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LSCO 36TH ANNUAL CHRISTMAS TURKEY DINNER

**JOIN US FOR A FREE CURBSIDE OR DELIVERED
CHRISTMAS DINNER ON CHRISTMAS DAY
NO IN-HOUSE DINING FOR 2020**

FRIDAY, DECEMBER 25TH
11:00 AM ~ 1:00 PM

**DINNER IS OPEN TO EVERYONE IN THE COMMUNITY
AS QUANTITIES ALLOW**

MERRY CHRISTMAS

Deadline to book delivery is December 22 at 4:00 pm.

Call us at 403-320-2222 for more information
or if you wish to volunteer with meal delivery.

Curbside pick up at north-east door of LSCO
(closest to the Administration Office)

DONATIONS GRATEFULLY ACCEPTED



LETHBRIDGE
Senior Citizens
ORGANIZATION 500 - 11th Street South

Join Us for

LSCO COVID-19 SUPPORT GROUP
Tuesdays starting December 1st
CURBSIDE TURKEY LUNCH
Friday, December 11th
LSCO AGM
Tuesday, December 15th
CURBSIDE ROAST BEEF LUNCH
Friday, December 18th
CHRISTMAS TURKEY DINNER
Friday, December 25th

LSCO ANNUAL GENERAL MEETING

TUESDAY, DECEMBER 15, 2020 ~ STAGE AREA

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

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

SEE PAGE 15 FOR DETAILS



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

Due to COVID-19, the 2019 LSCO Annual General Meeting (AGM) was postponed from March 31, 2020 to October 27. In order to reach our meeting quorum of 50 (minimum number of members present to legally hold our AGM), we had two physical locations in LSCO (one with Zoom) and we had the AGM available by Zoom for those who wanted to connect remotely. We also had proxy ballots available for those who wished to participate by giving their vote to the Board Chair. Given all of those options to participate, our 1800 members responded with attendance at

our AGM of under 40 members. This meant that we could not hold our AGM as scheduled, we could not ratify our Board slate and, most importantly because it is stated explicitly in the Societies Act, we could not approve our audited financial statement.

At this point many of you are thinking, "Who cares, the AGM is a waste of time." To you I respond with this:

- Do you like having a great place to attend classes, to play pickleball and badminton, and a positive venue to socialize with your friends over coffee or lunch?
- Do you benefit from having dedicated, knowledgeable staff who provide high levels of service and support?
- Do you prefer to be a part of an organization that strives to adequately maintain a large, well equipped facility?
- Does it matter to you that the services and supports provided at LSCO are highly regarded provincially, nationally and internationally?

If you answered yes to these questions, then try to understand what happens if we lose Society status and possibly charitable status as well (because our audited statements are the basis for our Charitable Organizations return with Canada Revenue Agency). It means the inability to access certain grants and increased difficulty to access other funding. It means the inability to provide tax receipts for donations which would have a huge negative impact on fundraising. It means the end of LSCO as we currently operate.

Our last chance to hold our 2019 AGM will be at 1:15 PM on December 15. Once again you will have some options to participate in this meeting, as stated above (see elsewhere in this issue of the LSCO Times and posters around the building for more information). It is possible that a special resolution will be introduced to lower the meeting quorum to 25, but we need at least 50 members to participate to make that decision. And the only one that can make the decision to participate is you.

Please be safe. ★

Turkey Dinner Special

Curbside Pick-up Lunch

Friday, December 11th

\$10.00

Scheduled pick-up time
between 11:30 am ~ 12:30 pm
at north-east door of LSCO
(closest to the Administration Office)
500 - 11th Street South

Must pre-order no later than 3 pm
the day before by calling 403-320-2222
(limit to first 75 orders).

Payment with Visa or Mastercard
at time of order or Debit, Visa
or Mastercard at time of pickup.
Cash accepted if necessary.

The National Day of Remembrance and Action on Violence against Women is about honouring those who have experienced gender-based violence; it is also a time to take action. **December 6** falls within the 16 Days of Activism against Gender-Based Violence and this year's campaign #OurActionsMatter calls on each of us to share the concrete actions we are taking in our own communities and in our own lives to question, call out, and speak up against acts of gender-based violence.

OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO

In recognition for the ongoing support of LSCO Meals on Wheels

Probably the reason we all go so haywire at Christmas time with the endless unrestrained and often silly buying of gifts is that we don't quite know how to put our love into words.
~ Harlan Miller

Thank You

CENTURY 21.

Foothills South Real Estate

*for their ongoing fundraising campaign.
What a gift to LSCO this Christmas season.*



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 website! www.lethseniors.com and register online.

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

The Officers of LSCO

2019 – 2020 Executive:

President Elect:
 President: Keith Sumner Past President: Bob Maslen
 Secretary: Craig Rumer Treasurer: vacant

Board of Directors:

Vaughan Hembroff, Don McInnes, Merri-Ann Ford, Clifford Brown, Karen Johnson, Bob Morrow and Marlys Reynar.

LSCO **403-320-2222**

Staff Members:

- Executive Director – Rob Miyashiro
rmiyashiro@lethseniors.com ext. 24
- Operations Manager – Jodie McDonnell
jmcdonnell@lethseniors.com ext. 23
- LEARN Case Manager – Joanne Blinco
learn@lethseniors.com 403-394-0306
- LSCO Social Worker / Case Manager – Heather Bursaw
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- Seniors System Navigator – Kennedy Coston
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- MoW Client & Volunteer Support Worker – Natasha Elder
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- Accounting Technician – Christine Toker
finance@lethseniors.com ext. 59
- Administrative Support – Kari Martin
kmartin@lethseniors.com ext. 21
- Chef – Brenda Fettig. ext. 27
- Chef – Bonnie Jadeske. ext. 27
- Prep Cook – Sandra Napper. 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.”

Welcome New Members!

James Wensveen	Brenda Dickie
Simons Kramer	Dave Allen
Joan Skeith	Lila Deering
Jeff Motherwell	June Spak
Bryson Brown	

A Smile is the Universal Welcome.

MERRY CHRISTMAS AND HAPPY HOLIDAYS FROM THE STAFF AND BOARD OF LSCO

Support Services Program Dates

Dr. Bolokoski Podiatry
 Wednesday, December 2
 8:30 am – 12:30 pm

~

Alger Zadeiks Shapiro
 Wednesday, December 9
 (Free 15-minute legal consultation)
 10:00 am – 12:00 pm

~

Lethbridge Hearing Services
 (Hearing Screening)
 Thursday, December 10
 10:00 am – 12:00 pm

LSCO PROGRAM DEPARTMENT FALL 2020 CLASS UPDATE

Due to COVID-19 and the latest mini shut down, LSCO is planning on extending some classes into January 2021. Therefore, 2021 classes will start later than past years. Individuals presently registered will be contacted as to when their class will commence.

Look for future class listings in the January 2021 *LSCO Times*.
 We thank you for your patience and understanding.

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.

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!

Publishing Schedule

Issue	Deadline
January 2021	December 18
February	January 15

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

Well! I am still here in the short term as your President although I did not expect to be writing this article this month. As you are probably already aware, we did not have enough members participating in our annual general meeting to form a quorum. The AGM has been rescheduled for December 15th and if you are not comfortable participating in person you can join us via ZOOM or provide me with your voting proxy. Rob will be posting the details shortly.

On a slightly different subject, your Board of Directors anticipates having 4 vacant positions to fill in the New Year. I like to think of Board members, regardless of the organization, as futurists. Rather than writing a job description I borrowed the following definition from Wikipedia.

“The term “futurist” most commonly refers to people who attempt to predict the future



President's Message

Keith Sumner

(sometimes called trend analysis) such as authors, consultants, thinkers, organizational leaders and others who engage in interdisciplinary and systems thinking to advise private and public organizations on such matters as diverse global trends, possible scenarios, emerging market opportunities and risk management.”

So, if you see yourself as an organizational leader and can spot opportunities and risks, I would love to buy you a coffee and chat. As LSCO emerges from the pandemic your Board believes there will be lots of opportunities available to the organization for growth. We, of course, want to seize the opportunities and avoid unnecessary risk. Board members do not have to be members of LSCO and ideally each member will come from a different background and work experience. It is a meaningful way to give back to our community. Try it!

Lastly, a big thank you to staff and volunteers for being part of the larger group recognized by the World Health Organization for exemplary service to the seniors of Lethbridge during the pandemic. You guys rock!!!

Namaste ★

Intro to the Internet Offered Online

A free program helps seniors gain both online literacy and financial literacy

To mark Financial Literacy Month in November, the Canadian Bankers Association (CBA) recently announced a one-year sponsorship of an ABC Life Literacy Canada program to help adults and seniors get comfortable using the Internet and find out what they do there.

“The number of adult learners and seniors with access to the Internet is growing significantly, but many of them don't have the appropriate digital literacy skills to use the Internet safely,” says Mack Rogers, the executive director of ABC Life Literacy Canada, a non-profit that promotes adult learning.

Given the social isolation measures related to COVID-19 and businesses turning to virtual options, it's more important than ever to be familiar with the digital world

and to be able to connect virtually with our loved ones and communities. The *ABC Internet Matters* program provides an introduction to the topic of digital literacy through a free bilingual workbook, as well as by means of downloadable resources such as how to create a strong password and how to use google maps.

“The CBA is proud to sponsor the *ABC Internet Matters* program, which is directly aimed at improving seniors' capacity to stay safe, informed, and connected in an increasingly networked world,” says CBA president and CEO Neil Parmenter. “The impact of COVID-19 has accelerated the adoption of digital services in all facets of life, including banking services, and this program helps bridge the digital divide among senior Canadians.”

ABC Internet Matters also offers a number of resources for digital finances including money safety, e-banking, e-transfers, and more. In addition to these digital resources, the CBA offers a program called Your Money Seniors, which provides in-person or online seminars where users can learn about cash management, financial abuse, and fraud prevention.

You can check out a full list of the programs offered by *ABC Internet Matters* on the official webpage at <https://abclifelifiteracy.ca/all-programs/internet-matters/>.

By Caitlin Finlay
November, 2020
goodtimes.ca

 <h1>MENU ~ DECEMBER 2020</h1> <p>Breakfast served from 8:00 am ~ 1:00 pm • Lunch served from 11:00 am ~ 1:00 pm</p> <p>The Dining Room is now accepting Debit, Credit, Cash or LSCO Gift Cards</p> <p>Non-Members add 15% • Menu subject to change without notice</p> <p>★ Sandwich & Salad Special Changes Daily ~ See Menu Board in Dining Room ★</p>		Tuesday, December 1	Wednesday, December 2	Thursday, December 3	Friday, December 4
			Entree: Quiche Starch: Oven Roasted Potatoes Soup: Chef's Choice	Entree: Meatloaf Starch: Barley Soup: Chef's Choice	Entree: Pork Chop Starch: Polenta Soup: Chef's Choice
Monday, December 7	Tuesday, December 8		Wednesday, December 9	Thursday, December 10	Friday, December 11
Entree: Shepherd's Pie Starch: Bun Soup: Chef's Choice	Entree: Pineapple Chicken Thighs Starch: Rice Soup: Chef's Choice		Entree: Pulled Pork Starch: Beans Soup: Chef's Choice	Entree: Beef Pot Pie Starch: Bun Soup: Chef's Choice	Entree: Turkey Starch: Mashed Potatoes Soup: Chef's Choice
Monday, December 14	Tuesday, December 15		Wednesday, December 16	Thursday, December 17	Friday, December 18
Entree: Cranberry Chicken Starch: Rice Soup: Chef's Choice	Entree: Salmon Loaf Starch: Steamed Potatoes Soup: Chef's Choice		Entree: Chicken Stir Fry Starch: Rice Soup: Chef's Choice	Entree: Boneless Pork Ribs Starch: Hash Brown Casserole Soup: Chef's Choice	Entree: Roast Beef Starch: Mashed Potatoes Soup: Chef's Choice
Monday, December 21	Tuesday, December 22	Wednesday, December 23	Thursday, December 24	Friday, December 25	
Entree: Beef Stew Starch: Steamed Potatoes Soup: Chef's Choice	Entree: Sweet & Sour Pork Starch: Rice Soup: Chef's Choice	Entree: Salisbury Steak Starch: Pasta Soup: Chef's Choice	Entree: Fish Starch: Rice Soup: Chef's Choice		
Monday, December 28	Tuesday, December 29	Wednesday, December 30	Thursday, December 31		
LSCO Closed	Entree: Veal Cutlet Starch: Mashed Potatoes Soup: Chef's Choice	Entree: Baked Chicken Starch: Pasta Soup: Chef's Choice	Entree: Cabbage Roll Casserole Starch: Steamed Potatoes Soup: Chef's Choice		

MENU ITEMS AVAILABLE IN DINING ROOM

Breakfast Special MEM \$6.50	NM \$7.50
Dinner Special MEM \$9.00	NM \$10.35
Sandwich Special MEM \$5.75	NM \$6.95
Soup (Large) MEM \$4.25	NM \$5.50

Soup (Small) MEM \$3.25	NM \$4.00	Chicken Fingers MEM \$7.00	NM \$8.25
Hamburger MEM \$5.50	NM \$6.50	Chicken Fingers & Fries MEM \$8.50	NM \$9.75
Hamburger & Fries MEM \$7.00	NM \$8.00	Homecut Fries MEM \$3.25	NM \$4.00
Cheeseburger MEM \$6.25	NM \$7.25		
Cheeseburger & Fries MEM \$7.00	NM \$8.75		

Volunteer News



Volunteer Coordinator

Shiloh Sabas

volunteer@lethseniors.com
403-320-2222 ext. 31

ANNUAL FREE CHRISTMAS TURKEY DINNER

It is beginning to look like Christmas around LSCO. Decorations are up and we are finalizing our plans for our Christmas turkey dinner. We will be serving this as a takeout meal and will be available as a curbside pickup. For those of you who are unable to pick up the meal, we are offering delivery. Please call LSCO with your

name and address so we can ensure you get your meal.

BOUTIQUE VOLUNTEER NEEDED

We would like to open the boutique for a few hours a day throughout December. To do this we need one volunteer to work in the boutique for a few hours. Please contact me.

DRIVE HAPPINESS

Drive Happiness continues to bring onboard riders and orientate new volunteers. This is a service that will help seniors with transportation needs, while keeping their costs low. Rider applications are available at LSCO and online at drivehappiness.ca under the heading "rider".

THANKS!

Thank you to the current volunteers of LSCO. Your willingness to support LSCO and each other is priceless. Happy holidays to you all. ★

Chinook Senior Services

We can help you
in your home!



- hourly fee
- no commitments
- cooking, cleaning, companionship
- assistance with holiday activities

(587) 821-2233

chinookseniorservices@gmail.com

[facebook.com/chinookseniorservices](https://www.facebook.com/chinookseniorservices)

Christmas is doing a little something extra for someone.

TIS THE SEASON EXERCISES



10 STAR JUMPS

Start with your legs bent at the knees. Then, jump up as high as possible, spreading your arms and legs away from the body. When landing, keep bending your knees until you can touch the floor either side of you with your hands. OPTION – do low impact style – one leg to side at a time, moving arms up to resemble a star.



5 SNOW ANGELS (SIDE PLANK WITH LEG LIFT)

You'll need an exercise mat or secure carpet for comfort. Planking is an effective exercise to strengthen your core muscles, as well as the shoulders, arms and glutes. From a side plank position, press down into the floor with your bottom foot while lifting your top leg as high as possible or don't lift leg. Try not to drop your hips throughout! Repeat the movement on your other side to complete the exercise.



10 REINDEER KICKS

You'll need an exercise mat or secure carpet for comfort. Get down on your hands and knees. Keeping your core tight, back straight and face down, extend one leg back, tighten the glutes. Bend the knee to chest and extend again. Repeat 10 times and return to the starting position. Repeat with the opposite leg.



10 SLEIGH-BELL SWINGS

A full body exercise, the weight, can of soup, etc. (or sleigh bell!) swing not only builds strength, but also improves your posture, cardiovascular fitness, and athletic ability. Place the weight on the floor between your feet, and squat down to grab the handle with both hands. Stand back up with the weight, with your shoulders down and back straight. Driving through your heels, push from your hips to send the weight moving upwards to around chest height. As it descends, let the weighted object do the work as you smoothly transition into the next swing, hinging at the hips in every rep. Use your muscles not momentum to lift the weight.



5 OVERHEAD PRESS-ENTS

Standing with your feet shoulder-width apart, hold a pair of dumbbells (or an object that is manageable for you) at shoulder level, with your arms bent and palms facing forward or towards each other, hold in your abs, press the weights above your head until your arms are straight. Return the dumbbells to your shoulders to complete one rep.

Do each exercise for 40 seconds, then rest for 20 seconds.

Repeat the circuit as many times as you would like maintaining good form!

Remember to rest as needed and do not continue if pain becomes apparent.

Community Support Groups

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

Alcoholics Anonymous Saturday Morning Eye Opener

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

Trigeminal Neuralgia Support Group

Trigeminal Neuralgia is a chronic pain condi-

tion 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 **Saturday, December 12** at 2:00 pm in Room C/D.

Lethbridge Stroke Recovery Association (LSRA)

The next meeting will be held **Wednesday, December 9th** at 7:00 pm in Room C/D.

SOUTHERN OPTICAL LTD.



Fred Miller
Dispensing Optician & Prosthetic Eye Fittings

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

ATTENTION SENIORS
Did you know? The Alberta Government is once again offering benefits on eye glasses!

Come down to
SOUTHERN OPTICAL
for all the details.

1011 - 3rd Avenue South
(2 blocks north of LSCO)
403-327-4145

Holiday help if you have to travel

If your holiday plans include essential travel, the experience will look a little different than the last time you flew. Here are things you need to know before you go:

Face coverings required
At some airports you need to be wearing a face covering to even enter the building, and at all airports you need to wear one to go through the security screening checkpoint.

Temperature checks at security
If you're flying out of one of Canada's 15 largest airports, you'll also go through temperature screening at the entrance to the checkpoint. You will not be permitted to proceed through screening if your temperature, after two separate tests, is at or above 38°C.

The same holds true if you're showing any of the common COVID-19 symptoms (such as a fever or cough), so it's important to stay home and rebook your flight if you're sick.

New normal, old rules
Some travel tips stay the same, though. Leave any gifts unwrapped in case they need to be inspected during the screening process. Items like snow globes, bath salts, spices and replica weapons must go in checked luggage.

For more information on what's changed and what hasn't, check out the Canadian Air Transport Security authority's website (catsa-acsta.gc.ca), or download their app.

www.newscanada.com

WINNERS



Two blocks west of the casino on Crowsnest Trail

EVERY THURSDAY IS SENIORS DAY!

Come support LSCO & have fun at the same time ~ play Bingo on Thursdays!



Every Thursday SENIORS GET 25% OFF REGULAR & RUBY CARDS

Friday Nights FREE \$500 GAME

Sunday Afternoons FREE \$200 GAME

Play VBingo on Monday & Tuesday Nights in the comfort and safety of your own home!

Phone 403-320-8069 for more details.

Call the Hotline: 403-327-7454
or Email: winners_bingo@telus.net



VIRTUAL MINDFULNESS GROUP

An opportunity to participate in Mindfulness Practices from the comfort of your own home.

Duration: 3 Weeks
Two 30-minute sessions per week

Contact: 403-388-6551 for further information regarding dates and enrollment.

Learn how to bring your attention to the present moment

Explore strategies for reducing stress and anxiety

Experience guided meditations

Attend to movements and body sensations

Build self-awareness



Human Rights Day December 10th RECOVER BETTER

This year's Human Rights Day theme relates to the COVID-19 pandemic and focuses on the need to build back better by ensuring Human Rights are central to recovery efforts. We will reach our common global goals only if we are able to create equal opportunities for all, address the failures exposed and exploited by COVID-19, and apply human rights standards to tackle entrenched, systematic, and intergenerational inequalities, exclusion and discrimination.

10 December is an opportunity to reaffirm the importance of human rights in re-building the world we want, the need for global solidarity as well as our interconnectedness and shared humanity.

Under UN Human Rights' generic call to action "Stand Up for Human rights", we aim to engage the general public, our partners and the UN family to bolster transformative action and showcase practical and inspirational examples that can contribute to recovering better and fostering more resilient and just societies.

"Where, after all, do universal human rights begin? In small places, close to home -- so close and so small that they cannot be seen on any maps of the world. [...] Unless these rights have meaning there, they have little meaning anywhere. Without concerted citizen action to uphold them close to home, we shall look in vain for progress in the larger world."

~ Eleanor Roosevelt



LSCO 36TH ANNUAL CHRISTMAS TURKEY DINNER

At LSCO we are always committed to providing assistance and services to families and individuals in need, not only during the holiday season but throughout the year.

Each year, volunteers & staff at LSCO serve a Christmas meal – *for free* – to anyone who is in need of some friendly company and a full belly.

This year because of the COVID-19 pandemic, we recognized that we were not going to be able to hold our traditional Christmas Day Dinner the same way we have done for the past 35 years. As we still wanted to provide this much needed service we have switched it up and will be offering meals as a door delivery or curbside pick up service to ensure no one in Lethbridge feels hungry on Christmas Day.

Because of community generosity, last year nearly 900 turkey dinners were served at LSCO, delivered to those who were housebound, as well as Police members and Firefighters who were working on Christmas Day. Our annual cost is roughly \$12,000 and we are always incredibly grateful for all the support we receive each year from the community.

How can you help with this year's Christmas Turkey Dinner:

- 1) **Meal Sponsor** as an individual or a business. Each meal you sponsor will be labelled with a Christmas Greeting from you.
- 2) **Volunteer on Christmas Day** as a meal delivery driver or courier as a cohort family or group.

If you would like to be involved in some way, please contact our Volunteer Coordinator, Shiloh Sabas at 403-320-2222 or at volunteer@lethseniors.com.

Season's Greetings



Human Rights Day is observed every year on 10 December
2020 Theme: Recover Better – Stand Up for Human Rights

WINNERS **BINGO**

Volunteers Urgently Needed
Thursday 11:00 am - 4:00 pm
FREE LUNCH
Variety of positions available
Please see Kari at LSCO Admin Desk or call 403-320-2222

keep 
in touch

The Keep In Touch program is intended to reduce isolation, loneliness and disconnectedness amongst seniors. The program connects individuals for social interaction and helps to find resources via regular, friendly conversations through a weekly telephone support system. These connections aim to build genuine relationships that ease loneliness during these stressful times due to the pandemic which has hit older adults particularly hard. One of the best ways to demonstrate how much we value our aging loved ones is to ensure that our community is a good place to grow older.

Seniors who would like to Sign Up to receive a weekly call
or to Volunteer

Phone 403-332-4320



"It has been one of the most meaningful projects I have ever personally been involved with."

Connie-Marie Riedlhuber
Keep In Touch Senior's Program Coordinator
Volunteer Lethbridge

KEEP IN TOUCH AND HELP US CREATE
A COMMUNITY WHERE IT IS POSSIBLE
TO OVERCOME LONELINESS

23 Days of Christmas

A GIFT OF COMMUNITY 2020



We are launching our 12th Annual Meals on Wheels Campaign, "23 Days of Christmas" on December 1st, 2020!

This hugely successful fundraiser has earned more than \$220,000 in the last 11 years thanks to the generosity of the Lethbridge business community. This year we have set the goal of raising another \$25,000 over the 23 (delivery days) days of the campaign. This is an invitation for you to become an Honourary Chef for the Day in December and sponsor a full day of meals! Your organization and team will be recognized through The Lethbridge Herald and a personal visit from the Meal on Wheels team with coffee and treats in hand. There is also the opportunity to have your team assist in delivering meals on your designated day!

Join in on this year's campaign! There are a couple of ways you can be involved:

- Become **Honourary Head Chef for the Day** (you don't have to cook!) by donating \$1000 which gives you a day that is exclusively yours!
- Become **Honourary Sous Chef for the Day** by donating \$500 (this is a shared day) OR
- Purchase a **\$20 Christmas Card** that sponsors one hot meal delivered by Meals on Wheels and includes a \$20 coupon for an in-store purchase to either Cuppers Coffee and Tea, Urban Grocer and Water Tower Grill & Bar (new this year!). It makes a great gift for friends, family, teachers, neighbors, coaches, etc.

As you already know, Meals on Wheels provides hot, nutritious, noon day meals to the homes of seniors, those with disabilities, and those who have a short term illness. Meals are delivered by caring volunteers who bring a friendly smile and a regular check-in for people who wish to remain in their homes for as long as possible. It is a tremendous service that provides dignity and care to our neighbours and friends.

Benefits of supporting the 23 Days Campaign:

- Your organization is assigned your very own day in December (Monday to Friday)
- All meals sent out are branded with your company and organization's name
- Your organization will be recognized in a thank you ad in the Herald during the week of your day and at the end of the campaign
- Your organization will be featured in our social media on your selected day and throughout the campaign
- You will receive a customized plaque with recognition of your support (or date plate to add to your current plaque for previous sponsors)
- You will receive a personalized visit from Meals On Wheels on your date with thank you coffee and treats for your team
- Each Honourary Chef will receive display posters recognizing your specific date
- The appreciation of hundreds of people who rely on these services to live independently in their homes

Teamworks
career centre

SELECT
PEOPLE SOLUTIONS

Teamworks
TRAINING INSTITUTE

We make a living by what we get, but we make a life by what we give.

Winston Churchill

THINGS TURN OUT BEST FOR THE PEOPLE WHO MAKE THE BEST OF THE WAY THINGS TURN OUT.

John Wooden

We're all just walking each other home.

Ram Dass

A Christmas to Remember

The National Advisory on Aging, 2006 Seniors in Canada Interim Report Card, indicated that more seniors, especially the growing numbers of seniors over the age of 85, are living alone. Seniors living alone are at higher risk of social isolation. This loneliness tends to be exacerbated during times traditionally dedicated to family and friends. Anonymous gifts delivered by a *Christmas to Remember* helper to brighten recipients' lives and send the message that they are being thought of during these special times.

A Christmas to Remember is a community led initiative which was started as a way to spread holiday cheer to lonely and/or financially-challenged seniors. Anonymous gifts are delivered directly to seniors in need, sending them the message that they are being remembered this Christmas. AgeCare's Columbia Retirement Community has taken the lead on coordinating this wonderful program and last year coordinated the delivery of 210 presents to seniors.



LSCO Social Worker
Heather Bursaw
 hbursaw@lethseniors.com
 403-320-2222 ext. 57

3 ways you can show Lethbridge seniors you that you Care this Christmas include:

1. **Registering a Senior** by contacting Age Care Columbia directly at 403-320-9363 or chatting with myself, Amy or Kennedy. We will require the individuals name, address & phone number as well as gift suggestions/needs for that senior.
2. **Becoming a Secret Santa** by selecting a gift tag from the Christmas tree located out-

side of the gift shop @ LSCO, at Century 21 Foothills Real Estate or Age Care Columbia, purchasing a gift and returning it to any of these locations to be wrapped and delivered.

3. **Volunteer time** to sort, wrap and/or deliver the gifts which have been received.

LSCO is a proud supporter of this program and has been fortunate enough to see the impact it makes on the lives of those in our community who are less fortunate, isolated and struggling.

I wish you well this holiday season and hope you all are able to find comfort of some sort; despite the challenges we are all faced with. If you are in need of support or someone to talk to, we are here for you and can be reached at 403-320-2222 #57.

Happy Holidays! ★



2 WAYS you can show **SENIORS** that *you care* **THIS CHRISTMAS**

- * 1 REGISTER A SENIOR IN NEED
- * 2 BECOME A SECRET SANTA

www.CareThisChristmas.com

Drop off gift wrapped in a gift bag by December 14th to London Drugs

Brought to you by:



785 Columbia Blvd. W
Lethbridge, AB



110-905 First Ave. S
Lethbridge, AB

100 Cups of Coffee

It is important to us that we know what matters to you, our members and community, to improve and support your emotional and mental wellbeing. As social workers at LSCO, we want to make sure we make time to hear from you so we can offer support and information that matters. On the third Wednesday of every month join Amy, Kennedy and Heather in the LSCO Dining Room where we would love to chat over a coffee to make sure we hear you.



Join us over a cup of coffee:
 December 16th
 9:00 – 10:00 am

Wishing you all a magical and delightful Christmas Season



LSCO will be closed
 Thursday, December 24 at 2:00 pm
 Monday, December 28
 Thursday, December 31 at 2:00 pm
 Friday, January 1, 2021
 New Year's Day



LSCO Covid-19 Support Group

Safe, supportive place to share your experience, explore coping strategies, overcome isolation and connect with others during this time of the global pandemic.

Tuesdays, 1:30 ~ 2:30 pm
Starting December 1st

LSCO Board Room (2nd floor)
 This will be a blended group of in person and virtual support.

Drop in and join in person,
 or e-mail hbursaw@lethseniors.com
 for a link to join virtually on ZOOM.

LSCO ~ 500 - 11th Street South • 403-320-2222

Virtual Mindfulness



Thursdays, 10:30 ~ 11:30

Drop In ~ No Registration Required
 LSCO Boardroom (2nd Floor)

500 - 11th Street South • 403-320-2222

Create opportunities to focus only on things happening in the present moment and purposefully pay attention and be aware of your surroundings, your emotions, your thoughts, and how your body feels. By training your mind to focus only on the present, you learn not to get lost in regrets from the past or worries about the future. Letting go of such thoughts may help you worry less and accept things as they are. Mindfulness teaches you to be in control of your mind so that your mind doesn't control you.

Covid-19 protocols in place



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 grow miracles. ”

— JEAN DE LA BREYERE

Quoteldeas.com

*May you never be too grown up
 to search the skies on
 Christmas eve. ~ Anon*



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Virtual Relaxation

Mondays, 1:30-2:30

Drop In ~ No Registration Required
 LSCO Boardroom (2nd Floor)

500 - 11th Street South • 403-320-2222

There are many benefits to being able to induce the "relaxation response" in your own body. Some benefits include a reduction of generalized anxiety, prevention of cumulative stress, increased energy, improved concentration, reduction of some physical problems, and increased self-confidence. Learning how to consciously practice relaxation bridges the gap between body and mind allowing one to feel united in complete self-awareness.

Covid19 Protocols in place.



There IS always
 SOMETHING TO BE
 GRATEFUL FOR
 WHEN YOU ALLOW
 YOURSELF TO BE FULLY
 PRESENT IN THE MOMENT

@LAURAJANEILLUSTRATIONS

Honour the meaning of Christmas



Seniors System Navigator
Amy Labossiere
 alabossiere@lethseniors.com
 403-320-2222 ext. 25

may be especially difficult. For some, it may be more difficult than others. One may have family in other areas of the country and the world that they are unable to see due to travel restrictions. Another may have loved ones in the hospital that they aren't able to spend time with due to visitor restrictions. Someone else may be immunocompromised and are uncomfortable attending gatherings. Maybe someone came down with something and is spending their Christmas in isolation at home awaiting their test results. In these unprecedented times, it's important that we remain compassionate, kind and mindful of the challenges that those around us may be experiencing. We are all struggling. If you are not practicing a "normal" Christmas this year, try to have a positive holiday season. Whatever Christmas means to you... find a way to channel and honour that meaning. If it's time spent with your loved ones, find ways to continue to do so safely, such as phone calls, video chat



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

It's starting to look a lot like Christmas! Kennedy and I would like to extend our warmest wishes to you and your families this holiday season. We know that it may be different than the years prior. Even as we write this in November, we don't know what the world will look like in December when this is published. We all know that Christmas is about the time spent with our loved ones, not about the gifts. We acknowledge that Christmas is a difficult season for many as it is, and this year

or window visits. If it's religion, consider tuning into live streaming of Christmas church services. If it's spreading Christmas cheer, go Christmas carolling or volunteer with local organizations. If you find yourself struggling and need someone to talk to, please call the 24/7 Distress Line at 403-327-7905 or toll free at 1-888-787-2880, or, if an emergency, please call 911. There are so many people in your community that are here for you. We're all in this together! ★

Once you choose

HOPE,
 anything's possible.

- Christopher Reeve

Quotedeas.com

My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?

~ Bob Hope

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Volunteers and riders will follow Alberta Health Services covid19 Safety Guideline and be provided with supplies to ensure each others safety.

Get your application from the volunteer office at LSCO or online at www.VolunteerLethbridge.com

or call Volunteer Lethbridge

403-332-4320



Goodbye to 2020

The end of 2020 is finally here, and it couldn't have come any sooner. It appears now that if we can get through the first few months of 2021, that life will slowly start to return to some state of normalcy. Just like when a fire ravages a home or a forest there will be a long period of rebuilding. Rebuilding will mean recovering from the loss of loved ones, the reopening of our leisure economy, and the return of a normal social life. This rebuilding will be a monumental task the world over, similar to the task to rebuild Europe after World War II. The scars of 2020 will take a long time to heal.

It would be idealistic and perhaps naïve to assume that we can learn our lessons from 2020. Humanity has always been a fragile species. We are after all only a higher subset of living animals on the planet. The main difference being our consciousness and our ability to think. Each time we have a major calamity in modern history, do we stop and learn our lessons from that event? We do for a while, but then we revert back to our old ways and move forward on the same path that led to that original problem. We can say that we will learn our lessons from this pandemic, the problem is we can't agree on what those lessons are or even if there is a lesson to be learned. This problem is particularly evident in the USA, a deeply polarized country on the brink of becoming irrelevant on the world stage. One side thinks



Legal Tips and Information

Douglas Alger

that Covid is a hoax or some sort of conspiracy. The other side believes that it is serious, life threatening disease that should have been better managed by the executive branch of the United States government. It's not easy to guess which side I am on is this debate. It is true that despite the best efforts of governments the world over, Covid has spread uncontrollably, but in looking at the per capita numbers the worst experience with Covid has been in the USA. If we are to learn anything from 2020, we must take a thorough analysis of Covid crisis and come up with global solutions to stop this from happening again. This will depend on leadership that relies on facts, science, compassion, and humility.

The role that the law plays in this framework is important. The law is simply not just a court-

room trial, where opposing sides present their arguments to a judge and that judge decides a case. You can see how the law can spin out of control, if all it is this. The law should be about creating a society with fair and reliable outcomes that don't require a judge to rule on everything in our lives. It has become evident that a litigious society is one that cannot function in the long term. Fortunately, Canadians seem to reject this sort of society. Our legal system is not based on political leanings but based on facts. I do not recall in law school, way back in the day, being exposed to whether a piece of legislation was liberal or conservative. I only recall that it was whether it made sense from providing a system of fair rules that could be of benefit to society as a whole. There is always going to be interpretation, but that interpretation is within narrow common-sense boundaries. Let's keep it that way.

My sincere hope for 2021 is that we never forget our lessons from 2020 and that we grow as Canadians and set an example for the rest of the world as to how a proper society can function.

Best wishes for the holiday season and stay safe this winter. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

For Christmas this year, try giving less. Start with less attitude. There's more than enough of that in the world as it is – and people will usually just give it back anyway! – Anne Bristow

Tips to cope with a pandemic as winter approaches

2020 has been a year full of surprises, and as we head into the colder months many people are concerned about what winter has in store. While we continue to face uncertainty surrounding the COVID-19 pandemic, many of us are looking for ways to lead a somewhat normal life while staying safe and following official recommendations. Check out these tips to help cope with the pandemic.

Change up your routine. Routine is important and gives us stability in our daily lives, but a new season is a perfect excuse to make some small changes. Usually work out in the evening? See if waking up early gives you an extra boost. If you usually scroll on your phone before bed, try listening to a podcast or reading a book. These simple shifts can keep your day-to-day routine from getting stale.


Give your space a glow up. Many of us are working from home and spending way more time in our pads than we ever anticipated, and with winter approaching we won't have the option of being outside. Having a space you love is one of the best ways to ensure having to spend most of your time there is enjoyable. If you've been putting off a much-needed renovation project now is the perfect time to consider tackling it or beginning to plan it for spring. On a tighter budget? A simple coat of fresh paint or updating bed linens can make a huge difference towards creating a place you'll love this winter.

Make an escape plan. Cabin fever can get the best of us, so when it strikes be sure you're ready to hit the road. Once the ambient temperature is consistently 7°C or lower, it is time to put on your winter tires. To help prevent an unnecessary costly breakdown, experts recommend taking your vehicle in for a tune-up or a winter checkup with a professional automotive technician.

"Preventative maintenance is the best way to ensure you and your family safely navigate your way through any conditions winter throws your way," explains Shayne Casey, OK Tire automotive expert. "Having your battery, alternator, starter, cooling system, block heater, suspension and brakes inspected, serviced or tested is considered best practice to ensure the reliability of your vehicle."

Of course, a local winter road trip is a great way to get away safely but be sure to follow official recommendations for travelling.

www.newscanada.com








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Being connected at Christmas time

As we live in a very different world in 2020, how to make this Christmas meaningful with the restrictions is a question many pose.

Some thoughts that can be considered is the 3 E's. Experience, Expression and Edibles can bring much joy and be cherished.

Experiences

Time together – will look very different and can be done on the phone, virtually or in writing a letter

Music – find out what was popular in the area of the older adult, what was the music from their youth. If finances permit a comfy set of head phones or having it playing over a phone call for them to reminisce.

Stories – give the gift of your time record some of your parents your grandparents experience captures the life experiences of someone who you care about, it is a legacy for you, them and others.

Picture – you can use digital photo frame and upload it with family photos for them to have



LEARN
Case
Manager

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

and cherish. Or send photos to have in their home.

Expressions

Soliciting loving sentiments from children, grandchildren, relatives and friends create a video featuring each person sharing something about the senior.

Edibles

You can't go wrong with yummy treats. Make homemade goodies for the senior to have.

In closing this December will look very different from others, do what you can to spread kindness and caring at this time of year.

In closing as always, if you, or someone you know is experiencing elder abuse, please give me, Joanne, a call, 403-394-0306 (private line). **When it comes to Elder Abuse, silence is not an option.** Or I can be reached on line at learn@lethseniors.com

<http://lethseniors.com/support-services/learn-lethbridge-elder-abuse-response-network/>

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.

Fall exhibits

Refuge Canada
SEP 26.20–JAN 10.21

Piikanikoan
Living Under a Blackfoot Sky
A Modern Writer Count
JUL 10.20–FEB 07.21

Marathon of Memories
40 years of Terry Fox Run in Lethbridge
OCT 06.20–FEB 14.21

Pockets of Possibilities
OCT 17–FEB 14.21

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stories unfolding

www.galtmuseum.com/visit

Sitting Isn't Necessarily Bad for Your Mind

Too much sitting isn't good for you, but the good news is that it doesn't seem to affect cognitive function

It's been widely observed that sitting for long periods is bad for your health and that we need to stay active to compensate; however, a new study suggests that as long as you're meeting basic physical activity guidelines, sitting isn't necessarily bad for your brain.

Published in the journal *Psychology and Aging*, the study looked at the relationship between cognitive performance and physical activity. The participants – 228 healthy adults between the ages of 60 and 80 – wore a sensor on their hip to record physical activity levels over a period of seven days. Their physical activity levels were then categorized as sedentariness, light physical activity, or moderate-to-vigorous physical activity. In terms of cognitive performance, the researchers looked at processing speed, reasoning, memory, reading comprehension, and vocabulary, using a collection of tests called the Virginia Cognitive Aging Battery.

The researchers found that processing speed, memory, and reasoning were highest in those who engaged in moderate-to-vigorous physical activity. Adults who spent more time sedentary performed better on reading comprehension and vocabulary knowledge. Light physical activity was not found to affect the cognitive functions tested, so while it may be beneficial for your physical health, it may not strengthen cognitive abilities.

The researchers suspect that sedentary adults were likely simultaneously engaging in educational or stimulating activities – such as reading, doing a puzzle, or playing a game – that could help strengthen the knowledge-based part of the brain.

“I don't think I would in any way suggest that we should engage in more sitting, but I think trying to be as physically active as possible and making sure that you get stimulated in your sedentary time – that it's not just spent staring at the TV – that this combination might be the best way to take care of your brain,” said Aga Burzynska, the lead researcher on the study and assistant professor in the Colorado State University Department of Human Development and Family Studies. “I hope it sends some positive message for those of us who have had limited opportunities to exercise during the pandemic.”

By Caitlin Finlay
October, 2020
goodtimes.ca

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Computer Corner

by Sjoerd Schaafsma

The Benefits of Belonging

This is usually the new toys for Christmas edition, all the cool new tech stuff that's available. Not this year. This is the "How To Get The Most Out Of The Tech You Already Have Or What's New To You Or Your Family" edition.

Mostly this is a blatant sales pitch for joining the LSCO and the LSCO Computer Club.

Consider a few of the many benefits of a membership:

- A group of knowledgeable, sympathetic seniors who have likely experienced many of the same issues as yourself when dealing with technology
- Help from and share with a group of seniors still experiencing similar issues, in other words, you won't be alone
- Seniors with experience using different operating systems, Windows, Mac, mobile devices both Apple and Android, laptops, and networks
- Help sessions available either in the lab or remotely via a variety of mobile conferencing applications
- At times, at home help
- Learn to use email, word processing, spreadsheets, social media and more
- Bring your tech into the lab for an opportunity to learn what's happened to make your piece of tech misbehave or stop behaving all together
- Watch it get diagnosed and hopefully fixed. (Yes, sometimes technology does stop working and it's beyond repair, or like that Model T, it runs fine, but I wouldn't want to drive it out of town)
- Update that stubborn computer
- Learn how to safely and responsibly dispose of, recycle, repurpose or reuse old tech
- Access to the internet without worrying about viruses on the lab computers
- Socialize in the lab or online (alas more online than in person in this time of the pandemic)
- Be part of an online email list that sends out periodic notices about happenings in the lab, the LSCO, or current fraud concerns.

All of the above for the price of an LSCO membership \$50 and \$20 for the Computer club, a GREAT Deal! and that's just the computer club.

Hints, Tips and Jargon: **Camfecting** – The act of hijacking a webcam. Not only can hijackers take over your camera with the single click of a link, but advanced methods allow it to be done without activating the camera's "on" light. The simple solution, cover your camera lens. The link below will take you to the more in-depth article which introduced me to the term.

<https://www.reviewgeek.com/55779/why-you-should-consider-using-a-webcam-cover/>

Computer Club and Lab Notes

Some of the lab computers have been disabled to allow for safe distancing in the lab. Lab workshops and meetings are being presented both in person and via remote conferencing software. Workshops will be advertised via the LSCOCC email list and web site.

LSCOCC members have access to the computer lab on Mondays and Wednesdays from 1:00 – 3:15 pm. This time may be pre-empted for other events.

If the lab is closed ask for the key at the reception desk. Wireless internet access is available at: ComputerLab-Guest

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 in the lab. 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>, the short form of <https://sites.google.com/site/oldfolkscomputers/computer-corner-archives> or read the entire times online at <http://lethseniors.com/about/lSCO-times-publications/>.

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

Gifts every family member will appreciate

Finding the perfect gift is an added stress to the holiday season. Fortunately, there are creative and thoughtful gifts out there – they can sometimes just be hard to find. Take the legwork out of shopping with these ideas that are sure to win over everyone, from kids to grandparents:

Board games

Board games are perfect for gathering the family together to make memories. Over the years, board games have increased in popularity, but even more so now since we've been spending more time at home than ever before. There are countless options for all ages and skill levels.

DIY gift basket

Looking to a fun gift? Try creating a movie-night basket filled with popcorn and seasonings, candies and crowd-

pleasing DVDs, or a gift card to your favourite streaming service.

Gifts that give back

For the person who has everything, gifts that give back to the community are a fantastic option. The PetSmart Chance & Friends plush toys are perfect for kids, pets and adults alike. They will donate 10 per cent of each purchase to fund animal-assisted therapy programs at children's hospitals.

Customized mugs

Stuff a personalized mug with goodies, such as candies, cookies, tea bags, or gift cards to create a thoughtful gift for even the trickiest person on your list.

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TIME:
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LSCO ANNUAL GENERAL MEETING (FOR OPERATING YEAR 2019)

TUESDAY DECEMBER 15, 2020 1:15 PM

The AGM will include election of the Board of Directors, presentation of the Audited Statement and Annual Report highlights.

A Town Hall meeting will follow adjournment of the AGM.

This year our members can participate in the AGM 3 ways:

1. **In person at LSCO** - there will be limited seating available in the computer lab (reserved seating for LSCO Board members) and the stage area of the dining room;
2. **Via Zoom** - Email your password request to AGM2020@lethseniors.com and include your membership number;
3. **By Proxy vote** - complete our simple form (available at the Admin office and from Board members) to give our Board Chair your vote. This method also allows us to more easily reach our quorum of 50 members.

Roast Beef Dinner Special Friday, December 18th Curbside Pick-Up Lunch

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