

Celebrate and support Alberta seniors

- Keep connected and support seniors
- Offer assistance

Seniors' Week: June 1-7

Intergenerational Day: June 1

**World Elder Abuse
Awareness Day: June 15**





Executive Director

Rob Miyashiro
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LSCO and COVID-19 Shutdown

In the May edition of the *LSCO Times* (our first online-only paper) I listed all of the things LSCO staff are doing during the shutdown so I won't repeat that information this month. But our staff continued to be very busy:

- From mid-March to the middle of May, LSCO staff completed over **1500** wellness checks with our members and volunteers. Many were appreciative of the contact, but not many asked for additional calls;
- Shawn is testing out YouTube as a means for presenting fitness classes (in addition to classes with written instruction and recorded video classes);
- LSCO volunteers are preparing Income Tax returns over the phone for low income seniors and community members (approximately 200

returns completed to date);

- Diane continued to coordinate our seniors lawn care program;
- Heather, Amy and Kennedy are supporting 28 seniors on their active caseloads;
- Joanne has 30 active Elder Abuse cases (crisis support and investigation);
- Natasha continued to support our Meals on Wheels volunteers and customers (Brenda and Bonnie prepared 100 extra meals for the May long weekend!);
- Jodie and Lisette continued to support our operations from home;
- Thanks to Chris, Kari and Sharon for their continued effort to assist seniors and our staff group.

This writer is privileged to participate on the Provincial Community-Based Seniors Serving Organization Leadership Council which provides direction and oversight for the Healthy Aging CORE (Collaborative Online Research and Education) website: <https://core-alberta.ca/>. This platform is the knowledge hub for Community-Based Seniors Serving organizations and allied agencies and individuals in Alberta. Through CORE, this writer facilitated an online discussion for 47 people on Financial

Matters (mostly about tax filing) and co-facilitated a discussion for almost 60 people on Mental Health, Community Connection and Wellness. During the COVID-19 pandemic, CORE provides a collaborative response for seniors organizations which will, hopefully, lead to a collaborative system on the other side of this huge societal disruption.



Last month we had a thank you page to acknowledge the support we have received, but one organization was accidentally left out: The Lethbridge Curling Club. Kirk Mearns, Curling Club GM, donated all of their perishable food to LSCO when they decided to close. This is a big thank you to Kirk, his staff and the Curling Club for their generosity.

I would also like to acknowledge the, mostly not for profit, human services organizations in Lethbridge who have banded together in a community-wide effort to provide supports and services as necessitated by our residents.

Stay safe everyone. ★

Welcome New Members!

Florence Venhuis
Ronald McLeod
Sandra Gilles
Anolda Wells
Cindy Leoppky
Doug Madill
Jean Madill
Duane Taylor
Jan Gong
Leona Granger

*A Smile is the
Universal
Welcome.*



The Great Canadian Giving Challenge is here! For the entire month of June, every \$1 you donate to us through www.canadahelps.org or www.givingchallenge.ca qualifies us to win \$20,000! The more you give, the more changes for us to win! [#GivingChallengeCA](https://www.givingchallenge.ca)

Click on the link below to donate:



<https://www.canadahelps.org/en/gcgc/31942>

SENIORS GOLF

Drop in every Tuesday and/or Thursday for 9 holes at Evergreen Golf Centre at 5225 – 24 Avenue South. Book your tee time by calling 403-329-4500. Golfers must have their own clubs.

Cost: \$11.00/person (includes GST) please pay at Evergreen



It's not so much that we're afraid of change or so in love with the old ways, but it's that place in between that we fear...It's Linus when his blanket is in the dryer. There's nothing to hold on to.

~ Marilyn Ferguson

This quote came up in my daily meditation the other day and reminded me of the opportunities I anticipate that are in store for our organization during the coming months of recovery from Covid 19.

I used to work in an organization that was subjected to some amount of change at least every four years following a Provincial election. The reactions were predictable, outright resistance, grumbling with reluctant compliance



President's Message

Keith Sumner

or acceptance to try something new. I learned acceptance. I also learned if something did not work after giving it a fair trial we could retreat to the old way or modify the new way so that it did work. The key seemed to be in allowing us, the front-line staff, the flexibility to take the new policy and develop the procedure to deliver the desired out-

come. In the final analysis things always seemed to work out for the best.

I believe there is going to be lots of change, some thrust upon us, some by our desire to deliver our programs and services better. Let us keep an open mind, keep grumbling to a minimum and make an honest effort to try new things.

Eckart Tolle says in his book *A New Earth*, "If you are not in the state of either acceptance, enjoyment, or enthusiasm, look closely and you will find that you are creating suffering for yourself and others.

Let us go into this recovery period with an open mind.

Namaste! ★

New Meal Option for Meals on Wheels

Soup of the Day and Sandwich

\$6.00

Monday: Ham & Cheddar

Tuesday: Turkey & Swiss

Wednesday: Beef & Cheddar

Thursday: Egg Salad

Friday: Ham & Swiss

Please phone in orders
to LSCO by 12:00pm
the day before
403-320-2222



LSCO Meals on Wheels would like to thank the volunteers and community for all of their support! We truly do appreciate it!

Meals on Wheels continues to deliver a hot nutritious meal, Monday through Friday, at a subsidized price. If you are in need of help, please do not hesitate to call! 403-320-2222.



Encouraging Signs and Positive Change is all Around Us

Hello to our members, volunteers and community from the volunteer office!

It is difficult, in this time of uncertainty, to offer reassuring news without conveying false hopes; however, it is important to reflect on positive changes that have occurred, in these past few months. Progress is happening.

We are paying attention to the things that matter. We are more mindful of our health and protecting vulnerable people. We are reminded of how important we are to one another and realize the fragility of the world that we might have taken for granted. People are coor-



Volunteer Coordinator

Shiloh Sabas

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inating and cooperating more now than ever. Random acts of kindness are easier to find these days and we are spending more time and energy on our families and friends, even if it's from a distance.

In mid-March, my experience as an ICU

nurse and the projected models, held a real possibility that I may be required to return to nursing. I completed my critical care modules at the end of April and I'm still here at LSCO! This is very good news to the stability of our healthcare system and the efforts and sacrifices we all have made.

Thank you to everyone who helped with our plant and seed fundraiser. The quality and cost of the products was great and I hope we can do it again next year.

You are missed at LSCO and I can't wait until the time when we can meet again. ★

LSCO Summer Programs

MEMBERSHIP EXTENSIONS

LSCO will offer extensions to memberships due to the Covid-19 pandemic, provided that they were current prior to March 14, 2020. Extensions will reflect the number of weeks that LSCO was closed.

Golf Lessons

INTERMEDIATE GOLF LESSONS

Designed for the golfer with experience who needs a refresher of the basics as well as more in depth instruction. This class covers topics such as full swing, fundamentals, short game, and on course strategy. **1 hour lesson every week with the option to play 9 holes** after the lesson (same day play only – no rain checks, unless raining). Maximum 4 golfers.

When: **Session 1:** Fridays
July 3 – 24
Time: 2:15 – 3:15 pm
Fee: \$80 LSCO M; \$95 NM

When: **Session 2:** Fridays, August 7 – 28
Time: 2:15 – 3:15 pm
Fee: \$80 LSCO M; \$95 NM

BEGINNER GOLF

Designed for the player who has little to no experience. Lessons cover basics of equipment, etiquette, putting, chipping, full swing and apply these skills on the golf course. Maximum 4 students.

When: **Session 1:** Fridays, July 3 – 24
Time: 1:00 – 2:00 pm
Fee: \$70 LSCO M; \$85 NM

When: **Session 2:** Fridays, August 7 – 28
Time: 1:00 – 2:00 pm
Fee: \$70 LSCO M; \$85 NM

SENIORS GOLF

Drop in every Tuesday and/or Thursday for 9 holes at Evergreen Golf Centre at 5225 - 24 Avenue South. Book your tee time by calling 403-329-4500. Golfers must have their own clubs.

Cost: \$11.00/person (includes GST)
pay at Evergreen

It's good sportsmanship to not pick up lost golf balls while they are still rolling.

~ Mark Twain



Celebrate Seniors' Week

June 2nd LSCO is offering a
drive-by, pick-up Lunch

**Chicken Salad Croissant,
Cherry Tomatoes & Date Square
\$5.00**

Scheduled pick-up time between
11:00 am & 1:00 pm
at north-east door of LSCO
(closest to the Administration Office)
500 - 11th Street South

Must pre-order by calling 403-320-2222

Payment options: Credit Card when pre-ordering,
cash at pick-up or charge to LSCO account
(where applicable)

LSCO LETHBRIDGE
Senior Citizens
ORGANIZATION



Home Exercise Ideas

If you are looking for something fun to jazz up your home exercise routine try the **ALPHABET WORKOUT!** Modify/alternate as you wish.

For those of you wanting to strengthen your abdominals see the **28 Day Challenge** on the next page.

Decide on what words/ names you want to use. (try for 4 or more). Find the corresponding exercise by the letter. Eg: Happy. Your workout will then include:

H = 20 Mountain Climbers
A = 20 Squats
P = 30 Arm Circles (forward 15, backward 15)
P = 30 Arm Circles (forward 15, backward 15)
Y = 15 Abdominal Crunches

A = 30 Abdominal Crunches
B = 20 Squats
C = 25 Jumping Jacks (high or low impact)
D = 15 Wall Pushups or on floor if you wish
E = 30 Squats
F = 25 Lunges (alternating legs)
G = 30 Arm Circles (forward 15, backward 15)
H = 20 Mountain Climbers
I = 2 Minute Wall Sit
J = 15 Crunches
K = 20 High Knees
L = 25 Lunges (each leg)
M = 20 15 Wall Pushups or on floor if you wish

N = 25 Jumping Jacks (high or low impact)
O = 25 Mountain Climbers
P = 30 Arm Circles (forward 15, backward 15)
Q = 30 Abdominal Crunches
R = 1 Minute Balance (right leg then left leg)
S = 20 Squats
T = 20 High Knees
U = 2 Minute Wall Sits
V = 25 Jumping Jacks (high or low impact)
W = 25 Lunges (each leg)
X = 30 Wall Pushups or on floor if you wish
Y = 15 Abdominal Crunches
Z = 1 Minute Wall Sit



LSCOO 28-Day ABS Challenge

10 crunches 10 reverse crunches 10 bicycle 20 second plank	1	15 crunches 15 reverse crunches 20 bicycle 25 second plank	2	20 crunches 20 reverse crunches 30 bicycle 30 second plank	3	REST	4	20 crunches 20 reverse crunches 30 bicycle 30 second plank	5
25 crunches 25 reverse crunches 40 bicycle 35 second plank	6	REST	7	30 crunches 30 reverse crunches 50 bicycle 40 second plank	8	35 crunches 35 reverse crunches 60 bicycle 45 second plank	9	40 crunches 40 reverse crunches 70 bicycle 50 second plank	10
REST	11	40 crunches 40 reverse crunches 70 bicycle 50 second plank	12	45 crunches 45 reverse crunches 80 bicycle 55 second plank	13	REST	14	50 crunches 50 reverse crunches 90 bicycle 60 second plank 10 second side plank (per side)	15
55 crunches 55 reverse crunches 100 bicycle 65 second plank 10 second side plank (per side)	16	60 crunches 60 reverse crunches 110 bicycle 70 second plank 10 second side plank (per side)	17	REST	18	60 crunches 60 reverse crunches 110 bicycle 70 second plank 10 second side plank (per side)	19	65 crunches 65 reverse crunches 120 bicycle 75 second plank 10 second side plank (per side)	20
REST	21	70 crunches 70 reverse crunches 130 bicycle 80 second plank 20 second side plank (per side)	22	75 crunches 75 reverse crunches 140 bicycle 85 second plank 20 second side plank (per side)	23	80 crunches 80 reverse crunches 150 bicycle 90 second plank 20 second side plank (per side)	24	REST	25
80 crunches 80 reverse crunches 150 bicycle 90 second plank 20 second side plank (per side)	26	85 crunches 85 reverse crunches 160 bicycle 95 second plank 20 second side plank (per side)	27	100 crunches 100 reverse crunches 200 bicycle 120 second plank 30 second side plank (per side)	28	FINISHED	Exercises can be completed 1/2 in the morning & 1/2 in the evening.		

“A crisis highlights all of our fault lines”

Let me introduce you to Brene' Brown! Some of you likely have no clue who she is and others may be avid followers of her research and perspective on the topics of vulnerability, courage, shame and empathy.

Her quote, “A crisis highlights all of our fault lines. We can pretend that we have noticed nothing to learn or we can take this opportunity to own the truth and make a better future for ourselves and others”, was all I needed to step back from the negativity, criticism and fear of change that was overshadowing me as the day's press on during covid19.

Life “pre-covid” wasn't fault free. Life was fast. Some days it felt irrelevant, needless and wasted. Days were packed full of schedules, expectations and tasks. Full of busyness and convenience, yet lacking purpose.



LSCO
Social
Worker

Heather Bursaw
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March 17th that all stopped. Life was slowed. Schedules were cancelled, expectations shifted and “busy” tasks were replaced by vulnerability... carving out time for many to self reflect on what matters, who matters, and how to live as safely as possible. This time to self reflect shaped time and purpose. For many this crisis has been two-fold. On one hand, covid19 has created a collective sense of loss – loss of freedom, loss of what is considered “normal”, loss of

consistency and predictability and loss of physical/social connection to name a few. On the other hand, covid19 has created the realization that change is needed and everyone is responsible to do their part.

Life “post covid” isn't going to fault free either, but this crisis has created time for the world to question norms. As things start to take shape over the next few months, everything from getting a haircut, to attending a Hurricane's Game, to a going to the bank will be different. It will be hard, and frustrating and may even feel like “over kill”. Change is hard. In order to be successful, change requires collective effort, empathy and courage to make a difference! That is what society asks from each of us as the world recovers. That, and patience for ourselves and each other. “We are all in this together” ... Literally! ★



Great Canadian
GIVING CHALLENGE

JUNE 1 - 30

HELP US WIN \$20,000! EVERY DOLLAR YOU DONATE IS A CHANCE FOR US TO WIN.

DONATE TODAY

GivingChallenge.ca

Have you heard of The Great Canadian Giving Challenge?

Happening all June, every dollar you donate to

Lethbridge Senior Citizens Organization qualifies us to win \$20,000.

Get all the details at www.givingchallenge.ca #GivingChallengeCA

Click on the link below:

HELP US WIN
\$20,000



Seniors System Navigators

It seems that normalcy is nowhere to be found lately. Many people find comfort in knowing that we are all in the same boat. This sense of community is integral to our wellbeing, however, we think it is important to recognize that all of our boats look different. Some people started out in well-built boats with plenty of resources, while others had to learn to make a raft amidst the pandemic. We must find a way to make kindness a priority during this ever-changing time.

We were humbled to speak with so many LSCO members wanting to offer help or volunteer in any way possible. While we are currently unable to coordinate volunteer opportunities at this time because of the COVID restrictions, it still goes to show how the LSCO members embody good will.

Collectively as staff, we can finally say that we have done a wellness check in



**Seniors
System
Navigator**
Kennedy Coston
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with every LSCO member. We wanted to identify some of the common feelings and experiences that members were sharing with us during the wellness calls. The COVID restrictions can feel very detrimental to our sense of freedom and it is easy to become isolated. While many members shared that they have found creative measures to continue with their daily needs; a common theme amongst most calls was a sense of boredom and loneliness.

A few things you can do to uphold positivity:

1. Write a list of what you are grateful for
2. Reminisce on old memories by looking at pictures
3. Journal emotions with no judgement
4. Make a list of your supports
5. Minimize consumption of COVID related news.

Remember that this will not last forever – however, our lives may not return to the exact way it was before. We must focus on what we *do* have, rather than highlight what we are missing. And, most importantly, do not set high expectations for yourself; be realistic during this time of disruption. For information on community changes, local resources, and general support please contact Amy or Kennedy @ 403-320-2222.

Take Care! ★

A Message from the Adult Day Program Supervisor

During the time that the LSCO has been closed, I have had the opportunity of contacting some of our members for wellness calls. I have heard your sadness about being away from your loved ones but I also heard your positivity and your courage in knowing that this was what we needed to do to be safe. I felt that sadness myself as I am away from all of my people in the Adult Day Program as well as in my personal life. I heard about your creativity in finding ways to keep busy and I heard your strength in knowing you would continue on to do this for as long as it was needed. You were quilting, sewing, and cleaning long abandoned drawers and cupboards. You were reading that novel you had wanted to read for a long time. You were doing puzzles and playing more card games. As the weather warmed, I heard your stories of what you were doing in your yards and gardens. You were trimming bushes and thinking about what seeds and flowers to plant for your gardens. You had hope that greenhouses would be an essential service and that you would have that bit of normalcy in your life again. You were enjoying quiet walks in your neighborhood.

For some of you, I have phoned you weekly. For those of you that are part of the Adult Day Program, the members and the volunteers, I have missed you terribly and when the time comes to see you again, I will make sure to always make you feel special and well loved. To the entertainers that support the Adult Day Program, I have heard that you continue to learn new songs and play your music for when the time comes to return to the program. For the other weekly calls that I made to you, I have learned more about composting and tips on what to plant for my first raised vegetable garden. I have been impressed by the members that are navigating their way through their computers to access fitness programs and weekly Zoom meetings to connect with their family and friends.

Overall you have shown strength, positivity and resilience. When the time comes for LSCO to open its doors again, I know that we will all be grateful for our renewed lives again. I hope that I can put a face to the name of the members I have phoned instead of just a voice. I hope you are all safe and well.

~ Sharon Appelt

Computer Corner

by Sjoerd Schaafsma

Conferencing and More: Part 2

Yes, we're still under Covid-19 restrictions, and it's another online edition. Conferencing apps keep updating, with more security features and free options for utilities that were previously only available to paying clients. Consumer priced webcams are still hard to find.

I've been testing various set ups to see what works best for me. The included links provide much more detail.

Hardware

If your online conferencing use is restricted for lack of a good camera, or the small picture size on your phone or tablet, there are several options to get around this problem.

1. Connect your phone or tablet to a TV or monitor via cable to mirror the device display to your big screen. This requires a converter and an HDMI cable. If your monitor or TV does not have an HDMI adapter you may need a second adapter. It gets too complicated to list all the options.
 - for apple devices: lightning or 30 pin to HDMI adapter
 - <https://www.apple.com/ca/shop/product/MD826AM/A/lightning-digital-av-adapter>
 - Price around \$65.00 locally



- for android devices, depending on connector type either:
 - USB -C (newer devices) or USB micro (older devices) to HDMI connector price locally ~ \$20.00 to \$50.00
 - <https://www.mobilefun.co.uk/blog/how-to-connect-your-android-device-to-a-tv-mhl-miracast-more/>
 - <https://www.bestbuy.ca/en-ca/product/axgear-micro-usb-mhl-to-hdmi-adapter-microusb-to-hdmi-converter-cable-for-samsung-galaxy-note-tablet/12382161>
 - HDMI Cable 3 to 6 ft. priced from \$3.00 to \$25.00 depending on vendor and sales
2. Use your device as a webcam for your computer. This method calls for installing both an app on your mobile device, and a software driver on your computer.

Use Your iPhone as a Webcam: I've tested both EpocCam and iVCam free versions. I had more luck with iVCam as I was able to switch between front and back cameras. Both have options to upgrade. EpocCam is available for both Mac and Windows, but requires iOS 10.3 and up, if your device is too old it won't work. iVCam is Windows only for win 7 and up, but will run on iOS 9 and up, so it can be used with an Apple device that might otherwise be considered obsolete. Either an external microphone or a virtual sound card is required to use the iPhone as a webcam. An external or built in microphone is the cheaper solution

<https://www.howtogeek.com/669589/how-to-use-your-iphone-as-a-webcam>

Use your android device as a Webcam: I can't test this so you'll have to check out one of the links below.

<https://www.howtogeek.com/671180/how-to-use-your-android-smartphone-as-a-webcam-on-windows-10/>

How to use your Android phone as a webcam for video conferencing and virtual meetings

<https://www.pcworld.com/article/3535876/how-to-use-your-android-phone-as-a-webcam-for-video-conferencing-and-virtual-meetings.html>

Software

EpocCam: Apple & Android mobile, Mac: MacOS 10.11 or later & Windows 7 or later <https://www.kinoni.com/>

iVCam: Apple and Android mobile, Windows 7 or later <https://www.e2esoft.com/ivcam/>

DroidCam: *Android only* DroidCam Wireless Webcam Windows and Linux

https://play.google.com/store/apps/details?id=com.dev47apps.droidcam&hl=en_IN

Conferencing App

Google Meet: made available free April 29, 2020, requires a Google account.

Google Meet premium video meetings – free for everyone.

<https://www.blog.google/products/meet/bringing-google-meet-to-more-people/>

More Options

How to use VoiceOver and Zoom on Apple TV

<https://www.imore.com/how-t-use-vision-accessibility-features-apple-tv#zoom>

Video: How to Use Your iPhone as a Webcam for OBS Live Streaming – 2020 - Provides a good overview of why you might want to use a camera or iPhone as webcam, then gets more technical.

<https://www.youtube.com/watch?v=nRDPIZOYZjI>

Overview of free video conferencing apps:

<https://www.howtogeek.com/661906/the-6-best-free-video-conferencing-apps/>

Monthly Tips: Many of the ideas presented in the computer corner articles come from free online tech subscriptions. Some send out daily updates, others less frequently. Topics range from basic skills to geeky tech stuff, PCs, Macs, Linux, gaming & mobile devices.

How-To Geek – We Explain Technology <https://www.howtogeek.com/>

Ask Leo!: Making Technology Work For Everyone <https://askleo.com/>

AskWoody (formerly Langelist and Windows Secrets) <https://www.askwoody.com/>

How to Spot a Text Message Scam

<https://www.howtogeek.com/563906/how-to-spot-a-text-message-scam/>

Switch between apps on iPad

<https://support.apple.com/en-ca/guide/ipad/ipad619935ea/ipados>

Computer Club Notes

The computer club has been running group Zoom conferences to keep in touch and help each other with computer questions.... *Including video conferencing.*

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

World Elder Abuse Awareness Day – June 15



LEARN
Case
Manager

Joanne Blinco

learn@lethseniors.com

403-394-0306

World elder abuse awareness day is June 15, 2020. Wear purple to show your support.

What is the Alberta Elder Abuse Awareness Council? Check out the website for AEAAC.

<https://www.albertaelderabuse.ca/>

The Alberta Elder Abuse Awareness Council is a group of Albertans dedicated to increasing awareness and supporting a community response to elder abuse. Canada's fastest growing population is over the age of 65 and rapidly becoming vulnerable to abuse.

AEAAC Newsletter - Stay informed.

<https://mailchi.mp/d.../aeaac-newsletter-stay-informed-4347137>

In closing as always, if you, or someone you know is experiencing elder abuse, please give me a call. *When it comes to Elder Abuse, silence is not an option.* 403 394-0306. ★

The Lethbridge Elder Abuse Response Network (LEARN) 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 403-394-0306 or e-mail: learn@lethseniors.com.



World Elder Abuse Awareness Day

#GrowTheConversation
with Neighbours, Friends
and Family.

Reach out to older adults
in your community.

During this time of social distancing, it is
still important to **grow the conversation.**

June
15th
2020



If you're concerned that someone you know is
experiencing abuse, call the Family Violence Info
line 310.1818 or visit albertaelderabuse.ca to
find a resource in your area.

Celebrate and support Alberta seniors

Seniors are a vital part of our communities. As parents and grandparents, mentors and friends, employees and employers, they make a difference in our lives. It is important that we continue to recognize, celebrate and support seniors during the COVID-19 pandemic.

The Government of Alberta recognizes a number of special days dedicated to seniors throughout the year.

Seniors' Week: June 1 to 7

Seniors' Week has been celebrated since 1986 to celebrate and recognize seniors throughout the province.

Seniors' Week is a great opportunity to honour and recognize all that seniors have contributed to making our families, communities and our province stronger.

Intergenerational Day: June 1

Intergenerational Day began in Canada in 2010 and recognizes the backgrounds, experiences and contributions of all generations to help build greater understanding between generations.

World Elder Abuse Awareness Day: June 15

WEAAD was established in 2006 to bring global attention to the need for all citizens to take responsibility in preventing elder abuse.