

INSIDE THIS ISSUE

Executive Director	p.2
LSCO Contacts	p.3
Message from the President	p.4
From the Kitchen	p.5
LEARN	p.6
LSCO Programs	p.11



*Gardening is the art that uses
flowers and plants as paint,
and the soil and sky as canvas.*

~ Elizabeth Murray

Join Us for

SENIORS' WEEK CURBSIDE LUNCH SPECIALS

June 7 – 13 (See page 5 for details)

WORLD ELDER ABUSE AWARE DAY (WEAAD)

Tuesday, June 15

FATHER'S DAY CURBSIDE LUNCH SPECIAL

Monday, June 21 (See page 8 for details)

VIRTUAL RELAXATION

Mondays, 1:30 – 2:30 pm
(See page 8 for details)

VIRTUAL MINDFULNESS

Thursdays, 10:30 – 11:30 am
(See page 11 for details)



Therapy Balls Roll Workshop

If you are interested in attending this 2-hour workshop please call and ask that your name be put on the interest list. When restrictions are lifted a date will be confirmed and you will be contacted.

Whether you feel knotted up or feel wrinkled in body, mind or spirit, have aches and pains because of overuse or underuse of muscles, there are many benefits of using therapy balls. Participants will be guided through 7 techniques to help you increase and maintain mobility, strength and flexibility. Bring a yoga mat, wear layered clothing eg: tight leggings, shorts, sleeve shirts (sweatshirts, sweat pants not recommended). Balls are supplied and will be available for purchase for those interested.

Instructor: Margo Sutter
Fee: \$40 LSCO M; \$60 NM



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

Rob has been away on vacation. His article will return in July. ★

Canadian Men's Health Month (June 1-30, 2021)
Move For Your Mental Health

Move for Your Mental Health is the theme of Canadian Men's Health Month, a series of virtual events, fitness classes, and movement pledges to encourage Canadian men and their families to get active while raising funds supporting men's mental health.



403-327-7990

Volunteer DRIVERS Needed for Meals on Wheels!

We require Drivers to deliver meals within the City of Lethbridge.

Time Commitment:
One and a half hours – two hours.

If interested in volunteering for meal delivery, please call: **403-327-7990**

500 - 11th Street South, Lethbridge, Alberta T1J 4G7
E-mail: mow@lethseniors.com



LIVINGSTONE ESTATES

THE BEST OF ADULT LIVING

BUNGALOW CONDOS IN WEST LETHBRIDGE



ONLY 5 LEFT!

Contact Trisha or visit parksideliving.ca to learn more about The Estates at Parkside Place — a new community of Bungalow Condos coming soon to Coaldale!

Contact Trisha
for more information

403.331.1132
trisha@newrock.ca

Visit us at livingstoneestates.ca

Showhome
location & hours

1 - 290 Northlander Bend
WEST LETHBRIDGE

Call today to book your tour of the showhome!

PROUDLY BUILT BY **NEW ROCK DEVELOPMENTS**

In nature we never see anything isolated, but everything in connection with something else which is before it, beside it, under it and over it.

~ Johann Wolfgang von Goethe

Eat anything you want... anytime, anywhere...

with the help of implant supported dentures.

Call us today for your complete denture care needs



Giving you something to smile about!

604 - 6 Street South • Lethbridge
(403) 327-7244 • Toll Free 1-877-467-2251

OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO





In recognition for the ongoing support of LSCO Meals on Wheels







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

2021 – 2022 Executive:

President Elect:

President: Keith Sumner

Past President: Clifford Brown

Secretary: Craig Rumer Treasurer: Merri-Ann Ford

Board of Directors:

Karen Johnson and Brian Sullivan.

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 – Alexis Clare
learn@lethseniors.com 403-394-0306

LSCO Social Worker / Case Manager – Heather Bursaw
hbursaw@lethseniors.com ext. 57

Volunteer Coordinator – Shiloh Sabas
volunteer@lethseniors.com ext. 31

Seniors System Navigator – Amy Labossiere
alabossiere@lethseniors.com ext. 25

Member Services Assistant – Diane Legault
dlegault@lethseniors.com ext. 30

Marketing & Media Coordinator – Lisette Cook
lcook@lethseniors.com ext. 33

Program Development Coordinator – Shawn Hamilton
shamilton@lethseniors.com ext. 26

Social Media Specialist – Rod Henriquez
socialmedia@lethseniors.com ext. 33

In-Home Supports Coordinator –
mow@lethseniors.com ext. 34

Fitness Instructor/Trainer – Jamie Hillier
fitness@lethseniors.com ext 61

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

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 and Instagram @lscocommunitycentre

LSCO Vision Statement

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

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

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.

ARE YOU A SENIOR WHO IS LONELY? WOULD YOU LIKE SOMEONE TO KEEP IN TOUCH?
If you are a senior who would like to receive a call each week, or have a family member or friend who is isolated and would like to receive a call, we can help.

TO REGISTER OR REFER A SENIOR CALL 403-332-4320 OR EMAIL HELPINGHANDS@VOLUNTEERLETHBRIDGE.COM

LSCO Lawn Care Services

Did you know that the LSCO coordinates **lawn care services** for low income seniors who receive guaranteed income supplement?

If you qualify and would like more information, please contact Diane Legault at the Administration desk at 403-320-2222.

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
July	June 18
August	July 16

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



President’s Message

Keith Sumner

Good day!

A member once asked me if it was difficult writing an article for the Times every month. The actual writing is not difficult it is coming up with the inspiration for a timely topic. This month I am reaching way back in time.

For some reason about 27 years ago I was in a Royal Bank Branch in Calgary and saw their monthly newsletter. The entire edition was dedicated to a single topic which I found

highly informative and inspiring. To this day I wonder what motivated one of Canada’s largest banks to publish the information.

It is a long article, so we have decided to divide it between the June and July issues of the Times. I think the material covered is just as accurate and timely as it was in June 1993. I hope you agree with me.

Namaste. ★

A Room and a Coffee Pot – Part 1

Support groups have been springing up everywhere lately to strengthen people’s ability to cope with personal problems. They activate the healing power of faith, hope, and charity. They also prove an old theory: that you can’t do good for another person without doing good for yourself ...

It is insufficiently recognized in the news of all the bad things that are going on in this world that a lot of good things are also happening. God knows the human race has problems – new and different ones, it seems, every day. But the problems are not, as in the past, simply being allowed to take their course; people are resisting them, coping with them, trying to eliminate or mitigate their causes. And in this way, good is coming out of bad, bringing hope to countless individuals who otherwise might be doomed to a life of misery.

There could be no better example of this phenomenon than the support group movement which has grown up in recent years to help people to cope with personal afflictions. In the English language the movement also goes under the heading of “self-help,” a term that is somewhat misleading at first glance. In a great many cases, people turn to these groups precisely because they cannot help themselves: they have surrendered control over their own behaviour to an addiction or other form of inner compulsion. They need the help of others to restore their personal autonomy.

There is, however, some validity to the term when you consider the psychological process that takes place when people decide to join support groups. First, they refuse to let a problem run rampant without fighting back. Then, rather than handing the problem over to a professional, as a litigant would hand a law suit over to a lawyer, they take responsibility for dealing with their own cases in association with fellow-sufferers. Most well-established support groups welcome professional counsel, but professional participation is ancillary to their “do-it-yourself” approach.

The concept of self-help originated in the United States in 1935 with the formation of Alcoholics Anonymous. In those days little help was available for alcohol addiction outside of hospitals. AA’s founders developed a step-by-step program of recovery from their addiction centred on meetings at which alcoholics related their experiences and compared notes on how to stay sober. They set up system through which members could call on the moral support of their fellows in moments of weakness at any time of day or night.

Of course, the idea of mutual support was not new: on the contrary, it goes back to the very beginnings of civilization. The first human settlements were built by people who faced common hardships and dangers and realized that their burdens were lightened when they were shared. People formed religious congregations which brought the strength of unity to the task of aiding the weaker members of their society. At the centre of it all was the extended family, consisting not only of parents and children, but of grandparents, cousins, uncles and aunts.

What was new about AA was that it responded to the needs of a society in which the role of the family was diminishing. Today the extended family, with more or less all of its members in one place, has largely become a

thing of the past. In North America, mobility is part of the culture. When people are scattered all over the map, they become less likely to turn to their families in times of trouble than if they had stayed in their places of birth.

It is interesting that one of the founders of Alcoholics Anonymous was living away from home when the movement started. He was a stockbroker from New York City working in Akron, Ohio, on a business deal. The venture failed, and he was tempted to resume drinking after a long spell of sobriety. He sought out another alcoholic, a local physician, and helped the latter overcome his own drinking problem. Soon both were permanently sober, and together they laid down the principles of AA.

The word “Anonymous” originally referred to the idea that not being required to disclose one’s name or other personal details encourages a healthy process of “opening up” about one’s feelings and failures. But it also carries echoes of the isolation and alienation that have led to so many human problems in modern western society.

Recent years have brought a rash of family break ups along with the decline of the family-based community as a result of the steady migration from rural to urban areas. Fewer and fewer people actively practise religion, more and more of them are living alone, and vast numbers of children are being raised in the absence of one of their parents. All these trends detract from the emotional stability which individuals once found among their families, neighbourhoods, and communities.

Still, people today tend to romanticize and mythologize the old-fashioned way of life, forgetting that the cosy little towns of yesteryear could be very cruel to those who did not conform to their orthodoxies. In such a milieu, men and women with personal problems either kept them hidden or ran the risk of being ostracized, bringing disrepute to their families as well.

The advantage of a support group over a community in dealing with aberrant behaviour is that members of support groups are unlikely to take a censorious view of human frailties. Their own knowledge of how easy it is to succumb to weakness prevents them from making severe judgments. If a member falters and goes back to the old destructive ways, he or she is more likely to be regarded as a salutary negative example than as a failure to be despised.

As for the family, the emotional support offered by self-help groups goes beyond what any family can be expected to offer. “Self-helpers” find they can express thoughts and feelings to their peers which they could never reveal to their most intimate or sympathetic relatives.

Indeed family relationships are among the main sources of the troubles that drive people to seek help in the first place. Several years after AA was founded, a group of its members formed Al-Anon, designed to help the spouses of actively alcoholic partners. Now called Al-Anon Family Groups, it has become an umbrella organization covering the companions, relatives, friends and children of alcoholics.

The original “anonymous” movements have since been emulated by a large number of groups: Gamblers Anonymous, Narcotics Anonymous, Divorce Anonymous, Debtors Anonymous, Overeaters Anonymous, and Emotions

Anonymous, to mention a few of the more prominent ones. Anonymity is by no means universal among support groups, but it is considered useful in situations where people are embarrassed by their problem because society attaches a stigma to it.

Anonymity also helps to make at least some group members feel that they can talk sincerely about themselves, withholding nothing. To cover up addictions and personal pain, people in trouble become adept at deceiving those around them, and deceiving themselves into the bargain. Therefore self-help programs entail a “searching and fearless moral inventory” which is best accomplished in the company of people who have had similar experiences. They are not likely to be shocked by frank revelations, or duped by lies or partial truths about oneself.

“No person is ever made better by having someone else tell him how rotten he is; but many are made better by avowing the guilt themselves,” wrote Bishop Fulton J. Sheen. The popular Roman Catholic churchman obviously had a keen appreciation of the curative properties of the confessional. For many, the cathartic effect of admitting to others that they have a problem at all is a big step towards recovery.

People are conditioned to feel ashamed of personal problems that are serious enough to call for outside help, and trying to cover their shame tends to isolate them from society. Merely “coming out with it” brings a liberating feeling of relief which is intensified by the realization that other group members have behaved just as self-destructively, and hurt as many others while doing so, as oneself.

Individuals who keep telling *themselves* “how rotten they are” are likely to find others in their group who are clearly not rotten at heart, but who nevertheless have been down the same grim road as they have. It is strangely encouraging to know that one is not alone in having a particular problem. To know that others can muster the strength to fight its tiffens one’s own resolve to persevere.

The toughest obstacle to personal reform is the fatalism that whispers inwardly, “I’ll never be able to change, so it’s no use trying.” It dwells in people who have unsuccessfully attempted to “kick” their habits so many times that they have given up struggling with their own personalities.

But usually they have tried to do it alone, forgetting that they have become expert at fooling themselves – at rationalizing their behaviour and finding excuses for persisting in it. We all make our own worst role models, whereas support groups provide living examples of deeply troubled souls who have succeeded in remodelling their personalities.

It is part of their continuing therapy to help others do the same. One of the tenets of self-help for addicts is that addictions are never conquered, merely arrested. Like the stockbroker co-founder of AA, many addicts find that the best way to avert a relapse is to work with others in attempting to deal with their common plight.

Royal Bank Letter
Published by Royal Bank of Canada
Vol. 74 No. 3
May/June 1993

Celebrate Seniors' Week from June 7th – 13th, 2021

Curbside Lunch Specials

- Monday, June 7
- Veal Cutlet, Mashed Potato, Veggie & Dessert
- Tuesday, June 8
- Fried Chicken, Hash Brown Casserole, Veggie & Dessert
- Wednesday, June 9
- Salisbury Steak, Steamed Potato, Veggie & Desert
- Thursday, June 10
- Pork Chop, Polenta, Veggie & Dessert
- Friday, June 11
- BBQ Beef on a Bun, Oven Roasted Potato, Veggie & Dessert

Special
"Seniors" price
\$8⁰⁰ ALL WEEK
Monday to Friday

To see all the daily specials visit us at lethseniors.com to view our monthly menu
or go to the LSCO Facebook page or on Instagram at [@lscocommunitycentre](https://www.instagram.com/lscocommunitycentre)
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.

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



In every walk with nature one receives far more than he seeks. ~ John Muir



LSCO MENU ~ JUNE 2021				
Celebrate Seniors' Week June 7 – 13	Tuesday, June 1		Wednesday, June 2	
	Entree: Honey Garlic Pork Starch: Rice Soup: Chef's Choice	Entree: Chicken Swiss Starch: Hash Browns Soup: Chef's Choice	Entree: Meatloaf Starch: Mashed Potatoes Soup: Chef's Choice	Entree: Chicken Cacciatore Starch: Pasta Soup: Chef's Choice
Monday, June 7		Tuesday, June 8		Friday, June 11
Entree: Veal Cutlet Starch: Mashed Potatoes Soup: Chef's Choice	Entree: Fried Chicken Starch: Hash Brown Casserole Soup: Chef's Choice	Entree: Salisbury Steak Starch: Steamed Potatoes Soup: Chef's Choice	Entree: Pork Chop w/Apple Sauce Starch: Polenta Soup: Chef's Choice	Entree: BBQ Beef on a Bun Starch: Oven Roasted Potatoes Soup: Chef's Choice
Monday, June 14		Tuesday, June 15		Friday, June 18
Entree: Baked Pasta Starch: Garlic Toast Soup: Chef's Choice	Entree: Fish Starch: Oven Roasted Potatoes Soup: Chef's Choice	Entree: Beef Stew Starch: Bun Soup: Chef's Choice	Entree: Chicken Pot Pie Starch: Chef's Choice Soup: Chef's Choice	Entree: Roast Pork Starch: Mashed Potatoes Soup: Chef's Choice
Monday, June 21		Tuesday, June 22		Friday, June 25
Entree: BBQ Chicken Starch: Oven Roasted Potatoes Soup: Chef's Choice	Entree: Ginger Beef Starch: Rice Soup: Chef's Choice	Entree: German Sausage Starch: Perogies Soup: Chef's Choice	Entree: Chicken Stir Fry Starch: Rice Soup: Chef's Choice	Entree: Roast Beef Starch: Mashed Potatoes Soup: Chef's Choice
Monday, June 28		Tuesday, June 29		
Entree: Sweet & Sour Meatballs Starch: Rice Soup: Chef's Choice	Entree: Stuffed Pork Chop Starch: Steamed Potatoes Soup: Chef's Choice	Entree: Herb Chicken Starch: Polenta Soup: Chef's Choice		

Keep our communities safe

Hi! My name is Alexis Clare, and I am the new Case Manager for LEARN. I thought I would take the opportunity to introduce myself and am hopeful in the coming weeks that I will get to meet some of the fantastic Lethbridge community as well.

I am a new Alberta resident as I was born and raised in Manitoba, have lived in Ontario as well but am very excited to be in the windy city of Lethbridge now! In the past ten years, I have worked in social services as a social worker holding different positions serving families; these include child protection, family support services, advocacy for Indigenous families and student support for those attending the University of Manitoba.

I had the opportunity to spend a week with Joanne prior to her transitioning to her new role and it emphasized not only the importance of the Lethbridge Elder Abuse Response



LEARN
Case
Manager

Alexis Clare
learn@lethseniors.com
403-394-0306

Network but also the respect that the community has for her. Understandably, I know that I have “big shoes to fill” but I want you to know that I am ready and willing!

Moving and starting a new career position during a pandemic truly has been a different experience however, like all of you I am hopeful that one day soon we will be able to return

to our everyday lives safely. Fortunately, this position is essential, and we all have a role in keeping our communities safe so if you would like to chat, I am available by phone: 403-394-0306 or by email at learn@lethseniors.com and we can explore how best to support you.

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

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, Alexis Clare at 403-394-0306 or e-mail: learn@lethseniors.com.



Grow
THE
CONVERSATION

World Elder Abuse Awareness Day

#GrowTheConversation
Don't Let Ageism Stop The
Conversation.

Reach out to older adults
in your community.

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

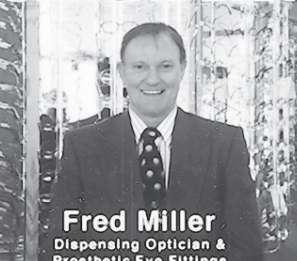


AEAAC
Alberta Elder Abuse
Awareness Council
albertaelderabuse.ca

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

June
15th

**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

When you're experiencing peace, it's coming from within you; you're 'doing' peace and this is true of anything else you might be looking for. Love, happiness, contentment, well-being come from within. Nothing external needs to change for you to have what you want.....If you want to be happier – be happier. If you want to be more relaxed – relax. If you want more friends – be friendly. Sounds simple. It is.

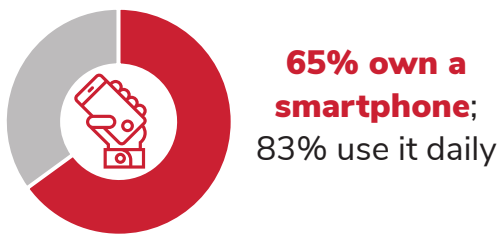
~ Cheri Huber



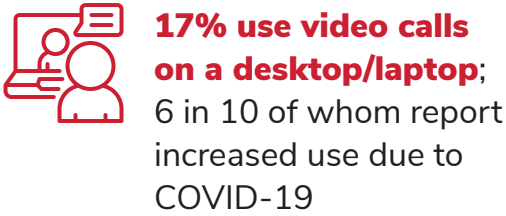
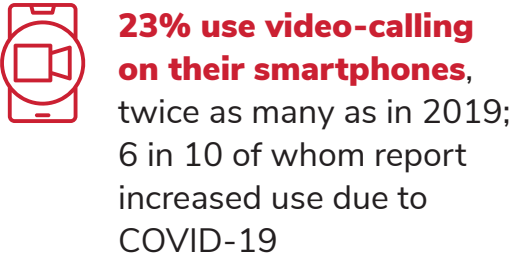
Tech Use by Older Canadians for Health, Wellness and Independence in the Time of COVID-19

Among Canadians aged 65 and over

Smartphone Ownership



Video-Calling



Social Media



Over one-third (37%) use social media to communicate with family and friends; 4 in 10 of whom report utilizing it more as a mode of communication due to COVID-19

Online Shopping for Essential Items (e.g. groceries)



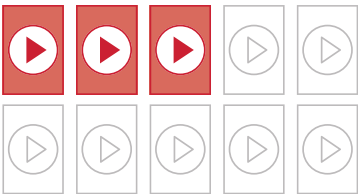
19% use online shopping for essential items like groceries; 6 in 10 of whom report utilizing it more often due to COVID-19

Internet Use



88% use the Internet daily

Online Streaming



30% are streaming; over 4 in 10 of them report increased online streaming due to COVID-19

Online Social Activities (e.g. book club, online games)



13% engage in online activities such as book clubs and games; 5 in 10 of whom have ramped up these activities due to COVID-19

Fitness/Activity App or Tracker



13% now use exercise or activity apps/trackers; 1 in 5 of those have increased their use due to COVID-19



Telehealth

52% of Canadians aged 50+ had a telehealth appointment in the past 3 months; 79% were satisfied

Current Attitudes of Canadians aged 50+

- 76%** feel confident using current technology
- 67%** are willing to pay out-of-pocket for tech that allows them to stay at home as they age; **almost 5 in 10** for tech that helps them manage health and wellness

The majority agree that technological advances can help them:

- ☒ maintain relationships
- ☒ reduce social isolation
- ☒ pursue hobbies
- ☒ manage health
- ☒ maintain mental health
- ☒ stay safe, independent and active

- 48%** are optimistic about aging, down from 56% in 2019
- 66%** have felt isolated at least some of the time during COVID-19
- 66%** believe tech advances can help to lessen the impact of COVID-19 on daily life

Survey data collection

Commissioned by AGE-WELL, the Environics Research survey was conducted between July 16–27, 2020, interviewing 2,026 Canadians over the age of 50.

Get in touch

- info@agewell-nce.ca
- www.agewell-nce.ca
- @AGEWELL_NCE



AGE-WELL is funded through the federal Networks of Centres of Excellence program.

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.



LETHBRIDGE
Senior Citizens
ORGANIZATION



Alberta Health
Services

Father's DAY

Curbside Lunch SPECIAL for \$10

Monday, June 21st

BBQ Chicken, Oven Roasted Potatoes, Veggies & Dessert

**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 3:00 pm on Friday,
June 18th by calling 403-320-2222.**

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



LETHBRIDGE
Senior Citizens
ORGANIZATION




The Simplicity of Wills and Estate Planning

I keep hoping that each time I write this column that things will be under control and heading back to normal, well maybe by the time you read this we will have turned the final corner. The last month has been the worst month for the pandemic in Alberta. The cases were through the roof and there was a lot of unrest in the province. It was a rough month indeed for everyone on the front line of this crisis. Could it have been prevented? I doubt that anything could have been done, other than a draconian clamping down on everyone's activities, with strict stay at home order. If Canada could have gotten its vaccine supply earlier by even 4 weeks, such that we could have been at 50% of Albertans having one shot by mid-April, that would have made a tremendous difference. Was it the Canadian government's fault that our vaccine supplies were delayed? The answer to this question is important, but we will likely never get a straight answer. The key right now is to get as many of us fully vaccinated as quickly as possible. I am hoping that the second dose campaign ramps up in June.

While we are not going to convince everyone to get vaccinated, the vast majority of us will follow the science and get vaccinated. If you know someone who is hesitant to get vaccinated, don't try and argue with them, just try to gently tell them of the benefits and how it will help society get back to the good old days.

The Simplicity of Wills and Estate Planning
It often comes to my attention, that people



Legal Tips and Information

Douglas Alger

want to make their wills more complicated than they have to be. Even worse people think doing to a will is so complicated that that they don't get a lawyer to help them prepare one. Either way it comes down to the same premise, most wills are relatively straight forward documents. There are very few people who have a complicated estate, and those people definitely need a lawyer and an accountant.

What do I mean by simple? You need to appoint a person to handle your affairs after you are gone, that is usually your spouse or one of your children. This usually should be someone who is good with money. Next you have to appoint someone to raise your children if they are under 18 or over 18 and are dependent. This person may be the same person as the first person or someone else.

Once you have this done, you have to decided how your estate is distributed. Usually, you leave everything to your spouse or significant


other. Note that most of the time your spouse and you have your assets in joint names, so when one of you passes it automatically goes to the survivor. If you outlive your spouse, then the next logical place for your estate to go is to your children. The odd time you may have a good reason to leave one of your children out of your will, but before you take this step consult with a lawyer. If your children are over 18 and not dependent, you don't have to leave your estate to your children. Most parents believe in leaving their estate to their children and it is rare that I see otherwise when taking will instructions from clients.

Essentially that is all you need to do in your will, decide who will look after your affairs and who your estate will go to. A lawyer should be able to help you sort through this. Of course, there can be complications, but an experienced lawyer can help you decide whether these complications should become part of your will.

One final thought, what you do with your will is essentially your business, but know that your will is probably the last mark on this world and if your will produces ill will among those you are left, it will erase any fond memories that people may have had about you. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

Healthy plants and trees yield abundant flowers and fruits. Similarly, from a healthy person, smiles and happiness shine forth like the rays of the sun.
~ B.K.S. Iyengar













Martin Brothers
Funeral Services
a division of the Caring Group Corp.

Serving

Southern Alberta Families


for over **100 YEARS**





Dale Martin Jr. Chris Martin Jong Daryl Lockyer Bruce Small Brienne Kempe Sandy Regier

People you know. Friends you trust.

Martin Brothers Funeral Services www.mbfunerals.com 

Toll Free: 1.800.382.2901 403.328.2361 610-4 Street South Lethbridge, AB



We provide individualized care for those who want to stay independent longer.

Personalized in-home care, because your needs are as unique as you.

Ph: 403-329-3930
E-mail: office@seamlesscares.ca
www.seamlesscares.ca

Tips for making your 10,000 steps a day more interesting

We all know that walking can boost our mood and improve our physical health. But sometimes getting the recommended number of steps can be dull, especially when there are other things you'd rather be doing. To help make your exercise a bit more interesting, try these tips:

Do something productive It often feels like we're juggling too many things, so it can be tempting to put off your walk when you have more urgent tasks grabbing your attention. Multitask on your walk by incorporating some productivity into your daily steps. Use a voice recorder app on your phone to dictate your grocery list or capture ideas for your upcoming presentation at work.

Listen to something entertaining Escape from a busy day by listening to something you enjoy. Featuring commercial-free music; artist-dedicated channels; podcasts and the best in talk, entertainment and comedy programming, you'll never run out of exciting listening options on the SiriusXM app. Whether it's a truecrime podcast like My Favourite Murder, a stand-up set featuring fan-favourite comedians such as Kevin Hart and Trevor Noah, or the latest sports news, you can always find something that sparks your interest.

Incorporate an activity Walking can be more fun when you add a goal or destination to your route. Try exploring new areas in your neighbourhood or checking out new public art installations. You can even reward yourself with a visit to a small business or by picking up a to-go treat from your favourite local restaurant. You'll be surprised at what you can discover.

Learn more about music, podcasts and entertainment programming at siriusxm.ca.

www.newscanada.com

19TOZERO



Our best shot at beating COVID-19

Join us for the virtual **COVID-19 Calgary Public Library Town Hall**
June 8, 7 pm MT



Register at <https://www.eventbrite.ca/e/19tozero-our-best-shot-at-beating-covid-19-registration-153841166069>

Goals:

- Provide up-to-date information on public health guidelines, mandates, & recommendations
- Answer questions about COVID-19, including the vaccine and vaccine roll-out
- Discuss the role of the local Primary Care Network in the COVID-19 response
- Address community needs, available supports and follow-up plan

The COVID-19 pandemic may seem endless, but there is hope on the horizon. Join family physicians Dr. Christine Luelo and Dr. Adam Vyse to learn everything you need to know about the vaccines and how you can help bring COVID-19 cases to zero.

Submit your questions to: community@19toZero.ca



19 TO ZERO UNITED AGAINST COVID-19 | www.19toZERO.ca

J&L SHUTTLE SERVICE

Check out our website
jandlshuttle.com

NEW SERVICE
Lethbridge to Calgary
DAILY



CALL 403-317-2077

We pickup/drop off
at your door in Lethbridge.



Downsizing Dilemma?
Need to move on?



New Owner/
Operator

We can help....

Sorting • Organizing

Packing • Arranging Movers • Unpacking

Estate Home Clearouts/Sales

Call Jody Johnson for your complimentary
in-home consultation and free estimate.
Cell: 403-330-8389

Everything that slows us down and forces
patience, everything that sets us back into
the slow circles of nature, is a help.
Gardening is an instrument of grace.
~ May Sarton



Ladybug Arborists

Booking Birch and Maple Trees

How Can We Help
Your Trees Today?

403~634~3062
ladybugarborists@gmail.com
www.ladybugarborists.com





LSCO PARKING PASSES

If you are planning on being at LSCO longer than 2 hours,
purchase a parking pass to avoid getting a ticket.
To renew your Parking Pass, we require your *old pass*.

• Renewal: \$10 • New Pass: \$13 • Day Parking: \$3



First 5
Move-Ins Get
\$1,000



Life is just better with friends.
Start your retirement journey at AgeCare.

Imagine... living in your own home, part of a community designed for your needs and
comforts, with endless choices and opportunities.
For details, call 403-320-9363 or visit agecare.ca/RetireColumbia



LSCO Program Department

The deadline for submission to the LSCO Times and the present Government of Alberta restrictions, did not allow the LSCO Program Department to plan additional programs, classes or events until further notice. We encourage you to check your emails often for updates, the LSCO website at lethseniors.com, LSCO Facebook and Instagram accounts. If you require assistance logging in please contact Rod at socialmedia@lethseniors.com

REGISTRATION INFORMATION
How do I register?

- In person OR call 403-320-2222
- Online at www.lethseniors.com (Note: Paypal account not required.)

How do I pay?

- By debit, cash, cheque, Visa or MasterCard.

How do I find additional classes?

- Read the monthly LSCO Times, check Instagram, Facebook visit www.lethseniors.com

Golf Instruction

PUTTING CLINICS
Players of all skill levels will learn ways to improve their putting. We will review setup, stroke fundamentals, drills and ways to practice. We will discuss the basics of aim and distance as well as reading the greens like a pro. Register soon at LSCO as space is limited. Clinics are held at Evergreen Golf Centre.
When: Tuesday, June 22
Time: 1:00 – 2:00 pm
Fee: \$20 LSCO M; \$30 NM
Register by: Friday, June 18

OR
When: Tuesday, June 29
Time: 1:00 – 2:00 pm
Fee: \$20 LSCO M; \$30 NM
Register by: Friday, June 25

INTERMEDIATES (Ladies & Gents)
Designed for the golfer with experience who needs a refresher of the basics as well as more in depth instruction. The 3, 1-hour class covers topics such as full swing, fundamentals, short game, and on course strategy. Maximum 6 students. Register soon at LSCO as space is limited. Lessons are held at Evergreen Golf Centre.
When: **Session 3:** Tuesdays & Thursdays
June 22, 24, 29
Time: 2:15 – 3:15 pm
Fee: \$63 LSCO M; \$75 NM
Register by: Friday, June 18



Self Care

THERAPY BALLS ROLL WORKSHOP
If you are interested in attending this 2-hour workshop please call and ask that your name be put on the interest list. When restrictions are lifted a date will be confirmed and you will be contacted.

Whether you feel knotted up or feel wrinkled in body, mind or spirit, have aches and pains because of overuse or underuse of muscles, there are many benefits of using therapy balls. Participants will be guided through 7 techniques to help you increase and maintain mobility, strength and flexibility. Bring a yoga mat, wear layered clothing ex: tight leggings, shorts, sleeve shirts (sweatshirts, sweat pants not recommended). Balls are supplied and will be available for purchase for those interested.
Instructor: Margo Sutter
Fee: \$40 LSCO M; \$60 NM

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

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](http://HealthLink811) 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.

Computer Corner

by Sjoerd Schaafsma

Computer Safety: Operating Systems (OS)

A few more notes about safety and security. If the inherent vulnerability of Windows to malware is a major concern, you may want to consider either a Mac, a Chromebook or a Linux operating system.

Nothing is totally secure, but like a well lit house with barred windows, double locks and security lights versus a shaded front yard and doors, consider which is the easier target. Windows by virtue of being the most common OS, is the favored target. Generally, you as a home user don't offer as much of a temptation for a hacker as a large corporation, nor does the ordinary house offer as much temptation as the mansion. You may be perfectly content with what you have.

If you decide to switch, consider the support you'll have, what your intended use of the computer is, and how much you want to spend. Macs tend to be more expensive, the Linux OS is free, but you still need a computer, and you need to set it up. A Chromebook runs everything through the Chrome browser, tends to be cheaper than an equivalent laptop, but expects most of your work to be online.

Will your current software programs work on a different OS, do you have specialized needs? Talk to people who have switched or use an alternate system. Maybe a tablet or a smart phone is all you need.

Here are a few links to articles dealing with the pros and cons of various operating systems.

Jan 2019 macOS Review: The Pros and Cons
<https://www.konsyse.com/articles/mac-os-review-the-pros-and-cons/>

Jan 2020 How to upgrade from windows 7 to linux 4 min. read
<https://www.howtogeek.com/509508/how-to-upgrade-from-windows-7-to-linux/>

May 2020 Pros and Cons of Linux Operating System 3 min. read
<https://honestproscons.com/pros-and-cons-of-linux-operating-system/>

May 2021 Why You May Want to Buy a Chromebook
<https://www.lifewire.com/why-you-may-want-to-buy-a-chromebook-5184223>

Hints and Tips: More screen space in Gmail

I tested the following in Windows, Mac OSX, and Linux, using Chrome, Firefox, Safari, and Edge browsers.

1. While in Gmail – choose settings, (the gear icon) ⚙️, show all settings, go to 'chat and meet', if you don't use either of these, choose the option to hide. This won't make the display wider, but will let you see more of your labels without needing to scroll as much. Save changes.
2. Press "F11" to show the page full screen on a Windows computer. Press "Command-Shift-F" in Mac OS X.

Press the same key combination again to exit full-screen mode. On keyboards made for Windows PCs, use the Alt key instead of Command.

3. Clicking the hamburger menu at top left shrinks and expands the left sidebar.

Do you like **keyboard shortcuts**? Choose: All settings, General, scroll down, choose **Keyboard shortcuts on**. Save changes.

Once Shortcut settings are on, type the ? question mark and a list of all shortcuts appears. It can then be shown on a separate tab.

At the time of this writing LSCO is closed again.

Notice of workshops and online Zoom sessions will be via the Computer Club email list.

The Computer Corner and *LSCO 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: computerclub@lethseniors.com

CLASSIFIED ADS

CERTIFIED ELECTRICIAN. Semi-retired and Member of LSCO. Small Jobs for Reasonable Rates. Lights, Fans, Switches, Receptacles or general cleanup of unsafe wiring. Ph/Text Bill at 403.394.1958.

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.

FOR SALE: Immediate possession. CONDO UNIT GRANDVIEW VILLAGE Lethbridge – 55 & over, bright & spacious southern exposure, 2 bedroom 2 bath with balcony on 4th floor. Appliances and some furnishings included. Amenities include exercise room, overnight guest lodging, large & bright spacious 4th floor library and meeting area, underground heated parking with storage facility. Very accessible (mostly within walking distance) city, retail and banking services, minutes to hospital via trail access. Secure location across from police station, 2 blocks from fire hall. Environment of community of neighbours who are responsible for the administration and care of the collective premises. Reduced \$209,000.00. To view call 403-329-1701 or 403-328-1520.

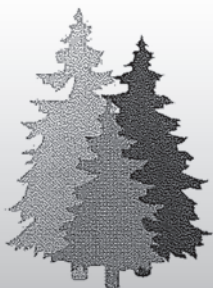


PAULA'S PRISTINE CLEANING SERVICE

Residential & Commercial
We can do a little or a lot
~ whatever your needs.

Move in, move out.
Windows inside & out too!

EXCELLENT SERVICE, REFERENCES AVAILABLE
CALL 403-331-8892
paulaspristine@gmail.com



EVERGREEN
Cremation Services
Because Cost Is An Option

Phone: 403-329-4934
www.evergreenfh.ca
A division of the Caring Group Corp.
*We Lessen the Expense
~ Not the Care*

PREARRANGING PROVIDES
Peace of Mind

It's simple, it's easy and spares the family members from making emotional decisions that may not be consistent with your own wishes.

And what many people don't know is that you need not prepay when you prearrange. At Cornerstone Funeral Home, we're pleased to record your wishes and hold them on file at no charge. Our flexible payment options available over 1, 3, 5, 10 or 15 year term, make it affordable for everyone.

100% GUARANTEE
NO INCREASED COST services are applied in the future.

 **CORNERSTONE FUNERAL HOME Ltd.**
Honoured to Serve

403-381-7777
www.cornerstonefuneralhome.com
2825 - 32 STREET SOUTH
LETHBRIDGE ALBERTA T1K 7B1

 **RACHAEL HARDER**
LETHBRIDGE ALBERTA MP

Do you know someone who goes above and beyond to serve our community?

Community Builders Awards

Nominate someone by Friday, June 25th 2021!



 @RachaelHarderMP  403-320-0070
 www.RachaelHarder.ca  Rachael.Harder@parl.gc.ca

Be a good listener... It makes the person who's speaking to you feel loved, cared for and worthy of being heard.

~ Wayne Dyer

 **GALT MUSEUM & ARCHIVES**
Stories unfolding...



Local experts sharing knowledge in our online presentations

www.galtmuseum.com


FOX DENTURE CLINIC

Satisfaction Guaranteed Since 1922

4th Generation in Lethbridge
Brett J. Fox DD
Denture Specialist, 4th Generation



- Implant Supported Dentures
- Full & Partial Dentures
- Relines / Repairs
- Mouth Guards / Night Guards

NEW LOCATION! **Free Consultation**
403.327.6565

 30 - 4012 4th Ave S Lethbridge, Alberta T1J 5M6
Member of the College of Alberta Denturists
Member of the Denturist Association of Alberta **www.foxdentureclinic.ca**

IT IS INHUMANE, IN MY OPINION, TO FORCE PEOPLE WHO HAVE A GENUINE MEDICAL NEED FOR COFFEE TO WAIT IN LINE BEHIND PEOPLE WHO APPARENTLY VIEW IT AS SOME KIND OF RECREATIONAL ACTIVITY.

— DAVE BARRY

Lethbridge HEARING CENTRE

Make an appointment at the front desk for your FREE Hearing Consultation at LSCO on the 2nd Thursday of every month.

- Locally owned & family operated
- University educated
- Full hearing evaluations
- AADL, DVA & WCB Vendor
- Digital hearing devices
- Repairs & adjustments on all makes/models
- Devices for all budgets & lifestyles
- Conveniently located with free parking





 **403.320.6000**
www.lethbridgehearing.ca

120, 2037 Mayor Magrath Dr. S.
Lethbridge, AB

Candice Elliott-Boldt
BC-HIS, Registered Hearing Aid Practitioner

Jake Boldt
Hearing Technician

From Nebraska and Illinois to Oregon

You can go home again, ...
so long as you understand that home is a place you
have never been.

~ From *The Dispossessed* by Ursula K. Le Guin

Cora Mary Binns was my great-grandmother, and I remember her well. She died when I was 3 years old but I believe that I related to her because she wasn't much bigger than I was. This tiny, lady usually wore dark colours, was an amazing knitter and crocheter, and wore small, round glasses. I have a picture of her holding my cousin Joan and myself when we were babies. She was nearly blind, could hear very little, but she was a very special matriarch in the large Smith family clan.

But I'm getting ahead of the story. The Rogers family in Chicago lived what seemed to be an ordinary, middle class family for the times. Then many crises started to happen. Silas died sometime after 1880 when he would have been 40+. Amelia died shortly after at the early age of 42. Cora was 17 years old, Arthur only 13, when they lost first their father, then their mother, and became orphans. I can find no record of how the children survived losing both parents at such an early age.

Then, at some time in Chicago, along came a tall, dark-hair stranger who was taken with this tiny, little lady. John (Jack) Embly Binns was born and raised on the Isle of Guernsey; one of the English Channel islands. At some time in his young life he became a sailor and his ship was docked somewhere along the Lake Michigan waterfront. Cora and John met and I like to think it was a very romantic love story. Soon after meeting they married then moved from Chicago to Hood River Valley. The next record I have of Cora and Arthur, they were both living on the Binns family homestead with Cora's new husband, Jack



The Widow's Walk

Kay Long, BSW, RSW

Binns. Thanks to one of my cousins, we have a picture of the old homestead as it looked back then. There are two houses and a barn/shed out back. The little house I believe was where Arthur lived. The buildings are at the top of the hill on the only reasonably level piece of land on the homestead.

Cora and Jack had 3 children: Robert Earl, Grace Elizabeth, and Leroy. Grace was my paternal grandmother, born in 1891, and I was her first grandchild. She was the first in the family born in the Valley, and lived there all of her 85 years. Grandma Smith was a great story teller and often talked about living the homestead life. Her little brother, Leroy, died of membranous croup when he was about 3 years old. One of her favourite stories was an admission that her father, Jack, drank too much on occasion. When he would take the wagon and horse to town for supplies he would come home, half asleep. They had a good horse. The family could hear the wagon coming up the hill and John singing his seafaring songs. Cora would tell the kids, Robert and Grace, "I'll get Pa into the house and you find the jugs". They knew what that meant. They had been trained to pour what was left of the alcohol on the ground and hide the jugs. He always tried to smuggle some home. The next day nothing

was said about the now missing, left-over booze. Jack probably suffered enough with the headache he had. Grandma Grace always hated drinking alcohol in any form and anyone caught drinking at family gatherings was in her black book for sure. My Dad always swore that his mother (Grace) would deliberately cook a greasy meal if she knew the boys were going out drinking that night.

What I love about all of these people is that they were family that stayed together. The elderly members of the family lived with the family when they needed to. Jack Binns died at an early age, even for those times. He was ill for quite a while and died when he was only 58 years old. His death made Cora a young widow (43 years old) and she never remarried. For part of her later years she lived at the Hood River Hotel in the downtown area and her brother, Arthur worked at the hotel keeping the heating and water system working. Both Cora and Arthur were nearly blind and deaf, and had been all their lives but they managed to carry on with the business of living even with their handicaps.

Cora passed away when I was 3 years old. Zeda, a friend of my parents, sat with me in the audience of friends, while the family sat behind the curtains. Zeda held me up to view my great-grandma and a little voice informed all who heard, "That's not my Grandma. She doesn't have her glasses on." There were a few stifled laughs behind the curtains and in the audience. I still have a habit of saying the wrong thing at the wrong time.

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

LETHBRIDGE DENTURE CLINIC LTD

We offer complete quality Denture care; a result of intention, effort and professional skill.

#2 - 1718 3 AVE S, LETHBRIDGE AB
403-381-4142
WWW.LETHBRIDGEDENTURECLINIC.COM

Kris' Computer Repairs and Sales

All Makes & Models – Desktops & Laptops
Computer & Software Upgrades
Virus Removal

I offer Remote Service Logins
Pickup service available at neutral pickup area until the pandemic subsides.

by appointment only in Lethbridge, AB Tel: **403.329.6091**
For more information ~ www.kriscomputer.ca

**PROUDLY SERVING
THE CLIENTS OF
KRUSHEL FARRINGTON**

The Paramount Building
#260, 719 4th Avenue South
Lethbridge, Alberta T1J 0P1
403.380.6005

If you are a present or former client of
Krushel Farrington Law Firm
please contact Alger Zadeiks Shapiro LLP

www.azlawyers.ca

Rivers know this: there is no hurry.
We shall get there some day. ~ A. A. Milne

**All Service
SENIOR
MOVING**

We specialize in relocating seniors. Low, low rates. Free estimates.

Call Donny 403-369-1085

Hearing Instruments Don't Make You Old, They Make You Smart.

GET SMART. COME HEAR...

EXPERIENCE COUNTS!
59 YEARS of SERVICE to Southern Alberta

www.trinityhearinglethbridge.com

403-327-3877 | Toll FREE: 1-888-327-7868
#214-740-4 Ave. S. Professional Bldg.
(Downtown, next door to Post Office)