

JULY 2015

LSCO Times



LETHBRIDGE
Senior Citizens
ORGANIZATION

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

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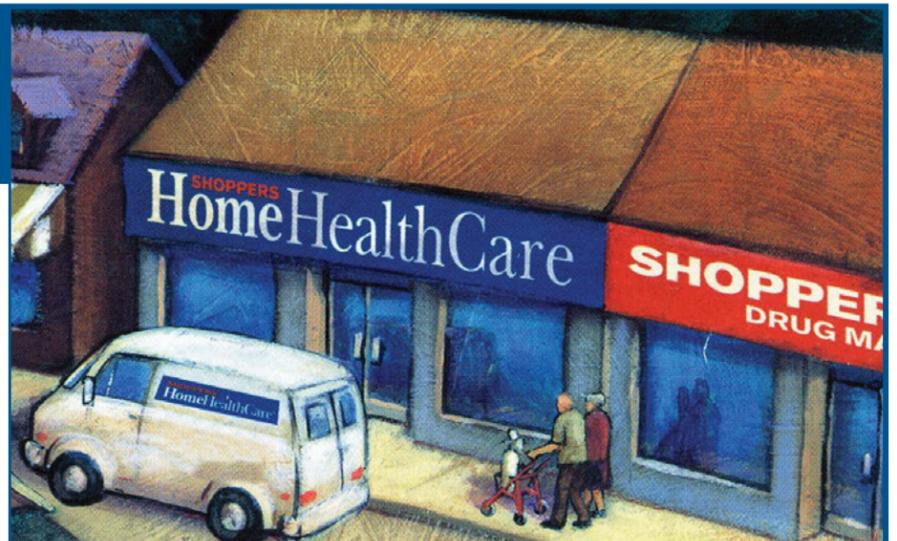
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Notes from the Executive Director

Rob Miyashiro
Executive Director
rmiyashiro@lethseniors.com

LSCO Notes

Thank you to all of our members and the public who attended our successful Seniors Week 2015 activities. From the pancake breakfast celebrating our 40th Anniversary to the Housing and Travel Show to the fabulous musical performances by students, the entire week was full of interesting activities and events dedicated to seniors and LSCO. I would like to extend a special thank you to Marlene and Shawn and our LSCO staff for putting together such a fun and engaging week!

I would also like to welcome Tanya Purdy-Fischer to the LSCO staff team as the new Case Manager for LEARN (Lethbridge Elder Abuse Network). As a Registered Social Worker, Tanya has an extensive background in case management as well as providing support services for individuals and families. LSCO is also the recipient of an Alberta Seniors grant which allow us to hire a coordinator for LEARN. I'll have more information on this position in a future column.

In recent months we have also hired Georgette Mortimer as Cashier and Blair Romaniuk as Prep/Line Cook in our Food Services Department. Please welcome them to our team as they are usually the first people you meet in our Dining Room.

And remember Gym 1 and 2 are closed for maintenance August 10-31, so check our bulletin boards and the LSCO Times for location changes for your programs and activities.

Everyone have a fun and safe summer! ★

Give your health the gift of joy

Summer means travelling with friends and family, trips to the cottage and down time on a beach. For many, this is the time of year when we feel our best. However, happiness doesn't just feel good – science shows it's actually good for us.

A review of more than 200 studies found a connection between positive psychological attributes, such as happiness, optimism and life satisfaction, and a lowered risk of cardiovascular disease. However, a 2014 Statistics Canada report found nearly 30 per cent of Canadians were not at their optimum level of mental health. The same study also found spirituality, good social supports and physical health were associated with complete mental health.

"I am super close with my 89-year-old bubby. It gives me so much joy to see her playing with her great grandchildren," Leah Rose, who recently appeared in the #SharetheJoy Youtube series.

The series captures everyday Canadians sharing stories of what brings them joy. It was the brain-child of Steve Gill, a former technology consultant turned restaurateur, who was inspired to launch the series after seeing first-hand how kindness and life's simple pleasures can boost someone's mood significantly.

"In my business, I see a lot of people rushing but I also see what lifts spirits," said Gill, Founder and CEO of national restaurant chain, Quesada. "There's an incredible amount of value in a delicious meal or a friendly smile from a stranger opening a door for someone. We just need to be reminded to recognize it."

Gill sees Quesada's growth as an opportunity to encourage more people to take time to connect with each other and enjoy themselves whenever they can. In fact, coming soon, each restaurant will feature a #SharetheJoy community board dedicated to sharing happy moments and selfless giving.

For more information on how to #SharetheJoy, visit @QuesadaBurritos or www.quesada.ca.

www.newscanada.com

INTRODUCTION TO YOUR IPAD

When: Tuesday & Thursday
July 21 – August 6

Time: 10:00 – 11:30 am

Fee: \$40 LSCO M; \$60 NM

Register by: Tuesday, July 14

See our class listings on page 8.

ANDROID SMART PHONES & TABLETS

When: Monday & Wednesday
July 13 & 15

Time: 10:00 am - 12:00 pm

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

Register by: Thursday, July 9

See our class listings on page 8.

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Summer-induced stupidity.
That was the diagnosis...
~ Aimee Friedman, Sea Change

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LSCO Times

A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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Check out the newly revised website!
www.lethseniors.com

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Printed by. Lethbridge Herald

The Officers of LSCO

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Acting President – Clifford (Charlie) Brown
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LSCO 403-320-2222

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



LSCO Vision Statement

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

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Congratulations George Garnham on winning \$1358.85 in the LSCO Daily Draw

Welcome New Members!

Irene McDonnell	Josephine Nihill
Fern Ripka	Alan Billett
Allan Ripka	June Seskus
Donald Roth	Velma Sherring
Bob Lucas	Carol Bitango
Hank Wolters	Catherine D'Andrea
Wilfred Wiebe	

"A Smile is the Universal Welcome."

LSCO Gym 1 & Gym 2 will be CLOSED from August 10 - 31 for maintenance

LSCO 2015 Pro-Rated Membership Fees

June 1 - Dec. 31, 2015	\$35.00
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.

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!

LSCO Times Publishing Schedule

Issue	Deadline
August 2015	July 17
September 2015.	August 14

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



From the Kitchen

Jennifer Harrison

jscott-harrison@lethseniors.com

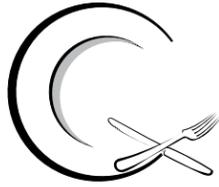
Thank you to all who have helped make our Sunday Brunches a success...staff, volunteer servers, food prep volunteers, volunteer dishwashers, Rita for her musical talent on the piano, and patrons! We will be taking a small break from these now until September, and our next date will be announced in the September issue of the *LSCO Times* and on the LSCO website www.lethseniors.com.

Just a reminder that in addition to our catering service, we also offer a full line of dishware and service ware rental, and linen rental for functions that you wish to cater yourself. Rental information is available on our website or you can call the LSCO at 320-2222 for more information. ★

People don't notice whether it's winter or summer when they're happy.

~ Anton Chekhov

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

California Redwoods & San Francisco: 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.

MENU FOR JULY 2015

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



Wednesday, July 1

Thursday, July 2

Friday, July 3

LSCO CLOSED FOR CANADA DAY

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

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

Monday, July 6

Tuesday, July 7

Wednesday, July 8

Thursday, July 9

Friday, July 10

Entree: Cherry Chicken Thighs
Potato: Fried Rice
Veg: Peas
Soup: Cream of Carrot
Sandwich: Deli Sub
Salad: Garden Salad

Entree: Beef Stroganoff
Potato: Egg Noodles
Veg: Corn
Soup: Corned Beef & Cabbage
Sandwich: Deli Sub
Salad: Garden Salad

Entree: Penne Bolognese
Potato: Salad
Veg: Split Pea
Soup: Deli Sub
Sandwich: Garden Salad

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

Entree: Battered Hake
Potato: French Fries
Veg: Coleslaw
Soup: Tomato Vegetable
Sandwich: Deli Sub
Salad: Garden Salad

Monday, July 13

Tuesday, July 14

Wednesday, July 15

Thursday, July 16

Friday, July 17

Entree: Pork Cutlet
Potato: Buttered Rice
Veg: Lima Beans
Soup: Beef Vegetable
Sandwich: Grilled Beef & Cheddar
Salad: Cranberry Mandarin

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

Entree: Crab Stuffed Pollock
Potato: Lyonnaise
Veg: PEI Mix
Soup: Clam Chowder
Sandwich: Grilled Beef & Cheddar
Salad: Cranberry Mandarin

Entree: Roast Beef
Potato: Mashed
Veg: Mixed
Soup: French Tomato
Sandwich: Grilled Beef & Cheddar
Salad: Cranberry Mandarin

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

Monday, July 20

Tuesday, July 21

Wednesday, July 22

Thursday, July 23

Friday, July 24

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

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

Entree: Tuna Casserole
Potato: Egg Noodles
Veg: Peas
Soup: Cream of Carrot
Sandwich: Toasted BLT
Salad: Summer Salad

Entree: Cabbage Rolls
Potato: Steamed
Veg: Carrots
Soup: Beef Barley
Sandwich: Toasted BLT
Salad: Summer Salad

Entree: Turkey Pot Pie
Potato: Mashed
Veg: Squash
Soup: Split Pea
Sandwich: Toasted BLT
Salad: Summer Salad

Monday, July 27

Tuesday, July 28

Wednesday, July 29

Thursday, July 30

Friday, July 31

Entree: BBQ Salmon Burger
Potato: Brown Rice
Veg: Salad
Soup: French Onion
Sandwich: Club Sub
Salad: Greek Salad

Entree: Chicken Parmesan
Potato: Steamed
Veg: Carrots
Soup: Tomato Vegetable
Sandwich: Club Sub
Salad: Greek Salad

Entree: Beef Tortellini
Potato: Salad
Veg: Chicken Noodle
Sandwich: Club Sub
Salad: Greek Salad

Entree: Chicken Stew
Potato: Mashed
Veg: Green Beans
Soup: Beef Vegetable
Sandwich: Club Sub
Salad: Greek Salad

Entree: Roast Beef
Potato: Mashed
Veg: Corn
Soup: Clam Chowder
Sandwich: Club Sub
Salad: Greek Salad

I'm thinking this is a wonderful time to be living in this day and age and especially in Lethbridge with its beauty and the organization of LSCO. The staff work hard to provide and try to accommodate everyone with various functions and workshops to attend. Sometimes space and availability is limited and we can't have all we would like to have. I hope we recognize that and our attitudes would reflect positive thoughts and actions towards each other. I think what we have at the center commendable and I for one am grateful for all that is offered here and the privilege to attend where I choose. So thank you everyone for your long hours of work and commitment in making this centre a safe and knowledgeable place to attend.

Saying that, I look at the world and hear of the many misfortunes and circumstances beyond anyone's control that is happening to many people and my heart goes out to them. Whether it be wars, failed economies, natural disasters or a myriad of other reasons, we have it so good and hope we realize what is ours to enjoy. For them, it is a constant struggle but for most of us we are immune to the chaos of the world. Probably a super reason to have a good attitude of what is going on



Acting President's Message

Clifford (Charlie) Brown

around us! Granted, there are some who have direct family or friends caught up in the problems above. I hope for them and their families all works out for the best and those in dire straights receive the help they need and their positive attitude would not be shaken. Our lives are very favorable in retrospect to theirs; so should our attitudes.

Let me illustrate in a short story about attitude, which could be fictitious, but has a strong message.

Two twin boys – each had the same opportunities, but each very different. One was the eternal pessimist, the other an eternal optimist. One day the mother decided to try to even them out a little on their attitudes and put

presents in each room – each batch of presents designed for each of the boys. In the first room for the pessimist son, she filled it with all the expensive toys she could imagine. When that boy entered the room and saw the presents he was disgusted. Looking at the presents he said, "Look at all this junk! My friends have better and finer toys than this. These are worthless". Nothing could change his attitude. Meanwhile in the other room, the optimist boy was given a huge crate of horse manure. Thinking this would alter his super attitude, the mother carefully opened the door to see his reaction to the crate of manure. There he was, the eternal optimist, digging through the manure saying, "You can't fool me. Where there's manure there's a pony!!"

With that in mind, may we see the good in every circumstance and try our best to make others feel appreciated and ourselves grateful for what we have.

Now that summer is officially here, I wish you a safe and happy summer with many hours of happiness with family and friends.

Closing thought: A happy person is not someone in a certain set of circumstances, but rather a person with a certain set of attitudes. ★

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What do you know about coffee?

We know about its powerful lure – the aroma, the taste, and its stimulating effect. Perhaps you also know that as many as 65 per cent of Canadians drank coffee yesterday – and 84 per cent of us will drink it in any given year. Are you fully aware, however, about the origins of coffee and exactly how it's made?

A unique new documentary film, featuring Rohan Marley – the founder of Marley Coffee and son of legendary musician Bob Marley – tells the story of coffee, from bean to cup. The film is online at waterwisecoffee.com and here are a few of its fascinating facts:

Origins

As with the human race, the birthplace of coffee is Ethiopia. According to legend, the precious bean was discovered in the ninth century by Kaldi, a goatherd who noticed that his goats became particularly animated after they ate the berries of a certain tree.

Soon local monks began making a drink from the berries and, to their delight, found that the beverage allowed them to stay awake longer.

Where it Grows

Today, coffee grows primarily in Latin America, Southeast Asia, and Africa. Coffee thrives in the warm and humid climate of the "coffee belt", the area between the Tropics of Cancer and Capricorn where the soils are rich and the temperatures are stable.

It Starts as a Fruit

The coffee beans begin as berries on trees and turn red when ripe. The fruit is known as a coffee cherry. The bean is really the seed inside the cherry.

The Importance of Water

One method to extract the coffee bean from the berry is called wet milling, which uses a substantial amount of water to wash and process the beans. The pulp from the fruit flows back into the waterways, which can cause problems for the people and livestock who depend on that water. A Canadian-sponsored program, Water Wise Coffee, is currently working to clean up Ethiopia's Sidama River region.

Coffee Consumption

Today, more than 2.25 billion cups of coffee are consumed in the world every day.

Canadian coffee drinkers drink an average of 2.7 cups of coffee per day, and not surprisingly, most is enjoyed in the morning.

Self Help Groups

Difficulties In Life Coffee and Conversation Group

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

Alcoholics Anonymous

Saturday Morning Eye Opener Group

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

Parkinson's Alberta Society Support Group

Meet regularly the **3rd Thursday of every month at 2:00 pm**. The group does not meet for July and August. The next meeting will take place on **Thursday, September 17th** in Room A. For more information about the group, please call Brian at 403-317-7710.

Alzheimer's Caregiver Support Group

The purpose of the group is to help families and caregivers maintain and increase feelings of self-worth and control by sharing common experiences. Working together can assist people and alleviate feeling of helplessness. The group meets in Room B the **3rd Tuesday of the month**. The group does not meet for July and August, but will resume their meetings on **September 15th**. 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 **July 11th 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 pm**. New member are welcomed.

Celiac Support Group

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

Lethbridge Stroke Recovery Association (LSRA)

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 meetings. The group does not meet for July and August. For more information about the group please call Louise at 403-394-6495.

Sunset Alcoholics Anonymous

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

Dixie: Way Down South in the Land of Cotton

If you've ever dreamed of stepping back in time to the golden age of steamboat travel, book a cabin aboard the American Queen and start soaking up some true southern culture on the mighty Mississippi River.

I recently spent seven nights aboard this authentic steam-powered stern-wheeler, the world's largest and most elegant riverboat. Think of the boat as a floating museum with antique furnishings and opulent decor to match the gracious service.

The American Queen travels past historic cotton plantations on the Lower Mississippi from New Orleans to Memphis, as well as the Upper Mississippi to St. Paul, Minnesota. There are also special departures on the Ohio, Cumberland and Tennessee Rivers where you can visit Nashville, Cincinnati or Chattanooga. With all these options, it was hard to decide, but I chose the Lower Mississippi for my premier paddle wheeler journey.

The itinerary begins in New Orleans where you can choose to arrive a day or two early so you can experience everything that "The Big Easy" has to offer. My hotel was conveniently located beside the French Quarter and the cruise dock was only a few steps away. Cruise check-in takes place right at the hotel, making the boarding process incredibly easy (and civilized!).

My warm and inviting cabin is 190 square feet with a large bay window, queen bed, and plenty of modern amenities. The authentic Antebellum furniture is polished hardwoods, and there are fine linens and plush bedding. The bathroom boasts a full tub and shower. Soft jazz music adds to the nostalgic atmosphere.

There are economical inside cabins, deluxe cabins with open or private verandas, and deluxe suites with an amazing 500 square



feet of luxurious space, and I'm not just whistling....well you get the point.

The atmosphere is country club casual, no formal wear required. There are 2 quiet salons near the bow – for reading or card games – and a large centrally located Mark Twain Gallery offers plenty of large comfortable chairs for relaxing.

Dining choices include tasty buffet in the Front Porch Cafe, 24-hour room service, or the more traditional main dining room for breakfast and lunch and a dinner seating that includes wine and beer. Picture it: fried green tomatoes with crawfish in Cajun beurre blanc followed by roasted quail in a pepper crust with apple-smoked bacon. As Southerners put it, "If ya'll don't gain ten pounds on this cruise, ya'll ain't been tryin'".

Nightly Broadway-style entertainment is showcased in the Grand Saloon: cabaret, jazz and blues, six-piece orchestra, and more musical acts are staged throughout the boat as well.

For those who want to know the how/what/where/why of river transportation, a Riverlorian is aboard to host lectures and very informative Q and A sessions.

A unique feature are the included shore excursions provided by a dedicated fleet of deluxe motor coaches. Explore each port on a hop-on hop-off guided circuit of the town's hot spots, or an in-depth guided historic visit. There are numerous premium options, and I chose a tour that included a performance by an actual Baptist Gospel Choir and an entertaining visit to a Blues Bar owned by Morgan Freeman.

Ya'll come back now!

by Dixie Fowler

When the author isn't traveling, she's the travel agency manager at Maritime Travel in Lethbridge. dfowler@maritimetravel.ca

Senior's week thank you

LSCO Golf Tournament Results

A great time was had by those who participated in the LSCO Par 3 Golf Tournament at Evergreen Golf Centre. Thank you for your continued support!

Winners Overall Low Gross

- Ladies First Place: Mary Power
- Ladies Second Place: Bobbi Harvey
- Men's First Place: Lynn Layton
- Men's Second Place: Keith Strong
- Hole #1 Closest to Pin on First Shot Women: Elsie Magrath
- Hole #2 Closest to Pin on First Shot Men: Josh Troman
- Hole #4 Longest Putt Women: Florence
- Hole #5 Longest Putt Men: Bob George
- Hole #6 Closest to the Pin on First Shot Men: Bob George
- Hole #7 Longest Drive on Fairway Women: Mary Power
- Hole #7 Longest Drive on the Fairway Men: Peter Fitzgerald
- Hole #8 Closest to Pin on First Shot Women: Elsie Magrath

A shout out "thank you" to members of the Program Committee for volunteering at the Pancake Breakfast! A great way to celebrate LSCO's 40 Anniversary.



Thank You Paper Tole & Watercolour Ladies for the sale and proceeds going to LSCO.



LSCO housing & travel fair



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www.azlawyers.ca

Someone's sitting in the shade today because someone planted a tree a long time ago.
 ~ Warren Buffett

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Hearing tests are provided free of charge for adults ages 18 and older. 25 reward mile offer is limited to adults ages 50 and over and is non-transferable. Please allow up to 45 days for the reward miles to appear in your collector account. ©1991-2015 AIR MILES International Trading B.V. Used under license by LoyaltyOne Inc. and Canada Hearing Ltd. Expires 05/29/15. Limit one use per customer.

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SAVE AN EXTRA **10%**

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See full list at partners.HearingLifeCanada.ca. Present membership card at time of purchase. Expires 05/29/15. Limit one use per customer.

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For as low as: **\$1,200!**

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

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with purchase of select hearing aids!

Reward mile value is non-transferable and depends on select models purchased. Please allow up to 45 days for the reward miles to appear in your collector account. ©1991-2015 AIR MILES International Trading B.V. Used under license by LoyaltyOne Inc. and Canada Hearing Ltd. Expires 05/29/15. Limit one use per customer.

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403-315-1729 (Cell)

LSCO Summer Programs

- **PLEASE register early to avoid cancellations and to secure your spot!**
- 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.
- **Credits or refunds will NOT** be given once the class has begun.
- **How do I pay?** By debit, cash, cheque, Visa or MasterCard.

ACTIVE AGING

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

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

BEGINNER PICKLEBALL

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

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

GENTLE & Chair YOGA

A great way to start the day is by practicing yoga. Modifications have been made to poses so you can enjoy all the benefits. Wear comfortable clothing and bring a mat. Chairs will be used for those who would like more support.

When: Tuesdays & Thursdays
July 7 – 30 &/or August 4 – 27
Fee/month: \$32 LSCO M; \$48 NM
(twice/week)
\$16 LSCO M; \$24 NM
(once/week)
Drop In Fee: \$6 LSCO M; \$7 NM
Register by: June 30 & July 28

NOON YOGA

Treat yourself to a noon Vinyasa Flow Yoga class this summer. All levels of ability are welcome. Wear comfortable clothes; bring your mat and water bottle.

(Fitness Advantage Pass does not apply).
Class is held in the All Purpose Room.

When: Wednesdays
June 17 – August 26
(no class July 1)
Time: 12:05 – 12:55 pm
Drop in Fee: \$8.50 LSCO M; \$12 NM

INTRODUCTION TO YOUR IPAD

If you need some assistance learning key features of your iPad this class is for you. You must own an iPad to register. Bring it fully charged each day. It is expected that participants registering will have different skills and knowledge therefore you are encouraged to bring a list of things you would like to learn.

When: Tuesday & Thursday
July 21 – August 6
Time: 10:00 – 11:30 am
Fee: \$40 LSCO M; \$60 NM
Register by: Tuesday, July 14

This class is for you if:

- You own an iPad and have limited experience.

ANDROID SMART PHONES & TABLETS

Are you in need of basic information in order to operate your smart phone or tablet more efficiently? If so register for this 2 day course.

When: Monday & Wednesday
July 13 & 15
Time: 10:00 am – 12:00 pm
Fee: \$15 LSCO M; \$25 NM
Register by: Thursday, July 9

BASIC COMPUTERS

Students will learn to create folders and basic documents in Microsoft Word, save a document, use toolbar shortcuts, minimize and maximize windows and much more.

Does this sound like skills you are interested in learning to become more efficient with your computer? If yes is the answer, register today.

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

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
August 11 – 20
Time: 9:30 – 11:30 am
Fee: \$36 LSCO M; \$54 NM
Register by: Friday, August 7
(after this date add \$5)

INTERMEDIATE EMAIL & INTERNET

Now that you know the basics of using your computer why not learn how to work with multiple programs simultaneously, create/organize bookmarks and favorites, send email attachments to your computer. You will also learn how to understand email and internet security and how to protect yourself.

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



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

Difficulties in Life Coffee & Conversation Support Therapy Group

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

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

Every Wednesday Afternoon ~ 1:15 p.m.

Lethbridge Senior Citizens Organization
500 – 11th Street South
403.320.2222



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

Coffee is supplied by LSCO but donations are accepted.



LETHBRIDGE
Senior Citizens
ORGANIZATION



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	Amateur Ham Radio 9:00 am Fitball 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	Scrabble 9:30 am	Scrabble 9:30 am Gentle Yoga 9:30 am	
Keep Fit 10:00 am Lapidary 10:00 am		Keep Fit 10:00 am Genealogy 10:00 am		Keep Fit 10:00 am Digital Photography 10:00 am
	Badminton 10:30 am		Badminton 10:30 am	Scottish Country Dance 10:30 am
Badminton 11:10 am		Badminton 11:10 am		Badminton 11:10 am
	Basketball 12:00 pm	Yoga 12:05 pm	Basketball 12:00 pm	
			Wood Carving 12:30 pm	
Pickleball 1:00 pm Computers 1:00 pm	Quilting 1:00 pm Karaoke 1:00 pm	Beginner Pickleball 1:00 pm Bingo 1:00 pm Lapidary 1:00 pm Computers 1:00 pm	Needlework 1:00 pm Crib 1:00 pm	Pickleball 1:00 pm
	Pickleball 1:30 pm		Pickleball 1:30 pm	
Table Tennis 3:00 pm		Table Tennis 3:00 pm		Table Tennis 3:00 pm
Beginner Pickleball 3:30 pm – 4:55 pm			Beginner Pickleball 3:30 pm – 4:55 pm	
			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

Stage West Calgary presents



the wedding singer
The Musical Comedy

When: Wednesday, October 14
Where: Stage West Calgary
Time: Departs LSCO: 8:00 am
Returns: LSCO at approximately 5:00 pm
Fee: \$90.00 LSCO members; \$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.

It's 1985 and rock star wannabe 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.



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From the Volunteer Corner

LSCO Volunteers still ROCK!!!



Early bird tickets are available for \$25.00 at the LSCO and both Ticket Centre's. On September 1st the tickets are only available at the Ticket Centre for \$35.00 per person so get yours early for a significant savings.

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

OTHER VOLUNTEERS NEEDED:

GREEN THUMBERS

Occasional assistance needed in the LSCO botanical gardens. ☺

CATERERS

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



Volunteer News

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

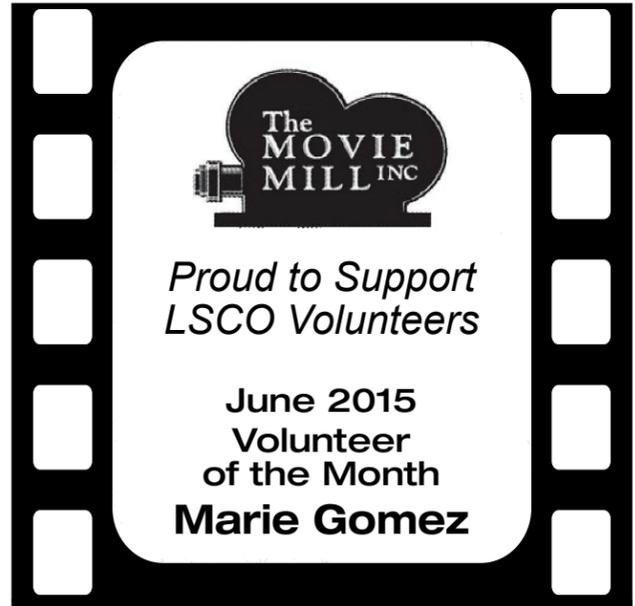
LETHBRIDGE & AREA SENIORS OF DISTINCTION AWARDS

AgeCare's Columbia created the Seniors of Distinction Awards in 2014 in recognition of local seniors and the valuable contributions they have made and continue to make in our community.

The Award Ceremony will take place on Thursday, October 1st at AgeCare Columbia from 2:00 to 4:00 pm. This is a wonderful opportunity to nominate a Senior (65+), whose accomplishments in any of the following categories, have made our community a better place:

1. Arts
2. Leadership
3. Community Service
4. Healthy Living

Nomination forms are located in my office or you can go online to www.agecare.ca/SeniorAwards. Nomination forms must be submitted on or before July 31st, 2015.



Marie has been giving of her time to LSCO for more than 10 years. Marie enjoys various aspects of LSCO specifically time with the Computer Club and classes involving digital photography. Marie wears many volunteer hats, sometimes all in the course of a week; she may sing at a venue somewhere in town with the Golden Mile Singers, return the next day for a special event, cater an early breakfast the following day, and return on the weekend to cater a wedding or anniversary. Thank you Marie for the many things you do here that makes LSCO a wonderful place to be.

Marie:

- what is your favorite word? *peace*
- what is your least favorite word? *hate*
- what makes you happy? *a warm smile*
- what makes you unhappy? *a scowl*
- what sound or noise do you love? *babies giggle*
- what sound or noise do you hate? *automatic hand dryers in washrooms*
- what profession did you retire from? *International Civil Aviation Organization*
- what keeps motivating you to volunteer for the LSCO? *my unkempt house motivates me to be here*

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

LSCO presents From the **Starlight Lounge**

Lyrics by Johnny Mercer

Hits of Tony Bennett, Bing Crosby, Michael Bublé, Rosemary Clooney, Bobby Darin, Ella Fitzgerald and Frank Sinatra

Friday, October 16 & Saturday, October 17, 2015

Director ~ Fran Rude • Music Director ~ Ken Rogers

Three Performances
Yates Memorial Centre

Friday Evening 8:00 pm
(doors open at 6:30 pm)

Saturday Matinee 2:00 pm
(doors open at 12:30 pm)

Saturday Evening 8:00 pm
(doors open at 6:30 pm)

Vocalists
Mark Campbell, George Gallant, McKade Hogg, Michael Richey, Mark Ward, Morgan Day, Jessica Ens, Jordana Kohn, Diane Llewelyn-Jones, Anna Vanderheide

Starlight Lounge Orchestra
featuring classic big band sounds

Early Bird Tickets \$25 until August 31st
General Tickets \$35 on September 1st
Available at Lethbridge Senior Citizens Organization and the Ticket Centre 329-SEAT (7328)
500 - 11th Street South • 403-320-2222

Ignoramus:
The grand jury used to write ignoramus on the back of indictments not found or not to be sent to court. This was often constructed as an indication of the stupidity of the jury, hence its present meaning.

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FROM THE GALT

Lethbridge's official flower

Every year – from spring to fall – many different types of flowers and plants can be found in the gardens and parks across Lethbridge. Annuals, perennials – in every possible colour; some with incredible scents, others with foliage which outshine the flowers. And whether we are gardeners or simply enjoy the work of others, many of us have favourite plants, plants we look forward to seeing every year, plants that we encourage our friends and neighbours to grow. But while many plants may have avid fans, only one plant in Lethbridge has the distinction of being the Floral Emblem of the City of Lethbridge and can call itself Lethbridge's official flower.

That plant is the gladiolus (*Gladiolus communis*), which has held that claim to fame for 65 years.

On September 25, 1950, Lethbridge City Council declared the gladiolus as the Floral Emblem of the City of Lethbridge. But it was a long winding path to get the gladiolus to that status.

The journey started in 1933 when a delegation of the Lethbridge and District Horticultural Society went before City Council suggesting the need for a floral emblem. Council took no action at that time and simply thanked the delegation for its time.

But that didn't stop the promotion of both the desirability of having a Lethbridge official flower as well as the push to have the gladiolus chosen. A few days after the delegation spoke to Council, a reported appeared in the

Lethbridge Herald discussing both whether Lethbridge should have an official flower and, if so, what it should be. During their presentation to Council, the Horticultural Society had promoted the gladiolus as a suitable species as it was colourful and grew well in Lethbridge. In the *Herald* other suggestions were made. Some supported the lilac, which supporters claimed was also easy to grow and colourful. But the drawback, it was felt, was that the lilac could be damaged by late spring frosts and therefore could not guarantee flowers each year. Indeed, for lilacs there were often only flowers every two or three years out of five. The gladiolus, it was argued, since it bloomed so late in the year was never susceptible to late frost and could be counted upon every year. Another contender in the discussion was the sweet pea.

The discussion may have been intense but the interest in a city flower quickly died away. It would be 17 years before it was revived.

It is likely no coincidence that the discussion was revived in 1950 as that is the year that the Lethbridge and District Horticultural Society was incorporated. With incorporation likely providing the impetus to get work done, the Society once again contacted Lethbridge City Council and made a presentation. This time Council was much more receptive and Alderman A.G. Virtue moved, "That the letter from the Lethbridge and District Horticultural Society, dated September 20th recommending that the Gladiolus be selected as the official flower

of the City of Lethbridge, be received and filed, and further, that the City of Lethbridge adopt the Gladiolus as the official flower of the city." The motion was carried.

The next year Mrs. H. Archer Pffaff of Vauxhall created a painting of gladiolus that was presented to City Council and the decision was made to hang the painting in City Hall.

It appears that from there the interest in the gladiolus continued to grow. In 1954 the Lethbridge and District Gladiolus Society was formed to support interest in the species and to encourage people to grow and develop it. Among the various activities of the group was to create, starting around 1964, the Lethbridge Gladiolus and Square Dance Festival (patterned after the Penticton Peach Festival and Square Dance Jamboree). A Gladiolus Queen was chosen at each Festival and prizes were awarded for the best gladioli.

Several member of the society undertook breeding projects to improve the gladiolus and to create more colourful, unusual forms. A few gladiolus cultivars were introduced including the PUCK, BABY BUTTERFLY and, in 1982, the MISS LETHBRIDGE 300.

While the Gladiolus Festival may be a thing of the past, the gladiolus continues as our city flower. ★

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



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from Sheffield to Lethbridge

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Adventure & Art
**Miss Edith
Fanny Kirk**
until OCT 12.15



Museum Community Day ▶ *free admission & activities*
Wed JUL 01 2:00 pm

*** Wednesdays at 2:00** ▶ *01 no program - join our Canada Day Celebration instead!*
1st & 3rd Wed 2:00 pm
twice monthly program for 55+ *15 Country Houses and Gardens of Southern Alberta with author Jim Asplund*

*** Thursdays at the Galt** ▶ *02 Archives Program: Archives 101... with Archivist Andrew Chernevych*
program 7 pm | *09 Cafe Galt: Lacrosse and the Native Sons of Canada with Robert Kosuth and David McMurray*
cash bar 5-8 pm
Archives, Discovery Hall & Museum Store open to 9 pm *23 Galt Workshop: Brewing 101 with the Pogo Bros*

*** Summer Family Fun** ▶ *presented with Green Acres Kiwanis Club of Lethbridge*
drop-in family program | details online
Tuesdays JUL & AUG 1:00 - 4:00 pm *07 Landscape Painting 21 Corrugated Pictures*
14 Travel Journals & Luggage Tags 28 All Ages Ice Cream Social

Get Outta Town Bus Tours ▶ *\$50 + GST/person incl. transportation, admissions, lunch, snacks, tours*
Hutterites & History
Sat AUG 08 | 9am - 2pm *presented with red arrow*

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

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program information & event tickets:
information desk 403.320-3954 | info@galtmuseum.com
www.galtmuseum.com

How to protect yourself from payment card fraud

A recent Interac survey shows that 41 per cent of Canadians worry about payment fraud, with skimming, retail data breaches and electronic pickpocketing topping the list of concerns. Almost half of those surveyed – 49 per cent – said they're concerned about skimming-related fraud. Skimming occurs when a criminal illegally copies the information from the magnetic stripe of a credit or bank card. Certain debit cards, however, are extremely secure.

"Fraud losses as a result of skimming are at a record low – with a decrease of 88 per cent over the last five years," says Mark Sullivan, the head of fraud risk programs for Interac Association and Acxsys Corporation. "This is thanks in part to measures like chip technology and new contactless payment options like Interac Flash, which relies on the same security as debit, and offers additional protection though small transaction limits."

Two out of five Canadians (40 per cent) report that they are concerned about electronic pickpocketing, where a criminal uses a reader to steal information stored on a contactless payment card. Others are more concerned about retail data breaches, with 45 per cent reporting they worry about criminals accessing their card numbers or other information and using it for a fraudulent transaction. But not all payment card technologies are equally at risk for these types of fraud.

"Some forms of contactless payment – like Interac Flash – have rules and built-in technologies to protect consumers against counterfeiting, transaction replay, and card-not-present transactions," says Sullivan.

Here are some tips for keeping your money safe:

- Shield your PIN with your hand or body during every transaction, whether you're at the merchant or at a bank machine.
- Check your financial statements regularly and contact your financial institution immediately if you spot any unusual activity. Zero customer liability ensures you won't pay for unauthorized purchases.
- Do not provide personal or financial information to anyone over e-mail, and be suspicious of opening email attachments from unknown sources.
- Exercise caution if you receive an Interac e-Transfer that you are not expecting – check with the person sending the transfer by separate email or by phone before you proceed.

More information is available at www.interac.ca.

www.newscanada.com

One aspect of the services that I provide is making sure individuals receiving pensions are getting all the monies they should be. A person and or their loved one will come to me or phone and say "I/they just can't seem to make ends meet." This is a common phrase from seniors and also from the children of seniors checking into information on their behalf.

Seniors should be receiving the following pensions, if they qualify:

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). There is also another program through the Provincial Government call the Special Need 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 able to receive help. For example:

If your prescription cost are high, you might qualify for help.

If you need a new furnace, you might qualify.

There are information booklets at LSCO 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 is because so many seniors do not know what they should be receiving or what they might be eligible for.



LSCO Support Services

Marlene Van Eden
Support Services Coordinator

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

COMMUNITY PARTNERSHIPS

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

The law firm of Alger Zadeiks Shapiro will be taking over the clients of Krushel Farrington. Ms. Christina Lam, a lawyer who was with Krushel Farrington will now be with the firm of Alger Zadeiks Shapiro and will continue to offer the legal advice sessions here at the LSCO on the 2nd Wednesday of each month. Ms. Christina Lam will be here on **Wednesday, July 8th** 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

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; recommen-

dations about shoes; referrals to other professionals. *Grateful Feet* offers one-hour appointments. Book your appointment for **Tuesday, July 21st** (all day) & **Tuesday, July 7th** (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 your appointment or for more information call 403-320-2222 ext. 25. For home visits, call 403-894-9667.

Massage Therapy Appointments!

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be at LSCO on **Friday July 10th & 24th** from 9:00 am - 2:00 pm in the Clinic Room. You can book your 30 minute (\$40), 45 minute (\$50) or 1 hour (\$60) massage appointment at the Administration Desk. A portion of the monies paid will go to LSCO.

Reflexology Appointments

Brenda from New "U" Reflexology will be here on **Friday, July 17th**. 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 LSCO.

Hearing Screening

Not hearing as well as you use to? Candice 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, July 9th**.

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It's Hammer Time

It's that time of year again. Chances are that among the sounds of birds chirping and sprinklers running, the distant buzz of hammers and saws can be heard in your neighborhood. However, in the rush to take advantage of Southern Alberta's short construction season, homeowners should be careful to ensure that their home renovations are completed properly the first time around. Hiring the right contractor for the job, obtaining proper permits and meeting building code standards are all important parts of the home renovation process that can save homeowners from having to make an untimely visit to their lawyer's office.

We have assembled some useful tips that can help homeowners avoid a number of common home renovation pitfalls. Some of these tips are:

1. Before hiring someone to perform renovations, get a written estimate from multiple contractors. The estimate must include, among other things, a complete description of the renovation work, the type and quality of the materials to be used, the start and completion dates, itemized cost and total price, how and when the contractor is to be paid, and a statement of any guarantees made by the contractor. Beware of contractors who quote a price without actually seeing the work needed to be done or who demand a large blanket down payment to buy materials. An estimate is not a contract. When accepting an estimate, ensure that all the items and guarantees that were stated in the estimate are included in the contract.

Legal Tips and Information

Christina Lam

2. When hiring a contractor, it is important to do your homework. Check out the quality and workmanship of their previous work to ensure it acceptable. Ask for references and check them out. Satisfied customers are usually an indicator that the contractor is reliable. Some companies may have an online presence with reviews and a website with more information. Remember that when reading reviews, independent reviews are likely to be more honest than testimonials hand-picked for display. It may also be a good idea to avoid contractors who provide a post office box as their address or use an answering service for a telephone number. These could be signs that they are not operating a legitimate businesses. The Better Business Bureau may also be able to tell whether there have been complaints made against a particular contractor.

3. Do not agree to a verbal or "handshake" contract, even if you know the contractor personally, since these are hard to prove down the road. Always insist on a written contract. Read and understand the contract fully before signing it. Changes or unacceptable terms should be initialed or crossed out. It is also possible to have a lawyer prepare and review the contract. Any changes to the contract, including requests for more money, must have the

homeowner's written approval. If a loan was obtained from a financial institution to fund the renovations, confirm whether or not the lender needs to approve any changes to the renovation contract.

4. Do not just take a contractor's word that a job or part of a job is complete. Inspect the work and be satisfied that the work is done as promised before making any interim or final payments. Make sure that the work complies with city and provincial permit and building code requirements. Always get a signed receipt for every payment made and avoid making payments in cash. Do not sign a completion certificate or any other document releasing the contractor from further responsibility unless all the work has been completed.

5. If a contractor is using suppliers or hired subcontractors, be aware that under the Alberta *Builder's Lien Act*, they could register a lien against the property under renovation if they are not fully paid for their work or materials. This is possible even if the homeowner never dealt with them personally. Homeowners should obtain a Builder's Lien holdback, which allows them to hold 10% of the contract amount for 46 days following the completion of work. After this period, if no liens are registered, the holdback can be released. In the event that a lien is registered on title, a holdback will put the homeowner (and their lawyer) in a much better position to deal with the problem. ★

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~Frank McKinney Hubbard

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Moving Forward

“The great thing in the world is not so much where we stand, as in what direction we are moving.”

~ Oliver Wendell Holmes

Exciting changes are happening at the Lethbridge Elder Abuse Response Network! Due to the departure of Jennifer Payne as the LEARN Coordinator in May, I have been hired to the position of Case Manager to help move LEARN forward over the next three years. I thought I would take this chance to introduce myself to you.

I am a transplant from the mountains – I was born and raised in the East Kootenays until the age of 17 when I left home and headed east to attend university in Alberta. After several changes in location and life direction, I arrived



LEARN More

Tanya Purdy-Fischer
LEARN Case Manager

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

in Lethbridge, and have now been here longer than in the town I came from! Once my education was completed, I started planting roots. I began my career in Social Work in 1997, accepting a position with Alberta Children’s Services. After several years and two children later, I took on a new role in the not-for-profit

sector, assisting individuals and families in accessing counselling support services. Now, in 2015, I have the privilege of continuing my front-line service in the area of elder abuse, and working with this extraordinary population!

As Rob mentioned in his column, LEARN has received funding for a Network Coordinator, who, among other things, will be responsible for public relations and education activities. This will free me up to continue to work with clients and network with community organizations to address elder abuse issues, and ensure a continuum of care for our elderly citizens who have been impacted by this troubling issue.

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. ★

Six golf personalities that will make or break your game

From the rules drill sergeant, to the etiquette obsessed, no one likes to be on the course with that person. Here are a few of the personalities you should be keenly aware of when creating the perfect 18-hole pairing.

The Natural – They’ve had no lessons, no warm-up, old clubs but can consistently hit them long and straight every day.

Play with this person if... you crave a smooth, competitive game.

The Iceman – never phased by a shot that’s off or a disgruntled competitor, the Iceman always keeps everyone’s emotions in check.

Play with this person if... you want to cool down fired up players.

The Socialite – forget the game, this person is out for a good time. With positive vibes, and stories for days, this person is only interested in one hole: the 19th.

Play with this person if... your scorecard is the last thing on your mind

The Personal Trainer – will gladly walk the length of the course with a 50 pound golf bag in tow. The PT prefers post-game chicken breasts over hot dogs, and comes equipped with a crisp low calorie light beer, such as Molson Canadian 67.

Play with this person if... you’re an active calorie calculator who wants to tone up while having a good time on the greens.

The Chauffeur – likes driving the cart more than swinging the club and is happy to drop you off at every hole.

Play with this person if...the Personal Trainer has worn you out.

The Slicer – no matter how many lessons he’s taken or how new his clubs are, he consistently hits his shots in the woods.

Play with this person if... you want to win!

www.newscanada.com

Computer Corner

by Sjoerd Schaafsma

Computer Alarms False or Real?

As with fire alarms, computer alarms can be real or fake. In either case there is a problem. Even if it’s a false alarm you should find the cause. Like the person pulling the fire alarm for ‘fun’ or to get attention there are computer alarms that do the same thing. While surfing the internet you may get a flashing window, along the lines of, “YOU HAVE THOUSANDS OF BAD PROGRAMS ON YOUR COMPUTER!

DOWNLOAD OUR FIX NOW!” You may not have thousands of pieces of malware on your computer, but like the fable of the boy who cried wolf, there is a problem. You might have hit a rogue website, or activated a bug in a legitimate one.

Don’t panic, or call the 1-800 number, and do not pay an online company hundreds of dollars. Run your anti-virus and anti-malware software. If there really is a problem that your security program didn’t catch on time, or clean up, and you haven’t got the tools or knowledge to fix it, treat it like a problem with your vehicle. Go to a reputable local computer company, or repair guy. The LSCO can hook you up with a tech, or you could join the LSCO computer club and perhaps learn how to fix the problem yourself. (unapologetic plug ☺)

The Monthly Tips: An easy fix for a ‘dead’ computer.

I was asked to look at a non working computer which had a running fan but showed nothing on the screen. To make a long story short, after testing various components I remembered that some computers don’t work if the clock battery has run down. The clock battery or RTC, or CMOS battery as it is sometimes called is usually a flat 3 volt battery about the size of a quarter (the most common type is a 2032). It is usually plugged into a slot on the motherboard of the computer, and usually easily accessible after removing the computer cover. After replacing the dead battery, Eureka! the screen came alive and the computer was as good as it had been before it stopped working. Had I tried replacing this cheap component first I would have saved myself a lot of time and frustration. This is an easy at home fix, the batteries are readily available; the cheapest are at the dollar store.

For a complete listing of courses and club offers check out our website, the Computer Club Bulletin Board in the downstairs foyer, or subscribe to our email list by contacting saltidae@gmail.com.

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

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PICKLEBALL

Inheritance

Today as I talk about inheritance it comes from a place of gratitude within my heart. My father passed away a year ago and last week I received the final cheque from his estate. My father would not have been considered a wealthy man but the money that he managed to save for his family was amazing for a man who's final pay was just over \$12.00 per hour, retired at 65 and lived to be 92.

After the loss of a loved one inheritance can be an extremely delicate area for families. Wills and estates can be complex and family issues often surface at the time of loss. It is important to have the proper legal documents in place and legal representatives. When choosing who will be your financial and medical power of attorney's, especially when family members are going to be your representatives you need to consider individual family members and their capability to carry out your estate. Most people choose their adult children but do not always pay enough attention to the actual responsibilities that have to be carried through and their ability to do it well. Look closely at your children as adults and pay attention to how they handle responsibility and legal affairs and more importantly how they manage their own finances. Caution has to be present when their level of financial knowledge is low or their personal debts are high.



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I believe that what is most difficult part in helping family members with their estates is not the role of executor after they have passed away but the role of caregiver and/or power of attorney as they face decline especially if a physical decline leaves them with the inability to get around and manage financially or mental decline as dementia or Alzheimer's occurs. Their struggle can often be seen in their finances and helping them can be extremely difficult as they battle with their awareness of what is and what they can no longer do or remember.

Finding the delicate balance of respect for what they want while paying attention to what they actually need is called for. There has to be time for conversations that may go in circles

and exploring of what's next in their life while you face the emotional pain within yourself of what is while you watch them struggle. Planning is important and yet plans will change based on their deteriorating health, medical decisions and availability of care when it's needed. Confusion on both sides will play a part as their condition changes and sometimes they will recover for periods of time when improvement seemed impossible.

So in reality helping a family member as their health declines with their estates is an emotional, mental and legal process. It requires more time than you plan for, a huge amount of patience and a greater amount of love than you ever deemed possible. The journey will not be easy but if you are fortunate you will be left with knowing you did everything you could do to help them at the end and gratitude in your heart for everything that they left you, especially when you inherited their love. ★

Connie-Marie Riedlhuber supports and guides individuals, couples and families through transitions or difficulties guiding them around relationships, health, finances, family concerns and work.

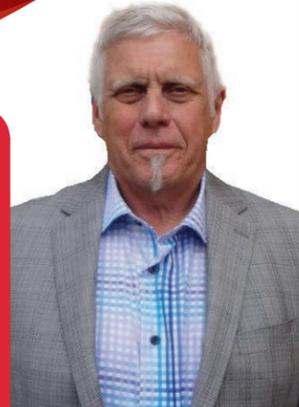


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