for practice and play will continue until 3:30 pm. Those with no or limited experience are encouraged to register. Played in the gym this energetic game is similar to badminton and tennis. Some equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and clean, indoor running shoes. **Drop Ins will only be permitted if individuals attended the January clinic or a Beginner session.** Fee includes ability to play one other day per week and must register at the Administration Desk upon arrival.

When: Wednesdays
May 6 – 27; June 3 – 24
Fee monthly: \$12 LSCO M; \$24 NM
Register by: Monday, May 4 & June 1

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
May 12 – June 25
Time: 9:30 – 10:30 am
Fee: \$56 LSCO M; \$84 NM (twice/week)
\$30 LSCO M; \$45 NM (once/week)
Register by: Friday, May 8

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

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

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, May 19, 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 Yoga 10:00 am	Golden Mile Singers 10:00 am	Keep Fit 10:00 am Yoga 10:00 am Genealogy 10:00 am	Common Ground 10:00 am	Keep Fit 10:00 am Digital Photography 10:00 am
	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	Basketball 12:00 pm		Yoga 12:00 pm Basketball 12:00 pm	
			Wood Carving 12:30 pm	
Pickleball 1:00 pm Computers 1:00 pm	Quilting 1:00 pm Floor Curling 1:00 pm Karaoke 1:00 pm	Beginner Pickleball 1:00 pm Bingo 1:00 pm Lapidary 1:00 pm Computers 1:00 pm	Needlework 1:00 pm Crib 1:00 pm	Pickleball 1:00 pm
	Pickleball 1:30 pm		Pickleball 1:30 pm Line Dance 1:30 pm	
Table Tennis 3:00 pm		Table Tennis 3:00 pm		Table Tennis 3:00 pm
			Gentle Nia 3:30 pm	
		Tai Chi 5:00 pm		
			Classic Nia 5:15 pm	
			Jam Session 6:00 pm	
Fitness Centre 8:00 am - 6:00 pm	Fitness Centre 8:00 am - 6:00 pm	Fitness Centre 8:00 am - 6:00 pm	Fitness Centre 8:00 am - 6:00 pm	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 & Trade Fair 10:00 am LSCO Tour 10:00 am		Early Friday Music Program 11:30 am Chinook Choir 1:30 pm
				Saturday
				Fitness Centre 9:00 am - 12:00 pm
				Drawing Class 9:30 am


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 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>		

From the Volunteer Corner

LSCO Volunteers ROCK!!!

(Taken from Volunteer Coordinators message at our 2015 Volunteer Appreciation supper)

When you toss a rock into a lake there is an immediate effect. Like circular rings on the surface of the water, the effort/ripple of a single volunteer reaches far beyond where it started.

As an LSCO volunteer I would like you to think about how arriving for your scheduled shift is like tossing a pebble into a still pond. You may not think about how many people will be affected by what you do before you do it but think about this for a moment:

- 60 individuals each week are given a safe & welcoming place for music, crafts and socialization because 947 hours were logged by volunteers with the Adult Day Program,
- over 1,000 members & guests every week are greeted by volunteers who sit at the Reception Desk,
- \$152,000.00 was raised by volunteers who logged 4,243 hours working Bingo's,
- Over 9,000 hours were logged by volunteers prepping food and washing dishes for meals in the dining room, catered events and the MoW program,
- \$10,000 worth of handcrafted items in the Clever Crafter's Boutique was sold by volunteers who logged 2,406 hours,
- 31 members who no longer drive were taken to Doctor's, Optometrists, Denturists & therapy appointments by volunteers with the Care Car program, they logged 80 hours providing this service,
- 41 concerts throughout the city was performed by 20 members of the Golden Mile Singers logging 818 hours,
- Professional volunteers in the community along with the LEARN program have attended to the welfare of 200 clients in our community affected by elder abuse,
- And new this year to our Volunteer Family is the Meals on Wheels volunteers; 1,946 hours were logged by drivers & food couriers who delivered an average of 259 meals each week, that's over 13,000 meals delivered last year.

I would like to ask each & every one of our volunteers to do me a favor please, remind yourself each time you come for your scheduled shift, the actions you perform that day.....just YOU....one single volunteer....DOES make a difference in the lives of so many people..... everyday.

A special thank you goes out to the young dancers from the Canadian Bhutanese Society who shared a little bit of their culture with us. The lovely expressive dances were thoroughly enjoyed by all.



Volunteer News

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



The Yates will be transformed into the Starlight Lounge as Director Fran Rude and Music Director Ken Rogers bring you the classic big band hits of Tony Bennett, Bing Crosby, Rosemary Cloony, Frank Sinatra, Bobby Darren & Ella Fitzgerald. Ten of Lethbridge's well known vocalists join the Starlight Lounge Orchestra for 3 unforgettable performances **Friday, October 17th and Saturday, October 18th, 2015.**

Watch for posters with information on tickets sales and volunteer opportunities.

DO YOU HAVE A GREEN THUMB?

Pam Brown has been our volunteer in charge of the plants here at LSCO for many years. When Pam is away from her volunteer role, Diane McAllister kindly steps in as chief horticulturalist. Pam has currently taken on other volunteer positions in the City and therefore we need help tending to our beautiful plants. If anyone is interested in assisting with plant care please come see me. ★



Volunteer Supper 2015



Proud to Support
LSCO Volunteers

April 2015
Volunteer
of the Month
Don Quick

Don (along with his wife Alice) have been volunteering in the food prep area at the LSCO for 10 years.....but not all of it has been spent in the kitchen. If we have a fundraiser; Don is there, if it's a busy catering weekend, Don will stay. Don has been known to start his 9 am shift at 7 am – break for lunch – and head back into the kitchen until 2:30 pm to help lighten the extra food prep load on the kitchen staff. It's not hard to see how Don logged 375 hours last year for the LSCO.... Don, you are very much appreciated....you ROCK!!!

Don:

- what is your favorite word? *lucky*
- what is your least favorite word? *disappointed*
- what makes you happy? *Happy Wife... Happy Life & working with good people*
- what makes you unhappy? *negativity*
- what sound or noise do you love? *the lapping of waves as they crash upon the shore*
- what sound or noise do you hate? *a Dentist's drill*
- what profession did you retire from? *Human Resources*
- what keeps motivating you to volunteer for the LSCO? *the camaraderie & people*
- If Heaven exists, what would you like to hear God say as you arrive at the Pearly Gates? *No big mistakes here Don*



FROM THE GALT

Whatever happened to.....? Or the art of reusing a building.

This article was inspired by a comment on our Galt twitter account where a person was upset that nothing had been preserved from the Hardieville mine site and that all that remained were the concrete bases. Well that’s not entirely true. While at the Galt No. 6 (Hardieville) site, the large concrete markers stand alone to memorialize the mine, that’s not the end of the story.

Our ancestors have been reusing and recycling long before it ever became popular with this generation. They also thought nothing of moving buildings to where they could be most useful (and especially to the community where the jobs were).

In the mid 1930s, shortly after the Hardieville mine closed, the Galt Mine No. 6 mainframe/tipple was dismantled, moved and rebuilt (with modifications) at the Galt Mine No. 8 site where a new coal mine was being started. The tipple still towers over West Lethbridge as a testament to the coal mining history of the area and the ingenuity of the people of the time who knew the cost savings of reusing what they already had. When you look at the tipple, remember it’s about 107 years old.

This started me thinking about other buildings that were moved out of Hardieville.

In 1936 the Huff Oil Refinery was being started south of Lethbridge (about where the Movie Mill is today). The building that became the refinery plant was another building from the

Galt No. 6 site and was relocated in the mid 1930s as well.

Robert Livingstone, the superintendent of the Hardieville, mine must have really like the family home. When the mine closed, the family not only packed up their stuff but also the entire house and moved it to 518 14 Street South.

Theirs wasn’t the only house moved. The fact that people moved houses so often is one reason we sometimes find houses older than many of the other houses in an area. The other reason is that sometimes the houses were on site earlier as farm or ranch houses and then the town grew around them.

It wasn’t only Lethbridge that benefitted from the Hardieville buildings. The Hardieville Hotel also left town – going to Coaldale where it was later developed into the first hospital in that community. The hotel was joined by the Hardieville Catholic Church – Our Lady of Lourdes – which was also moved to Coaldale.

But it wasn’t just buildings from Hardieville that were recycled and moved elsewhere.

The 1930s were hard on Coalhurst. A fire at Christmas 1934 destroyed much of the business district and the mine explosion of December 1935 devastated the community. Around the same time things were developing just down the road in Picture Butte. A new sugar factory was being constructed and workers were required. Many Coalhurst miners packed

up and moved to the new community, many quite literally taking the roof over their heads with them. If you know the distinctive shape of the roof of the coal miner cottage, have a drive through Picture Butte and you can find several great samples around Picture Butte.

Coalhurst also provided a building for Galt No. 8 mine. The water tower was originally at the Coalhurst mine and was moved to its present site in the 1930s.

Several of the buildings from the Second World War Prisoner of War camp were reused as houses and businesses. Buildings constructed at the Lethbridge Airport during the Second World War still exist in a few places around Lethbridge. The Courtland Street School became the original clubhouse for the Country Club. And... I could definitely keep going on.

But I don’t want to give it all away – you’ll have to talk to your friends and family (and maybe a historian or two) to find out which of these buildings are still in their new locations or if they’ve moved on or been knocked down.

Someday (you know when I have nothing else to do), I’m going to continue working on my list of buildings that have moved and what their functions are today. So if you have buildings to add to my list, please don’t hesitate to pass them my way. ★

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

Quick tips for home rejuvenation beyond dragging out the lawn chairs

Preparing your home for summer involves just as much planning and organization as switching your wardrobe before the warmer months arrive. Don’t let yourself get overwhelmed because you’ve waited too long to begin, no matter whether it’s finding a swimsuit or buying an air conditioner.

Instead, follow this mantra from Sally Morse, director of creative services at Hunter Douglas, a leading window treatment company: Check. Clean. Repair. Replace.

Here’s a helpful guideline:

Air conditioning: summer’s delight

Bring the air conditioner out of storage or uncover your outside unit and hose down the coils. Wash the filters – blocked air filters create a drag on an air conditioner’s ability to push and pull air through air registers. After washing, turn it on. If it doesn’t work at every temperature and fan range possible, call a professional to see if it can be fixed. If you must replace it, act soon while the selection is greatest. Before inviting a handyman to install your unit, clear areas around it so that it has strong air flow, and, if there’s space, consider planting a tree outside the window to provide shade, another aid in running air conditioners efficiently.

Check appliances

Carefully inspect all lamps and appliances

you plan on using throughout the season – refrigerator, washer and dryer, dishwasher, blender, coffee and ice cream makers – for functionality, cleanliness and faulty wiring.

Keep hot air out and cool air in

Clean the windows’ interiors and exteriors. At the same time, look for cracks or damage to windows and weather-stripping, which might need a boost or total redo. Take down the storm windows if you have them, and replace them with screens – checking for tears and washing them first.

When it comes to the window dressings, consider Hunter Douglas Duette Architella honeycomb shades that help reduce energy loss through the windows by up to 40 percent, so you can rest assured your air conditioner won’t have to work so hard. Beautiful, as well as functional, they can operate from the top down and cover skylights as well as almost any window configuration.

Be ready to enjoy the great outdoors

Have your own pool? Bring in a professional to inspect it thoroughly, including both the visible, like cracks and stains, and more mechanical aspects, such as pump and filter, chlorine content, diving boards and safety rails, and make any necessary repairs. The same goes for hot tubs, barbecues and lounge furniture – maybe a good cleaning or new cushions are in order.

“Summerize” the décor

If it works with the design, remove rugs and show off shiny hardwoods, which not only keep the room cooler, but are easier to keep clean. Bring out your entertaining supplies – table and bed linens, beach towels and toys, hammock and picnic basket. Make sure no moths have done their damage or mold has grown over the winter, that there is enough of everything, and that all are in top-notch condition. Prepare the fireplace for cool evenings and stockpile logs. Shore up a supply of energy-efficient light bulbs as well as candles, which will come in handy for dinner parties and electrical outages, a hazard of summer storms.

Be prepared

Anything can happen anytime, anywhere, so keep contact information for qualified service professionals in your area handy. It’s always good to have phone numbers for a plumber, an electrician, heating and air conditioning services, and a general handyman.

With these tips, a great summer is just around the corner.

More information is available at www.hunterdouglas.ca.

www.newscanada.com

Self Help Groups

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 **May 19th** 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 **May 9th** at 2:00 pm in Room C & D.

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, May 25th**.

Lethbridge Stroke Recovery Association (LSRA)

Meet regularly the 2nd Wednesday of every month at 7:00 pm in Room A. If you are a stroke survivor or the loved one of a survivor you are invited to join the LSRA meeting on **Wednesday, May 13th**. For more information please call Louise at 403-394-6495.

Parkinson’s Alberta Society Support Group


There will be no regular meeting this month because of the 2015 Regional HOPE Conference. It is taking place on **Saturday, May 23rd** at 500 – 11 Street South (LSCO Gym #2) the Annual General Meeting will go from 8:30 – 9:45 am and the conference will start at 9:45 am till 4:00 pm. Cost is \$50 for members and \$85 for non members and includes lunch. Key-note speaker is Dr. Becky Farley. For more information or to register for the conference go to www.parkinsonalberta.ca/2015-regional-hope-conference or call Brian at 403-317-7710.

Alcoholics Anonymous Saturday Morning Eye Opener Group

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

Sunset Alcoholics Anonymous

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





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Individuals holding a membership to the Fitness Centre have unlimited access during hours of operation. The Centre is open Monday – Thursday: 8:00 am – 6:00 p.m., Fridays: 8:00 a.m. – 4:30 p.m.: Saturdays: 9:00 a.m. – 12:00 p.m. Note: June, July, August the Centre closes weekdays at 4:30 p.m. and is not open on Saturdays. Your membership entitles you to a *free orientation*. Shower facilities are also available however, LSCO does not have lockers. Please do not leave valuables unattended.

Fees

- LSCO Member Fee: \$18/month; \$99 for 6 months (valid from month of purchase)
- Non Member Fee: \$27/month





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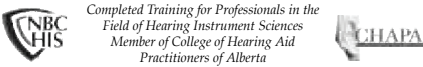
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Legal Tips and Information

James R. Farrington

The Legal Tips and Information column will not be available this month. Mr. Farrington has been appointed to a position with the Court of Queen’s Bench of Alberta and is no longer able to submit his monthly articles, however Ms. Christina Lam, a lawyer who worked with Mr. Farrington, and who many readers are already familiar with from her work with the legal advice sessions here at the LSCO on the first Wednesday of each month, will continue and carry on with the monthly articles on many interesting legal topics of interest to seniors starting next month. Stay tuned! ★

Krushel Farrington is a local Lethbridge law firm.

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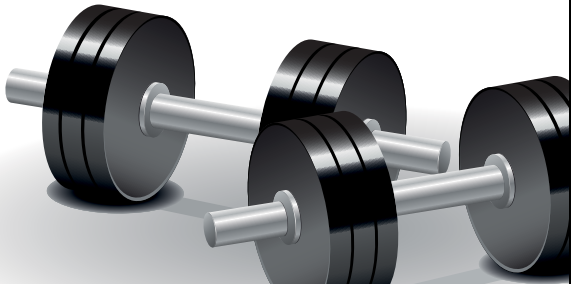


It’s spring and the perfect time to change up your workouts or get started. Make an appointment with Blaire Harvie or Ryan Smith today. Blaire and Ryan have their Exercise Science Diploma, Alberta Fitness Leadership Certification; Resistance Training Specialty and CPR. They both enjoy helping others work towards reaching their fitness goals.

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

Fees:
Two – 1 hour session: \$45
Five – 1 hour sessions: \$100

Call
403-320-2222
for more
information.



Computer Corner by Sjoerd Schaafsma

The LSCO Computer Club

The LSCOCC has been around much longer than I’ve been a senior. I stuck my nose in the door about 15 years ago to see if the club wanted some old computers and was surprised to see newer computer systems than what I used at home. For 25 years the club has functioned as a learning and social group for people interested in using and learning more about their computers.

This year the club is undergoing changes. The mandate remains the same but the structure of the club has changed. Much of the club work for the last few years has been the work of a small group of dedicated volunteers. Any vital club relies on the input of its membership as a whole, not just the few who are on committees or an executive. The club welcomes new members and new input.

Membership: \$20.00

Benefits:

- access to the lab on Monday and Wednesday afternoons from 1- 4 pm and the opportunity to take in the club workshops. Workshops range from computer maintenance to using the latest mobile tablet apps, as well as whatever members find an interest in, and are willing to present or find presenters for.
- there is a smart board projection screen to facilitate teaching lessons, and presenting workshops.
- meet like minded people
- pick brains for computer expertise
- learn more about computers
- practise on either windows 7 or 8.1 on one of the 20 networked computers in the lab

Join the club mailing list to get updates on new workshops as they are developed.

Email: saltidae@gmail.com

You do not need to be a member of the club to be on the mailing list.

The LSCO Program Department will also be offering computer classes to members and non members. All classes offered by the Computer Club and LSCO will be listed in upcoming issues of the LSCO Times.

The monthly Tip: Join the computer club, there’s so much to learn.

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

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

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LSCO 40th

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

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THANK YOU



“The 23 Days of Christmas” December fundraiser for LSCO Meals on Wheels was a great success!! A Grand Total of \$20,100 was donated by Lethbridge and surrounding area businesses to support the fundraising effort.


What caring and generosity! LSCO Meals on Wheels feels blessed to be a part of this brilliant community.


LSCO Meals on Wheels would like to say a GREAT BIG “THANK YOU!” to **Teamwork Training Ltd.** and **Select People Solutions** – the founders of “23 Days of Christmas”. The campaign has made a huge contribution to the ongoing operation of Meals on Wheels – time and time again.


A big reason why the campaign is so successful is the involvement of our major sponsors. We could not do this without them!

- Crazy Cakes
- Cuppers Coffee
- Mirage Laser Design
- The Urban Grocer

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







Active Aging Strength
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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
May 4 – June 29 (no class May 18)

Fee:

\$67 LSCO M; \$101 NM
Once/week \$34 M; \$51NM

Register by:

Wednesday, April 29

When:

Mondays & Wednesdays, July 6 – 29

Fee:

\$36 LSCO M; \$54 NM
Once/week \$18 M; \$27 NM

Register by:

Monday, June 29





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April 29, 30, May 1 & 2
9:00 a.m. - 8:00 p.m.


Lethbridge East Polling Station

Royal Canadian Legion - north parking lot entrance
Lethbridge East Returning Office **403-332-4131**

Vote Day: May 5th

Polling Station Details - Returning Officer will announce soon
9:00 a.m. - 8:00 p.m.

Lethbridge East PC Campaign Office
Sandman Hotel south parking lot access
419 – 407 Mayor Magrath Drive South
Open 10:00 a.m. - 7:00 p.m.
Monday to Saturday
403-394-3690
email: TammyPerlich@PCalberta.com
Approved by the Committee to elect Tammy Perlich



LSCO PAR 3 GOLF SCRAMBLE!

TUESDAY, JUNE 2, 2015
Beginner to experienced golfers will enjoy playing the Par 3 course at **Evergreen Golf Centre.**
Everyone welcome.
Register at
Lethbridge Senior Citizens Organization
500 - 11th Street South by May 29th
Download the registration form at
www.lethseniors.com



None are so old as those who have outlived enthusiasm – Henry David Thoreau

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LSCO PAR 3 GOLF SCRAMBLE

When: Tuesday, June 2, 2015
Time: Check in 9:00 am; Shotgun start 9:30 am
Location: Evergreen Golf Centre
5225 - 24th Ave. S., Lethbridge, AB (Highway 4)
Entry Fee: \$25/person (Cheque, Cash, Debit, Credit Card accepted)
Where to Register: At LSCO, 500 - 11th Street S., Lethbridge, AB
Register before: Friday, May 29th

Things to know:

- All skill levels welcome.
- Golfer play their own ball. Individual scoring.
- Golfers can form their own team.
- If tournament is cancelled due to poor weather it will be postponed to June 10.
- If player cancels after May 29, entry 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.
- Prizes Awarded.

Complete the following:

Name: _____

Address: _____


Telephone: _____

Email: _____

List who you will be playing with (if known): _____

Check if required. Payment to be made at Evergreen.

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for the Victoria Day long weekend.*

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Programs, dates and venues subject to change without notice. For most up to date information visit lcbs.ca.

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Grow your own summer salad



The only thing better than a homemade meal is a homegrown meal – and creating fresh and delicious salads using vegetables, fruits, and herbs grown in your own backyard is about as fresh as it gets when it comes to summer dining.

“Self-contained salad bowls are a great way to start growing your own produce,” says Peter Cantley, gardening expert for the President’s Choice brand. “They’re very low maintenance because they grow right in the container so there’s no need to replant them or worry about them having enough room to grow.”

If you’ve never tasted kale raw in a salad, try this recipe, says Cantley, using the PC Kale Bowl. The fruit-and-nut combo is perfect for summer while the balsamic condiment, pine nuts and pecorino give it a wonderful Italian flavour. The recipe easily doubles for a crowd, perfect for your next backyard barbecue.

Fresh and Crispy Kale Salad

Ingredients:

- 1/4 cup (50 ml) extra virgin olive oil
- 1/4 cup (50 ml) PC Splendido White Condiment with Balsamic Vinegar of Modena
- 1 tsp (5 ml) 100% pure medium maple syrup
- Pinch of salt
- Pinch of freshly ground black pepper
- 1 bunch kale, coarse stems removed
- 1/4 cup (50 ml) pine nuts, toasted
- 1/4 cup (50 ml) dried currants
- 1 tbsp (15 ml) grated lemon rind
- 1/4 cup (50 ml) shaved Pecorino cheese

Instructions:

1. In a small bowl, whisk together oil, condiment, syrup, salt and pepper.
2. Slice kale into ½-inch (1 cm) wide strips; place in medium bowl. Add dressing; massage into kale leaves until well coated. Let stand for 10 minutes.
3. Add pine nuts and currants, tossing to coat. Garnish with grated lemon rind and Pecorino shavings.

More recipe ideas are available online at pc.ca.

www.newscanada.com



SENIORS WEEK ~ JUNE 1 - 7, 2015

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500 - 11th Street South

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Banff Here We Come!



LSCO and The Banff Centre are planning an exciting trip to take place in June. The itinerary is presently being arranged. If this is an excursion you are interested in please leave your name at the Administration Desk as soon as possible. Space is limited.

Departure Date: Thursday, June 26 8:30 am
Return Date: Saturday, June 28 Time TBA
Cost: \$455/person based on Double Occupancy

Includes: Transportation, hotel 2 nights, 2 breakfasts, 2 lunches, 2 dinners, entry into the park.

*Visit the Banff Centre table at the
LSCO Housing & Travel Show on June 3rd for more information.*

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When: Thursday, May 7 – June 25
Time: 8:00 – 8:55 am
Fee: \$20 LSCO M; \$40 NM
Instructor: Steve Burger
Register by: Monday, May 4 (after this date add \$5 to fee)

Mental Illness and Aging

In this article I am going to touch on my experience of Mental Illness and Aging. I use the word “touch” for there is such a vast difference of how mental illness presents itself in individuals that we cannot see clearly in light of the unexpected that occurs. My experience also is not that of a medical professional but that of a daughter so is more of the heart of a caregiver.

Dementia is described as the severe impairment or loss of intellectual capacity and personality. Mental illness is defined as any of the various forms of psychosis or severe neurosis. My mother had bi-polar disorder for most of her life and as she aged that diagnosis was changed to bi-polar dementia. The loss of her knowing where she was or what she was doing came years before she passed away. As she aged she lost her memory of her family except for my father and my sisters and I who were with her a lot of time. She required 24-hour care the last few years of her life due to her episodes and level of fear, which increased dramatically as she aged.

My father was always of sound mind and dementia came and went in the last couple of years of his life and it appeared more as he physically faced more challenges due to infections. I trained with a Sacred Psychologist for years around loss and dealing with the unex-





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pected and I would have described my father’s loss of memory part of a natural transition at the end of his life. It appeared as though he was fully present and had no loss of memory and then for periods of time he would not know where he was and would have many hallucinations as he travelled from the here and now to where we did not know.

Over my lifetime, my experience with my mother’s mental illness taught me how to support her and the support that helped my father at the end of his life was similar even though their mental capacity and diagnosis was much different. From the heart of a caregiver what I learned was to be sensitive to where they were and to remember their greatest challenge was fear. I would care for them like a child who was afraid. I learned not to try to reason when

understanding was impossible and attempting to reason with them would only increase their anxiety level. I tried to connect with them where they were even when they travelled to past memories and places or to somewhere they could not describe to me. I also learned to be strong as I cared for them for they often could not respond to my emotions and they could not care for me anymore. I was now walking in their shoes as I cared for them as they had cared for me as a child.

What I have learned most around supporting those we love through mental illness and at the end of life is the importance of touch and the importance of love for it is here we truly learn that love asks us to endure all and where life takes us far beyond our understanding. I also believe that the loss of mental capacity at the end of life is a great gift to our loved ones who are leaving for as we face the pain of losing them we forget that they face perhaps a greater pain of leaving us and everything and everyone that they have known in this lifetime . . . and have loved. ★

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