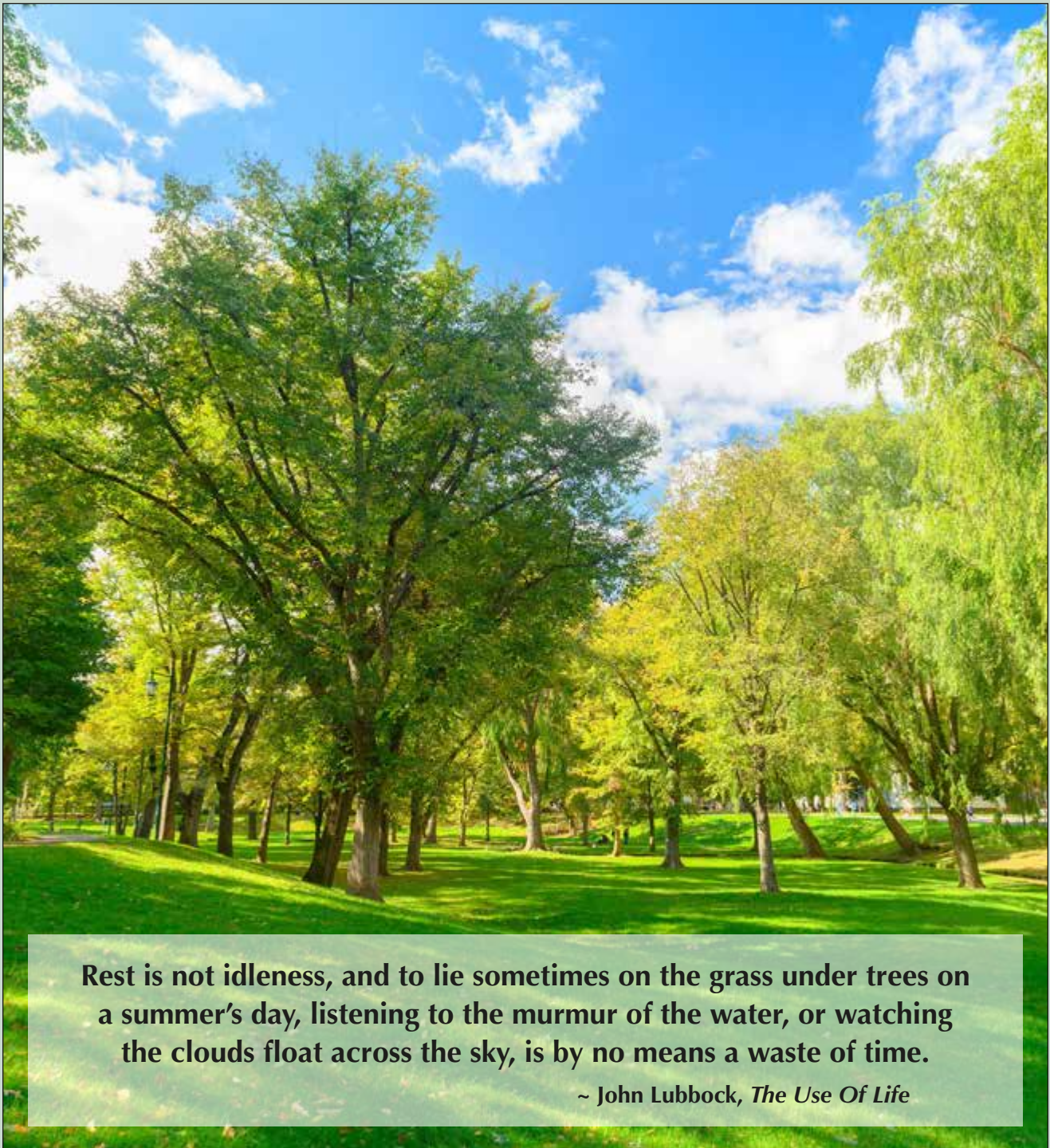


ISCO Times

JULY 2020

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



Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.

*~ John Lubbock, **The Use Of Life***



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

LSCO Re-Launch

At deadline for this issue of the LSCO Times, we are anticipating re-opening of the LSCO Community Centre to the public on June 29. Please refer to our website: <http://lethseniors.com> for the latest information...as things change day to day.

In order for a consistent approach to re-launch, Jodie McDonnell (LSCO Operations Manager) has created a 10-page re-launch plan that will be posted on our website, so all mem-

bers/visitors/staff can access the same information. It is our expectation that everyone who comes into the building follows the posted rules and our expectations for social distancing (and wearing of masks when social distancing is not possible). It is our expectation that proper hand washing hygiene is practiced and we will also have hand sanitizing stations and masks available throughout the building.

We recognize that these are challenging times for many LSCO members and participants and our re-launch plan is intended to keep you, and those around you, as safe as possible. Our intention is not to make your lives more difficult nor is to be heavy handed with enforcement of our re-launch expectations. However, we also do not want to be the source of a COVID-19 outbreak in Lethbridge...because if we have to shutdown again, the next re-launch will include

many mandatory measures which are currently discretionary.

Our almost full complement of staff continue to be busy, busy, busy: Check the last issues of the LSCO Times for more information on what we're doing. And I must confess: I forgot to mention Shiloh in our last issue (sorry Shiloh). She is currently working the phones to get enough people to volunteer for our re-launch.

I would like to thank all of the groups, companies and individuals who have donated goods and money to LSCO in the past months. Your gifts to us are very much appreciated and needed.

And lastly, I want to assure our members and our community that LSCO will continue to strive to be a leader in services and support as we have always been.

Please be safe. ★



Masks are not mandatory at LSCO however you are welcome to wear them.

We do have some masks available if you are in need of some.

Please ask at the Administration Desk.

MENU ~ July 2020

Breakfast served from 8:00 am ~ 1:00 pm • Lunch served from 11:00 am ~ 1:00 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** ★

Monday, June 29		Tuesday, June 30		Wednesday, July 1		Thursday, July 2		Friday, July 3			
Entree: Baked Ham	Starch: Scalloped Potatoes	Soup: Chef's Choice	Entree: Cranberry Chicken Thighs	Starch: Rice	Soup: Chef's Choice	LSCO Closed for Canada Day		Entree: Pork Cutlet	Starch: Oven Roasted Potatoes	Soup: Chef's Choice	
Entree: Chicken Caciatore	Starch: Pasta Alfredo	Soup: Chef's Choice	Entree: Liver & Onions	Starch: Mashed Potatoes	Soup: Chef's Choice	Entree: Pork Roast	Starch: Mashed Potatoes	Soup: Chef's Choice	Entree: Chicken Bake	Starch: Steamed Potatoes	Soup: Chef's Choice
Entree: Pork Chop	Starch: Mashed Potatoes	Soup: Chef's Choice	Entree: Honey Garlic Meatballs	Starch: Rice	Soup: Chef's Choice	Entree: Chicken Pot Pie	Starch: Chicken	Soup: Chef's Choice	Entree: Sausage & Perogies	Starch: Chef's Choice	Soup: Chef's Choice
Entree: BBQ Chicken Thighs	Starch: Steamed Potatoes	Soup: Chef's Choice	Entree: Pulled Pork	Starch: Beans	Soup: Chef's Choice	Entree: Shepherd's Pie	Starch: Bun	Soup: Chef's Choice	Entree: Pork Stew	Starch: Steamed Potatoes	Soup: Chef's Choice
Entree: Cabbage Roll Casserole	Starch: Bun	Soup: Chef's Choice	Entree: Chicken Stir Fry	Starch: Rice	Soup: Chef's Choice	Entree: Lasagna	Starch: Garlic Toast	Soup: Chef's Choice	Entree: Quiche	Starch: Salad	Soup: Chef's Choice

MENU ITEMS AVAILABLE IN DINING ROOM

Breakfast Special MEM \$6.50	NM \$7.50	Soup (Small) MEM \$3.25	NM \$4.00	Chicken Fingers MEM \$7.00	NM \$8.25
Dinner Special MEM \$9.00	NM \$10.35	Hamburger MEM \$5.50	NM \$6.50	Chicken Fingers & Fries MEM \$8.50	NM \$9.75
Sandwich Special MEM \$5.75	NM \$6.95	Hamburger & Fries MEM \$7.00	NM \$8.00	Homecut Fries MEM \$3.25	NM \$4.00
Soup (Large) MEM \$4.25	NM \$5.50	Cheeseburger MEM \$6.25	NM \$7.25		
		Cheeseburger & Fries MEM \$7.00	NM \$8.75		

Greetings!

I am writing this article mid June for publication in the Times July 1st. Hopefully by the time you read it we will have had a couple of days of soft reopening of our Centre. So, my thoughts today are about gratitude. We survived thanks to the effort of our staff! I suspect we will even emerge from this pandemic a more effective organization thanks to the foresight of our loyal staff. As you interact with them again please let them know they are appreciated.

An acquaintance of mine likes to say; "when we forget to be grateful that's when the troubles start". Recently



President's Message

Keith Sumner

various media compared our City's property taxes to other quasi similar municipalities. The comparison set off numerous grumblings about taxes. Yet no one mentioned all the amenities we must be grateful for such as our Seniors Centre. As citizens we also have access

to sports and art facilities, museum, numerous parks large and small, a regional path system, roads, and public transit system and of course our library to mention a few. If we want the quality of life we have there is a price to pay.

I find my mind has a negative bias and such it is easy to find things to complain about. Reality is there is much to be grateful for and for that I am thankful. Going forward let us look for the positive things to have come out of the pandemic as well as the amenities we already enjoy as senior citizens in Lethbridge.

Namaste! ★



POWER WALKING with Jerry Brown

Join Jerry as he puts you through his power walking routine. Light hand weights can be used (optional) and all fitness levels are welcome. Wear comfortable clothes, indoor exercise shoes, bring a mat & water bottle.

When: Tuesdays, TBA
Time: 9:00 – 10:00 am
Fee: TBA

Positive Coping with Health Conditions



Interested in learning skills for coping with stress due to chronic physical illness?

This six-week group may be for you!

Facilitated by:

AHS Seniors Addiction and Mental Health Outreach (SAMHO)



WHEN: Mondays 1:30 – 2:45 pm
September 14 – October 26
(no group on October 12)

WHERE: LSCO – 2nd Floor Boardroom

REGISTRATION: Contact SAMHO at 403-388-6551 to participate in a brief intake to ensure the group will be a good fit for you.

LSCO Program Department

MEMBERSHIPS

As of Monday, June 29th extensions will be added to memberships that were current prior to the closing of LSCO. The number of weeks LSCO was closed is 15!

Specific Programs listed, that remain suspended will continue to have a hold on them until they begin.

MASKS

Masks are not mandatory at LSCO however you are welcome to wear them. We do have some available if you are in need of some. Please ask at the Administration Desk.

PROGRAMS SUSPENDED

The following programs have been suspended due to Covid-19 and Alberta Health Services Re-Launch Guidelines. Notifications will be posted when LSCO is offering them in the future.

- Adult Day Program
- Crib
- Scrabble
- In House Bingo
- Social Cards
- Billiards
- Golden Mile Singers
- Karaoke

Additional programs may be added if required. LSCO asks that everyone adheres to the Rules and Regulations set out by Alberta Health Services to ensure the safety of others.

CLASS PARTICIPATION

IMPORTANT: Individuals participating in programs and classes at LSCO **should get tested if you have any COVID-19 symptom**. If you have any these symptoms you are **legally required to isolate for at least 10 days** from the start of your symptoms or until they resolve, whichever is longer:

- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

If you have any of these other symptoms, stay home and minimize your contact with others until your symptoms resolve:

- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis, commonly known as pink eye

Monitor your health and call Health Link 811 if you have questions or concerns. Call 911 immediately if experiencing severe symptoms of COVID-19, including difficulty breathing, severe chest pain, feelings of confusion or loss of consciousness.

How do I register?

- Online at www.lethseniors.com. In person, call 403-320-2222

How do I pay?

- By debit, cash, cheque, Visa or MasterCard. Not required to use Paypal when registering online. Sign up before the register by date to avoid late fees.

How do I find additional classes?

- Visit www.lethseniors.com.

ONLINE REGISTRATIONS

- Members and non-members are able to register online for many of the classes.
- If a program says **Out of Stock** feel free to give us a call as space may be available or to put your name on a waiting list.
- If you are registering for someone else online, please remember to include their name in the notes or give us a call.
- You can use Mastercard or Visa when registering online. There is no need to use a Paypal account.

CREDITS AND REFUNDS

- **Please ensure you are registering for the correct class. Due to the popularity of many of the classes, refunds cannot be given after the register by date.**
- Participants withdrawing prior to the register by date are subject to a \$5 Administration Fee.
- If requesting a refund or credit due to medical reasons after the class has begun participants will be subject to a \$5 Administration Fee. If there is a waiting list for the class a refund will not be given.
- **Refunds** will be given if LSCO cancels a course. Participants also have the option of taking a credit. Credits must be used in 12 months from the date given.
- At times programs may be cancelled due to meetings, holidays, low attendance, special events, etc. Please watch for notices.

CANCELLATIONS

- At times programs may be cancelled due to meetings, holidays, low attendance, special events, etc. Please watch for notices.

IMPORTANT

Class sizes are limited. Avoid disappointment by registering early. Dropping into a class or program may not be an option.



**AVOID
LATE
FEES**

Check for registration deadlines as a late fee will be charged for some classes.

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 (1 spot remaining)
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

Yoga

Important things to know:

- Refrain from wearing scented creams, perfumes, colognes and the likes to prevent sneezing and coughing.
- Please do not arrive more than 10 minutes prior to the start of your class.
- The instructor will let you know when you can enter the room.
- Stickers have been placed on the floor.

Place the top-middle of your mat to meet the sticker.

- Make yourself comfortable on your mat/ chair while you wait for your class to start. Please refrain from wandering in the room or other areas of LSCO.
- Sanitized props will be available. If you have your own you are encouraged to bring them.
- ***Dress in layers as the use of fans is prohibited at this time.***
- At the end of class, please gather your belongings and exit so that the room can be cleaned for the next class.

CHAIR YOGA

Perform yoga poses and breathing exercises with the aid of a chair. This gentle class may help you increase strength, flexibility, range of motion for joints, and stress reduction. Chair yoga is suitable for all fitness levels and conditions.

When: Wednesdays
July 8 – August 26
Time: 10:00 – 10:45 am
Fee: \$24 LSCO M; \$45 NM
Register by: Monday, July 6

GENTLE YOGA

Gentle yoga classes are a great place to take it slower and experience the benefits of yoga. If you are new to yoga or haven't practised yoga for a while this may be the class for you. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practising barefoot or wear nonslip socks.

When: Tuesdays, July 7 – August 25
Time: 10:00 – 11:00 am
Fee: \$44 LSCO M; \$64 NM
Register by: Monday, July 6

When: Thursdays, July 9 – August 27
Time: 10:00 – 11:00 am
Fee: \$44 LSCO M; \$64 NM
Register by: Monday, July 6

Exercise & Fitness

NOTE: Classes held in **Gym 1 & Gym 2** are **NOT** open for registration yet as floor resurfacing may not be completed. Please check back frequently.

Important things to know:

- Refrain from wearing scented creams, perfumes, colognes and the likes to prevent sneezing and coughing by those that may be sensitive.
- Please do not arrive more than 10 minutes prior to the start of your class.

- The instructor will let you know when you can enter the room.
- Stickers have been placed on the floor. If class requires the use of mats, place the top-middle of your mat to meet the sticker.
- Make yourself comfortable on your mat/ chair while you wait for your class to start. Please refrain from wandering in the room or other areas of LSCO.
- Sanitized props will be available. If you have your own you are encouraged to bring them.
- ***Dress in layers as the use of fans is prohibited at this time.***
- At the end of class, please gather your belongings and exit so that the room can be cleaned for the next class.

KEEP FIT

The instructor will lead you through a warm up, low impact cardiovascular exercises, strength component and stretching. Everyone is welcome and encouraged to exercise at their own level. Modifications will be given. Chairs and a variety of resistance equipment will be used. Ex. weights, tubing. Wear comfortable clothes and clean, non-marking indoor footwear. It can be chilly in the gym at times so dress in layers. Bring a water bottle.

If you have your own weights, tubing feel free to bring them. Space is limited.

When: Wednesdays, TBA
Time: 10:15 – 11:00 am
Fee: TBA

LOW IMPACT CARDIO/ STRENGTH

This energizing class will set you up for a great day and help improve your cardiovascular fitness & strength. Wear comfortable workout clothes, indoor sneakers. Bring a water bottle. Intermediate to advanced fitness level. Instructor is Debbie Palmer.

When: Wednesdays
July 15 – August 26
Time: 8:00 – 8:50 am
Fee: \$39 LSCO M; \$56 NM
Register by: Friday, July 10

BUTTS & GUTS

A strong core is essential to balance, posture and movement. This class will work on improving the overall strength of your abdominals, buttocks and legs. During this challenging, fun class, you will be using your own body weight, bands, tubing and other exercise equipment. Finish off with a stretch. Dress in comfortable workout clothing and indoor footwear. Bring a yoga mat and your water bottle. Instructor is Tracy Simons.

When: Mondays, July 6 – August 24
(no class August 3)
Time: 10:00 – 10:50 am
Fee: \$39 LSCO M; \$56 NM
Register by: Friday, July 3

When: Wednesdays
July 8 – August 26
Time: 10:00 – 10:50 am
Fee: \$44 LSCO M; \$64 NM
Register by: Monday, July 6

CYCLE COMBO

This indoor cycling workout, is where you will discover your athlete within. Take on the terrain with your inspiring instructor who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

When: Tuesdays
July 14 – August 25
Time: 9:00 – 9:55 am
Fee: \$39 LSCO M; \$56 NM
Instructor: Jamie Hillier
Register by: Friday, July 10

POUND FITNESS

This energizing seated and/or standing workout combines cardio, conditioning, and strength training. Drumming with Pound Ripstix® (drum sticks) works the shoulders, biceps, triceps, forearms and back. You may increase your rhythm, timing, coordination, speed, agility, and endurance. Come try this fun workout. Instructor is Sheila Mulgrew.

When: Mondays, July 6 – 27
Time: 10:00 – 10:45 am
Fee: \$24 LSCO M; \$32 NM
Register by: Friday, July 3

When: Fridays, July 10 – 31
Time: 10:00 – 10:45 am
Fee: \$24 LSCO M; \$32 NM
Register by: Tuesday, July 7

POWER WALKING

Join Jerry as he puts you through his power walking routine. Light hand weights can be used (optional) and all fitness levels are welcome. Wear comfortable clothes, indoor exercise shoes, bring a mat & water bottle.

When: Tuesdays, TBA
Time: 9:00 – 10:00 am
Instructor: Jerry Brown

TABATA

This high energy fitness class is designed to give you a tough, exhilarating work out! Participants will perform a variety of timed exercises that will push you in a new way (20 seconds of work at maximum effort, fol-

lowed by 10 seconds of rest; 8 times). Wear comfortable exercise clothes, indoor shoes and bring your water bottle. Intermediate to advanced fitness level.

When: Mondays, July 13 – August 31
(no class August 3)
Time: 9:00 – 10:00 am
Fee: \$39 LSCO M; \$56 NM
Instructor: Jamie Hillier
Register by: Friday, July 10

TRX COMBO

Suspension training (TRX) uses straps, gravity, and your body weight to increase strength, balance, flexibility, and core stability. Simply by changing resistance and altering body position, each participant can customize their workout for their own needs and goals, making it a great option for ALL FITNESS LEVELS! It's also a great option for anyone who wants to add cross-training into their workouts. A variety of equipment will be used. Instructor is Jamie Hillier.

When: Thursdays
July 16 – August 27
Time: 9:00 – 10:00 am
Fee: \$39 LSCO M; \$56 NM
Register by: Monday, July 13

Dance & Movement

Important things to know:

- Refrain from wearing scented creams, perfumes, colognes and the likes to prevent sneezing and coughing by those that may be sensitive.
- Please do not arrive more than 10 minutes prior to the start of your class.
- The instructor will let you know when you can enter the room.
- There are markings on the floor indicating the spot for you to be to ensure physical distancing.
- Please refrain from wandering in the room or other areas of LSCO.
- **Dress in layers as the use of fans is prohibited at this time.**
- At the end of class, please gather your belongings and exit so that the room can be cleaned for the next class.

LINE DANCING

This class is being offered for intermediate to experienced line dancers. Please wear clean, non-marking footwear and dress comfortably. Bring a water bottle.

When: Mondays, July 13 – 27
Time: 10:45 am – 12:00 pm
Fee: \$10 LSCO M; \$20 NM

Instructor: Diane Holstine
Register by: Friday, July 10

LINE DANCING BEGINNER/ INTERMEDIATE

This class is meant for beginner to intermediate dancers. Wear comfortable clothing, non marking shoes and bring a water bottle. Space is limited so please register early.

When: Thursdays, July 16 – 30
Time: 12:00 – 1:00 pm
Fee: \$10 LSCO M; \$20 NM
Instructor: Diane Holstine
Register by: Monday, July 13

ZUMBA GOLD

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

When: Tuesdays, July 7 – 28
Time: 9:30 – 10:15 am
Fee: \$24 LSCO M; \$32 NM
Instructor: Sheila Mulgrew
Register by: Friday, July 3

Sports

Important things to know:

- Refrain from wearing scented creams, perfumes, colognes and the likes to prevent sneezing and coughing by those that may be sensitive.
- Please do not arrive more than 10 minutes prior to the start of your time.
- Only registered participants allowed in the gym at their scheduled times.
- Staff will let you know when you can enter the room.
- Ensure cohort play.
- Please refrain from wandering in the gym or other areas of LSCO.
- At the end of your scheduled time, please gather your belongings and exit so that the gym can be cleaned for the next program.

PICKLEBALL

Commencement of play TBA.
Members only. Drop ins not permitted.
Times will be posted soon.

BADMINTON

Commencement of play TBA.
Members only. Drop ins not permitted.
When: Monday & Friday
Time: 11:10 am – 12:45 pm

When: Wednesdays
 Time: 11:30 am – 12:45 pm
 Fee: \$66 & LSCO membership

TABLE TENNIS

Commencement of play TBA.
 Members only. Drop ins not permitted.

FITNESS CENTRE

Hours of Operation
 Monday – Friday, 8:00 am – 4:15 pm
 Limited number of people will be allowed in the Fitness Centre at a time.

Important things to know:

- Refrain from wearing scented creams, perfumes, colognes and the likes to prevent sneezing and coughing by those that may be sensitive.
- Equipment has been separated/removed to ensure physical distancing.
- Complete all repetitions on one machine; wipe it with disinfectant before moving to another machine.
- Please refrain from wandering in the Fitness Centre.
- *Dress in layers as the use of fans is prohibited at this time.*
- Please leave as many personal belongings in your vehicle as possible or use day lockers in the change rooms.

LSCO BOUTIQUE

Boutique is closed. If you would like items from the Boutique please see the administration staff who will gladly assist you.

Nordic Walking Warm Up Exercises



Quad Stretch

1. Stand up straight, holding pole for support.
2. Gently, bend your knee behind you to grasp your ankle with the other hand.
3. Bring ankle towards bottom, hold for 15 seconds, then switch legs.



Hamstring Stretch

1. Plant both poles shoulder-width apart.
2. Place straight leg in front, heel on ground, toes pointed up.
3. Gently, bend other knee while leaning forward with straight back. Hold for 15 seconds, switch sides.



Chest / Upper Shoulder Stretch

1. Grasp pole behind back, hands a little wider than shoulder width.
2. Lift pole up towards head until you feel stretch.



Lat / Back Stretch

1. Place poles well out in front of you.
2. Lean on poles with straight arms.
3. Bend upper body at waist downward; do not over-extend lower back.



Tricep / Arm Stretch

1. Grab the top of the pole grip with one arm.
2. Bring pole over head and down back; grasp other end with other hand.
3. Pull down on lower part until you feel stretch in back of arm.



Torso / Lateral Twist

1. Grab pole with wide grip overhead.
2. Standing up straight, bend at side, reaching opposite hand over head.
3. After stretch, change sides, then come back to normal position.
4. From normal position, gently twist torso until you feel stretch, then turn other way.

International Self-Care Day is July 24th



Counselling Approaches

I was fortunate to attend training in Calgary specifically to improve my knowledge and skills to deliver brief focused counselling supports to seniors. The training session I attended includes education of and practical application of the following counselling approaches: Strengths Based Therapy, Cognitive Behavioral Therapy, Narrative Therapy and Solution Focused Therapy. Here's a little summary of what I learned:

Strengths Based Therapy focuses on internal strengths and resourcefulness, and less on weaknesses, failures, and shortcomings. *What to expect?* Talking guides you toward a retelling of your stress and pain with emphasis on survivorship, strengths and survival skills rather than focusing on your weakness. The goal is for you to recognize that you already have the skills and strength to survive and can use those same strengths to deal with tough situations in other areas of your life.

Solution-Focused Therapy concentrates on finding solutions in the here and now, exploring one's hope for the



future. *What to expect?* The “miracle question” – Considering “If a miracle occurred while you were asleep tonight, what changes would you notice in your life tomorrow?” This opens up your mind to creative thinking, setting goals and developing a clear plan that will lead to life-changing solutions.

Cognitive Behavioral Therapy is a structured approach to help you identify inaccurate or negative thinking so you can view challenging situations more clearly and respond to them in a more effective way. *What to expect?* These steps: 1) identifying troubling situations or conditions in your life, 2) becoming aware of your thoughts, emo-

tions and beliefs about these problems, 3) identifying negative or inaccurate thinking and 4) reshaping negative or inaccurate thinking.

Narrative Therapy is form of counselling that views people as separate from their problems allowing you to get some distance from the issue to see how it might actually be helping or protecting you, more than it is hurting you. *What to expect?* Discussion is concentrated on exploring events that occur over time in your life while focusing on uncovering values, goals, and skills that define who they really are, separate from your problems.

Counselling is very much a unique journey, and the approach is dependant on each individual and the process. The work is done as a partnership, in which each individual is viewed as the expert being supported by the professional.

If you have any further questions or concerns about counselling services, please pop into my office or call me directly at 403-320-2222 #57! ★

Please refrain from wearing scented creams, perfumes, colognes, hair sprays and the likes to prevent sneezing and coughing by those people with sensitivities.

Health Canada Recalls Some Hand Sanitizers

Certain sanitizers are being pulled from the market for containing industrial-grade ethanol

Health Canada has issued a wide recall list for hand sanitizers on the market that contain industrial-grade ethanol.

Some of the chemicals found in the ethanol being used have not been approved for use in hand sanitizers in Canada, Health Canada warned in a safety alert first published on June 6. “Industrial-grade ethanol contains impurities that are not found in the type of ethanol approved for use in manufacturing hand sanitizers,” the alert reads.

Among the 13 products on the list are Eltra-derm Hand Sanitizer, Gel 700 Hand Sanitizer, Sanilabs Hand Sanitizer, and Walker Emulsions Hand Sanitizer. The entire recall list can be found at <https://www.healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2020/73269a-eng.php>

The department says the products can cause dry or cracked skin and irritation and advises

Canadians to contact Health Canada if they experience any adverse effects from their use, consult their doctor if they have concerns, and return the products to the pharmacy for proper disposal.

According the safety alert, “Health Canada has directed companies to stop the sale of these products and is monitoring the effectiveness of the recalls.”

You can find a list of approved hand sanitizers on Health Canada’s website at <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/hand-sanitizer.html>.

UPDATE: Sanitizer will not burst into flame in your car.

We reported in a recent post (which we have deleted) that hand sanitizer left in a hot car could burst into flames. Fact-checking has

proved that part of our report article to be untrue, though as we reported, it’s still unwise to leave sanitizer in a hot car for long periods because doing so can decrease the shelf life of the product.

The idea that sanitizer might self-combust spread quickly after it appeared in a post from the Western Lakes Fire Department in Oconomowoc, Wisconsin. However, further research showed that the temperature inside a car would reach 300 degrees Celsius (572 degrees Fahrenheit) to cause sanitizer to combust. A study conducted by researchers at Arizona State University found that the internal temperatures of cars reach only about 70 degrees Celsius, or about 160 degrees Fahrenheit.

June, 2020
Goodtimes Magazine
goodtimes.ca

Seniors System Navigators

Summer is here! We know it may not be exactly the summer you had pictured... but that doesn't mean that we can't still find ways to enjoy it! Try and spend some time outdoors. Being in nature has a multitude of benefits, such as promoting physical activity, increases energy, fights depression, boosts memory, improves physical health and lengthens life! Nature is all around you – here's some ideas:

- Go for a walk in the park
- Sit in a garden
- Relax near a pond, river or lake



Seniors System Navigator
Kennedy Coston
 kcoston@lethseniors.com
 403-320-2222 ext. 62

- Have a picnic

Whatever you choose to do, try and focus on how your senses are taking it all in. Being mindful is a form of medita-

tion. Giving full attention and focusing on our senses through mindfulness has significant benefits to our mental and physical wellbeing. Enjoy the sounds of the birds and the water. Feel the sun on your skin. Pay attention to the smells of the trees and flowers. If you have mobility issues, please be sure you are going somewhere that is accessible and does not have steep curbs. We are wishing you all a wonderful summer. Stay well!

For information on local resources and general support, please contact Amy or Kennedy @ 403-320-2222. ★

Line Dance Beginner/ Intermediate

This class is meant for beginner to intermediate dancers. Wear comfortable clothing, non marking shoes and bring a water bottle. Space is limited so please register early.

When: Thursdays, July 16 - 30
 Time: 12:00 - 1:00 pm
 Fee: \$10 LSCO M; \$20 NM
 Instructor: Diane Holstine
 Register by: Monday, July 13

“Retire to the Life You Love”

Are you interested in getting guidance on designing a personal retirement plan balancing physical, mental, emotional and social engagement?

The *Retire to the Life You Love* session is meant to encourage exploration of options and activities in retirement and assist you in finding renewed purpose and meaning.

If you are interested in this retirement planning session please contact Heather Bursaw, LSCO Social Worker at 403-320-2222 ext. 57.



Computer Corner

by Sjoerd Schaafsma

I hope everyone's doing well and has learned all they want about conferencing and chatting apps. I don't know if this edition will be online or printed. I'll briefly mention the Facebook Messenger Rooms app which came out the last week of April. Here's the link.

<https://about.fb.com/news/2020/04/introducing-messenger-rooms/>

and the full scoop on Google Meet vs Zoom conferencing:

<https://www.howtogeek.com/674928/google-meet-vs.-zoom-which-one-is-right-for-you/>

And now...back to our previously scheduled computer corner.

Smartphone Apps for Seniors – Part 3

“Blood Pressure Monitor – Track your blood pressure and weight over time without having to call your doctor or comb through old records. The Blood Pressure Monitor app provides statistical information, periodic health reminders, and allows you to export data so you can share it with your personal health-care provider. This tool is a great way for seniors to oversee their health regimen and stay in shape.”

For iOS: Free, offers in-App purchases. <https://apps.apple.com/ca/app/blood-pressure-monitor/id430133691>

For Android: Free, offers in-App purchases Blood Pressure

https://play.google.com/store/apps/details?id=com.szyk.myheart&hl=en_CA

A review from 2014 “7 Free apps to measure blood pressure (Android & iOS)”

<https://freeappsforme.com/apps-to-measure-blood-pressure/>

A 2019 review: The Best Heart Disease Apps of 2019 iOS and Android

<https://www.healthline.com/health/heart-disease/top-iphone-android-apps>

The following item was included well before the pandemic hit. I've kept it as a reminder that Zoom, etc. are not necessarily what you want or need.

“Facetime or Skype – Use Facetime or Skype to visually connect with your children, grandkids or friends in far-away places. It's truly like having your favourite people in your living room – without the mess. You have to download Skype, but Facetime comes already installed on all Apple products.”

Portions of this column courtesy of Daniel Mulloy – “These Smartphones are Actually Smart” *News and Views Winter 2019*

WebTalk – “No purchase necessary – offers in app purchases” – The app itself is free, but to make use of all its features you need to buy something, either an add on to the app, a subscription for a set period of time, or a fee to remove ads. Sometimes you can get all you want for free depending on your needs or wants.

Computer Club and Lab Notes

LSCOCC does not usually meet during the summer months. By the time you read this the lab computers should have been updated, and 1/3 removed to allow for distancing when classes and meetings start up again. Stay tuned for updates.

For one on one help for a specific problem 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 via a web link. The help service is available to Computer Club members only. Suggestions for workshops are welcomed.

The Computer Corner can be read online at the Computer Club web site <https://bit.ly/3a761UL>, which is the short form of <https://sites.google.com/site/oldfolkscomputers/computer-corner-archives>

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



LEARN
Case
Manager

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

I work full time Monday to Friday from 8:00 am – 4:30 pm. So 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 or email learn@lethseniors.com ★

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.



City Hall Assessment & Taxation Department
wearing their purple in honour of
World Elder Abuse Awareness Day



LSCO Team



LEARN, LPS & LSCO Staff



Nord-Bridge Team



Servus Credit Union #growtheconversation

Nationwide Contact Tracing App to Come in July

The government is releasing a mobile phone app that tells you if you've been in contact with someone who has COVID-19

The federal government has announced the imminent launch of a nationwide COVID-19 contact tracing app. Created with the help of Shopify, Blackberry, Apple, Google, and the Government of Ontario, the mobile phone app is designed to notify you if you've been exposed to COVID-19 and will be available in Ontario first, as of July 2.

Prime Minister Justin Trudeau stressed that use of the app, called COVID Alert, is completely voluntary and that it doesn't collect or share your information, but its success

depends on how many people choose to download it. The app will use Bluetooth wireless technology, so no GPS location services need to be used and the app can run in the background without draining a phone's battery.

People who test positive for COVID-19 will get a temporary code from a healthcare provider to upload their results anonymously. This way people can't self-diagnose or enter a false diagnosis. If a user spends time near someone who later tests positive, the app's Bluetooth technology will take note and alert the user.

Right now, public health officials interview those who test positive for COVID-19 and reach out to every person the patient can remember having had contact with in the last two weeks. With the app, users enter the names as soon as they get their diagnosis and those people are notified. Plus, if someone can't remember everywhere they've been in the last 14 days, the app is tracing them.

By Erika Morris

June, 2020

Goodtimes Magazine, goodtimes.ca