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Join Us for

SERENITY FOOT CARE
February 6

DIRECT DENTIAL HYGIENE
February 12

FREE NECK & SHOULDER MASSAGES
February 13 ~ Card Area

OSTEOPOROSIS Presentation
Speaking of Bones
February 15 ~ Room A

PRACTICING HAPPINESS
February 28

6th ANNUAL

Live Well Showcase

A TRADE SHOW FOR ACTIVE AGING
Lethbridge Senior Citizens Organization
See list of Exhibitors on page 4

Thursday, May 3rd 10 am - 7 pm
Friday, May 4th 10 am - 3 pm

Booking Exhibitors Now



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

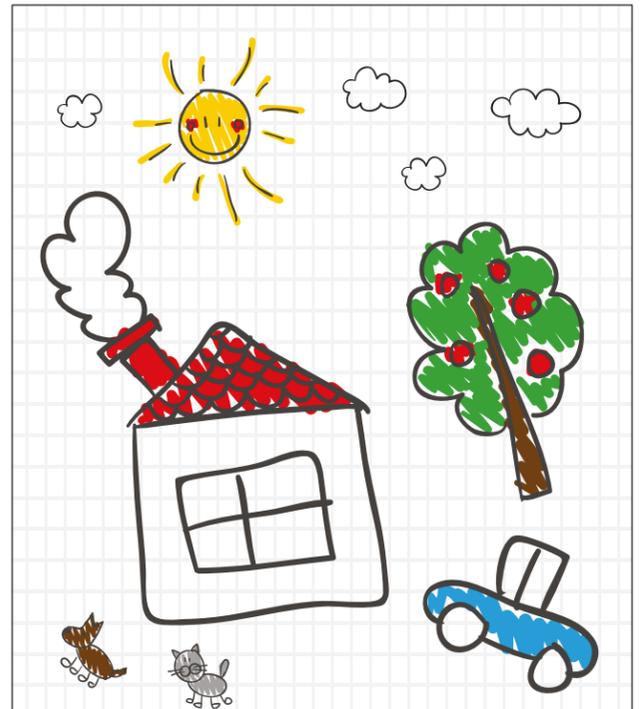
There has been some recent discussion in the community regarding City of Lethbridge funding for Senior Centres. I think this is an opportune time to provide some factual information on LSCO funding sources.

First a brief reminder of who we are: LSCO was granted Society status by the Province of Alberta on July 25, 1975. We were given Charitable organization status by the federal government a few years later. LSCO is governed by a Board of Directors whose role is to provide big picture direction and leadership to the organization. This includes approval of an annual budget and monthly oversight of finances.

LSCO has an annual budget (in 2017) of approximately \$1.8 million which is funded

by over 25 revenue sources. Our Family and Community Support Services funding is a 80%/20% provincial/municipal grant administered by the City of Lethbridge and comprises about 19% of our budget. This funding is specifically for prevention and early intervention services which we use for Support Services (including Meals on Wheels support, case management, support groups, community outreach and social work services), lawn care and snow removal coordination for seniors, Volunteer Coordination, activity-based supports and services and some administrative costs. This is the sole funding we receive from the City of Lethbridge.

Food Services brings in about 22% of our revenue, Programs 9%, Provincial funding for LEARN 7%, Community Bingo/Casino 9% and Donations and Fundraising 9%. Memberships account for only 4% of our revenue. The diversity of our funding sources is a strength for this organization as we aren't reliant on a single source for our continued operation. As our goal is to continue to grow revenues from all of our sources and to maintain sustainable expenditures, LSCO faces a prosperous future with an on-going relevance to our whole community. ★



LSCO will be
CLOSED
Monday, February 19th
for Family Day

Don't miss the Annual General Meeting on Tuesday, March 27, 2018

OUR COMMUNITY PARTNERS

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There is always in February some one day, at least, when one smells the yet distant, but surely coming, summer.

~ Gertrude Jekyll

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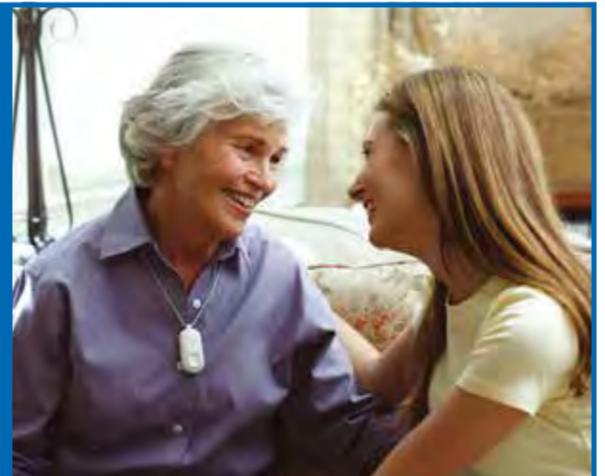
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*AutoAlert does not detect 100% of falls. If able, you should always press your button.

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LSCO Times

A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

A proprietary publication of the Lethbridge Senior Citizens Organization. Editorial or advertising enquiries should be directed to the LSCO, telephone 403-320-2222.

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

Layout, Advertising & Circulation. Lisette Cook (ext. 33)
Printed by. Lethbridge Herald

The Officers of LSCO

Executive:

President – Bob Maslen
Past President – Clifford (Charlie) Brown
Secretary – Marnie Brown
Treasurer – Irwin Wyrstok

Board of Directors:

Bill Hanson, Merri-Ann Ford and Don McInnes.
Keith Sumner, Stan Coxson and Vaughan Hembroff (Acting Board Members).

LSCO **403-320-2222**

Staff Members:

Executive Director – Rob Miyashiro
rmiyashiro@lethseniors.com ext. 24
Office Administrator – Jodie McDonnell
jmcdonnell@lethseniors.com ext. 23
Support Services Coordinator – Marlene Van Eden
mvaneden@lethseniors.com ext. 25
LEARN Case Manager – Joanne Blinco
learn@lethseniors.com 403-394-0306
LSCO Case Worker & LEARN Coordinator
Lavonn Mutch
lmutch@lethseniors.com ext. 57
Volunteer Coordinator – Chelsea Sherbut
csherbut@lethseniors.com ext. 31
Member Services Assistant – Diane Legault
dlegault@lethseniors.com ext. 30
Marketing & Media Coordinator – Lisette Cook
lcook@lethseniors.com ext. 33
Program Development Coordinator – Shawn Hamilton
shamilton@lethseniors.com ext. 26
MoW Client & Volunteer Support Worker
Natasha Elder
mow@lethseniors.com ext. 34
Accounting Technician – Christine Toker
finance@lethseniors.com ext. 59
Catering – Christine Toker
catering@lethseniors.com ext. 59
Administrative Support – Kari Martin
kmartin@lethseniors.com ext. 21
Food Services Coordinator
Francisco (Frank) Bruno ext. 27
Cook I – Rodrigo Castrillon ext. 27
Food Service Cashier – Georgette Mortimer ext. 27
Adult Day Program Supervisor – Sharon Appelt
sappelt@lethseniors.com ext. 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!

The LSCO accepts no warranty and accepts no liability resulting from incorrect, incomplete or misleading information or its improper use. Articles may be edited for space requirements.

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

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



LSCO Vision Statement

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



Community Volunteer Income Tax Program

We will be booking appointments starting **February 22nd**.
Appointments will not begin until **March 12th**.
Book your appointment at the Administration desk or by calling 403-320-2222.

Do you qualify for this FREE service?

Volunteers do not prepare returns for:

- Individuals who:
- report business or rental income and expenses;
 - report capital gains or losses;
 - report employment expenses;
 - filed for bankruptcy; or • died in the tax year.

Income thresholds for eligible individuals

Taxpayer status	Annual income
Single person	up to \$30,000
Couple	up to \$40,000
One adult with one child	up to \$35,000
Each additional dependent	up to \$2,500
Interest income less than	\$1,000

Canada Revenue Agency's New Tax Filing Program

File My Return

(a new automated telephone service for filing income tax)
Individuals with low or fixed income that has not changed from year to year will receive personalized letter starting mid-February. If you received a letter and need assistance, please call 403-320-2222 ext. 25 to book your appointment.

Welcome New Members!

- Richard Lorne
- Don Shackelford
- Des Hanna
- Bertha Hanna
- Cindy McInnes
- Dale Greaves
- Carol Burton
- Marcia Rae
- Christine Jensen-Ross
- Leola Baird
- Karen Walsh
- Norman Baird
- Juliette Whitson
- Maureen Wilson
- P. Kathleen Shigemi
- Linda Guenther
- Carol Boutin
- Brian Waldie
- Darlene Waldie
- Erika Blank
- Richard Mitchell
- Eileen Macklin
- Edna Mackenzie
- Josephine Aristone
- Andrew Hodson
- Peter deGorter

A Smile is the Universal Welcome.

"Why does February feel like one big Tuesday?"
~ Todd Stocker

LSCO ANNUAL GENERAL MEETING

TUESDAY, MARCH 27, 2018
STAGE AREA

BUSINESS MEETING
1:15 P.M. ~ 1:45 P.M.

TOWNHALL MEETING
1:45 ~ 2:00 P.M.

FREE COFFEE & COOKIES
DRAW FOR \$50 LSCO GIFT CARD FOR ALL ATTENDEES

Register ONLINE

LSCO 2018 Classes

www.lethseniors.com

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
March 2018	February 16
April 2018	March 16

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



Live Well Showcase

A TRADE SHOW FOR ACTIVE AGING
Lethbridge Senior Citizens Organization



Booking Exhibitors Now

Contact LSCO
500 ~ 11 Street South, Lethbridge
www.lethseniors.com

Thursday, May 3rd 10 am - 7 pm
Friday, May 4th 10 am - 3 pm

Exhibitors (registered as of January 22, 2018)

Adapt Chiropractic AgeCare - Columbia Assisted Living Alberta Supports Lethbridge (AB Gov't) Alzheimer Society of AB & NWT (Lethbridge) Alberta Motor Association Audiology First Avail CPA Bridge Chiropractic CBI Home Health Cornerstone Funeral Home Creative Mortgage Solutions Dying With Dignity Lethbridge	Elim Village Galt Museum & Archives Green Acres Foundation Hosack Denture Clinic J and L Shuttle Service Kalispell Regional Health Ladybug Arborists Lethbridge Elder Abuse Response Network Lethbridge Hearing Centre Lethbridge Public Library Maritime Travel Martha's House Meals on Wheels - LSCO NewRock Developments	Once Upon a Chocolate Chocolatiers Inc Panache Boutique Philips Lifeline Radiology Associates Saftey Bath Walk-in-Tubs Save On Foods Sunshine Senior Services Synchronizing Connections Taylor Made Outings The View at Lethbridge Ultimate Freedom Plus Visual Effects - Eye Clinic Vital Aire Canada
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LSCO LETHBRIDGE
Senior Citizens
ORGANIZATION



Presented by
CORNERSTONE
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Speakers sponsored by Hosack Denture Clinic

NEXT WEEK!

February Dinner Theatre
'Beyond A Joke'
by Derek Benfield

February 7th ~ 10th

in a new venue!
Italian Canadian Cultural Centre
(just off Scenic Drive on St Edward Blvd N.)



\$5 cash bar opens 6 pm
Tickets \$58 include dinner and show.
Tickets available at Casa downtown.



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Shannon Phillips,
MLA Lethbridge West

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- At what cost? Yearly dues for a single membership are \$48.96 and dues for a couple are \$63.60 per year.

WANT TO LEARN MORE?

Come to our office at Nord-Bridge Senior Centre or call our office at 403-328-0801 or call our Headquarters in Ottawa at 1-866-490-8532 or e-mail VIP@federalretirees.ca

February is here already and I'm still getting over the holidays. They say February is the blue month, a let down from the holidays and often the coldest and most unpredictable month of the year. Yet it also brings Valentines Day: a day we show love to those we care for with gifts, cards and deeds. As we get older the gifts and cards become more precious but kind acts are the most cherished. We all enjoy our family and friends most of all.

With family and friends in mind, lets invite those we feel would benefit and enjoy our activities to come to our new member tour on February 7th at 10:00 am. They can also come on the first Wednesday of each month. These tours are conducted by Marnie Brown. Marnie is only too happy to give potential new members a glimpse of what we have to offer. There are jigsaw puzzles, card games, scrabble, watercolour painting and many other activities. You can also begin or improve your computer skills. For the more active members, we offer dance classes, yoga and fitness classes. Our Fitness Centre is first class and worth taking a look. After all that exercise, check out our dining room. Frank, our Food Services Coordinator, would love to meet you.



If you want to travel this time of year it is a good idea to check the weather reports. Elaine and I planned to spend New Years with our



President's Message

Bob Maslen

son in Regina however, as you recall, the weather was extremely cold for several days. Then the weather report said it was going to be warmer so we went. We had a good visit for almost a week. Then, the day we planned

to leave, there was freezing rain mixed with snow. Everything was covered with a thick layer of ice. Once we got out of the city the highway was clear.

It is good to get back to the comfort of our home! Back to our routine. I enjoy doing Meals on Wheels and working with the Board.

That reminds me of volunteering. Chelsea, our Volunteer Coordinator, is always looking for help. Also it is time for nominations for our LSCO Board. The election is Tuesday, March 27. You can nominate yourself or someone else willing to serve. The positions of Secretary and Treasurer need to be filled. Nominations must be in by Tuesday, March 13. You can contact the nominating committee: Bob Maslen, Charlie Brown or Irwin Wyrstok. ★



Are You On Your Own?

Come Join Us for the

3C's

Cooking, Conversation & Companionship

A six week cooking class for individuals who live alone.

Instruction will be given each week to create simple, healthy meals to be taken home. The six week session offers the opportunity to interact with individuals in the same circumstances and the chance to develop new friendships.

When: Tuesdays, February 6 – March 13
 Time: 2:30 pm
 Where: McKillop United Church
 2329 15th Avenue South

Register by: February 2, 2018

This is a joint partnership between McKillop United Church and LSCO.

LSCO Chef Frank Bruno will guide you through the creation of wonderful meals in the kitchen at McKillop. The cost for the 3 C's is \$50 per person (works out to less than \$10 a week including supplies). Fee must be paid at time of registration.

Call Marlene at Lethbridge Senior Citizens Organization to register. 403-320-2222 ext. 25

EXPLORING DRAWING MATERIALS

THIS STUDIO BASED COURSE GIVE PARTICIPANTS AN OPPORTUNITY TO TRY A VARIETY OF DRAWING MATERIALS INCLUDING: DRAWING PENCILS, CHARCOAL, CONTE CRAYON, PENCIL CRAYONS, WATERCOLOUR CRAYONS, CHALK PASTELS, OIL PASTELS, FELT PENS, INDIA INK WITH QUILL PEN AND OTHERS. EXPERIMENT, EXPLORE, HAVE FUN AND BE CREATIVE! WORK ON YOUR PROJECTS IN A STUDIO ENVIRONMENT. BRING ANY PENCILS, PENS, ETC YOU MAY HAVE. MATERIAL FEE \$10 PAYABLE TO THE INSTRUCTOR.

WHEN: TUESDAYS, FEBRUARY 13 – MARCH 27
 TIME: 10:15 – 11:45 AM
 FEE: \$35 LSCO M; \$55 NM
 INSTRUCTOR: STEVE BURGER
 REGISTER BY: FRIDAY, FEBRUARY 9

Morning Line Dancing

If you have some line dance experience feel free to drop in when you can.

When: Thursdays
 January 11 – March 29

Time: 10:30 am – 12:00 pm
 Drop In Fee: \$4 LSCO M; \$6 NM

"Go to the winter woods: listen there, look, watch, and "the dead months" will give you a subtler secret than any you have yet found in the forest."

~ Fiona Macleod
Where the Forest Murmurs

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Community Support Groups

Support Group – group of people with common experiences and concerns who provide emotional and moral support for one another.

Community Supports Groups that meet at LSCO who provide support to individuals with medical or specific health concerns.

Parkinson’s Alberta Society Support Group
A degenerative disorder of the central nervous system that mainly affects the motor system. The group will be meeting on **Thursday, February 15th** at 2:00 pm in Room A & B. Cheryl Lengyel from the Bridges Program will be speaking at the meeting. For more information call Alicia Visser at 403-317-7710.

Alcoholics Anonymous Saturday Morning Eye Opener Group
This group meets every Saturday morning at 9:00 am in Rooms C & D.

Trigeminal Neuralgia Support Group
Trigeminal Neuralgia is a chronic pain condition that affects the trigeminal nerve,

which carries sensation from your face to your brain. Mild stimulation of your face may cause excruciating pain. The next meeting is **February 10th** at 2:00 pm in Room C & D.

Lethbridge Stroke Recovery Association (LSRA)
LSRA for those individuals who are stroke survivors. Please join LSRA on Wednesday, **February 14th** in Room A at 7:00 pm. Guest speaker will be Lori Sincennes, RN is speaking about “Stress and how to manage it.” For more information about the group please call Kelly at 403-359-3811 or email: strokeresources@outlook.com

Celiac Support Group
Celiac disease – a gluten-sensitivity, is an

immune reaction to eating gluten, a protein found in wheat, barley and rye. The Celiac group only meets 3 times a year. The next meeting is **Monday, May 28th** at 7:15 pm in Room A.

Stroke Care Partner Support Group
A safe environment where family and friends affected by stroke can mutually support one another by sharing information, thoughts, ideas in a facilitated caring space. The group meets on **Tuesday, February 13th** at 7:00 pm in Room C & D.

Sunset Alcoholics Anonymous
Meets in Room C & D Thursday evenings at 7:00 pm.

Martial Arts for Fun and Fitness

Much more than just physical exercise, martial arts is said to exercise the whole person. The combination of body awareness and relaxation can improve both physical and emotional health, reduce stress and enhance the immune system.

There are many types of martial arts, such as Judo, Aikido, and Tae Kwon Do. There’s something for all ages and fitness levels; from the soft, flowing motions of Tai Chi to the quick, aggressive moves in Karate or Kickboxing. The low-impact activities can be done anywhere, with no special equipment needed.

Many forms of martial arts are suitable for most disabled persons, and older adults benefit from the balance and coordination of activities like Tai Chi.

The practice of martial arts is a sport, an art, a discipline, a recreational or social activity, a fitness program or a means

of self-defence. People do it to compete, to stay in shape, to develop self-confidence and much more. But most of all, people do it just for enjoyment!

Here are more of the many benefits:

- Promotes quick mental and physical reflexes.
- Enhances mind-body awareness to improve balance and coordination.
- Improves flexibility and muscle strength and power.
- Requires concentration, which improves meditation skills. Combined with the required deep breathing, it reduces stress and teaches you to relax. This can contribute to lowering blood pressure and strengthening the immune system.
- The calories burned will differ among the various forms of martial arts. Generally, the more aggressive types of martial arts will burn the most calories. Martial arts movements combined with aerobics (such as Tae-Bo), can burn up to

800 calories an hour and improve stamina and physical fitness without the joint “pounding” of typical aerobics.

- Develops self-discipline, confidence and respect for oneself and others. Is also a means for learning leadership skills.
- Martial arts can help overcome doubts, fears and lack of confidence. Doubt is overcome by exposure in training to all possible situations that can occur and learning to face and handle each one of them. Fear is overcome by the learned instant assessment of each situation. Confidence is learned by knowing you can devise a defence or respond to an attack.

Martial arts instructors and classes can be found at health clubs, hospitals, martial arts schools and community centres near you.

by Eve Lees, INSPIRED Senior Living magazine
www.seniorlivingmag.com

MENU FOR FEBRUARY 2018

Breakfast served from 8:00 am ~ 3:00 pm • Lunch served from 11:00 am ~ 3:00 pm

The Dining Room is now accepting Debit, Credit, Cash or LSCO Gift Cards

Non-Members add 15% • Menu subject to change without notice

★ Sandwich & Salad Special Changes Daily ~ See Menu Board in Dining Room ★

HAPPY VALENTINE'S DAY					Thursday, February 1	Friday, February 2
					Entree: Pork Tenderloin & Apple Sauce Potato: Roasted w/Gravy Soup: Chicken Rice	Entree: Spaghetti & Meat Sauce Potato: Soup: Beef Vegetable
Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9		
Entree: Chicken Stir Fry Potato: Rice Soup: Minestrone	Entree: Baked Lasagna Potato: Soup: Cream of Cauliflower	Entree: Pork Cutlets Potato: Mashed w/Gravy Soup: Beef & Barley	Entree: Beef Wellington Potato: Roasted w/Gravy Soup: Cream of Mushroom	Entree: Chicken Cordon Bleu Potato: Roast Yams Soup: Tomato Vegetable		
Monday, February 12	Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16		
Entree: Cabbage Rolls Potato: Perogies w/Sautéed Onions Soup: Cream of Mushroom	Entree: Breaded Liver & Onions Potato: Mashed w/Gravy Soup: Italian Wedding	Entree: Veal Cutlets Potato: Roasted w/Gravy Soup: Hamburger Cabbage	Entree: Cream of Mushroom Pork Chops Potato: Rice Pilaf Soup: Chicken Noodle	Entree: Roast Beef Potato: Mashed w/Gravy Soup: Loaded Potato Bacon		
Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23		
LSCO CLOSED for Family Day	Entree: BBQ Chicken Potato: Mashed w/Gravy Soup: 5 Bean	Entree: Beef Stroganoff Potato: Bowtie Pasta Soup: Vegetable	Entree: Baked Ham Potato: Scalloped Soup: Cream of Broccoli	Entree: Chicken Kiev Potato: Mashed w/Gravy Soup: Clam Chowder		
Monday, February 26	Tuesday, February 27	Wednesday, February 28	CATERING FOR WEDDINGS, BANQUETS, SPECIAL EVENTS, PARTIES & MEETINGS SEATING FROM 50 TO 400 DISH & PLACE-SETTING RENTALS SEE OUR CATERING BOOKLET ONLINE AT WWW.LETHSENIORS.COM			
Entree: Pesto Chicken Alfredo Potato: Linguini Soup: Turkey Rice	Entree: Beef Stir Fry Potato: Rice Soup: Carrot Ginger	Entree: Shepherd's Pie Potato: Soup: Tomato Vegetable				

SENIORS MARTIAL ARTS FITNESS CLASS

This 6 week class is designed for older adults to challenge and improve balance, coordination, strength and general fitness through martial art movements and exercises. You'll learn a variety of strike (hand and foot) combinations and exercises from black belt instructors. Wear comfortable clothes and bare feet due to class being held on special mats. Waivers must be completed. Class will be held at C229 12 C Street North. *Note: entry into the gym has stairs.*

When: Session 2: Saturdays, March 3 – April 14 (no class March 31)
 Time: 10:00 – 11:00 am
 Fee: \$36 LSCO M; \$54 NM
 Register by: Tuesday, February 27 (after this date add \$5)

Circuit Training

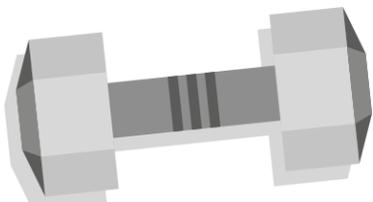
Participants will enjoy a variety of workouts during this 4-week session, offered twice per week. Including strength, cardiovascular training, flexibility and more. Classes are designed for those who are new to exercising with weights and those who have some experience (beginner & intermediate). Classes will be held in the Fitness Centre. Please note: you do not have to be a member of the Fitness Centre to register. Wear comfortable exercise clothing, indoor shoes; bring a water bottle.

When: Tuesdays & Thursdays
 February 6 – March 1

Time: 1:30 – 2:30 pm

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

Register by: Friday, February 2 (after this date add \$5)




EARLY RISER ZUMBA GOLD

Start your day right with a Zumba class designed with low impact moves and energetic music. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Thursdays, January 18 – February 22
 Time: 8:00 – 8:45 am
 Fee: \$28 LSCO M; 38 NM
 Instructor: Nicole Stratychuk

CLASSIFIED ADS

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.

“CLEAN OUT YOUR CRAFT CUPBOARD!”
 March 3, 2018. 9:00am – 3:00pm. St. Andrews Presbyterian Church, 1818 5 Avenue South. Phone 403-327-3582 to book a spot. \$25.00. Office hours 9:00 am – Noon.

Serving Lethbridge and area for 7+ years.
Naked Feet Mobile Foot Care: Certified Podologist. Nail trim and callus removal, filing corns, corn removal when possible \$30.00. Medical or surgical conditions may prevent you from caring for your feet. These could include arthritis, joint replacements, diabetes and/or other disabilities. It is very important to care for your feet. When your Feet feel good you feel good! For more information call Barbara **403-308-7654**. Seniors may qualify for benefits. **Bless Your Feet**

LIFT CHAIR FOR SALE. Dark burgundy in colour. Asking \$450. Will consider offers. Original value \$1100. 5 years old. Call Carol at 403-329-8931.

KAREN'S KARE SERVICE Bonded, friendly, caring, professional mature Lady. Available for light cleaning, meal prep, errands, grocery shopping or taxi. 3 years experience with seniors and their needs. Minimum 3-hour service. Hourly cost: \$25. Call Karen at 403-315-9025.

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

FOR SALE CTM Motorized Chair in excellent condition. 2 batteries, 6 wheels. Only 1 1/2 years old. Used very little. For more information phone 403-320-8512 or 403-359-3506. Asking \$1300 or best offer.

SPEAKING OF BONES

Presentation on Osteoporosis & Fall/Fracture Prevention



Thursday,
February 15, 2018
 10:00 am
 Room A • LSCO

Presenter:
Chloe Kilkenny
 Educator, BoneFit Certified

OSTEOPOROSIS
CANADA

Lethbridge Senior Citizen Organization
 500 – 11th Street South • 403-320-2222

Kindness is like snow, it beautifies everything it covers.
 ~ Kahlil Gibran

Valentine's Day: Volunteer to share the love

Valentine's Day is about more than fancy dates with that one special person. It is also a day to show love to your family, friends and even strangers. If you are looking for a new way to share the love, consider volunteering or donating to charity.

Non-profits work hard every day to try and make the world a better place. Often, charity organizations have limited staff to minimize their overhead costs. This means they rely on volunteers to complete certain tasks. As a volunteer, you might end up making calls, sending letters or organizing an office. While these may not sound like glamorous tasks, they are integral to the success of non-profits.

If hands-on volunteering doesn't sound like how you want to spend your Valentine's Day, consider donating instead. Charities always need more funds, so your donation will never go unnoticed. Smaller, more grassroots organizations will be especially grateful, since they generally have less funding than larger non-profits.

Make sure to pick an organization that suits your interests. For example, if you are passionate about equal access to education, check out Beautiful World Canada, an organization that provides scholarships to girls in sub-Saharan Africa.

Regardless of how you chose to give back, supporting a charity is a fulfilling and unique way to celebrate a day dedicated to love. You can also use this time as an opportunity to start supporting non-profits more in your everyday life. If you find an organization that really speaks to you, become a year-long volunteer or benefactor.

Find out more at www.beautifulworldcanada.org.

www.newscanada.com

Random Acts of Kindness

Hearts and Valentines seem to be the theme in February which helps me think about what kindness can do for the heart.

From the web site www.randomactsofkindness.org they discuss some interesting points of kindness.

Kindness is contagious: The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to “pay it forward.” This means one good deed in a crowded area can create a domino effect and improve the day of dozens of people!

Kindness increases energy: “About half of participants in one study reported that they feel stronger and more energetic after helping others; many also reported feeling calmer and less depressed, with increased feelings of self-worth” Christine Carter, UC Berkeley, Greater Good Science Center.

Kindness and Happiness: A 2010 Harvard Business School survey of happiness in 136 countries found that people who are altruistic were happiest when giving.

Kindness and Lifespan: “People who volunteer tend to experience fewer aches and pains. Giving help to others protects overall health twice as much as aspirin protects against heart disease. People 55 and older who volunteer for two or more organizations have an impressive



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44% lower likelihood of dying early, and that’s after sifting out every other contributing factor, including physical health, exercise, gender, habits like smoking, marital status and many more. This is a stronger effect than exercising four times a week or going to church? Christine Carter, Author “Raising Happiness; In Pursuit of Joyful Kids and Happier Parents.”

Kindness and Pleasure: According to research from Emory University, when you are kind to another person, your brain’s pleasure and reward centers light up, as if you were the recipient of the good deed – not the giver. This phenomenon is called the “helper’s high.”

Kindness and Serotonin: Like most medical antidepressants, kindness stimulates the production of serotonin. This feel-good chemical heals your wounds, calms you down, and makes you happy.

Kindness decreases pain: Engaging in acts of kindness produces endorphins, the brain’s natural painkiller. Perpetually kind people have 23% less cortisol (the stress hormone) and age slower than the average population. Acts of kindness over a period of time can increase positive moods, and a decrease in social avoidance in socially anxious individuals. Stephen Post of Case Western Reserve University School of Medicine found that when we give of ourselves, everything from life satisfaction to self-realization and physical health is significantly improved. Mortality is delayed, depression is reduced and well-being and good fortune are increased. Committing acts of kindness lowers blood pressure.

So as you enter the month of February, think about your way to use kindness for yourself and your health and others and what your kindness can do for them. It is called **Random Acts of Kindness** because it is simply not something that anyone can dictate. It has to come from your heart and where you are in your life at that time. As with all commercial ventures, the hearts, the flowers, and all that goes with it can leave people feeling less than cared for if they do not have what social media and advertising suggests we need to have. As I suggested in the August paper, **KINDNESS ROCKS.** ★

Fostering a Sense of Community

Whether at work or at play, Chantal Brodeur’s focus is on community. A graduate of the University of Ottawa, where she obtained a degree in Communications: Marketing and Public Relations, she went on to work after graduation for the city of Ottawa in community development – non-profit housing and city planning. It was also at this time that Chantal was introduced to the Special Olympics. A self-confessed solitary person, at first, Chantal wasn’t sure volunteering for this organization would suit her personality. She had been playing amateur softball and was invited to umpire for a Special Olympics game. She was told it would be fun.

“I went and it changed my perspective on belonging,” she says. “Through Special Olympics you become part of the community.”

Chantal clarifies that Special Olympics is not a singular event – it is an organization that encourages individuals with intellectual disabilities to participate in sports, recreation and competition, year-round. There are six regions in BC, and Victoria has over 200 participants who range in age from seven years old up to almost 70. Nineteen different activities are offered that include bowling, swimming, rhythmic gymnastics, softball and bocce. In softball alone, there are four different levels of ability. Because of the variety of activities, Chantal asserts that volunteers don’t have to be sports oriented, they just have to want to help.

When Chantal’s position in Ottawa became redundant, she thought about coming to Victoria where her sister Johanne was already residing. She obtained a position with Volunteer Victoria, working again in community development, but this time with a focus on volunteer management. After that, she worked for a short while for the Monterey Centre, Recreation Oak Bay. She then returned to government, working for the Residential Tenancy Branch of the BC government, then to the Francophone Affairs Program, Intergovernmental Relations Secretariat, where she manages the Canada-British Columbia Official Languages Agreement on French-Language Services.

“I went full circle,” says Chantal, “landing back into my passion for community development, this time serving French-speaking British Columbians.”

Now, at 56, Chantal is a volunteer with Victoria’s Special Olympics, where she can combine her love of sports with her passion for community involvement.

Indeed, she has come full circle: growing up in Quebec where her parents owned and operated a hotel, she was introduced, at a young age, to the idea that people with special needs could have many abilities. Her mother continued to work after having been disabled in an accident, and her parents would hire people with special needs to work at the hotel. Fortunately, too, an uncle recognized that Chantal needed team sports, and she began playing softball, ringette and soccer.

Most recently, she coached the Bocce team from April to June this year and continues to be involved with the Special Olympics organization that she says, provides a sense of community through sport, and a place that is “safe, with a sense of belonging.” Participants do not need to have prior experience in the activity of their choice, and she has seen some athletes stay with a program for 10 years. She has observed that the activities increase skills, and provide a sense of accomplishment.

There is also a strong sense of fair play. In track and field, for example, there is no segregation and participants are encouraged to go to the World Games.

“It is not,” says Chantal, “about who is the fastest.”

Volunteering for Special Olympics keeps you very busy, she says. There is a large turnover of volunteers and for new volunteers, the volunteer coordinator provides a training program that focuses on how to work with vulnerable clients, tolerance and teaching social skills. “You learn as you go,” Chantal observes, adding that the key to volunteerism, is “there has to be something in it for you.” Still, she believes everyone has something to give.

by Catherine Gilbert
INSPIRED Senior Living magazine
www.seniorlivingmag.com



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Fantastic Fitness February

REGISTRATION INFORMATION

- **How do I register?** In person, call 403-320-2222.
- **How do I pay?** By debit, cash, cheque, Visa or MasterCard.
- **How do I find additional classes?** Read the monthly LSCO Times, check the bulletin boards and visit www.lethseniors.com.

IMPORTANT

- Please sign up before the register by date to receive the sale price listed. **Classes are subject to a \$5 increase after this date.**
- If you missed the deadline and the classes are not full and not too far into the session, you may still be able to participate. Please ask!

MEMBERSHIPS

For detailed information on being a Senior Member or Adult Member please visit www.lethseniors.com or call 403-320-2222.

SENIOR 12 Month Memberships Individuals 55 years +

- Renewal \$50
- New Member \$53

ADULT 12 Month Memberships Individuals 35 – 54 years

- Renewal/New Member \$90

FOR A COMPLETE LISTING of PROGRAMS VISIT www.lethseniors.com

Special Interest

HEART & STROKE COURSE

The Heart & Stroke Basic Life Support (BLS) Provider course teaches learners to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations, and provide early use of an AED. It includes adult, child, and infant rescue techniques. The BLS provider course includes realistic scenarios, simulations and state-of-the-art animations, and incorporates Heart & Stroke's proven practice-while-watching video format to bring the science of the 2015 Guidelines Update for CPR and ECC to the front-line practitioner. Participants will feel much more confident to help others if the need arises. The course is 4 hours in length. Certificates will be issued.

When: Tuesday, February 6
Time: 5:00 – 9:00 pm
Fee: \$100 LSCO M; \$110 NM

ADULT CPR (2 hour introduction)

This class is designed to allow participants to learn the basic skills of Adult CPR and AED use as well as relief of choking skills. Every year, about 40,000 cardiac arrests happen in Canada – that's one every 13 minutes. Cardiac arrest can strike without warning, affecting people of all ages and degrees of fitness. When cardiac arrest happens, every minute counts. If delivered in the first few minutes of a cardiac arrest, defibrillation and CPR (cardiopulmonary resuscitation) can double survival rates. This is not a certification course; as a result testing does not take place.

When: Tuesday, March 13
Time: 10:00 am – 12:00 pm
Fee: \$10 LSCO M; \$20 NM
Register by: Friday, March 9
(after this date add \$5)

CONVERSATIONAL SPANISH

Participants will learn basic Spanish grammar and common sentences in a comfortable environment. If you are interested in learning another language consider registering for this beginner class.

When: Fridays, February 9 – March 23
Time: 1:30 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Martha Montgomery
Register by: Tuesday, February 6
(after this date add \$5)

Exercise & Movement

LEARN TO HOOP

Hula-hooping is not just for kids anymore! This new style, called "hooping", is the latest fitness and dance craze. This class uses hoops that are specifically designed for adult beginners.

Participants will safely and effectively burn calories, tone core muscles and improve balance, posture and stability. Class content will be adapted to suit all fitness levels; including those who have never been able to keep the hoop up!

When: Tuesdays, March 20 – April 17
Time: 5:30 – 6:30 pm
Fee: \$30 LSCO M; \$45 NM
Instructor: Erin Lix
Register by: Thursday, March 15
(after this date add \$5)

ACTIVE AGING STRENGTH & LOW IMPACT CLASSES

These low impact classes will assist you to maintain, build and improve your balance, strength, cardiovascular fitness and overall health. A variety of exercise equipment will be used. All fitness levels welcome. Wear comfortable exercise clothes, indoor sneakers, water bottle, yoga or exercise mat and be ready to have fun! Note: Monday classes will end at 9:00 am.

When: Mondays & Wednesdays
March 5 – April 25 (no class April 2)
Time: 8:00 – 8:50 am
Fee: \$75 LSCO M; \$98 NM
Register by: Thursday, March 1
(after this date add \$5)

MORNING NIA

Nia is a dance-based fitness activity which also borrows from martial arts and healing arts. It is joyful movement medicine for body and soul; helps improve posture, balance, stability and it's fun! Nia is beneficial for all ages and stages of health - you choose your own intensity level to participate. Wear clothing you can move in comfortably.

When: Thursdays, February 1 – March 29
Time: 10:45 – 11:45 am
Drop in Fee: \$8.50 LSCO M; \$12 NM
Instructor: Jane Franz

MOVEMENT MEDICINE

Step in and dance your body beautiful! Nia inspired Movement Medicine is a celebration of the way your body moves. A blend of dance, sing a long music, martial and healing arts, that create a playful practice of loving and living in your body. Movement Medicine invites inspiration, exploration, ease and flow. Movement Medicine increases flexibility, breathe, agility, strength, and mobility. Join Andy Hertz, certified Nia Blue Belt, in a magical dance to compassionately condition your body, mind, and spirit.

When: Thursdays, January 18 – March 29
(no class February 22)
Time: 5:15 – 6:15 pm
Drop in Fee: \$8.50 LSCO M; \$12 NM
Please bring correct change if dropping in.

CIRCUIT TRAINING

Participants will enjoy a variety of workouts during this 4-week session, offered twice per week.

Including strength, cardiovascular training, flexibility and more. Classes are designed for those who are new to exercising with weights and those who have some experience (beginner & intermediate). Classes will be held in the Fitness Centre.

Please note: you do not have to be a member of the Fitness Centre to register. Wear comfortable exercise clothing, indoor shoes; bring a water bottle.

When: Tuesdays & Thursdays
February 6 – March 1
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, February 2
(after this date add \$5)

MORNING LINE DANCING

If you have some line dance experience feel free to drop in when you can.

When: Thursdays, January 11 – March 29
Time: 10:30 am – 12:00 pm
Drop In Fee: \$4 LSCO M; \$6 NM

MORNING EXERCISES

This program is ideal for individuals who would like to have the option of sitting in a chair or standing when exercising. Participants with limited mobility, arthritis, injuries, etc. however; everyone is welcome. You will work on strength and flexibility, within your limitations. Wear loose clothing and bring a water bottle. Drop ins welcome.

When: Mondays, January 22 – February 26
Time: 11:00 – 11:45 am
Drop In Fee: \$2.50 LSCO M; \$3.50 NM
Instructor: Sharon Appelt

SENIORS MARTIAL ARTS FITNESS CLASS

This 6 week class is designed for older adults to challenge and improve balance, coordination, strength and general fitness through martial art movements and exercises. You'll learn a variety of strike (hand and foot) combinations and exercises from black belt instructors. Wear comfortable clothes and bare feet due to class being held on special mats. Waivers must be completed. Class will be held at C229 12 C Street North. Note: entry into the gym has stairs.

When: Saturdays, March 3 – April 14
(no class March 31)
Time: 10:00 – 11:00 am
Fee: \$36 LSCO M; \$54 NM
Register by: Tuesday, February 27
(after this date add \$5)

EARLY RISER ZUMBA GOLD

Start your day right with a Zumba class designed with low impact moves and energetic music. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Thursdays
January 18 – February 22

Time: 8:00 – 8:45 am
 Drop In Fee: \$6 LSCO M; \$7 NM
 Instructor: Nicole Stratychuk

ZUMBA GOLD

This easy to follow program lets you move to the beat at your own speed. It is an invigorating class held to upbeat music that provides modified, low impact moves for active older adults. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Tuesdays, March 6 – April 24
 (no classes April 3)
 Time: 11:00 – 11:45 am
 Fee: \$32 LSCO M; \$42 NM
 Instructor: Nicole Stratychuk
 Register by: Thursday, March 1
 (after this date add \$5)

Yoga

GENTLE YOGA

Middle-aged adults and senior citizens can use yoga techniques to slow the aging process. With a few modifications to poses and a respect for the physical limitations of the body, individuals can easily participate in a healthy and active yoga session. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks.

When: Tuesdays & Thursdays
 March 6 – April 26
 Time: 9:30 – 10:30 am
 Fee: \$72 LSCO M; \$108 NM
 Register by: Friday, March 2
 (after this date add \$5)

YIN YOGA

This challenging class is intended for those who have already practiced yoga. Yin Yoga focuses on the joints and connective tissue, especially in the hips, lower back and spine. Most of the poses are seated and last for 3-5 minutes, making the practice deeply meditative. Poses calm the mind, improve flexibility and joint mobility, decrease stress and anxiety, help balance energy (chi) in the internal organs through energy movement and meridian stimulation. Yin Yoga is a good compliment to other forms of vigorous exercise. Bring your yoga mat, a firm blanket and anything else you will need to be comfortable.

When: Mondays, February 5 – April 23
 (no class Feb. 19 & April 2)
 Time: 9:00 – 10:30 am
 Fee: \$85 LSCO M; \$125 NM
 Instructor: Karen Toohey
 Register by: Tuesday, January 30
 (after this date add \$5)

YOGA for MEN

Have you always wanted to take a yoga class? Do you want to improve your balance? Are you stiff and thinking about how nice it would be to be able to bend over and tie your shoes without straining now and as you age? How about your coordination? If yes or a maybe is being contemplated then register for this class. Skip Cooper will lead you through a very comfortable sequence of movements and stretches. Register today; you will be glad you did! Props maybe used. Wear comfortable clothing, bring a yoga mat and water bottle.

When: Wednesdays, March 7 – April 25
 Time: 8:30 – 9:30 am
 Fee: \$38 LSCO Members; \$57 NM
 Register by: Tuesday, March 6
 (after this date add \$5)

FITNESS CENTRE

LSCO boasts a wonderful exercise facility. To use the centre individuals must purchase a membership for the Fitness Centre as shown below.

- LSCO Member Fees
- 1 month: \$18
 - 6 months: \$99
 - 12 months: \$180
- Non Member Fee
- 1 month: \$27
 - 6 months \$150

FITNESS ORIENTATIONS

Members: If you are unsure of how to use the exercise machines or are interested in changing up your workout routine feel free to ask the University Students that will be here most Mondays & Fridays from 11:45 am – 2:15 pm and Wednesdays from 9:00 – 11:30 am for assistance.

Sports

PICKLEBALL FOR BEGINNERS

If you are interested in learning the game of pickleball register for this 4 week course. Some equipment will be supplied. Paddles are available for purchase. Bring a water bottle; wear comfortable exercise clothes and **clean, indoor court shoes**. Fee includes additional practice time (ask the instructor for times). Please complete an Activity Waiver Form upon registration.

When: Wednesdays, February 7 – 28
 Time: 2:00 – 3:30 pm
 Fee: \$15 LSCO M; \$30 NM
 Register by: Monday, February 5

TUESDAY & THURSDAY NOON ADULT BASKETBALL

Here is your opportunity to play basketball twice a week for a reasonable price during the lunch hour! A great way to relieve stress and get some exercise before heading back to work or to whatever the afternoon holds. Shower facilities are available so no need to worry about not being fresh for the rest of the day! Register at the Administration Desk. Pay for 4 months of basketball and save! Monthly option available.

When: January 2 – April 26
 Time: 12:00 – 1:00 pm
 Fee: \$120 (4 months); \$40 (per month)
 Drop in Fee \$6/day

Technology

APPLE COMPUTERS

Basic and simple instructions on how to use 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: Fridays, February 23 – March 23
 Time: 1:30 – 4:00 pm
 Fee: \$50 LSCO M; \$70 NM
 Instructor: Rod Henriquez
 Register by: Friday, February 16

**Don't forget your fitness orientation!
 Monday & Fridays from 11:45 – 2:15 pm
 and Wednesdays from 9:00 – 11:30 am**

Creative Arts

ZENTANGLE ART #2

If you have taken the first session of Zentangle Art and are ready to learn new tangles and 3 dimensional shading, register for this class.

When: Tuesdays, February 6 – March 6
 Time: 1:00 - 4:00 pm
 Fee: \$25 LSCO M; \$38 NM
 Register by Thursday, February 1
 (after this date add \$5)

EXPLORING DRAWING MATERIALS

This studio based course give participants an opportunity to try a variety of drawing materials including: drawing pencils, charcoal, conte crayon, pencil crayons, watercolour crayons, chalk pastels, oil pastels, felt pens, india ink with quill pen and others. Experiment, explore, have fun and be creative! Work on your projects in a studio environment. Bring any pencils, pens, etc you may have. Material Fee \$10 payable to the instructor.

When: Tuesdays, February 13 – March 27
 Time: 10:15 – 11:45 am
 Fee: \$35 LSCO M; \$55 NM
 Instructor: Steve Burger
 Register by: Friday, February 9

CAMERA AS A SKETCHBOOK

Digital photography can be a powerful tool for recording locations, environmental details and colours that can be used for visual reference in a wide variety of drawings and paintings done at a later time in the art studio. The course will cover use of camera, storage of images, composition, drawing and abstracting photographs into traditional drawing and painting mediums. Bring your camera, prints of photographs you have taken and any 2 dimensional art materials that you want to work with.

When: Thursdays, February 15 – March 29
 Time: 10:15 – 11:45 am
 Fee: \$35 LSCO M; \$55 NM
 Instructor: Steve Burger
 Register by: Friday, February 9

DROP IN FEES

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

	Member	Non-Member
Active Aging	\$6.00	\$7.50
Morning Exercise	\$4.00	\$5.00
Chair Yoga	\$3.00	\$5.00
Gentle Yoga	\$6.00	\$7.00
Morning Yoga	\$6.00	\$7.00
Active Yoga	\$6.00	\$7.00
Noon Yoga	\$8.50	\$12.00
Yoga Blend	\$8.50	\$12.00
Yoga for Men	\$6.00	\$7.00
Nia	\$8.50	\$12.00
Pickleball	\$2.50	\$3.50
Pilates	\$6.00	\$7.00
Zumba	\$6.00	\$7.00
Fitness Centre	\$6.00	\$7.00

Go to our website at www.lethseniors.com to view all our exercise and fitness classes.
 You can also purchase a 10X pass to use for drop-in classes. See the administration desk for details.



February Weekly Activity Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pickleball 7:30 am		Pickleball 7:30 am		Pickleball 7:30 am
Active Aging 8:00 am		Active Aging 8:00 am	Early Riser Zumba Gold 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 Yoga for Men 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 Ceramics & China Painting 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am Fitball 9:00 am Crafting 9:00 am	Amateur Ham Radio 9:00 am Digital Photography 9:00 am Paper Toile 9:00 am Active Yoga Stretch 9:00 am
	Gentle Yoga 9:30 am	Scrabble 9:30 am Chair Yoga 9:35 am	Gentle Yoga 9:30 am Scrabble 9:30 am	
Keep Fit 10:00 am Yoga 9:30 am	Advanced Photography 10:00 am Lapidary 10:00 am Golden Mile Singers 10:00	Keep Fit 10:00 am Genealogy 10:00 am Yoga 10:00 am		Walking 9:30 am Digital Photography 10:00 am
Line Dancing 10:30 am	QiGong 10:15 am Pickleball 10:00 am		QiGong 10:15 am Badminton 10:30 am Line Dance 10:30 am Nia 10:45 am	Scottish Country Dance 10:15 am
Badminton 11:10 am	Zumba Gold 11:00 am	Badminton 11:10 am		Badminton 11:10 am
Pilates Plus 12:00 pm	Quilting 12:00 pm Yoga Noon Hour 12:05 pm		Yoga Blend 12:05 pm	
			Wood Carving 12:30 pm	Friday Music Program 12:30 pm
Pickleball 12:45 pm				Pickleball 12:45 pm
Computer Club 1:00 pm	Adult Day Program 1:00 pm (Music, Outings, Activities & Chair Exercises) Karaoke 1:00 pm	Adult Day Program 1:00 pm (Horse Racing, Games, Bowling, Kinect, Movies) Bingo 1:00 pm Lapidary 1:00 pm Computer Club 1:00 pm	Adult Day Program 1:00 pm (Music, Outings, Activities) Needlework 1:00 pm Crib 1:00 pm	
	Pickleball 1:15 pm		Pickleball 1:15 pm	
		Pickleball Lessons 2:00 pm		
Table Tennis 3:00 pm		Table Tennis 2:45 pm Active Yoga 4:45 pm		Table Tennis 3:00 pm
			Nia Inspired Dance 5:15 pm	
			Jam Session 6:45 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 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.

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

Enjoy a cup of coffee at no extra cost when you order the Lunch Special.

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GIFT CERTIFICATES AVAILABLE

Bonnars Ferry, ID, Inn Lodge	Feb 20-23, 2018	\$310 pp/dbl \$345 pp/dbl
Medicine Hat, AB	March 5-7, 2018	\$260 pp/dbl
Moose Jaw, SK	April 15-18, 2018	\$425 pp/dbl
Camrose, AB	May 20-23, 2018	\$235 pp/dbl
Bonnars Ferry, ID	June 3-6, 2018	\$310 pp/dbl
Waterton	June 14-17, 2018	\$269 pp/dbl
Stoney Nakoda Kananskis	TBA - Call	TBD
Deadwood, SD	Sept 30-Oct 6, 2018	\$665 pp/dbl

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Volunteer & Fund Development

VOLUNTEER SURVEYS

I'm hoping by the time this is published that most volunteers have completed their surveys (one is for general feedback needed for my end-of-year reports, and the other is some volunteer preferences/appreciation questions so we can get to know you better). If you haven't done one, please get in touch and I would be happy to give you a paper copy or send you a link to the online versions.

NATIONAL VOLUNTEER WEEK

This year National Volunteer Week is April 15th – 21st, and I am really looking forward to spending some dedicated time appreciating you all. More details to come!

On a related note, please see the list of all of the volunteers who logged at least 150 volunteer hours for the LSCO in 2017. What a terrific way to celebrate Canada's sesquicentennial – by giving your time to help build up your community. We are grateful for your dedication and your leadership.



Coordinator

Chelsea Sherbut

csherbut@lethseniors.com

403-320-2222 ext. 31

LIVE WELL SHOWCASE VOLUNTEERS

Another item for your calendar – the Live Well Showcase will be taking place at LSCO on May 3rd – 5th. This event has become famous for being uniquely welcoming to exhibitors and visitors, and that is all to the credit of the excellent volunteers we have had in previous years. There are plenty of jobs to be had (set up of all the drapes and tables, vendor support, food and beverage help, take down), drop me a line if you are interested.

QUILT RAFFLE VOLUNTEERS

The annual Quilt Raffle is upon us, and volunteers who are friendly and have good customer service skills are sought to help sell tickets (2 hour shifts) in the main lobby. The system is (slightly) complicated, so you'll need to have your wits about you! I'll provide the coffee.

NEW VOLUNTEER EMAIL LISTS

We have two new volunteer email lists! If you would like to be on either one, please let me know. They are:

- **Special Events Volunteer email list:** for those who are interested in helping out with special events like raffles, pancake breakfasts, pub afternoons, decorating and so on
- **All Volunteer email list:** similar to this column, but better. Will feature volunteer call-outs, contests, access to professional development opportunities and more! ★

Volunteers who logged 150 volunteer hours for LSCO in 2017

Margaret Baker

Ruth Balogh

Jeanne Bianchini

Irene Burdon-Murphy

Heather Doyle

Sheila Egli

Tanya Farr

Richard Gaff

Gemma Gagne

Marie Gomez

Jennifer Greve

Don Guick

Alice Guick

Maria Jokuty

Audrey Kayfish

Gladys Larson

Wayne Liddell

MNP LLP

Ben Lydom

Joanne Lydom

Bob Maslen

Matthew McRae

Bill Mucha

Martha Nance

Carrie Noel

Verl Ott

Sabra Owen

Cheryl Peel

Bruce Peel

Elizabeth Pocock

Alexandra Riley

Peggy Rodzinyak

Joyce Rollingson

Marguerite Rondeau

Sjoerd Schaafsma

Hantzen Scholten

Millie Shewchuk

Aris Slingerland

Robert Smallbones

Leroy Spink

Helen Swartzenberger

Tracey Thompson

John Unrau

Maurice Wendleboe

Ivie Wheeler

Cathy Whelpley

Leslie Wiebe

Shaun Wilson

Bell Let's Talk Day is January 31, 2018.

Mental health affects us all. Join the conversation.

On Bell Let's Talk Day, Bell will donate more towards mental health initiatives in Canada, by contributing 5¢ for every applicable text, call, tweet, social media video view and use of our Facebook frame or Snapchat filter.

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AUDITIONS

Monday, February 5, 2018 and Tuesday, February 6, 2018

7:30 - 9:30 pm • LCI Choir Room, Lethbridge

Director - Fran Rude

Musical Director and Conductor - Ken Rogers

Stage Manager - Nancy Graham

Auditions are being held for men and women of all ages over 17 years. Sorry, no children are required. Please be prepared to perform a vocal selection that demonstrates your vocal range. An accompanist will be provided, please bring a copy of your selection for them. Some accent work will be required, and includes upper- and working-class British, and working-class Irish.

Speaking of Bones!

Chloe Kilkenny, an educator and BoneFit Certified by Osteoporosis Canada, will be speaking on Osteoporosis & Fall/Fracture Prevention at LSCO on **Thursday, February 15** in Room A at 10:00 am. Open to the public.

Practicing Happiness

Practicing Happiness is a six week program that helps individuals find purpose and direction in life. Every day life can present many ups and downs and sometimes it is hard to keep being positive. Practicing Happiness tries to help individuals find inner peace. Individuals need to pre-register for Practicing Happiness that starts on **February 28th** by calling 403-320-2222 or stopping by the LSCO administration desk.

Friday Music Program

Friday Music Program entertainers for the month of February are: February 2nd: Hank Wiebe. February 9th: Classic Legends. February 16th: TJ Waltho. February 23rd: Los Gringos.

The Friday Music program runs from 12:30 pm – 2:00 pm. Come and have lunch and listen to the music.

Wellness**Hearing Screening**

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

**Support Services Coordinator**

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

Serenity Foot Care

The care provider for this service is *Mercy Lar*, LPN. Care includes: assessment of the lower legs and feet, including a diabetic foot screen; cutting and filing toenails; filing corns and calluses, corn removal if possible; simple massage; teaching about foot care; recommendations about shoes; referrals to other professionals. Serenity offers one-hour appointments. Book your appointment for **Tuesday, February 6th** by calling LSCO at 403-320-2222. There is a fee for this service with a portion of it going to LSCO. To book an appointment for a home visit call 403-915-1800.

Free Neck and Shoulder Massages!

The Lethbridge College Massage Therapy students will be here at LSCO on **Tuesday, February 13th** from 10:00 am until 12:00 pm in the Dining Room (Card Area). The students will provide free neck and shoulder massages on a first come first served basis.

Reflexology Appointments

Did you know the benefits of reflexology include its ability to stimulate nerve function, increases energy, boosts circulation, induces a deep state

of relaxation, eliminates toxins, stimulates the central nervous system, prevents migraines, cleans up urinary tract conditions. Reflexologists, Brenda & Linda, will be here on **Friday, February 16th**. Individuals interested can book their 1 hour appointments at the administration desk with the first appointment starting at 9:00 am. The cost for a 1 hour session is \$50 with a portion going to LSCO.

Direct Dental Hygiene

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

Community Partnerships**Legal Advice**

Doug Alger from the law firm of *Alger Zadeiks Shapiro* will be here on **Wednesday, February 14th**. The law firm of *Alger Zadeiks Shapiro* offers a free 15 minute legal advice sessions here at LSCO the 2nd Wednesday of every month. Appointment times run from 10:00 am – 12:00 pm and appointments can be made either by stopping by the Administration desk or by phoning 403-320-2222. These appointments are for information only.



Two blocks west of the casino on Crowsnest Trail

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Happy Birthday!

David was born December 22nd, 1917 to Scottish parents in Dublin, Ireland.

David notes as a child one of his favorite times was Christmas. The children would write notes to Santa and send them up the chimney for Santa to read.

David had an aunt & uncle in Prince Rupert who would send them apples from Canada. What a special treat..!

They built their own shortwave radio with a crystal, allowing them to hear all the broadcasts from the Germans Bombing the Air Craft Carrier in Belfast.

David says after they checked the map and newspapers from Canada they found out they could build a home there..

They had an NM home (non modern). They had a toilet at the end of the garden.

David believed at age 30 it was his duty to join the R.A.F. He was a Medic trained in Glasgow for rugby and all sports.

He was posted to stations in England and West Africa. During his time in service David attended a bomber station in South Africa and Sierra Leone where he treated all wounded. David spent time in a hospital with a German Prisoner who taught him to Sing in German "Holly Mary I am Dying."

David met his wife while attending to a sports injury for a hockey player.

David remembers in his youth he gave a diamond ring to a certain young lady and she returned it saying she preferred a sewing machine instead.

He loved music and singing, returning to Scotland to sing and lead in the Boy Scout Jamboree in Edinburgh.

Recently while David was pushing a cart for the Choir with supplies for our visits to entertain at various Care Centre's he remarked: "This reminds me of my youth when I used to push our baby in the buggy while my wife was playing hockey.

David sang in the German Canadian Choir for many years until he joined the Golden Mile Singers at LSCO .

David currently resides in a senior residence in Lethbridge.

Happy belated 100th Birthday David from all of us at LSCO

“I’m the Least Racist Person you will ever Interview”

I was watching an old episode of 60 Minutes the other night, after Donald Trump’s infamous comments about s.t-hole countries made in the context of debating US immigration policy. Now I promised myself that this year I would write more article about legal matters, but this was one I could not just let go. The episode had a segment on the neo-Nazi movement in the USA.

The episode talked about what the neo-Nazi movement was about. Essentially the movement is about the alleged alienation of white males and how they feel they are being marginalized. The common unifying phrase is white genocide. Neo-Nazis believe that immigration and liberal governments are destroying the white male’s chances in North America. The primary instigator of the white male’s problems are the Jewish people. Particularly those Jews in power in the USA.

Now take a look at the campaign of Donald Trump and his viewpoints espoused while in office. His campaign was entirely focused on getting the white vote in the heartland states. Don’t get me wrong, you need the white vote to win elections in the States, but you don’t have to pit the whites against the rest of the States to do that, but that is what Donald Trump did. He disparaged Mexicans,



Legal Tips and Information

Douglas Alger

Muslims, and anyone who was not of a white Anglo Saxon European racial background. This has continued non-stop throughout his Presidency. The Muslim ban, the building of the wall, his comments about Charlottesville. “There were many fine people on both sides”. His comments about countries, where the predominate race is dark skinned. His wanting to have more immigrants from Norway. His whole Presidency is based on the neo-Nazi playbook, whose main guiding principle is to make the white male in America, feel like he is being marginalized. “Make America Great Again” should probably read Make America White Again”.

As an aside, if you have ever read any books about where humans came from such as

Sapiens by Yuval Harari, you will know why humans have evolved lighter skin. Initially we all came out of Africa, about 75,000 to 125,000 years ago, which is a blip in geological time. Our skin became lighter as we moved north to allow our bodies to absorb vitamin D. That is why people from Finland have the lightest skin tone on earth. It is a fluke as to our mere existence and it is certainly a fluke as to what our skin colour is.

So here we have Donald Trump, whose every word is to appease his 36 per cent base, which I venture to guess is predominantly white. He doesn’t have to frame his message this way, but he does and I am sure that he receives advise about how to present his message. I am also confident that some of his advisors have told him that the way he frames his message could be viewed as racist. Despite this Donald Trump continues to spew his message of division and hate. I am not sure what you exactly call someone like that, but I am pretty sure it could be racist and is certainly not inclusive. So based on the title of this article, I would say that besides being a racist, he is also a liar, which we already knew he was. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

Did you know?

Breakfast is served from 8:00 am until 1:00 pm in the LSCO Dining Room.



February At a Glance
admission fees apply | free to annual pass holders

Fri FEB 02 Valentines
First Friday Fun | 1:30–3 pm | Families

Sat FEB 03 Traditional Blackfoot Diet and Medicine
Saturdays at 1:00 | 1–2 pm | Families

Wed FEB 07 Traditional Blackfoot Families
Daytime Galt Workshops | 10:30–noon | Adults

Wed FEB 07 Stilled Life: the History of Taxidermy
Wednesdays at the Galt | 2–3 pm | Adults

Thu FEB 08 Vintage Valentines
Galt Workshops | 7–9 pm | Adults

Sat FEB 10 Collectors Day
Saturdays at 1:00 | 1–2 pm | Families

Sat FEB 10 Friends Winter Barn Dance
Special Family Event | 7–11 pm | All Ages

Sun FEB 11 Women’s Hands Building a Nation
Café Galt | 2–3 pm | Adults



Wed FEB 14 Memory Boxes
Daytime Galt Workshops | 10:30–noon | Adults

Sat FEB 17 Rag Dolls
Saturdays at 1 | 1–2 pm | Families

Mon FEB 19 Family History Day
Special Family Event | 1–4:30 pm | Families

Mon FEB 19 Family Day
Archives Program | 7–9 pm | Adults

FEB 19–23 Coulees and Culture
Special Event | 8:30–4:30 pm | Ages 6–9

Wed FEB 21 Painted Rocks
Daytime Galt Workshops | 10:30–noon | Adults

Wed FEB 21 A Collection of Music
Wednesdays at the Galt | 2–3 pm | Adults

Thu FEB 22 Collections Tour
Special Event | 4 pm | All Ages

Sat FEB 24 Stories of Our Ancestors
Saturdays at 1:00 | 1–2 pm | Families

Wed FEB 28 Needlepoint
Daytime Galt Workshops | 10:30–noon | Adults

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403.320-3954

HEART & STROKE COURSE

The Heart & Stroke Basic Life Support (BLS) Provider course teaches learners to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations, and provide early use of an AED. It includes adult, child, and infant rescue techniques. The BLS provider course includes realistic scenarios, simulations and state-of-the-art animations, and incorporates Heart & Stroke’s proven practice-while-watching video format to bring the science of the 2015 Guidelines Update for CPR and ECC to the front-line practitioner. Participants will feel much more confident to help others if the need arises. The course is 4 hours in length. Certificates will be issued.

When:	Tuesday, February 6
Time:	5:00 – 9:00 pm
Fee:	\$100 LSCO M; \$110 NM

Milking

In my youth I was placed on a ranch. We won't go into why. It was a wonderful growing experience.

When you are the new hired hand, you have to do any and every dirty job. My lowest level job was not cleaning muck or other hard work. It was milking cows, but I just had to do it. The cows looked back at me and said, "I can hit you with my tail and pee and poop while you milk – so just try it!"

The lady of the farm was a big lady and she always milked the cow next to me. Each time she made fun of me because she knew the cows hated me. After watching the cows

each milking time, I came up with a plan.

As I said, the lady always milked the cow next to mine. My cow always humped its back and peed while I was milking, so I pushed my cow over against her back where she sat on her stool. Now remember, this was a large lady and one who couldn't move fast and moved with difficulty. She usually used her cow's tail to pull herself up – so I knew she couldn't escape.

Sure enough I was right! The cow had to pee so I pushed the cow a little closer to her. The cow humped its back and let go – drenching the lady from her head all the

way down her back. She said it was warm, wet feeling from head to toe. I got up and started to run. She threw the milk stool, manure and anything else she could reach and called me some names I hadn't heard before.

I went to see her when she was in hospital. Before she died she told me she still held a grudge against me, but she still loved me. She was a good woman – none better. I was young and she was like a mother to me.

I still hated milking cows!!

by Stan Coxson



Camera as a Sketchbook

Digital photography can be a powerful tool for recording locations, environmental details and colours that can be used for visual reference in a wide variety of drawings and paintings done at a later time in the art studio. The course will cover use of camera, storage of images, composition, drawing and abstracting photographs into traditional drawing and painting mediums. Bring your camera, prints of photographs you have taken and any 2 dimensional art materials that you want to work with.

When: Thursdays, February 15 – March 29
 Time: 10:15 – 11:45 am
 Fee: \$35 LSCO M; \$55 NM
 Instructor: Steve Burger
 Register by: Friday, February 9



Hula-hooping is not just for kids anymore! This new style, called "hooping", is the latest fitness and dance craze. This class uses hoops that are specifically designed for adult beginners. Participants will safely and effectively burn calories, tone core muscles and improve balance, posture and stability. Class content will be adapted to suit all fitness levels; including those who have never been able to keep the hoop up!

When: Tuesdays, March 20 – April 17
 Time: 5:30 – 6:30 pm
 Fee: \$30 LSCO M; \$45 NM
 Instructor: Erin Lix
 Register by: Thursday, March 15 (after this date add \$5)



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ADULT CPR (2 hour introduction)

This class is designed to allow participants to learn the basic skills of Adult CPR and AED use as well as relief of choking skills. Every year, about 40,000 cardiac arrests happen in Canada – that's one every 13 minutes. Cardiac arrest can strike without warning, affecting people of all ages and degrees of fitness. When cardiac arrest happens, every minute counts. If delivered in the first few minutes of a cardiac arrest, defibrillation and CPR (cardiopulmonary resuscitation) can double survival rates. This is not a certification course; as a result testing does not take place.

When: Tuesday, March 13
 Time: 10:00 am – 12:00 pm
 Fee: \$10 LSCO M; \$20 NM
 Register by: Friday, March 9 (after this date add \$5)

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Free Neck & Shoulder MASSAGES!

The Lethbridge College Massage Therapy students will be here at LSCO on **Tuesday, February 13** from 10:00 am until 12:00 pm in the Card Area, LSCO Dining Room.

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



Practicing Happiness

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 Wednesdays for six weeks from **February 28 – April 4**, 10:00 - 11:30 am in Room C & D. Group facilitators from AHS Seniors Mental Health Outreach.

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

Lethbridge Senior Citizens Organization
500 - 11th Street South



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WELCOME POLICY

Starting February 1, 2018 the Welcome Policy has been increased.

The Welcome Policy allows individuals to access membership and programs at LSCO at a lower cost.

Please ask for more information at the Administration Desk.

The subsidy is dependent on the income of the individual(s). Please bring in your prior year income tax for verification. See income guidelines below.

SINGLE		COUPLE	
Prior Year Income (line 150 of Tax return)	Fee Subsidy	Prior Year Income (line 150 of Tax return)	Fee Subsidy
<30,000	25%	<50,000	25%

LSCO Friday Music Program

February 2 Hank Wiebe

February 9 Classic Legends

February 16 TJ Waltho

February 23 Los Gringos

Lunch served 11:00 am ~ 1:00 pm

Music Program 12:30 ~ 2:00 pm

LSCO Stage Area



Lethbridge Senior Citizens Organization (LSCO)
500 - 11th Street South • 403-320-2222

February 2018 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Music with Sandy Gervais 1:00 pm Room A/B	2 Music Program in Stage Area Hank Wiebe 12:30 ~ 2:00 pm	3
4	5 	6 Music with Alice 1:00 pm Chair Exercises 2:45 pm	7 Fun with Wii 1:00 pm	8 Music with Floyd Sillito 1:00 pm Room A/B	9 Music Program in Stage Area Classic Legends 12:30 ~ 2:00 pm	
11		13 Music with Hank 1:00 pm Chair Exercises 2:45 pm	14 Bowling Holiday Bowl 1:00 pm	15 Pressed Flowers with Eira 1:00 pm	16 Music Program in Stage Area TJ Waltho 12:30 ~ 2:00 pm	17
18		20 Pet Therapy with Heather ~ 1:00 pm Chair Exercises 2:45 pm	21 Horse Racing 1:00 pm Room A/B	22 Los Gringos 1:00 pm Room A/B	23 Music Program in Stage Area Los Gringos 12:30 ~ 2:00 pm	24
25 	26	27 Cards & Dice 1:00 pm Chair Exercises 2:45 pm	28 Bowling Holiday Bowl 1:00 pm			

Lethbridge Senior Citizens Organization operates an adult day program giving individuals with physical or mental limitations the opportunity to participate with other adults in a variety of activities. Cost is \$3 LSCO M & \$5 NM per visit.

The Boutique has moved in to the glass house. Stop by and check out the new products and displays.

Active Aging Strength & Low Impact Classes

These low impact classes will assist you to maintain, build and improve your balance, strength, cardiovascular fitness and overall health. A variety of exercise equipment will be used. All fitness levels welcome. Wear comfortable exercise clothes, indoor sneakers, water bottle, yoga or exercise mat and be ready to have fun!

Note: Monday classes will end at 9:00 am.

When: Mondays & Wednesdays
March 5 – April 25 (no class April 2)

Time: 8:00 – 8:50 am

Fee: \$75 LSCO M; \$98 NM

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

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**Tuesday, February 6th
7:00 PM**

Maritime Travel - Lethbridge
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- Light Refreshments
- Door Prizes

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Elder Abuse: Global Situation

As the elder abuse Case Manager, I am an advocate to bring attention to those who are being harmed by abuse or neglect in this community. I recently sought a position to sit on the provincial board and looked at the Canadian information about seniors being abused. But that peeked my curiosity – what does it look like internationally? So I went looking for information and found this article.

Oxford journals- the gerontologist
Gerontologist. 2016 Apr; 56(Suppl 2): S194–S205.
Published online 2016 Mar 18. doi: 10.1093/geront/gnw004

Elder Abuse: Global Situation

Elder abuse is now recognized internationally as an extensive and serious problem, urgently requiring the attention of health care systems, social welfare agencies, policymakers, and the general public. Reports from the World Health Organization, United Nations, and other international bodies have prominently featured elder abuse and highlighted the range of harmful activities subsumed under this rubric throughout the world (*World Health Organiza-*



LEARN Case Manager

Joanne Blinco
learn@lethseniors.com
403-394-0306

tion, 2011, 2014; OHCHR, 2010; Podnieks, Anetzberger, Wilson, Teaster, & Wangmo, 2010). With a global explosion in the older adult population, elder abuse is expected to become an even more pressing problem, affecting millions of individuals worldwide. Elder abuse is associated with devastating individual consequences and societal costs, meriting attention as a serious public health issue.

They cited caregiver intervention, money management programs, helplines, emergency shelters and multi-disciplinary teams to sup-

port the older adult as the potential to prevent mistreatment. They suggested that social embeddedness and what your living arrangements can be protective factors.

In conclusion they report irrespective of the local strategies employed, cases of elder abuse will only increase given the aging of the population worldwide, making it a public health problem of global importance.

So from our local approach; if you, or someone you know is experiencing abuse, please give me a call. **When it comes to Elder Abuse, Silence is not an option.**

The Lethbridge Elder Abuse Response Network is a collaboration of human service organizations working together to educate and support senior citizens at risk of or experiencing abuse. For more information or to report a concern, please contact the LEARN Case Manager, Joanne Blinco, at 403-394-0306 or drop by on the 2nd floor or e-mail: learn@lethseniors.com. ★

How to be a global citizen

This February, Canada celebrates its 28th annual International Development Week. The week marks a time to reflect on how Canadians can be better global citizens by helping people and countries in need. If you are interested in becoming more globally engaged, the easiest and most effective thing you can do is support an international charity. Follow these steps to become a more charitable global citizen during this week:

Research. The world is a large, complicated place. Before you decide how you want to spend your money, do some research on current global issues. In the process, you might learn things you didn't already know about international politics and history. Pick a charity. After you have completed your research, choose an organization that suits your interests and concerns. If you are passionate about women's issues, consider a group like Beautiful World Canada,

an organization that provides scholarships to women in sub-Saharan Africa.

Tell your friends. After you have donated, make sure to tell your loved ones about the organization you chose. They might also be interesting in giving or volunteering. And even if they don't have money to spare right now, they can help spread the word about the important work that so many Canadian non-profits are doing overseas. www.newscanada.com

Computer Corner by Sjoerd Schaafsma

Updating Your Windows 10 Computer

Some people will say, "What's the big deal, my PC updates automatically and I haven't had any problems with the updates." Consider yourself lucky.

The large Windows 10 updates are almost like upgrading from one version of Windows to another, and can take hours to complete. I've run across a few cases recently with people having problems completing updates. This might be a case of either not enough hard drive storage, or a PC that hasn't been able to update regularly, or just something quirky that stops the update process.

If you have a computer struggling or failing to update Windows 10, fear not, there are solutions!

I bought a cheap Windows 8 tablet so I could use it for learning Windows 10. The initial upgrade from Windows 8 to 10 was fairly straightforward. For the past year however I've been getting annoying messages, first telling me to update, then that I can't update. I've let it ride because it's a 'toy' tablet and it still runs. Last month I had a request from a computer club member to update her 'sit in the closet' laptop, so I fooled around with mine till I got the next upgrade.

In both our cases we didn't have any important data to save and it was OK to start from scratch. If you have files you want to keep on your computer, **back them up**, preferably to an external hard drive. Whether you have update problems or not, BACKUP!

The brief solutions, to updating were:

1. Use another "hard drive" in the form of a micro SD card, to make room for the update and
2. Download Microsoft's standalone update file.

Here is the Microsoft link; with instructions on how to download the update file. The link is clickable in the online Computer Corner, or enter: <https://tinyurl.com/y6vzlhb>

Next Month: The details.

The Monthly Words to the Wise: Privacy breaches hit record high in Alberta.

Don't Freak out (you are after all 'The Wise') but do beware! This is an article worth reading. Alberta's privacy commissioner reported on a record number of personal privacy breaches last year.

By Scott Dippel, CBC News Posted: Jan 06, 2018

<http://www.cbc.ca/news/canada/calgary/privacy-hacking-information-1.4476084>

The Computer Corner can be read online at the Computer Club tech site <https://goo.gl/pjZz3J>, which is the short form of <https://sites.google.com/site/oldfolkscomputers/home>

To subscribe to the computer club email list: or if you have questions about the Computer Club contact - computerclub@lethseniors.com

Computer Club WORKSHOPS

February 2018

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

Monday Feb. 5 – Regular Updates of Lab computers & Prepping lobby PCs

Wednesday Feb. 7 – Valentines Session 1
How to create and print paper valentines, or send valentines by email, one at a time or all at once

Monday Feb. 12 – Valentines Session 2
Continued from previous session.

Wednesday Feb. 21 – Overview of graphic manipulation programs, what's out there, what you can do, what the programs can do. E.g. Changing, modifying, creating images.

Monday Feb. 26 – LSCOCC Meeting

Remember to renew your memberships and parking permits! Your Computer Club membership started on the day you paid for it and expires one year later. Check at the desk if you aren't sure.

You can now register and update memberships online. <http://www.lethseniors.com/register/shop/>

If you want one on one help for a specific problem or something you'd like to learn, please email computerclub@lethseniors.com giving a date, time and what you'd like help with. We'll try to hook you up with someone who will be able to help you in the lab. This service is available to Computer Club members only.

Suggestions for other workshops are welcomed.

The schedule can be found at <https://sites.google.com/site/oldfolkscomputers/workshop-calendar>

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

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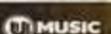
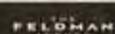
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Encounters with Rattlesnakes

The entire universe depends on everything fittin' together just right.

~ From *Beasts of the Southern Wild*

If you have ever heard the rattle of a rattlesnake you know instantly what it is, and you will never forget the sound. Even though these creatures cause a rush-of-danger warning for many of us there is a reason they are on this planet – they fit together with all the other creatures. They have a purpose. And that purpose is more than just terrifying for those of us who have a snake phobia (called ophidiophobia).

I was born and grew up in Hood River Valley in the Cascade Mountains. The Northern Pacific Rattlesnake (*Crotalus oreganus oreganus*) is found in this environment. While they are smaller than their southern cousins they can still pack quite a punch with their venom. I recall encountering rattlesnakes only twice in my life although I am told they were once quite prolific in the valley and the surrounding hills. My grandmother, Grace Smith (nee Binns), was born in the valley and she once told me an interesting legend about the local rattlesnakes.

A long time ago, when the first settlers began appearing in the west, a medicine man called all the rattlesnakes together and told them, "You must go into the mountains and stay out of the valley because the settlers who are coming to live in our valley will kill you." And that is why rattlesnakes are seldom seen in the Hood River Valley – just in the high hills and mountains around the Valley and further east.

The first time I ever saw a rattlesnake was just outside of the valley on the Columbia Gorge highway. My Dad and I stepped out of the car (being a commercial fisherman, he wanted to see how high the waves were on the River that day). The snake was sunning himself on the



The Widow's Walk

Kay Long, BSW, RSW

edge of the road. We startled it and it slithered down the hillside. I barely saw it before it was out of sight. When Dad saw it he grabbed me and we got back into the car.

My other encounter was a scary experience for the whole family. As a commercial fisherman my Dad had a float that was anchored off shore on the Columbia River. It was large enough for a tent with sleeping and cooking accommodations and had several large racks to dry the nets when they were not in use. It was springtime and we had been out on the boat with Dad, then we docked on the riverside of the float. Mom and I, (along with our little, terrier dog, Patches) jumped out of the boat onto the upper deck of the float. Dad grabbed the line and bent down to tie the boat to the lower deck. There were sheets of canvas under the racks to keep the nets from snagging on the rough boards. Mom was watching intently as Dad bent down to secure the line. When he stood up she said, "I think there's a snake on the canvas close to the pole where you tied the boat, and I think it's a rattlesnake."

Our little dog was eager to go to Dad and I held onto his harness. Dad asked her to repeat what she had said while he turned around, used a short 2x4 board to move back a fold in the can-

vas. Sure enough there was a rattlesnake laying curled up, unable to rattle because he was still wet.

It had been a high flood in the river that year with a lot of debris that had come down the river with the high water. A lot of downed trees and brush had lodged against the float and Dad figured that the snake had traveled downriver from eastern Oregon until the debris that it was on had hit the float. We were all startled to see this dangerous animal laying in an area that was within striking distance of where Dad's head had been just a few seconds before. He used the board he had in his hand and, with arm shaking, he managed to hit the snake before it could strike. He said afterward that if he hadn't been able to kill the snake we would have left the float and never gone back. There were just too many places that the snake could hide and Dad had always feared rattlesnakes.

I remember the rattles (8 buttons) being a prized possession in our house for many years. Both Dad and I were terrified of snakes. Mom was cautious but did not have the same grab-your-heart feeling about snakes. She grew up in Lyle, Washington where there was an abundance of rattlesnakes on the family ranch. Her big fear was spiders. She was an arachnophobic and, even as a small child, I would often kill spiders for her. I believe both snakes and spiders are part of the great universal plan and every living creature has a purpose on this earth. I just don't want to live too close to some of the creatures of the great universal plan. The rattlesnakes of Lethbridge can just stay down in the coolies (I hope) and I'll stay out of their territory. ★

The Widow's Walk: A Survivor's Handbook can be purchased by calling Kay Long, 403-320-6856, or emailing annieo@shaw.ca. The book is \$15 which covers mail or delivery.

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2018 Focus: Cyberbullying

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