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Join Us for

**CURBSIDE LUNCH SPECIALS**  
Every Wednesday in March

**LIVER & ONIONS**  
Wednesday, March 3rd  
(See page 5 for details)

**VIRTUAL RELAXATION**  
Mondays, 1:30 – 2:30 pm  
(See page 3 for details)

**VIRTUAL MINDFULNESS**  
Thursdays, 10:30 – 11:30 am  
(See page 7 for details)

**2021 AGM**  
Tuesday, March 30th  
1:15 pm



~ Jessica Harrelson

**LSCO ANNUAL GENERAL MEETING**  
**TUESDAY, MARCH 30, 2021**

**STAGE AREA (DEPENDENT ON COVID RESTRICTIONS)**  
**1:15 P.M. ~ 1:45 P.M.**

**VIA ZOOM**

EMAIL YOUR PASSWORD REQUEST TO [AGM2021@LETHSENIORS.COM](mailto:AGM2021@LETHSENIORS.COM)

**VIA PROXY VOTE**

PROXY BALLOTS DUE IN OFFICE BY NOON ON MARCH 26





Executive Director

Rob Miyashiro  
rmiyashiro@lethseniors.com

Decade of Healthy Aging

From December 4, 2020, *World Health Organization News*:

The United Nations General Assembly today declared 2021-2030 the [Decade of Healthy Ageing](#).

“Today’s announcement of the UN Decade of Healthy Ageing sends a clear signal that it is only by working as one, within the United Nations system and with governments, civil society and the private sector, that we will be

able to not only add years to life, but also life to years,” said Dr Tedros Adhanom Ghebreyesus, Director-General of the World Health Organization, in response to today’s development.

“By adopting a UN-wide approach in support of healthy ageing, we will be able to galvanize international action to improve the lives of older people, their families and communities, both during the [COVID-19 pandemic](#), and beyond,” added Dr Etienne Krug, Director of the Department of Social Determinants of Health at WHO.

Health is central to our experience of older age and the opportunities that ageing brings. Initiatives undertaken as part of the Decade will seek to: change how we think, feel and act towards age and ageing; facilitate the ability of older people to participate in and contribute to their communities and society; deliver integrated care and primary health services that are responsive to the needs of the individual; and provide access to long-term care for older people who need it.

“Today’s announcement is the culmination of many years of collaboration with partners across the world,” said Alana Officer, who leads WHO’s Demographic Change and Healthy Ageing team. “But it also represents a new beginning. If we are to be successful in delivering the change envisaged under the Decade, we need new ways of working”.

WHO and UN partners are seeking inputs from all interested stakeholders to help build a [collaborative Platform](#) where all knowledge on ageing can be accessed, shared, and produced in one place – by anyone, anywhere in the world.

LSCO, through our local, provincial and national work, will strive to be a leader in the implementation of services to support the *Decade of Healthy Ageing*. We will also play a leadership role in the promotion of the Decade.

In the meantime, be safe and be kind. ★

LSCO PROGRAM DEPARTMENT UPDATE

Until restrictions are lifted further there will not be any in person programs or classes offered. The Fitness Centre will remain closed. Please continue to visit the LSCO website at [www.lethseniors.com](http://www.lethseniors.com), Facebook page and monitor your emails for updates. We are looking forward to seeing everyone again soon. If you have any questions or concerns please call LSCO at 403-320-2222. Stay safe.

OUR COMMUNITY PARTNERS

*In recognition for the ongoing support of LSCO*

Lethbridge  
HEARING CENTRE



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market



*In recognition for the ongoing support of LSCO Meals on Wheels*

teamworks  
career centre



urban grocer



ITALIAN  
TABLE ESTD 2018

“Few people know how to take a walk. The qualifications are endurance, plain clothes, old shoes, an eye for nature, good humor, vast curiosity, good speech, good silence and nothing too much.”

– Ralph Waldo Emerson



*Help Create A Community Where It's Possible To*

OVERCOME LONLINESS



SOCIAL AND EMOTIONAL SUPPORT

A call from a friend once or twice a week makes a big difference in how we feel—knowing that someone cares is comforting and meaningful in so many ways.



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OR CALL 403-332-4320





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Check out the website! [www.lethseniors.com](http://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, Merri-Ann Ford, Clifford Brown, Karen Johnson and Marlys Reynar.

**LSCO . . . . . 403-320-2222**

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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](http://www.albertasupports.ca)

For all your health inquiries, call the Chinook Health LINK number 1-866-408-LINK (5465) It's free!

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*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."



A seniors' centre from the comfort of your own home! A free phone-based seniors program that provides an opportunity for older adults 55+ to enjoy interactive information sessions, educational programs, games, and friendly conversation. Provides opportunities to socialize, learn new skills and stay connected.

<http://www.edmontonsouthsidepcn.ca/classes-health-resources/seniors-centre-without-walls/>



  
2021 Valuing water

**WORLD WATER DAY 2021**  
How is water important to your home and family life, your livelihood, your cultural practices, your wellbeing, your local environment?


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.




LSCO Hours of Operation

Monday – Friday, 8:00 am – 4:30 pm

Holidays vary – watch our calendar.

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 Publishing Schedule

Issue	Deadline
April . . . . .	March 19
May . . . . .	April 16

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

Right or wrong, black or white, left or right, all or nothing; anyone else notice the polarized world we seem to be living in?

Some folks believe that fossil fuels will be the way of the future. Other folks see renewable energy as the way to go. If I look around my home, I am already using a combination of both.

It seems we are divided into two political camps; we are expected to be either socialist or conservative. We demand services from all levels of government but complain when we are taxed to pay for those services as if politicians are supposed to magically pay for streets, sewers, and sports/art facilities. And each camp has its populist politicians trying to appeal to those voters who feel they are not fairly represented.

I watch folks argue on social media about vaccines, some for and others; antivaxxers. At the end of the day, it seems to me it is a personal decision.



# President’s Message

Keith Sumner

Where am I going with this? It has been my observation society wastes time, energy, and money with extreme attitudes. Each time the pendulum swings to one side or the other we use up resources that could be best applied to forward motion if only we could find common ground and compromise.

Around 500 BC Lao Tzu wrote the “Tao Te Ching” (loosely translated “The Book of the

Way”) He talks about the middle way and reducing the pendulum swings as much as possible, so our efforts move us forward not sideways. It is worth reading. (in English of course). At a personal level there are some-things I will not compromise but at a commu-nity level I believe it is very necessary in order for us to improve society for all.....and that’s my rant for the month!

On a different subject our external auditors have finished their work and the Board will be able to share that information with you shortly. The budget for 2021 is a different story. Now we have no idea when we might be able to reopen so staff are unable to estimate what income and expenses will be for the up com-ing year. As soon as we can provide you with realistic numbers we will do so.

In the meantime: Namaste ★

## COVID Is Changing Our Retirement Plans

A third of working Canadians now say they’ll probably defer retirement

As a result of the coronavirus pandemic, almost half of Canadians are rethinking their retirement plans, with one-third of those still working saying they’ll likely delay retirement.

Given the devastating effects of COVID-19 within seniors’ residences, it’s perhaps not surprising that two-thirds (63%) of those responding to a recent poll say they’d now prefer to live at home during retirement rather than move to a retirement facility. The survey, conducted for the financial services and investment firm IG Wealth Manage-ment, also found that half of Canadians are now prioritiz-ing retiring somewhere near family.

The online survey was conducted by Pollara Strategic Insights between January 29 and February 1 and involved 1,508 adult Canadians.

Most respondents (88%) said that, given the pandemic, they’re not sure how much money they’ll need for retire-ment, and 46% believe they’ll need more than they had thought; 67% said they see the need for a bigger emer-gency fund, both before and during retirement. Two-fifths of Canadians are considering how much health-care coverage they’ll need in retirement, with half of Cana-dians hoping to have their estate plans in place before retirement.

The survey’s findings were less optimistic than those of a BMO poll conducted two months earlier. In BMO’s annual retirement survey, carried out in November 2020, 54% of respondents said they were confident that they’ll have sufficient funds to retire at the age they want to, which was only a 4% decrease from the 2019 survey results.

“It’s understandable that the events of the past year have caused many Canadians to pause and re-think what their futures will look like, including their plans for retirement,” Damon Murchison, president and CEO of IG Wealth Man-agement, said in a press release. “Whether it’s staying in your current home for longer or re-evaluating how much health-care coverage might be needed, these changing priorities can have a significant impact on your finances. This makes it all the more important to have a financial plan in place that includes a robust retirement compo-nent. And, perhaps just as critically, one that can evolve and be adapted to reflect your changing priorities.”


By Caitlin Finlay  
February, 2021  
goodtimes.ca



## MENU ~ MARCH 2021

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, March 1		Tuesday, March 2		Wednesday, March 3		Thursday, March 4		Friday, March 5	
Entree:	Herbed Chicken	Entree:	Stuffed Pepper	Entree:	Liver & Onions	Entree:	Stuffed Pork Chop	Entree:	Chicken Pot Pie
Starch:	Pasta	Starch:	Polenta	Starch:	Mashed Potatoes	Starch:	Steamed Potatoes	Starch:	
Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice
Monday, March 8		Tuesday, March 9		Wednesday, March 10		Thursday, March 11		Friday, March 12	
Entree:	Fried Chicken	Entree:	Battered Fish Sticks	Entree:	Turkey Cutlet/Stuffing	Entree:	Weiner & Beans	Entree:	Lasagna
Starch:	Potato Salad	Starch:	Oven Roasted Potatoes	Starch:	Mashed Potatoes	Starch:	Mac & Cheese	Starch:	Garlic Toast
Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice
Monday, March 15		Tuesday, March 16		Wednesday, March 17		Thursday, March 18		Friday, March 19	
Entree:	Chicken Enchilada	Entree:	Meatballs/Mushroom Sauce	Entree:	Beef Stew	Entree:	Quiche	Entree:	Roast Pork
Starch:	Polenta	Starch:	Rice	Starch:	Steamed Potatoes	Starch:	Oven Roasted Potatoes	Starch:	Mashed Potatoes
Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice
Monday, March 21		Tuesday, March 22		Wednesday, March 24		Thursday, March 25		Friday, March 26	
Entree:	Turkey à la King	Entree:	Pork Cutlet	Entree:	BBQ Chicken	Entree:	Shepherd’s Pie	Entree:	Chicken Cacciatore
Starch:	Rice	Starch:	Mashed	Starch:	Hash Brown Casserole	Starch:		Starch:	Pasta
Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice
Monday, March 29		Tuesday, March 30		Wednesday, March 31		<div>Saint Patrick’s DAY WEDNESDAY, MARCH 17, 2021</div>			
Entree:	Roast Beef	Entree:	Pulled Pork	Entree:	Ham				
Starch:	Mashed Potatoes	Starch:	Lentil Salad	Starch:	Scalloped Potatoes				
Soup:	Chef’s Choice	Soup:	Chef’s Choice	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			



## Volunteer News

We have made it into March and hopes of warmer, brighter days are on the horizon. Although our building is closed, I am still in my office Monday-Friday and available to our team of LSCO volunteers. We are eager to have you back and looking forward to seeing you all. When we are scheduled to reopen I will be reaching out to our volunteers.

*LSCO Drive Happiness* is driving and getting seniors where they need to go! This would not be possible without our 12 dedicated volunteer drivers. Ride by ride they are increasing our capacity, as a community, to care for our seniors. I'm so proud of them! If you are interested in becoming a volunteer and building our *LSCO Drive Happiness* program, please reach out to me. Special thanks to Volunteer Lethbridge for their past



### Volunteer Coordinator

**Shiloh Sabas**  
volunteer@lethseniors.com  
403-320-2222 ext. 31

six months of assistance to build our *LSCO Drive Happiness*.

To become a rider with *LSCO Drive Happiness* an application must be filled out. Applications are available at LSCO to pick up or can be mailed or emailed, by contacting me. Appli-

cations are also available online at <https://lethseniors.com/drive-happiness-riders/> to be returned to LSCO. Once your application is received and processed you will be contacted on how to purchase tickets and book rides. We are looking forward to hearing from you and helping to meet your transportation needs. Further questions can be directed to me at [volunteer@lethseniors.com](mailto:volunteer@lethseniors.com)

Professionally and personally, I would like to thank Natasha for all her hard work and dedication to LSCO Meals on Wheels. She has also supported me, in my role at LSCO, on numerous occasions. Collaborating with her on our 2020 Christmas meal delivery is a highlight of our time working together. Natasha, thank you for being a part of our LSCO team and an amazing friend to me. ★

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*You gotta try your luck at least once a day, because you could be going around lucky all day and not even know it. ~ Jimmy Dean*

### CLASSIFIED ADS

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

**STERLING INTERNATIONAL PRECIOUS METALS & ANTIQUE JEWELLERS** are buying. Gold, silver jewellery. Gold, silver pocket watches. Gold, silver coins. Top prices paid. For inquiry 403-915-3678. LSCO member. We pay fair.

## CURBSIDE LUNCH PICKUP

### Wednesdays, March 3 ~ 31

## DAILY LUNCH SPECIAL MENU

March 3rd ~ Liver & Onions

March 10th ~ Turkey Cutlet/Stuffing

♣ March 17th ~ Beef Stew ♣

March 24th ~ BBQ Chicken

March 31st ~ Ham & Scalloped Potatoes

**Scheduled pick-up time between 11:30 am ~ 12:30 pm**

LSCO - 500 - 11th Street South

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

**Must pre-order no later than 3:00 pm the day before by calling 403-320-2222**

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threshold of \$35,000 (single)  
and \$45,000 (couple). No age limit!

PHONE OR DROP-OFF INCOME TAX PROGRAM

Assistance available to those who meet the following criteria:

- ☎ simple tax returns only
- ☎ OPEN TO ANYONE WHO MEETS INCOME THRESHOLD
- ☎ consent, SIN and tax details will be collected over the phone to avoid the need for face to face contact
- ☎ income threshold single – \$35,000 couple – \$45,000

LSCO: Phone & drop off completion. Call 403-320-2222.  
Nord-Bridge: Phone & modified Virtual Tax drop offs only.  
No appointments allowed. Call 403-329-3222.

CALL TO DROP OFF INCOME TAXES AT:

LSCO 403-320-2222 or  
Nord-Bridge Seniors Centre 403-329-3222

A collaboration between:

Canadian Mental Health Association, Lethbridge Family Services, Lethbridge Housing Authority,  
Lethbridge Senior Citizens Organization, Nord-Bridge Seniors Centre and Volunteer Lethbridge



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~ Irish Blessing

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New Pleasures, New Treasures

Stepping into a new year with all its uncertainty and potential has a way of focusing one’s attention on what really counts in life.

2020 was a year like none I’ve ever experienced and what 2021 will bring is still an unknown.

Yet I know a few things with greater certainty and clarity.

I know that pleasure is fleeting, but sweet. It often comes in small packages – like the squinting of a pair of eyes over the top of a mask, letting you know that someone is smiling at you. That little bit of humanity peaking over a fabric triangle is a treasure.

I have realized the value of a hug – the first one I got from a friend after months of abstinence was one of the sweetest encounters of the year. A year ago we would have clasped each other quickly and been on our way. Now we didn’t want to let each other go. Who would have thought that in a world where hugs are free, they’d become a scarce commodity in a matter of a few short months?

I have begun to learn the pleasure of quietness and aloneness. Curled up in a comfy armchair in front of a flickering fire with a book in hand and a cat in my lap, I’ve let the soothing warmth from the fire and the cat comfort my soul and ease the stresses of the day. Not needing anything in that moment, just being

and letting everything around me be...perfect.

I’ve discovered treasures within – each new self-discovery sending a thrill of joy coursing through my body.

Amid the struggles of 2020, I learned to release numerous emotions – of fear, of sadness, of loneliness, of worry, of rejection, of lack, of doubt. Emotion by emotion, I’ve sat with them one by one and let them arise and be seen, be accepted, and then released.

I’ve confronted the feelings of not being enough, and the reality that I can’t fix everything. I’ve discovered peace as a welcome and ready replacement. I learned that I AM enough for any moment that arises, and trying to fix everything is just insane.

I’ve learned to observe from behind a short wall – witnessing all the worldly shenanigans while holding my energy apart; not throwing myself into the pot with all the scalding debris and chaos.

I’ve nurtured the art of compassion – wishing my fellow earth-dwellers well, regardless the path they are on. I have let my hasty judgements fall away. I have embraced, instead, a belief in the appropriateness of all humanity. We are all on the same path, discovering who we are, each doing our best with what we have to work with.

I’ve recognized the bliss of family and friends – the steadfastness of relationships taken for granted when everything is going well, rising up in solidarity and fierce determination when a need presents itself.

I’ve discovered that love is not felt in the receiving, it is felt in the giving. The greatest act of kindness was learning to love myself. When no one else is around, you soon learn what a friend you are to yourself, or not. When activities are not bountiful enough to distract you. When all the trappings of a busy life fail to impress – there’s just you.

I’ve discovered the pleasure that arises within when I take a few minutes to be present, to breathe deeply and consciously recognize the divine presence I hold within. I am discovering the treasure that is me.

2020 came bearing gifts. They are invisible to the eye, but what richness they bestowed! Intrinsic, beautiful, powerful, grace-laden gifts that hold the power to nurture us through any difficulty, any changes, any sorrow, any fear.

Be well. Be safe. Just BE.

By Barbara Ristro  
February, 2021  
www.seniorlivingmag.com





**Do you want to meet people  
in an interesting and  
helpful way?**

Lethbridge has many senior residents that need a ride getting to important medical appointments, life activities, and more. Flexible schedule, mileage reimbursement, and every ride makes a difference in a seniors' life.

Volunteers and riders adhere to Alberta Health Services covid-19 Safety Guidelines and are provided with supplies to ensure everyone's safety.




Explore the community while making a needed contribution.

Get your application from the volunteer office at LSCO or call Shiloh Sabas, Volunteer Coordinator  
**403-320-2222**

When there's new growth bursting out all over, everything fresh, green, and flourishing, the plants are little rockets of success going off every time you look at them.

~ Jacqueline Heriteau

**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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*Love doesn't drop on you unexpectedly; you have to give off signals, sort of like an amateur radio operator."*

~ Helen Gurley Brown



## Easing money stress with free financial empowerment services

With many Canadians struggling to manage the financial impacts of COVID-19, cities are stepping up with innovative ways to help residents tackle their money challenges and rebuild their financial stability and security.

Long before the economic shock of COVID-19, Canadians cited personal finances as their greatest source of stress. Since the beginning of the pandemic, over 5.5 million people have experienced job loss or reduced earnings. Those working in lower wage jobs, visible minorities and Indigenous Peoples have been hit the hardest.

Household financial insecurity, in turn, can cost cities up to 4.6 per cent of their budgets annually in foregone revenues and increased service costs, according to one U.S. study. A new program, developed by the national charity Prosper Canada, offers municipalities help to sustainably embed tailored financial help interventions into services they are already delivering to

vulnerable residents to help them improve their financial health. The model is showing promising results in several communities, including Edmonton and Toronto, where financial help is being built into transit, recreation, welfare, employment, and library services.

“Financial empowerment can be a game-changer for municipal poverty prevention and reduction efforts,” says Elizabeth Mulholland, Chief Executive Officer of Prosper Canada. “Weaving proven financial help interventions into existing services is a cost-effective way to help city programs deliver greater impact and to create more gateways to financial stability and health for residents struggling to make ends meet, manage debt and build a stronger financial future.”

This month, the City of Edmonton will be launching its Community Navigator program, which offers safe and confidential one-on-one financial help to participants in their Leisure Access and Ride Transit

programs to help them access income benefits they are eligible for, as well as tackle other financial challenges. City social workers have been trained and deployed at program locations across the city, working with community financial help providers who can provide tax-filing assistance and more in-depth financial counselling to over 60,000 program participants annually.

“Community navigators can help assess participants’ financial needs and connect them to community agencies that can help them access local, provincial and federal government benefits they may be eligible for,” says Jenny Kain, director, safe and healthy communities at the City of Edmonton. “Participants also benefit from the navigators’ built-in expertise as social workers.”

More and more cities are exploring similar approaches to build the financial resilience of residents through programs that help households to regain their financial stability.

[www.newscanada.com](http://www.newscanada.com)



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f t i o

### Brain Awareness Week will take place from March 15-21, 2021

Brain Awareness Week is the global campaign to foster public enthusiasm and support for brain science. Every March, partners host imaginative activities in their communities that share the wonders of the brain and the impact brain science has on our everyday lives. Download the *Successful Aging and Your Brain* booklet at <https://dana.org/wp-content/uploads/2019/06/puzzle-packet-successful-aging.pdf>



Conflict cannot survive without your participation.

AZ QUOTES

Wayne Dyer

## LSCO ANNUAL GENERAL MEETING (FOR OPERATING YEAR 2020)

**TUESDAY  
MARCH 30, 2021  
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 2 ways:**

- Via Zoom** – Email your password request to [AGM2021@lethseniors.com](mailto:AGM2021@lethseniors.com) and include your membership number;
- By Proxy vote** – complete our simple form (available at the Administration 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.

Proxy ballots are due in office by noon on March 26th.



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# Computer Corner

by Sjoerd Schaafsma

## Handling and Managing Files: Part 1

So, here’s the scenario; from last month’s column or before, you learned that it’s good to know the extension of a file. Great, big deal, so you know the extension, you know there are half a dozen or more extensions that can relate to photos, but where is the photo you downloaded from the internet last week?

You right clicked on a cool photo, and picked “save image” but where did it go?

I’ve had it happen to me plenty of times on various computers. You’re busy, in the middle of something, and can’t be bothered to give the picture a meaningful name or pay attention to where you saved it.

At this stage of the game we’re going to make some assumptions, the main one being; you have your computer set to save all files to the ‘Downloads’ folder, another that you’re working with Windows. If you’ve changed the download or default folder settings, or use a Mac, that’s beyond the scope of this article. Check the links below.

**File Explorer** has options on what to view and how to sort files. Files can be sorted by name, date, file type or size. To do this you must click on **View** and select details. There will now be headings showing information about each file. Clicking on the column heading will sort the files. Left click on the **Name** heading, and files will be sorted alphabetically, with folder names first, followed by file names. Click again and the order will be reversed. The same goes for sorting by **Date**, **Type**, and **Size**, click on the appropriate heading, and the files will be sorted by that criterion, click again and the sort order will be reversed.

If your downloads folder hasn’t been swamped with hundreds of downloaded files you may see your ‘lost’ file by choosing Quick access in Windows 10 which will display a list of Frequent folders, and Recent files. By default Windows 10 shows around 12 recent items. In Windows 7 go to Start menu, recent items.

Here are some links to more detailed explanations of how to use File Explorer and how to make better use of the MacOS Finder.

**Get Help With File Explorer on Windows 10 – 2019**  
<https://www.howtogeek.com/404740/get-help-with-file-explorer-on-windows-10/>

**Best Windows 7 Explorer Tips and Tricks – 2017**  
<https://www.howtogeek.com/76295/best-windows-7-explorer-tips-and-tricks/>

**How to Make the macOS Finder Suck Less – 2017**  
<https://www.howtogeek.com/howto/33414/how-to-make-the-mac-os-x-finder-suck-less/>

**Terminology: OCR – Optical Character Recognition:** Is a software tool by which images of text are converted to actual text. The resulting text can then be manipulated with word processing software.

**Hints and Tips: F11 –** As often as I use a shortcut, there are so many shortcuts that at times it slips my mind which is which, or that one exists for a certain operation. The **F11** function key in most browsers switches in or out of full screen mode. Instead of seeing a bar full of tabs, you only see the current page.

**Trivia:** Care for some trivia? The **HowToGeek** newsletter provides daily trivia. **WeatherCan**, the weather app provided by Environment Canada for both iOS and Android has fairly regular weather trivia. In spite of what a review says on the app store, it works just fine on an iPad. The apps and the HowtoGeek newsletter are all free.

**iOS:** <https://apps.apple.com/ca/app/weathercan/id1334221563>

**Android:** [https://play.google.com/store/apps/details?id=ca.gc.ec.weather\\_app\\_android.ops&hl=en\\_CA&gl=US](https://play.google.com/store/apps/details?id=ca.gc.ec.weather_app_android.ops&hl=en_CA&gl=US)

**HowtoGeek:** <https://www.howtogeek.com/email-subscription/>

**Computer Club:** Due to Covid restrictions the LSCO is closed until further notice. Notice of workshops and online Zoom sessions will be via the Computer Club email list.

The Computer Corner and Seniors’ Times can be read 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 e-mail: <mailto:computerclub@lethseniors.com>



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Phone 403-320-6588 or text 403-308-0419 to preorder your cards and we will have them ready for you when you get here.

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