SEPTEMBER 2015





Senior Citizens organization

500 - 11 Street South, Lethbridge, AB T1J 4G7 • Phone: 403-320-2222 • www.lethseniors.com

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Thursday, September 17 10 am - 6 pm Friday, September 18 10 am - 4 pm

Free Admission ★ Over 60 Exhibitors ★ Door Prizes

☆ Hosack Denture Clinic Presents ☆

Thursday, September 17th 11:00 a.m. Gym #2

Dr. Robbin Gibb

U of L, Department of Neuroscience

"The Changing Brain & Healthy Aging"

2:00 p.m. Gym #2

Dr. Robbin Gibb

U of L, Department of Neuroscience

"Common Brain Disorders in Seniors"

Friday, September 18th 11:00 a.m. Gym #2

Travis Zentner

Cornerstone Funeral Home & Crematorium

"Living Well by Being Prepared"

2:00 p.m. Gym #2

Sandra Annis

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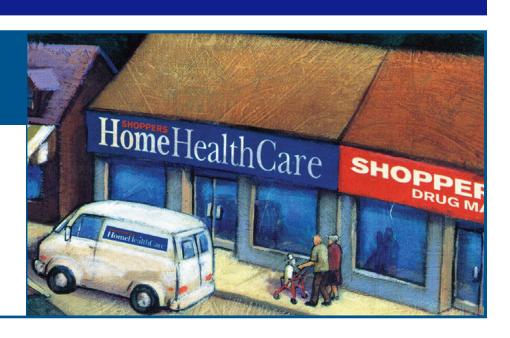
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LSCO TIMES Page 2 • September 2015



Notes from the **Executive Director**

Rob Miyashiro Executive Director

rmiyashiro@lethseniors.com

LSCO Notes

ast month I provided a statistical snapshot Lof LSCO usage for a couple of weeks. Now let's look at some demographic and activity usage at LSCO for the current year.

We're seeing a trend of younger users which, we hope to lead to longer term members. Just over 45% of our program participants are under the age of 70, which is an increase over 5 years ago. Almost 25% of participants are

under 65! What has changed at LSCO to create this interest by younger seniors? One huge influencing factor is the breadth and depth of fitness and wellness programs being offered here. Almost 47% of all of our event sign-ins are for these types of programs. This indicates a keen interest in those types of programs in general and by the under 70 user specifically.

It is important to remember that these types of programs aren't just about keeping fit and active. They also correlate highly with the following principles of FCSS (Family and Community Support Services):

Individuals & families have positive social ties – There is a strong social interaction component to almost all of our fitness/wellness/recreation programs. There are groups of participants that meet for coffee after their activity, some meet outside of LSCO, many participation; many have created social support systems within their groups;

Communities are welcoming and inclusive LSCO has become one of the most diverse and inclusion community organizations in Lethbridge. We welcome all people to participate in our programs and our membership includes over 50 Bhutanese newcomers, several homeless/difficult to house individuals, an organized group of Chinese Seniors and people from a myriad of ethnic and religious backgrounds.

One of the deliverables for FCSS funding is to: Engage and connect citizens so that they can fully participate in community life. Our programs and volunteer opportunities provide the means by which our members and participants can engage and connect.

As LSCO continues to serve younger customers/participants/members, it is imperative that we don't alienate and push out our older have formed friendships as a result of their members, but continue to provide services, supports and programs that are relevant and useful to older age groups. ★

Did you know?

that LSCO Fitness Centre memberships are available to anyone 35 years and over.



Get inspired with our Creative Arts Classes

- · Portrait Drawing · Knitting Project
 - Pastel Painting Oil & Chalk
- Drawing & Painting Trees Pen & Ink & Colour

With **Philips** Lifeline help is within reach.



For almost 25 years Lifeline has been delivering peace of mind to families in Lethbridge and surrounding communities. Our Lifeline Response Associates understand the needs of seniors and are only a push of a button away.

Exclusively from Lifeline

Lifeline with AutoAlert* provides an added layer of protection by automatically placing a call for help if a fall is detected and you can't push your button.

SAVE ON LIFELINE

Receive **FREE** installation (a \$90 savings) when you call Philips Lifeline in partnership with the Lethbridge Senior Citizens Organization (LSCO) at

I-800-LIFELINE (I-800-543-3546) Quote code 574

www.lifeline.ca

Available at local participating programs. Not to be combined with any other offer. Offer valid on new activations only.

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

PHILIPS Lifeline

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In recognition for the ongoing support of LSCO









In recognition for the ongoing support of LSCO Meals on Wheels

teamworks career centre



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Mirage Laser Design





LSCO TIMES Page 3 • September 2015



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

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Acting President – Clifford (Charlie) Brown Past President – John Machielse Secretary – Marnie Brown Treasurer – Irwin Wyrostok

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LSC0 403-320-2222

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Prep/Line Cook – Blair Romaniuk ext. 27
Food Service Cashier – Georgette Mortimer ext. 27
Adult Day Program Supervisor/
OPGT Support Services – Sharon Appelt sappelt@lethseniors.comext. 32
Alberta Supports Call Centre 1-877-644-9992 www.albertasupports.ca

For all your health inquiries, call the Chinook Health LINK number 1-866-408-LINK(5465) It's free!

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

facebook

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

LSCO Vision Statement

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

Shop and Share 2.00

Shop online and support LSCO, without paying a penny extra! Visit ShopandShare.ca today!

We're thrilled to announce our new, easy, year-round fundraiser that will generate automatic donations for us when you shop online, and here's the best part - it won't cost you a penny extra!

That's right - now you can buy the things you would normally buy anyways, at the same prices, from all the same retailers you know and love, and we'll automatically receive donations with each online purchase you make.

Just register a free account on ShopandShare.ca, choose LSCO as your favourite non-profit, then follow the links to your favourite retailers each time you shop online.

It's super easy and the donations can really add up quickly when everyone participates."

LSCO Adult Day Program

Lethbridge Senior Citizens
Organization operates a day program
giving individuals with physical or
mental limitations the opportunity
to participate with other adults
in a variety of activities.

Program Schedule

Tuesday, Wednesday & Thursday

1:00 pm - 4:00 pm

Cost: \$5 per visit

Attend 1, 2 or 3 days a week

Benefits

The Adult Program provides an environment that promotes social, physical and mental stimulation and a change from every day activities. Individuals experience an increased sense of self-worth by participating in activities within their capabilities.

Transportation to and from the program are the responsibility of participant or caregiver.

LSCO Hours of Operation

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

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









Welcome New Members!

Joyce Holland Karen Dennis Bette Hogg Jan Hanson

Robert Holland Doug Hogg Diane Rossetti James Taylor

Irene Nieuwenhuis

"A Smile is the Universal Welcome."

There comes a time when autumn asks, "What have you been doing all summer?"



2015 Pro-Rated Membership Fees

Sept. 1 - Dec. 31, 2015 \$20.00 Dec. 1 - Dec. 31, 2015 \$5.00 Jan. 1, 2016

12 months of purchase \$53.00

Starting January 1, 2016, all memberships will run 12 months from date of purchase. If Members want to renew their membership prior to January 1, 2016, their membership will then run from January 1, 2016 - December 31, 2016.



IssueDeadlineOctober 2015September 18November 2015October 16

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

LSCO TIMES Page 4 • September 2015



From the **Kitchen**

Iennifer Harrison

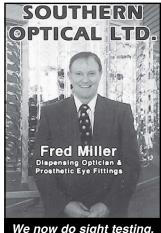
jscott-harrison@lethseniors.com

Brunches are back!!...Please come and join us for our Sunday brunch on September 13th from 10:00 am – 1:00 pm in the LSCO dining room. We are open to the public and everyone is welcome. Reservations are not necessary, but if you would like to have a table set aside, please call 403-320-2222 ext 27 (kitchen) and we will be pleased to have it ready. We recommend a reservation for larger groups.

September 17th and 18th brings us to the 4th Annual LSCO Live Well Showcase. As in past years, there will be a served Roast Beef dinner on Thursday evening in the LSCO Dining Room from 5:00 - 7:00 pm. The price is \$10 per person.

To our new members...Welcome! If you have any questions or dietary concerns regarding the items on our menu, please feel free to ask the kitchen staff. They are well versed in special dietary needs. If you require a meal other than what we have to offer, advance notice is greatly appreciated.

The LSCO will be closed on Monday, September 7th for the Labour Day Holiday. ★



We now do sight testing, or bring in your own doctor's prescription!

ATTENTION SENIORS

Did you know?

The Alberta Government is once again offering benefits on eye glasses!

Come down to SOUTHERN OPTICAL

for all the details. 1011 - 3rd Avenue South (2 blocks north of LSCO)

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Lethbridge, AB T1K 2C9 **Hours of Operation**

Monday to Friday: 10 am - 6 pm Weekends & Holidays: Closed



Jeff Mead

B.Sc. Pharm.

Pharmacist/Owner



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NU FOR SEPTEM BE

Lunch served from 11 am ~ 1 pm • Soup is not included with meal • The dining room is CASH ONLY • Menu subject to change without notice



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

Entree:

Entree:

Potato:

Veg:

Soup:

Tuesday, Sept. 1

Tuesday, Sept. 8

Wednesday, Sept. 2 Entree: Penne Bolognese Potato: Veg: Carrots Soup: Split Pea Sandwich: Deli Sub Salad: Garden Salad

Thursday, Sept. 3 Entree: Cabbage Rolls Potato: Perogies Veg: Peas Soup: Borscht Sandwich: Deli Sub Salad: Garden Salad

Entree:

Entree:

Entree:

Potato:

Veg:

Soup:

Salad:

Friday, Sept. 4 Entree: Whitefish Potato: **Buttered Rice** Veg: Salad Soup:

Tomato Vegetable Sandwich: Deli Sub Salad: Garden Salad

Monday, Sept. 7

LSCO CLOSED FOR LABOUR DAY

Cranberry Chicken Potato: Rice Veg: Green Beans Soup: Chicken Noodle Sandwich: Grilled Beef & Cheddar Salad: Cranberry Mandarin Tuesday, Sept. 15

Entree: Turkey Stew Potato: Mashed Veg: Cauliflower Soup: Clam Chowder Sandwich: Grilled Beef & Cheddar Salad: Cranberry Mandarin

Wednesday, Sept. 9

Potato: Steamed Veg: Mixed Soup: French Tomato Sandwich: Grilled Beef & Cheddar Cranberry Mandarin Salad:

Thursday, Sept. 17

Pasta Rondo

Thursday, Sept. 24

Chicken Stew

Green Beans

Greek Salad

Chicken Noodle

Mashed

Sandwich: Tuna Melt

Thursday, Sept. 10

Meatloaf

Entree: Pork Cutlet Potato: **Buttered Rice** Veg: Carrots Soup: Turkey Vegetable **Sandwich:** Grilled Beef & Cheddar Cranberry Mandarin Salad:

Friday, Sept. 11

Monday, Sept. 14

Entree: **BBQ** Chicken Potato: Fries Veg: Soup: Cream of Mushroom Sandwich: Toasted BLT

Salad:

Entree:

Potato:

Veg:

Soup:

Salad:

Entree: Mushroom & Swiss Burger Mashea Potato: Veg: Wax Beans Five Bean Sandwich: Toasted BLT Salad: Summer Salad

Wednesday, Sept. 16 Entree: Glazed Ham Potato: Scalloped Soup: Cream of Carrot

Summer Salad

Wednesday, Sept. 23

Egg Noodles

Bistro Mix

Chicken Parmesan

Tomato Vegetable

Sandwich: Toasted BLT

Salad:

Entree:

Potato:

Veg:

Soup:

Potato: Soup: **Beef Barley** Sandwich: Toasted BLT Salad: Summer Salad Entree: Turkey Pot Pie Potato: Mashed Soup: Split Pea Toasted BLT Sandwich:

Summer Salad

Friday, Sept. 25

Roast Beef

Clam Chowder

Mashed

Tuna Melt

Greek Salad

Corn

Friday, Sept. 18

Monday, Sept. 21

Monday, Sept. 28

Home Fried

Sandwich: Egg Salad Croissant

Santa Fe

Brussel Sprouts

French Tomato

Smokies & Sauerkraut

Summer Salad

Entree: Salmon Fillet Potato: **Buttered Rice** Veg: Salad Soup: French Onion Sandwich: Tuna Melt Greek Salad Salad:

Tuna Melt Sandwich: Greek Salad Salad: Tuesday, Sept. 29

0'Brien

Mixed

Greek Salad Salad: Wednesday, Sept. 30

Potato: Veg: Salad Soup:

Shancase

Salad:

Entree:

Potato:

Veg:

Soup:

Salad:

Sandwich:

A TRADE SHOW FOR ACTIVE AGING **Lethbridge Senior Citizens Organization**

Thursday, Sept. 17 & Friday, Sept. 18

Tuesday, Sept. 22

Liver & Onions

Beef Vegetable

Entree: Steak & Mushroom Pie Potato: Mashed Peas

Veg: Turkey Vegetable Soup: Sandwich: Egg Salad Croissant Salad: Santa Fe

Entree: Lasagna

Sandwich: Tuna Melt

Cream of Mushroom Sandwich: Egg Salad Croissant Salad: Santa Fe

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From the Volunteer Corner



Volunteer News

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

early bird tickets for our fundraiser "From the Starlight Lounge."

Three performances will be held in October.



By the time this issue is out there will be only Starting September 1st tickets are \$35.00 per a few days remaining that you can purchase person so get yours early for a significant savings.

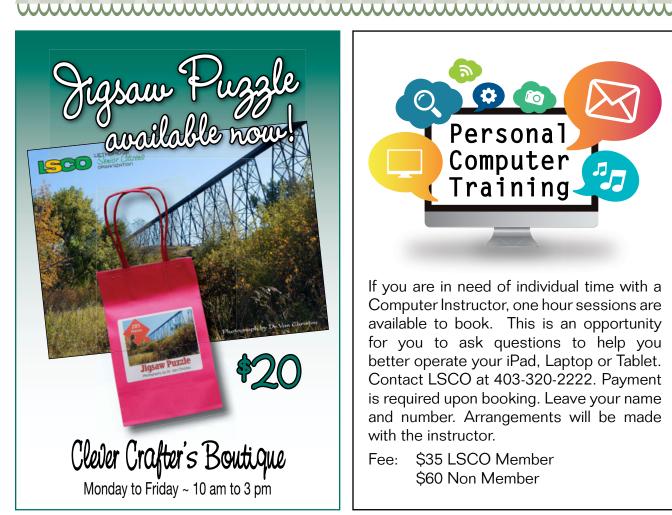
> There are still a few volunteer positions available for the Starlight Lounge. ★

Early bird tickets before the end of August are \$25.00



Be the first to find out what is happening at LSCO.

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





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.

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

1710 Mayor Magrath Drive South



Proud to Support LSCO Volunteers

AUGUST 2015 Volunteer of the Month Leslie Wiebe

Leslie began volunteering at the LSCO about 15 years ago; it all started in the kitchen. Leslie helped with dishes for a few years until a real live paying job took her away from us. Leslie started volunteering with the LSCO In-House Bingo 6 years ago and for the last 4 years she has been a h-u-g-e help assisting with volunteer recruitment for the Bingo. Leslie logged 157.5 volunteer hours last year.

Leslie is also a "Consignee" in our Boutique. Leslie's handcrafted scarves are spotted on many a neck around LSCO & the community. Leslie says that the people here makes LSCO a wonderful place to be, it's hard not to want to be a part of that.

Leslie:

- what is your favorite word? love
- what is your least favorite word? hate
- what makes you happy? laughter
- what makes you unhappy? *vulgar words*
- what sound or noise do you love? a child's voice
- what sound or noise do you hate? loud banging
- what profession did you retire from? Cashier
- what keeps motivating you to volunteer for the LSCO? the people of course

Leslie you are very much appreciated....

you ROCK!!!



403-328-0795

615 - 4th Avenue South

TRIVIA: Many moons ago, cookware and dishes in Europe were made of an orange clay called "pygg." When people started saving coins in jars made of this clay, the jars became known as "pygg banks."

In the nineteenth century, allegedly an English potter misunderstood the meaning of the term "pygg," thinking it was "pig." When someone asked him to make a pygg bank, he made one shaped like a pig. This idea caught on and soon everyone wanted a "piggy" bank.



Where is Thomas Copps? Find him inside this issue

> www.AudiologyFirst.ca (403) 394-9903

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Thursday, October 1^{st,} 2015 2 pm – 4 pm AgeCare Columbia 785 Columbia Blvd. W, Lethbridge T1K 4T8

In honour of National Seniors Day October 1st, AgeCare Columbia along with very committed partners have come together to create the Seniors of Distinction Awards.

NOMINATE A SENIOR OF DISTINCTION TODAY!

DEADLINE FOR NOMINATIONS EXTENDED UNTIL AUGUST 14

NOMINATE ONLINE agecare.ca/SeniorAwards

DROP OFF NOMINATION FORM

AgeCare Columbia 785 Columbia Blvd. W, Lethbridge T1K 4T8

I WISH TO NOMINATE THIS SENIOR OF DISTINCTION

Name: Phone: City:__ Category of Nomination: _ ARTS • LEADERSHIP • COMMUNITY SERVICE • HEALTHY LIVING Please attach a brief statement *(no more than 2 pages)* about the nominee's contribution and why they deserve the award. NOMINATED BY



Name:

Signature:

AgeCare Columbia 785 Columbia Blvd. W, Lethbridge www.agecare.ca/Columbia

Phone:

Date:_

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Chi Gong

Chi means "life energy" and gong means "work"; together chi gong means working with life energy. The exercises are designed to improve flow and quality of chi and harmonize mind, body and breath, thereby increasing overall health. The class will practice various chi gong exercises such as tai chi/chi gong 18 form, five animal frolics and meditation for mind relaxation. The techniques can be adjusted for individual fitness levels and/or limitations.

When: Session 1: Tuesdays & Thursdays, September 8 – October 15

(no class September 17)

Session 2: Tuesdays & Thursdays, October 20 – November 26

10:15 – 11:15 am Time: \$36 LSCO M; 54 NM Fee/session: Dave Scotland Instructor:

Register by: Wednesday, September 2 & October 14

(after these dates add \$5)

Reality is the leading cause of stress among those in touch with it. ~ Lily Tomlin





Page 7 • September 2015 **LSCO TIMES**

This past few days I had the opportunity **■** to watch on TV the Paralympics from Toronto, something I did not even know existed as my TV watching is limited. However, I became fascinated and maybe even "hooked" on watching when I could. For those who are not aware what this is, it's the same as the Olympics, except these athletes must have some type of a disability. Loss or partial loss of a any part of the body, any degree of paralysis, some had a slight mental disability, others were blind, and other things that we think would hold people back from performing in any type of sports. But not for these people!! They are true athletes and I am one of their many fans – cheering to the television on many different sporting events. I was truly moved to see these fine men and women compete in the events designed for them. They were and are truly amazing. To watch visually impaired runners compete in the long runs to the swimmers with partial limbs to the athletes in wheelchairs playing basketball or message of determination and hope to you and perseverance. *



Acting President's Message

Clifford (Charlie) Brown

rugby gave me inspiration to do better and not to complain about my minor set backs.

With them in mind, I think of many of our members who also have set backs and are struggling in their lives with various situations. I can only say to you - don't quit. Don't let discouragement get you down. Each time you have another set back – start again. Whatever it may be. Not knowing your situations, I can only send a

with your endurance and perseverance you will feel your own worth and know you can still contribute to others. In articles in the past I have said we need to help and support each other. I reiterate that message now again. The athletes in the Paralympics have perked me up and I only hope to give each and every one of our members and any one who read this article, that same feeling. A positive outlook and a warm helping hand will go a long way to those who struggle. Let each of us take from these tremendous athletes a tiny page from their book that our limitations are only what we let them be and if we have enough energy and health to go forward, we can.

Thank you for your support and to our terrific staff and volunteers for all they do. I do hope your summer was safe and enjoyable and may we all look forward to a long and happy fall.

Closing thought – Success is only obtained by

EXERCISE FOR PEOPLE OVER 50

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags.

Then try 50-lb potato bags and then eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm now at this level.)

After you feel confident at that level, put a potato in each bag.

Thanks to Bryan Baverstock in Cambridgeshire, England



Pastels are considered a painting medium. Whether using soft (chalk) or oil pastels, each have their own unique effects and results. In this class you will discover what makes them so interesting to work with. The student will choose which type of pastel they would like to work with and Donna will take you through their properties and show you how to get the best results. We will cover some aspects of color mixing, composition, different pastel techniques and other elements of art will be explored. Much less messy than working in oils. Ask for a supply list or view on the LSCO website.

When: Wednesdays, October 7 – December 2 (no class Nov. 11)

Time: 10:00 am - 12:00 pm\$40 LSCO M; \$60 NM Fee:

Donna Gallant Instructor:

Register by: Thursday, October 1 (after this date add \$5)

Your own shoreline cleanup is just a stone's throw away

anada is home to one-fifth of the world's Ifresh water, with thousands of interconnected lakes, rivers, streams and wetlands to nourish and sustain us. No matter where we live, we are just a stone's throw away from a watershed.

Did you know, however, that the health of our freshwater habitats is in danger? According to WWF-Canada's Freshwater Program, pollution is one of the most significant threats to our rivers, but we can help reduce plastic and micro-plastic pollution through shoreline cleanups.

In 2014, almost 67 per cent of all litter collected was from shorelines bordering on freshwater habitats, an important statistic delivered by the Vancouver Aquarium Marine Science Centre and WWF-Canada's Great Canadian Shoreline Cleanup.

There are 600 lakes, 245 rivers and the second largest glacier-fed lake in the world, Maligne Lake, all found within Alberta. Last year 2,560 Albertans did their part in protecting this valuable resource by removing more than 6,600 kilograms of litter from along lakes, rivers, creeks and streams. The majority of litter items picked up originated from single-use food and beverage items (32 per cent) and smoking related activities (42 per cent).

"Shoreline litter can have widespread impacts on freshwater species like fish and turtles through ingestion and entanglement," says Kate Le Souef, manager of the Great Canadian Shoreline Cleanup. "This litter is a result of human actions, so it's up to us to do something."

Even though shoreline cleanups typically last just a couple hours each, altogether the 91

Alberta cleanups in 2014 collected more than 60,000 pieces of litter, including a piece of a gold pan, a homemade javelin, a rope ladder, water cooler, playground slide, antique tape measure, and a pair of x-ray glasses.

The Great Canadian Shoreline Cleanup, presented by Loblaw Companies Limited, is looking for people to champion their own local shoreline by registering to be a site coordinator at ShorelineCleanup.ca. "Site coordinators are key to our program," Le Souef points out. "They organize the event at any location they choose at any time that works for them - and they help us by documenting what they find." Information, including how to be a site coordinator, is available online at ShorelineCleanup.

www.newscanada.com

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Touched by CANCER Support Group

Lethbridge Senior Citizens Organization has been asked to offer an opportunity for individuals and their families to come together.

Is there need/void to be filled with a group that can meet on a regular basis?

Whether you are young, middle age, older, it does not matter. Sometimes we just need to meet others in the same circumstances ~ have a coffee or a glass of juice, sit and chat with someone.

We are inviting you to a meeting on

Wednesday, September 16, 2015 2:00 pm ~ Room A

LSCO ~ 500 - 11th Street South

Please Come and Join Us
For more information call 403-320-2222 ext 25



At his 103rd birthday party, my grandfather was asked if he thought that he'd be around for his 104th.

"I certainly do," he replied. "Statistics show that very few people die between the ages of 103 and 104." $\,$

An Introduction to Your Digital Camera

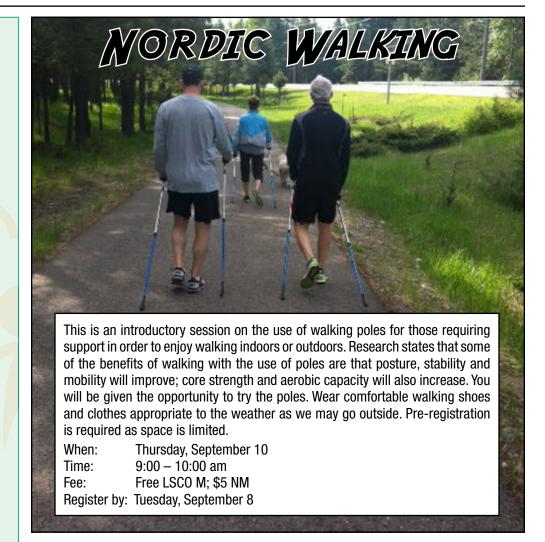
I've got a digital camera, now what do I do? This course is intended for users new to digital photography. It will cover the following topics: Understanding the parts of the camera, working with the camera menu, taking pictures using the digital camera on auto, flash, formatting your camera card, moving my photos to my computer and getting my pictures printed at a photo lab, etc.

When: Tuesday & Thursday, Sept. 1 & 3

Time: 9:00 am – 12:00 pm Cost: \$20.00 LSCO M; \$30 NM

Instructor: Merri-Ann Ford Register by: Tuesday, August 25 (after this date add \$5)





Let's keep learning about the right foods to eat

Childhood hunger affects one in six Canadian children and according to a report by the Conference Board of Canada, food illiteracy is one of the leading causes.

Without knowing how to interpret nutritional information or identify the foods that make up a healthy diet, families may struggle to provide the nutrients young children require. With a legacy of unhealthy eating, teenagers may also find themselves unequipped to make their own shopping decisions as they begin to move away from home. Changes, however, are underway.

"Businesses, governments, and communities should help food-insecure people make the best possible food choices with their financial resources," the study points out. "To that end, governments and industries should increase their efforts to educate everyone about healthy eating, and give them tools to acquire fresh and healthy produce affordably."

The good news is those efforts are increasing on numerous fronts. Health Canada and Public Health Agency of Canada programs like Eat Well, Be Active and Focus on the Facts continue to generate educational resources for students and teach consumers about how to identify healthy products in the grocery store.

Industries have been doing their part too. Recently Loblaw partnered with food nutrition programs through their Healthy Kids grants to provide both food literacy education and nutritious meals to children across Canada. ProAction's Cooking with Cops program, one of the beneficiaries, pairs police officers with at-risk youth for lessons in how to shop for and prepare healthy meals.

"Many of the kids we work with come from low income homes. With limited resources and educational opportunities, these families have challenges affording and identifying healthy food choices," says Jean Milligan, executive director, of ProAction Cops & Kids. "Thanks to funding from local grocery stores like Loblaw, we're able to position kids to make grocery shopping decisions that will benefit their entire family."

The Conference Board of Canada's report is a call to action for communities across the country to look at what they can do to help. If you manage a community organization, there are a number of private and public resources available to you. To learn more, head to Loblaw.ca/responsibility or healthycanadians. gc.ca.

www.newscanada.com

LSCO TIMES Page 9 • September 2015





Thomas Copps isn't here keep looking further in this issue



Beginners Pickleball

Played in the gym this energetic game is similar to badminton and tennis. Pickleball is easy to learn, a lot of fun and great for all ages. Here is your chance to give it a try. Instruction will begin at 1:00 pm followed by practice time. Some equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Fee includes additional practice time Monday & Thursday 3:00 – 4:50 pm. Please complete an Activity Waiver Form upon registration. Drop in participants not accepted for instruction.



When: Wednesdays

September 23 – October 28 November 4 – December 16 (no class Nov. 11)

Time: 1:00 – 3:30 pm
Fee/session: \$15 LSCO M; \$30 NM
Register by: Friday, September 18 &
Friday, October 30



Register now for Nia, Line Dancing, Active Aging, Fit Ball, Tai Chi, Chi Gong, Yoga, Nordic Walking, Pickleball and Zumba

Breakfast

8:00 - 10:00 a.m.
Monday - Friday

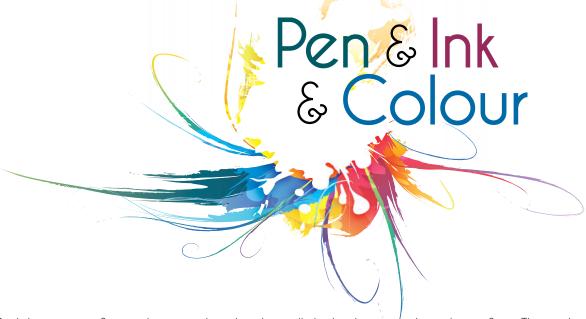
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Much like our pen & ink with watercolors, this class will deal with using/color with pen & ink. The student will choose their color medium that they like to use or maybe this is a chance to try something new. We will cover different elements of pen & ink and the chosen color medium as well as the fundamental elements of making art. If you can't decide which media to use, wait until the first class to discuss with instructor what you would like to try. Ask for a supply list or view on the LSCO website.

When: Thursdays, October 8 - November 26

Time: 1:00 - 3:00 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant

Register by: Thursday, October 1 (after this date add \$5)

LSCO TIMES Page 10 • September 2015

Embracing Life's Changes Coffee and Conversation Group

This is an ongoing drop-in support group that meets every Wednesday at 1:15 pm in Room **B**. Participants can share concerns when they are comfortable to talk in the group. Support and encouragement is offered by qualified Alberta Health Services Outreach facilitators. There is no charge for the group and everyone is welcome. LSCO membership is not required.

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 members are invited 12th at 2:00 pm in Room C & D.

Parkinson's Alberta Society Support Group

Meet regularly the 3rd Thursday of every month at 2:00 pm. Their "Welcome Back from

Self Help Groups

Summer" meeting will take place on Thurs- 7:00 pm. For more information call Vedna at day, September 17th in Room A. For more information about the group, please call Brian 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.

Celiac Support Group

They meet the last Monday of January, May & September at 7:00 p.m. in Room A. The next meeting is Monday, September 28th.

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 to attend the meetings. The next meeting is maintain and increase feelings of self-worth and control by sharing common experiences. Working together can assist people and alleviate feelings of helplessness. The group meets Sunset Alcoholics Anonymous in Room B the 3rd Tuesday of the month. Meets in Room C/D Thursday evenings at The group will meet on September 15th at 7:00 pm.

403-329-3766.

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 members are welcomed. The group will meet prior to the coffee hour at 1:00 pm in Room A for their regularly scheduled meeting.

Lethbridge Stroke Recovery Association (LSRA)

The LSRA stroke survivors and their families are having their 5th annual Picnic in the Park. It takes place Saturday, September 12th from 11:00 am – 3:00 pm. at the Kiwanis Picnic Shelter at Henderson Lake. Please bring a lawn chair(s) and a potluck salad or main course dish. Dessert and beverages will be provided. Please RSVP to Louise at 403-394-6495 or by email at llandry@shaw.ca.

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

Established Business - Naked Feet Mobile Foot Care: nail trim & callus removal \$30. 1 hour Thai reflexology foot massage \$50. Benefits include reduce pain & stiffness, better & deeper sleep, improved circulation in feet & legs just to name a few. Certified Advance Pedicurist & Certified Thai Reflexologist. For more information call Barbara Mossa 403-308-7654. Seniors may qualify for benefits.



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California Wine Country, San Francisco & Oregon Coast: Guaranteed September 14 departure - 13 days (Fort MacLeod pickup)

Nashville, Branson & Memphis: Guaranteed October 12 departure - 16 days (Lethbridge pickup)

Nashville, Branson & The Smokey Mountains includes Dollywood: **Guaranteed** October 14 departure – 21 days (Lethbridge pickup)

California Redwoods & San Fancisco: October 26 departure - 10 days

(Fort MacLeod pickup)

Branson Christmas Season Show Tour: November 10 departure (Lethbridge pickup)

For more information about these and additional trips pick up a brochure at LSCO or contact Nagel Tours at 1-800-562-9999 and mention you received this information from LSCO.

Going Unnoticed

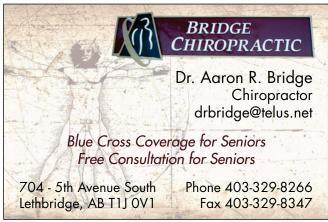
Curious when I found two black-and-white negatives in a drawer, I had them made into prints. I was pleasantly surprised to see they were of a younger, slimmer me taken on one of my first dates with my husband.

When I showed him the photographs, his face lit up. "Wow! It's my old Plymouth."

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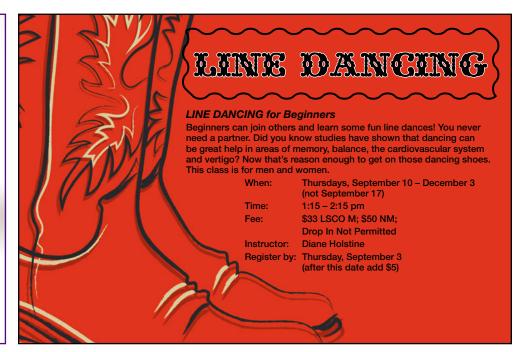


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"My favourite poem is the one that starts 'Thirty days hath September' because it actually tells you something."

- Groucho Marx

Jorners tone

Funeral Home & Crematorium

is proud to be the major sponsor of the 4th Annual Live Well Showcase

The Caring Cornerstone of your Community

60 exhibitors. It will be held September 17 Room. The Lethbridge Symphony's String and 18 at the Lethbridge Senior Citizens Organization. This show features all aspects of "active aging."

Ralph and Faith Zentner, owners of Cornerstone Funeral Home are again honoured to be the major sponsor of this event. "We are proud to be involved in the fourth annual showcase and firmly believe that educating yourselves and being prepared for your future is vital." Cornerstone is an avid community sponsor and realizes the importance of those in the community who are here to help.

Admission to the show is free and takes place at Lethbridge Senior Citizen Organization, 500 - 11th Street South on Thursday, September 17 from 10:00 am to 6:00 pm and Friday, September 18 from 10:00 am to 4:00 pm.

The Live Well Showcase is a professional Aroast beef dinner will be featured on Thursday trade show for seniors and features over evening from 5:00–7:00 pm in the Dining Quartet "Musaeus" will provide entertainment and a beer and wine cash bar will be available. We thank your dinner sponsors; Kasko Cattle Company for the beef, and Lucerne for the vegetables. The supper is not only for the Live Well Showcase exhibitors but it is also open to the public. Everyone is welcome to attend at a cost of only \$10. Come and enjoy a fabulous meal prepared and served by our dining room staff and dedicated volunteers.

> Rob Miyashiro, Executive Director of LSCO, thanks all of the sponsors, vendors, the staff and volunteers for their support of this very worthwhile information session and fund raising effort. Learn about the services and opportunities that are available to everyone as we age. Anyone over 50 will get a great deal out of this special event whether planning for their own future or assisting loved ones. "Don't miss it."



Tresents

Live Well Shaucase Speakers

Thursday, September 17th 11:00 a.m. Gym #2

Dr. Robbin Gibb

U of L, Department of Neuroscience

"The Changing Brain and Healthy Aging"

As we age our brain changes. Researchers continually uncover new facts about the brain and what steps we can take to being healthy which will ultimately affect our

2:00 p.m. Gym #2

Dr. Robbin Gibb

U of L, Department of Neuroscience

"Common Brain Disorders in Seniors"

Stroke, Parkinson's Disease, Alzheimer's Disease and other complications. Dr. Robbin Gibb will talk about the different disorders that seniors are being diagnosed with and what researchers are uncovering.

Dr. Robbin Gibb is an Associate Professor at the Canadian Centre for Behavioural Neuroscience.

Friday, September 18th 11:00 a.m. Gym #2

Travis Zentner

Cornerstone Funeral Home & Crematorium

"Living Well by Being Prepared"

How do I plan my funeral while I'm still healthy? What is the difference between a funeral service or memorial? Are there ways I can reduce the costs? Where can I find support after the funeral? How do I plan for the future?

2:00 p.m. Gym #2

Sandra Annis

Registered Psychologist, Certified Marriage & Family Therapist

"Sex & Seniors"

Sexual relationships don't stop because people get older. The aging process causes changes in the body that can affect the ability to perform or enjoy sexual activities. Learn about some of the obstacles to sex that may occur, as we get older, and how to overcome them for an enjoyable sex life, no matter what your age.

Booth #

14 28

9 37

5

17

Exhibitor	Booth #	Exhibitor	Booth #	Exhibitor
A.E. Cross Studio	49	Galt Museum & Archives	57	P.A.D.I.S. (Poison & Drug Info Services)
AgeCare - Columbia Assisted Living	12	Gladium	50	Parascak Family Chiropractic
Alberta Association of Optometrists	46	Green Acres Foundation	47	Park Lane Jewellery
Alberta Health Services - Home Care	16	Hosack Denture Clinic	22	Philips Lifeline
AHS - Passion for Health	44	Imagine Laserworks	7	Population Health Promotion - AHS
Alberta Motor Association	3	Kalispell Regional Health	21	Psychologist's Association of Alberta
Alberta Supports Lethbridge (AB Gov't)	53	Kangen Water	29	Rachael Harder
Alzheimer Society of AB & NWT (Lethbridge	40	Ladybug Arborists	48	Radiology Associates
Bridge Chiropractic	42	Leisters Home Care Equipment	2	Rodan & Fields Dermatologists
Canadian Security Systems	52	Lethbridge Community Network	34	
Chinook Respirotory Care	20	Lethbridge Elder Abuse Response Network	10	Safety Bath Walk-in-Tubs
ComforTek Seating	19	Lethbridge Fire Prevention Bureau	51	Save On Foods
Cornerstone Funeral Home	25	Lethbridge Hearing Centre	1	Simply Together
Covenant Health	8	Lethbridge Public Library	58	SuzieQ Solutions
Demes Chocolates	31	London Drugs	13	Synchronizing Connections
Do Bugs Need Drugs	59	Martha's House	30	The Gardens at West Highlands
Dying with Dignity Lethbridge	56	Maritime Travel	4	The View at Lethbridge
Expedia CruiseShip Centers	45	Meals on Wheels - LSCO	33	Vital Aire Canada
Faculty of Health Sciences, U of L	54	Out Of The Box	41	Weber Handyman





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		L	13 .ondon Drugs	14 P.A.D.I.S.	15 Weber Handyman	16 AHS Home Care	17 Synchronizing Connections	18 Safety Bath Walk-In Tubs	19 ComforTe Seating	
	12 Age Care Columbia Retirement		53 Alberta F	54 Faculty of Dyi	56 5 ng with Ga		59 Do Bugs	60 Roost	l –	20
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	Rachael Harder		Security Systems	Prevention		Studio	Arborist	Foundation		21 Kalispell Regional Medical
	10 LEARN Lethbridge Elder Abuse		41 Out of the Box	42 Bridge Chiropractic	43 The Gardens at West Highlands	44 AHS Passion for Health	45 Expedia Cruise Ship Centre	46 AB Association of Optometrists	_	Centre
_	Response Network		40 Alzheimer's Society	39 SuzieQ Solutions	38 Psychologist's Assoc. of AB	37 Philips Lifeline	36 Rodan & Fields Dermatologists	35 Radiology Associates		22 Hosack
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-	_		31 Demes Chocolates	32 Simply Together	LSCO MoW	34 LC Network				
	8 Covenant Health		30 Martha's House	29 Kangen Water	28 Parascak Chiropractic	27 Vital Aire Canada	26 Corne	25 rstone		24 The View at ethbridge
			DRAW BARREL			_				
	7 Imagine Las Hyperbaric Thera	Oxygen	Save-On Foods Pharmacy	5 AHS Population Health Promotion	4 Maritime Travel	3 Alberta Motor Association	2 Leister's Home Care	1 Lethbridge Hearing Centre		Acception

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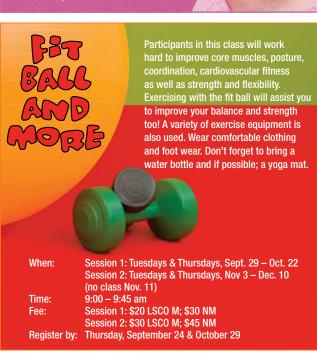
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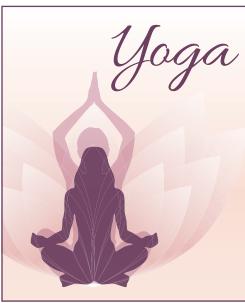
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Mondays

When: September 14 – November 30 (no class Oct. 12)

10:00 - 11:15 am Time:

\$54 LSCO Members only; Drop In Not Permitted Fee.

Michael Pollard Instructor:

Register by: Tuesday, September 8 (after this date add \$5)

Wednesdays

When: September 16 – November 25 (no class Nov 11)

Time: 10:00 - 11:15 am

\$45 LSCO Members only; Drop In Not Permitted Fee:

Instructor: Barb Huston, Leigh Monette

Wednesday, September 9 (after this date add \$5) Register by:



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Federal Pensions: Old Age Security (OAS), Canada Pension Plan (CPP) if you are a lower income senior you might qualify for Guaranteed Income Supplement (GIS)

Provincial Pension: Alberta Seniors Benefits (ASB). This pension is also referred to as a supplement. Please check if you are getting both supplements Federal and Provincial. There is also another program through the Provincial Government calls the Special Needs Assistance Program where individuals can access funds for different items. Individuals have to fall within the income criteria to be able to access. If you qualify you would be **Downtown City Speakers Toastmasters Club** able to receive help with:

- If your prescription costs are high, you might qualify for help.
- If you need a new furnace, you might qualify.

There are information booklets here at the LSCO in regards to this program that you can pick up and look at the income criteria and also what other help you might receive from Special Needs.

The main reason for writing about this again is because so many seniors do not know what they should be receiving or what they might be eligible for. A good part of my day is answering questions about pensions. Please look at your bank statements and or T-4's to see if you are receiving the pensions you are eligible for.

COMMUNITY PARTNERSHIPS

Information on Law

Ms. Christina Lam with the law firm of **Alger** Zadeiks Shapiro will be here on Wednesday, **September 9th.** The law firm of **Alger Zadeiks Shapiro** offers a free 15 minute legal advice session 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.

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LSCO Support Services

Marlene Van Eden Support Services Coordinator

mvaneden@lethseniors.com 403-320-2222 ext. 25

Toastermasters

meets in the LSCO boardroom every **Tuesday** or by phoning 403-320-2222. There will not be from 12:00 - 1:00 pm. The mission of the club is a Hearing Screening in September but you can to provide a supportive and positive learning call Candice at 403-320-6000 or speak to her at experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth. Public welcome to attend.

Food Addicts in Recovery

Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous-FA is having a free community information meeting Saturday, September 19 at 1:30 – 3:30 pm in Lethbridge at Chinook Regional Hospital, 10 Avenue and 19 Street South, Lethbridge County Hall Room. For more information visit www.foodaddicts.org or call Ron at 403-320-2075.

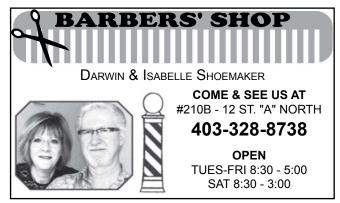
WELLNESS

Massage Therapy Appointments!

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be at the LSCO on Friday, September 11th & 25th 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, September 18th. 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

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 Lethbridge Hearing Centre Booth at the Live Well Showcase taking place at the LSCO on September 17th & 18th.

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 onehour appointments. Book your appointment for Tuesday, September 1st & 15th 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 your appointment or for more information call 403-320-2222 ext. 25. For home visits, call 403-894-9667.

Free Neck & Shoulder Massages!

The Lethbridge College Massage Therapy students will be here at the LSCO on Thursday, **September 17th** from 10:00 am – 12:00 pm in the Dining Room (stage area). The students will provide free neck and shoulder massages on a first come first served basis.



Deadwood Casino Trip September 20 - 26, 2015 \$530 per person, double occupancy

Spokane Fall Shopping Getaway 4 Days ~ October 16 - 19, 2015 4 Days ~ October 23 - 26, 2015 \$380 per person, double occupancy

Coeur D'Arlene Casino Trip November 29 - December 2, 2015 \$275 per person, double occupancy

Cross Iron Mills Shopping Trip December 7, 8 & 9, 2015

\$40 per person All our bus trips are open to all age groups. Only a few seats remain for each trip.

Call Donna @ 403-394-0349

SIGN UP NOW FOR FALL CLASSES



Page 16 • September 2015 LSCO TIMES

FROM THE GALT

Edith Cavell

5 Avenue South was opened on January 26, 1966. At the time of construction it was a 100had formerly been in the Galt Hospital Nursing Home. Since 1966, Edith Cavell Care Centre has undergone major renovations and additions with a new wing added to the original

A 50-year anniversary is certainly an accomplishment.

But there is also a 100 year anniversary connected to the building: 2015 is the 100th anniversary of when Edith Cavell was arrested and shot by the Germans during the First World War for alleged treason.

In 1907, Edith Cavell, a British nurse, was recruited to be matron of a newly developed nursing school in Belgium. While in Belgium, she wrote an important nursing book and worked as a training nurse for several hospitals and 37 schools and kindergartens. Cavell became known as the modernizer of nursing in Belgium. Her life would change abruptly during the First World War.

She was actually on a holiday visiting her mother in Norfolk when the war started. Edith chose to return to her work in Belgium, where her clinic and nursing school were taken over by the Red Cross. By November 1914, the Germans began to occupy Brussels and Edith was now a British citizen behind enemy lines.

In January of 2016 Edith Cavell Care Centre During the first year of the war, she provided stories, though, reinforced anti-German senti-Lwill turn 50 years old. The building at 1255 medical assistance to both Allied and German ment in Britain, Canada and the United States soldiers. She also assisted approximately 200 Allied Soldiers and young men of military age bed home and was built to take patients who to escape German-occupied Belgium into the Netherlands. This was the action for which she was arrested and subsequently executed.

> Edith Cavell was arrested on August 3, 1915. She admitted to the German authorities that she had been involved in sheltering and transporting Allied soldiers as well as young men of military age. She was found guilty and sentenced to death. The American government, still neutral in 1915, tried to intercede on her behalf. But requests for clemency were not successful. Cavell was executed on October 12, 1915. On the night before her execution she told Reverend Stirling Gahan, an Anglican chaplain, "Patriotism is not enough. I must have no hatred or bitterness towards anyone." These words were transcribed onto her statue that is near Trafalgar Square in London.

Cavell's execution quickly became part of the propaganda of the First World War. Her story was used in recruitment efforts and to build positive sentiment in the United States towards the Allied cause, thus encouraging the Americans to join the war. Edith Cavell was presented in truly heroic terms – as a nurse, working tirelessly to save lives, killed by German depravity and barbarism. Many reports of her death – notably that she fainted and was shot by an officer with his revolver, that she refused a blindfold – were untrue or greatly exaggerated in the telling. The Educator at the Galt Museum & Archives.

and helped in the recruitment effort. Recruits, it was suggested, were essential to stop the murder of innocent British women and dedicated nurses.

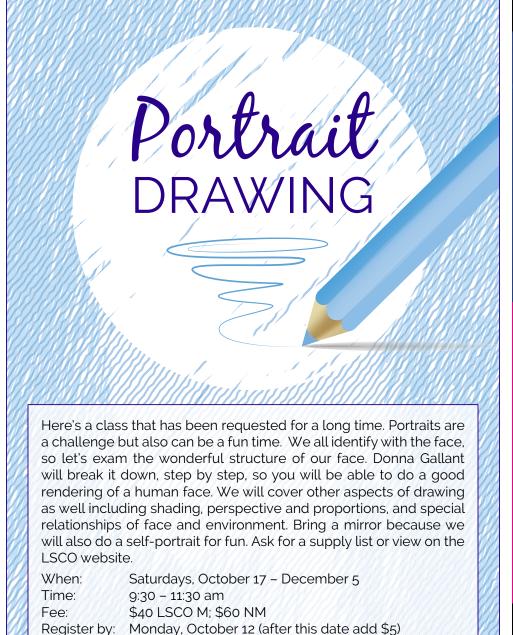
The Edith Cavell Care Centre is certainly not the only thing named in her honour. Edith Cavell's name lives on around the world. Our nursing home was named in her honour but so too were numerous memorials, streets, schools, parks and medical facilities (specifically the entire facility or a wing/ward).

Perhaps the best known Alberta memorial to Edith Cavell is Mount Edith Cavell. The mountain, located in Jasper National Park was named in 1916 for Edith Cavell. It is the tallest mountain in Alberta which rests entirely within our provincial borders. (Mount Columbia and Mount Assiniboine, both taller, are shared with British Columbia.)

Edith Cavell is remembered and honoured a century after her death. Britain recently commemorated her on a £5 coin. While her legacy has many meanings to different people, to many it was Edith Cavell's courage, her unwillingness to criticize both those who condemned her and those who were unable to prevent her execution and her compassion to soldiers of both sides of the war that still resonate today, 100 years later. ★

Belinda Crowson is a local historian and Museum

TRIVIA: George Washington was scared to death of being buried alive. Just before he died, he demanded his body be kept above ground for a few days in the unlikely event he might come to.





Stage West Calgary Where: Departs LSCO: 8:00 am Time: Returns: LSCO at approximately 5:00 pm \$90.00 LSCO members: Fee: \$100.00 non members (includes travel, meal & show)

Day Parking Passes can be purchased Tuesday, October 13 or before boarding the bus for \$3.

A minimum of 40 people are required for this trip to take place. A maximum of 47 tickets will be sold. Payment must accompany your booking.

Payments will be processed after minimum # of people have booked.

You will only be contacted if the trip is cancelled.

Robbie Hart is New Jersey's favorite wedding singer. He's the life of the party, until his own finance leaves him at the altar. Shot through the heart, Robbie makes every wedding as disastrous as his own. Enter Julia, a winsome waitress who wins his affection. Based on the hit movie. The Wedding Singer takes us back to a time when hair was big, greed was good, collars were up and a wedding singer might just be the coolest guy in the room.

Book your seat before September 14!

Call LSCO at 403-320-2222 for information. Payment can be made with Cash, Debit, Cheque, Visa, MasterCard.

LSCO TIMES Page 17 • September 2015

September LSCO Weekly Activity Schedule

For more information regarding programs contact the Administration Desk at 403-320-2222.

Note: Some programs are for members only while others are open to the community. Schedule may change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am
Amateur Ham Radio 9:00 am Ceramics & China Painting 9:00 am	Amateur Ham Radio 9:00 am Program Committee Meeting Thursday, Sept. 15, 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
Tai Chi – FREE Introductory Demonstration Sept. 14 – 9-10 am in Gym 2	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 – 10:50 am Lapidary 10:00 am Yoga 10:00 am	Golden Mile Singers 10:00 am Badminton 10:00 – 11:50 am	Keep Fit 10:00 – 10:50 am Yoga 10:00 am Genealogy 10:00 am		Keep Fit 10:00 – 10:50 am Digital Photography 10:00 am
Line Dancing 10:30 am	Chi Gong 10:15 – 11:15 am		Badminton 10:00 – 11:50 am Chi Gong 10:15 – 11:15 am Line Dancing 10:30 am	Scottish Country Dance 10:30 am
Badminton 11:10 am – 12:30 pm	Zumba Gold 11:00 am	Badminton 11:10 am – 12:30 pm		Badminton 11:10 am
	Basketball 12:00 – 1:15 pm		Basketball 12:00 – 1:15 pm	
			Wood Carving 12:30 pm	
Pickleball 1:00 pm Beginner/Intermediate Pickleball Practice 3:00 – 4:50 pm	Quilting 1:00 pm Karaoke 1:00 pm	Beginner Pickleball 1:00 pm Bingo 1:00 pm Lapidary 1:00 pm Computers 1:00 pm	Needlework 1:00 pm Crib 1:00 pm Line Dancing Beginner 1:15 pm	Pickleball 1:00 pm
	Pickleball 1:30 pm		Pickleball 1:30 pm Beginner/Intermediate Pickleball Practice 3:00 – 4:50 pm	
Table Tennis 3:00 pm		Table Tennis 3:00 pm	Chair Nia 2:30	Table Tennis 3:00 pm
			Gentle Nia 3:30 pm	
		Tai Chi 4:45 pm	Classic Nia 5:15 pm	
			Jam Session 6:00 pm	
Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm

For information about LSCO programs go to www.lethseniors.com



Morning Tai Chi Program

Tai Chi is a moving meditation with many health benefits. It is a system of physical exercises based on the principals of effortless breathing, rhythmic movement and weight equilibrium. If you would like to try Tai Chi;

a FREE introductory demonstration will be held Monday, September 14 from 9:00 – 10:00 am. You will have an opportunity to join the instructor. Beginner lessons will begin on September 24. Register early. Classes will be taught my Steve Burger.

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Active Aging Strength and Low Impact Classes

These low impact classes will assist you to maintain, build and improve your balance, strength, cardiovascular fitness and overall health. A variety of exercise equipment will be used. All fitness levels welcome. 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!

When: Session1: Mondays & Wednesdays, Sept. 28 – Oct. 28 (no class Oct. 12) Session 2: Mondays & Wednesdays, Nov. 2 – Dec. 16 (no class Nov. 11)

Time: 8:00 – 8:55 am Fee: Session 1: \$45 LSCO M; \$67.50 NM

Session 1: \$45 LSCO M; \$67.50 NM
Session 2: \$65 LSCO M; \$97.50 NM
Instructor: Deb Palmer

Register by: Wednesday, Sept. 23 & Oct. 28 (after these dates add \$5)

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Help support our organization each time you shop online at hundreds of popular stores and travel sites. Just register at ShopandShare.ca, choose LSCO as your favourite non-profit, then follow the links to your favourite online stores. It won't cost you a penny more, and you'll find everything you need from clothing to books, vacations to home improvement, gifts to entertainment, and more!

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Glenn Hole

Thomas (Tom) Copps

Au.D. Doctor of Audiologu

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Have you thought about joining LSCO?

If you have not been a member in the past, September is the perfect time to purchase a membership.

Adults 55 years + can join for \$20; Adults 35 – 54 years can join for \$30. This membership will expire December 31, 2015.

Memberships come with benefits! Reduced programs by as much as 50%, discounts in the Dining Room and more.

Visit www.lethseniors.com for additional information.

Genealogy: An Introduction

Genealogy Time Magazine states that genealogy is a curiosity for most, a hobby for many and an obsession for some. If you are interested in learning more about tracing family history, register for this program. After completion you have the opportunity to meet weekly. Helen Scott has a wealth of knowledge and will assist participants.

When: Wednesday, October 7 & 14 Time: 10:30 am – 12:00 pm

Fee: \$6 M; \$10 NM Where: Board Room

Register by: Wednesday, September 30

(after this date add \$5)

TRIVIA: At one time soldiers in ancient times were paid, in part, with a ration of salt called a salarium, from the Latin word "sal" meaning salt. If a soldier's performance was not up to standard, the soldier was said to be "not worth his salt." Later, when salt was replaced with money to purchase the salt, this money was called a salarium. Later, salarium came to mean the wages themselves which led to what we now call one's pay a "salary."

Free Neck and Shoulder Massages!

The Lethbridge College Massage Therapy students will be here at the LSCO

on Thursday, September 17
from 10 am until 12 pm
in the Stage Area of the
LSCO Dining Room.

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



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Just register a free account on Shopand-Share.ca, choose LSCO as your favourite non-profit, then follow the links to your favourite retailers each time you shop online.

It's super easy and the donations can really add up quickly when everyone participates."

LSCO TIMES Page 19 • September 2015

The Tax Man Cometh

mong the various elements involved in Administrating an estate, estate taxation can at times be the most mysterious and misunderstood. This article will touch briefly upon the subject of estate taxes.

The Canadian approach to taxation of estates differs from the typical notion of "estate taxes". In other jurisdictions, estate taxes are taxes levied based on the size or value of the estate. In Canada, however, tax consequences arise based on the *Income Tax Act* and the nature of the assets in the Estate.

deemed to have disposed of, or sold, all of handled before the estate can be completely distributed.

An estate comprised of cash only, held in a bank account for example, would be unlikely to generate significant tax consequences. the money would normally have been paid on an ongoing basis in the process of acquiring and accumulating that cash. As a result, mon type of real property seen in estates is income, interest or any other income gen- market value, whether it is actually sold or if death falls.

Legal Tips and Information

Christina Lam

Although they are commonly held in was first purchased and when it is sold. accounts with major banks, RRSP's and RIF's do give rise to tax consequences at the time of death. Instead of being "sold" at death, the deceased will be deemed to have withdrawn all of the money in their RRSP or RIF upon Under the *Income Tax Act*, an individual is death. Taxes are not paid on an RRSP or RIF when they are first created, nor are they usutheir assets at fair market value at the time ally paid throughout their lifetime. Accordof their passing. Depending on what assets ingly, they must be taxed upon withdrawal, they held at the time of the death, there may or upon death. This can be particularly large or may not be tax consequences that must be tax issue as all of that withdrawn money will be considered income made in the final year before death. Notably, under the *Income Tax* Act, if an RRSP or RIF is being transferred to a spouse, the asset is permitted to "roll over" tax free.

During the lifetime of the deceased, taxes on Another example would be an estate which contains real property, such as land or buildings and structures on land. The most comupon death, there would likely be very little one's home. A person's principal residence unpaid tax on that money. What little tax receives special treatment under the *Income* could arise may consist of taxes on pension Tax Act such that sale of that home at fair erated for the tax year in which the date of the sale is deemed upon death, does not trig- Alger Zadeiks Shapiro LLP is a local Lethbridge ger taxes for gains on that property.

Rental properties, however, do not receive the same treatment under the *Income Tax Act*. Capital gains on rental properties are not exempt from taxation. Sale of a rental property, either actual or deemed when the owner passes away, will be subject to tax on the gain in property value from when the property

As a third example, consider an estate which includes shares in corporations. Upon death, those shares will be deemed to be sold at the current fair market value of those shares. Depending on what price the shares were initially purchased at, the "act" of selling the shares at fair market value may generate capital gains consequences due to the difference in purchase and selling price.

We have only scratched the surface of the types of assets that may exist in an estate. While a lawyer will be equipped to help prepare a will or other testamentary document, only some lawyers also have credentials or qualifications to provide tax or financial advice. Accountants and others with appropriate credentials in the financial industry are far more suited to providing such advice and may be able to suggest methods of minimizing an estate's tax burden. Early and diligent planning with a lawyer and an accountant can go a long way in easing estate administration for loved ones. ★

Law Firm.



We are celebrating the Wild West and the Victorian eras at our annual fundraiser! Fri SEP 11 | 5 - 10 pm

TICKETS available at the Galt Museum Store. \$12 public/\$9 annual pass holders (+ GST) Sample tickets \$1 each (only sold at event) must be 18+

* Wednesdays at 2:00

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

- Responding beyond the page with Dr.
- Student Exhibits at the Galt: How does that happen? with Diane McKenzie, Dr. Carol Williams & Wendy Aitkens

★ Thursdays at the Galt ▶ Archives, Discovery Hall & Museum Store

open to 9 pm Program starts at 7 pm

- Archives Program: Vintage Photos R Us with Andrew Chernevych
- Crochet with Gloria-Rose Puurveen
- 30 Watercolour Landscapes

* Daytime Galt Workshops ▶

weekly Wed 10:30 am-noon for seniors, and adults requiring an accessible environment



Art Walk Guilt Show

Fri SEP 25, Sat SEP 26 10 am - 5 pm Sun SEP 27

Quilts created by members of the Lethbridge Centennial Quilters Guild will be on display.

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

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



TRIVIA: One of the primary reasons the mayflower pilgrims ended their voyage at Plymouth rock was pretty much the same reason people today suspend their journeys: they ran out of beer.

Embracing Life's Changes Coffee & Conversation Support Group

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

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



Every Wednesday Afternoon ~ 1:15 p.m.

Lethbridge Senior Citizens Organization 500 - 11th Street South 403.320.2222

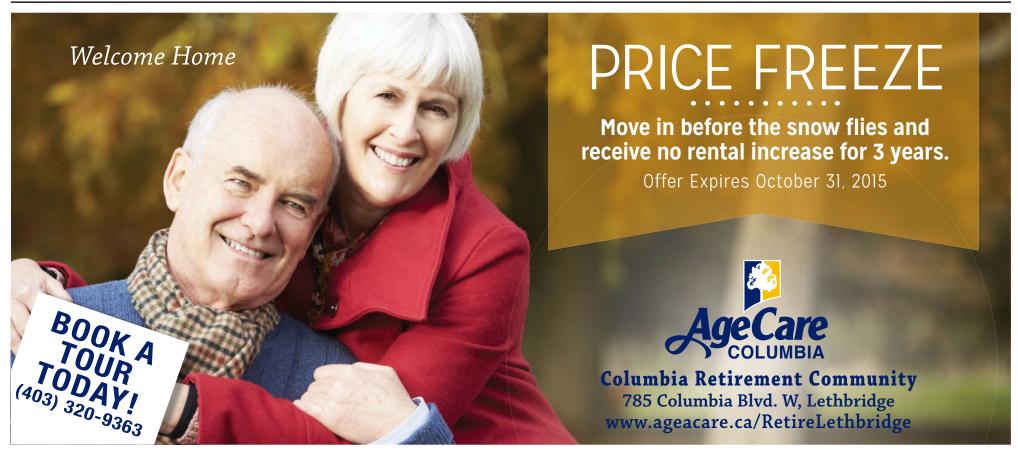
There is no charge to participate in the group. Everyone is welcome and membership at LSCO is not required.

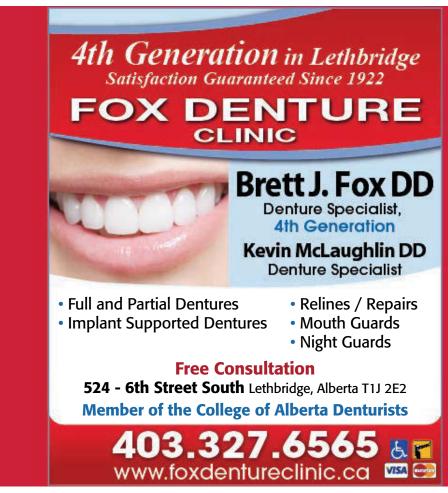
Coffee is supplied by LSCO but donations are accepted.





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TRIVIA:

The saying "it's so cold out there it could freeze the balls off a brass monkey" came from when they had old cannons like ones used in the Civil War. The cannonballs were stacked in a pyramid formation, called a brass monkey. When it got extremely cold outside, they would crack and break off... Thus the saying.



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APPLE COMPUTERS

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

When: Tuesdays & Thursdays, Sept. 1 − 10

Time: 1:00 - 3:00 pm \$36 LSCO M; \$54 NM Fee: Register by: Monday, August 31





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HEARING Life

LSCO TIMES Page 21 • September 2015

Celebrating National Grandparents Day

Sunday, September 13th is National Grand-parents Day.

Asignificant portion of the work I do involves activities intended to help prevent elder abuse, or to ensure intervention occurs at the early stages of an abusive situation. One of the prevention activities I do on a regular basis is this article, through which a topic related to elder abuse is introduced and discussed. I wanted to do something different this month by focusing on a topic that is a little outside the norm in that it is celebratory in nature. That topic is National Grandparents Day.

In North America, the origin of this secular holiday can be traced back to the 1970's and is most notably attributed to the grassroots efforts of a housewife and social advocate from West Virginia by the name of Marian McQuade. McQuade fought for many years to establish a special day she hoped would achieve three objectives – "to honor grandparents, to give grandparents an opportunity to show love for their children's children and to help children become aware of the strength, information and guidance older people can offer". Although her ideas were slow to catch on, her efforts were finally rewarded in 1978 with the declaration of a national holiday by



LEARN More

Tanya Purdy-Fischer LEARN Case Manager

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

then-President Jimmy Carter. Since that time, Grandparents Day celebrations have begun popping up across the world, with over 13 countries in 5 continents currently recognizing this special day (interestingly, many of these countries are also taking leading roles in promoting understanding, education and prevention of elder abuse). Globally, the dates and activities are as varied as the countries that celebrate them. In Canada, the holiday was officially proclaimed in 1995 with the passing of Bill C-274, put forward by Ontario Liberal candidate Sarkis Assadourian. It is celebrated annually on the second Sunday in September, and this year will mark the 20th anniversary.*

Despite these efforts, National Grandparents Day (the lack of apostrophe is significant, as

McQuade did not see the day as belonging to grandparents, but to everyone) remains a day many have never heard of, and typically lacks the pomp and circumstance of other national holidays. For McQuade, having this day designated was not about promoting commercialism, but was instead a way to bring families together and to build community. Grandparents Day affords us all the opportunity to celebrate across generations, and to establish a foundation of respect towards one another regardless of age or ability. It also gives us a chance to publicly affirm the identity and importance of grandparents (most of whom are seniors) and the role they play. On Sunday, September 13, plan to do something special with your loved ones, or, as McQuade encouraged the American youth to do, adopt a grandparent and find ways to acknowledge the contributions they make to all of us. In doing so, we can strengthen communities and create a planet that is free from abuse.

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. *

*Adapted from The History of Grandparents Day, http://legacyproject.org/guides/gphistory.html

TRIVIA: A group of unicorns is called a blessing. Twelve or more cows are known as a "flink." A group of frogs is called an army. A group of rhinos is called a crash. A group of kangaroos is called a mob. A group of whales is called a pod. A group of ravens is called a murder. A group of officers is called a mess. A group of larks is called an exaltation. A group of owls is called a parliament.

Computer Corner by Sjoerd Schaafsma

Tablet & Phone Privacy

Have you ever wanted to let someone play with your device but were concerned they might make a mess of things, charge items to your account, see or read what they shouldn't? Perhaps it has already happened to you, and you find your Apple or Google account, has unexplained expenses, and screens on your device just don't look the way they used to. Both Apple and Android devices have a "lock down" mode which allows you to let someone use just one app on the device without using anything else.

Thanks to the howtogeek website for the following information.

iPhone and iPad

The "Guided Access" feature on iOS allows you to temporarily restrict your iPhone or iPad to a single app. You can then hand it over to someone else and allow them to use it — for example, to allow a friend to place a phone call without letting them see other apps, or to allow a child to play a game without worrying about them tapping through your emails. You'll need to enter a passcode (or use Touch ID) to leave Guided Access.

To enable Guided Access, head to the Settings app, tap General, and tap Accessibility. Scroll down and tap "Guided Access" under Learning.

To activate Guided Access, open an app and then press the Home button three times in a row. You'll be able to enable Guided Access and set a passcode. To leave the app, you'll need to press the Home button three times and enter the passcode. Hand your phone or tablet to someone and they'll be locked to that specific app.

More details are available at the following links, the first also gives 'lock down' information for other operating systems. If you read the Computer Corner online, follow the links.

Note: Tinyurl is a safe service that shortens long web addresses.

http://www.howtogeek.com/210968/how-to-safely-share-your-smartphone-computer-or-tablet-with-aguest/ or: http://tinyurl.com/o72n7tq

http://getorchard.com/blog/guided-access-best-ios-feature/ or: http://tinyurl.com/pjgzn4o

Next month: 'Lock down' for Android and if space allows, Windows.

The Monthly Tip: Full Screen Browsing

Too much clutter in your browser? Windows: Tap the F11 key to turn full screen browsing on and off.

In Mac OS X use control + command + F to enter and exit full screen.

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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or Email: winners bingo@telus.net

LSCO TIMES Page 22 • September 2015

Men's Group

n partnership with Alberta Health Services, there will be a new men's group forming at LSCO in October 2015 to meet the needs of males, 50 to 68 years old, who would like to build social relationships and improve their life satisfaction.

The first session will be held on October 9th at 9:30 am in the LSCO Dining Room. Each week a recreation therapist will present a new topic and members can casually discuss their own experiences. Topics will include healthy aging, helpful tips on building memory, exercise, current events, humour therapy, social wellness, and importance of recreation. Each member will be welcome to contribute ideas on discussion topics. This group is focused on building positive experiences within a healthy social network.

Interested men are asked to contact, Carolyn Tivadar, Recreation Therapist for Alberta Health Services at 403.388.6348 prior to the start of the group to register.









"Your body cannot heal without play. Your mind cannot heal without laughter. Your soul cannot heal without joy."

~ Catherine Fenwick

CLASSIC NIA

Classic Nia is a blend of Dance, martial and healing arts to create a soulful, healing, nourishing and enlivening practice of living in the body. The dynamic blend of movement forms, done to soul stirring music, will invite more ease, flow, expansion, well being and joy. Nia increases flexibility, agility, mobility, strength

and stability and can be done at the level that feels right for you. No pushing or forcing. Nia honours the bodies' way. You can do it at high octane to get your fitness on OR you can take it to level 1 and enjoy self healing ~ or anywhere in between. Join Lise Schulze, certified 1st dBlack Belt, on a magical ride to unite body, mind, spirit. Allow yourself to remember the Joy of being Alive and feeling free in your body.

When: Thursdays, September 24 – November 26

5:15 – 6:15 pm Time: \$65 M; \$97.50 NM Fee: Stage Area Dining Room Where

Register by: Thursday, September 17 (after this date add \$5)

GENTLE NIA

Gentle Nia is all things deliciously Nia ~ joy, pleasure, ease, grace, flexibility, agility, mobility but with less choreography and more focus on sensing joy and play. The Nia Technique has been around for 30 years and its blend of dance arts, healing arts and martial arts creates whole body healing and mobility.

Here is what a few of Lise's dancers have to say about Gentle Nia. Nia makes me feel more in tune with my body both internally and externally and fills me with a peaceful joy. Faye 67: I love exercising to music. The faster pieces give you energy and the slow ones fill you with calm and peace. Joyce: 81 yrs young. When I do Nia I feel at Peace relaxed yet very strong: Evelyn 73.

Thursdays, September 24 - November 26 When: Time: 3:30 - 4:30 pm \$65 M; \$97.50 NM Fee: Where: All Purpose Room

Register by: Thursday, September 17 (after this date add \$5)

CHAIR NIA

Chair Nia is another wonderful way to experience the joy of movement to music while seated. Regardless of your age, gender or physical ability participants will attain physical, mental, emotional and spiritual

Thursdays, September 24 – November 26 When:

2:30 - 3:15 pm Time: \$55 M; \$75 NM Fee: Where: Gym 2

Register by: Thursday, September 17 (after this date add \$5)

Save your sight! How sun damage causes cataracts

Summer has officially arrived in Alberta, and people of all ages are excited to get outside and enjoy the sun. While most Albertans recognize the importance of sunscreen to prevent sunburns

and skin cancer, many are unaware that UV light can cause serious eye damage. In fact, overexposure to UV rays has been linked to a variety of eve problems, one of which is cataracts, a condition where the normally clear lens of the eye becomes cloudy and opaque.

Cataracts are the leading cause of blindness in the world and affect 3.2 million Canadians. The symptoms can vary from extremely small areas of cloudiness to large opaque areas that cause a noticeable blurring of vision. The development of cataracts depends on many factors including aging, family history, an injury or disease, but research shows that exposure to UV radiation is also a major risk factor.

Much like a sunburn on your skin, UV light is absorbed by the tissue of the eye, causing temporary pain and discomfort, and long-term detrimental effects on the health of your eyes. Exposure to UV is cumulative, but while some of the damage has already been done, it's never too late to take action. Preventing direct contact with sunlight, even for short periods of time, can help prevent long-term eye problems at any age.

Here are some UV tips to help keep your eyes safe from cataracts and other eye diseases:

- **Avoid sources of UV radiation.** Don't stare directly at the sun and be aware of reflections from snow, water, sand and pavement.
- **Protect your eyes.** Wear sunglasses that are 100% UV blocking against both UVA and UVB rays, and are closefitting with a wrap-around style frame to help keep light out. If you wear corrective contact lenses, consider wearing UVblocking contact lenses for an added layer of UV protection.
- **Stay informed.** Get regular eye exams to monitor eye health, maintain good vision and keep up-to-date on the latest in UV protection (Check out the UV Canada smartphone app for up-to-date info on UV radiation in your area).
- **10-4.** Keep out of direct sunlight between 10 a.m. to 4 p.m., when the sun's rays are strongest.

Your Doctor of Optometry can make specific recommendations to ensure your eyes are well-protected and fit you for your perfect pair of sunglasses. In addition, a comprehensive eye exam can identify early onset of eye-health conditions related to UV that may not have apparent symptoms.

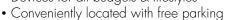
For more information and to find a Doctor of Optometry near you, visit www.optometrists.ab.ca

> by Derek Shaw, Doctor of Optometry (Eye Solutions, Medicine Hat)



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LSCO TIMES Page 23 • September 2015



Supporting Seniors

Doubled the tax-free saving account contribution limit to maximize retirement savings.



Introduced pension income-splitting to increase retirement savings.



Implemented the Home
Accessibility Tax Credit to facilitate
healthy and accessible homes.

I would love to meet you! Please stop by my table at the Meet & Greet on October 2 from 10:30-12 in the LSCO dining room.



rachaelharder.ca

(403) 332-1909

Authorized by the official agent for Rachael Harder



How mindfulness can help free us from stress, anxiousness and depression.

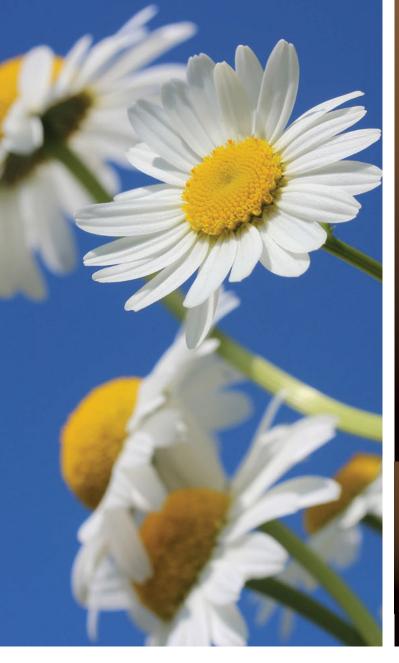
This group looks into finding purpose and direction in life but also inner peace of mind through life's ups and downs.

The group will run for six weeks from September 23rd - October 28rd, 10:00 - 11:30 am in Room C & D. Group facilitators from AHS:

Janet Drew and Tammy Winder.

For more information or to register for the group call 403-320-2222 or stop by the LSCO Administration desk.

Lethbridge Senior Citizens Organization 500 - 11th Street South



Breakfast for Everyone at LSCO
8:00 - 10:00 a.m. Monday - Friday \$5.75

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LSCO TIMES Page 24 • September 2015

Te are currently completing a renovation that included changing the siding on our home and landscaping. I decided since we were turning things upside down it would also be a good time to paint the basement. I forgot what a nice change it was to paint the walls a new color and the big difference it made in our home. For those of you who have ventured into basement renovations you know it's a time of revisiting storage and that may bring forward memories and old photographs.

Today the trend is to take photos on our cell phones and download them onto the computer. For many of us gone are the days we store boxes of photos in the basement because we can't find the time to put them into photo albums. We also don't take the time to have photographs printed and framed to add to the décor of our family spaces. I realized as the storage clean out and painting were com-

Photographs





in place that for years I had forgotten the photographs I loved and wanted to actually see in our space.

Old photographs carry so much more than memories for in that moment, as our eyes connect to those we love, there is a reminder in our hearts of their presence and how much

have lost there is a deep connection that still remains.

As we went through the renovation process focused on our budget and finances we experienced gratitude for the ability to make the changes we needed to make at this phase of our lives. What I also was reminded of was that even though the costs were higher than anticipated, for us our home is one of our greatest investments.

Our photographs remind me that our wealth is far greater measured in photographs of our children, our friends and our family than our bank account for it is in those photographs where we feel we are MILLIONAIRES! \star

Connie-Marie Riedlhuber supports and guides individuals, couples and families through transitions or difficulties guiding them around relationplete and I was putting all the furniture back they mean to us. For those we love that we *ships, health, finances, family concerns and work.*



How to recycle your old mobile devices

f you've purchased a new cell phone recently, then you know saying goodbye to your old one is often hard to do. After all, it has given you years of service, so why not do right by it and make sure it doesn't end up in a landfill.

Recycle My Cell - Canada's free cell phone recycling program makes it easy for all of us to find out how and where to safely and responsibly dispose of used cell phones, smartphones, pagers, batteries, chargers, headsets and other accessories.

There are now more than 3,600 drop-off locations across the country. And since 2005, almost six million wireless devices have been recovered by Recycle My

EXPERIENCE

Cell and its partners. The program was created and is maintained by the Canadian Wireless **Telecommunications** Association (CWTA) in conjunction with cell phone carriers and handset manufacturers who have come together to raise awareness about the importance of cell phone recycling.

You can visit www.RecycleMy-Cell.ca and enter your postal code to locate the closest dropoff locations where old wireless devices will be accepted, regardless of brand or condition. If you can't get to one of the drop-off locations in your neighbourhood, the web site offers a printable postage-paid label that can be

used to mail the device at absolutely no cost. The site also provides information about how organizations can host a Recycle My Cell drop-off location as a valuable service to their community.

"The continued success of the Recycle My Cell program shows that Canadians take their environmental responsibility seriously," says CWTA President & CEO Bernard Lord."

Declutter your space and help the environment by finding a cell phone recycling drop off location near you.

www.newscanada.com



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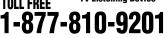


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