

# LSCO Times

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

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**“THINK  
 OUTSIDE.  
 no box  
 REQUIRED”**

### Join Us for

**VIRTUAL RELAXATION**

Mondays, 1:30 – 2:30 pm  
 (See page 7 for details)

**VIRTUAL MINDFULNESS**

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

**INSTRUCTOR’S CHOICE  
 CLASSES**

Mondays & Wednesdays  
 3 Classes in July  
 (See page 9 for details)

**PICKLEBALL LESSONS**

Wednesdays & Fridays  
 August 18 – 27  
 (See page 9 for details)

## Instructor’s Choice

These classes will be “FUN”, challenge you and be different every time you come. A variety of equipment will be used and yes you will get a fantastic workout and walk away smiling!

When: Mondays  
 July 5 – 26  
 Time: 10:30 – 11:20 am  
 Fee: \$26 LSCO M; \$36 NM  
 Drop in Fee: \$7 LSCO M; \$10 NM  
 Instructor: Tracy Simons

When: Wednesdays  
 July 7 – 28  
 Time: 10:30 – 11:20 am  
 Fee: \$26 LSCO M; \$36 NM  
 Drop in Fee: \$7 LSCO M; \$10 NM  
 Instructor: Tracy Simons

When: Wednesdays  
 July 7 & 14  
 Time: 8:00 – 8:50 am  
 Fee: \$13 LSCO M; \$18 NM  
 Drop in Fee: \$7 LSCO M; \$10 NM  
 Instructor: Deb Palmer





## Executive Director

**Rob Miyashiro**  
rmiyashiro@lethseniors.com

It's safe to say that LSCO has been, mostly, negatively affected by COVID-19 restrictions. From limited class sizes to outright facility closure, these restrictions have seriously impacted our financial position. After our March-June 2020 shutdown, 15 week extensions were given to individuals whose LSCO membership, parking pass or 12 month program were in good standing prior to the shutdown. We also placed fee credits on member (and non-member) accounts for future use.

In December 2020 we closed our facility until June 2021. At this time, we are unable to extend memberships nor passes, but we have given credits for April classes that were cancelled. These credits can be used to renew memberships or register in a class this summer and fall.

If you have been coming to LSCO since our re-opening, your membership may require

renewing so please ask at the Administration Desk to confirm.

Over the years, we have worked hard to provide our members and program participants with great value for their fees. That value proposition has become more difficult – but not impossible – as our revenue has been minimized and our expenses have not fallen at the same rate. We ask that you consider donating your fee credits to help us to maintain your accustomed level of service expectation. We also ask that, if you are able to, please donate to LSCO to assist us to re-build our financial resources, which will allow us to progress and thrive, rather than merely survive.

On a more positive note, LSCO recently received a generous grant from the Community Foundation of Lethbridge and Southern Alberta to upgrade our wifi system. As you all know, our current wifi is mostly inadequate and, in a word, sucks. The upgraded system will feature networked, boosted access points that will allow you to login once and have a seamless wireless experience throughout the building. The installation of this system is expected to be completed by early July!

Until next time, let's be safe and keep looking out for others. ★

**Volunteers Needed for Meals on Wheels!**  
We require Drivers and Couriers to deliver meals within the City of Lethbridge.  
Time Commitment:  
One and 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

On Monday, July 5, 2021, Parachute will celebrate the fifth National Injury Prevention Day in Canada to raise awareness about the devastating effects of predictable and preventable injuries. Our goal is to educate others and help all Canadians live long lives to the fullest.

# TEAM CAPTAINS AND VOLUNTEERS NEEDED

**WE ARE HOSTING A CHARITY EVENT THIS SEPTEMBER CALLED "THE GRANDE PARADE" AND WE ARE LOOKING FOR FUNDRAISING TEAM CAPTAINS, EVENT TEAM MEMBERS AND VOLUNTEERS TO HELP WITH ORGANIZING THE EVENT.**

**THE FUNDS RAISED FROM THIS EVENT WILL HELP PURCHASE NEW KITCHEN EQUIPMENT FOR OUR MEALS ON WHEELS PROGRAM AS WELL AS NEEDED COMPUTER AND TECH EQUIPMENT. BECAUSE OF COVID 19 WE HAVE NOT BEEN ABLE TO HAVE OUR USUAL FUNDRAISING, SO THIS CHARITY EVENT IS VERY IMPORTANT TO US. IF YOU ARE ABLE TO VOLUNTEER OR BECOME A TEAM LEADER PLEASE REACH OUT TO ROD AT: SOCIALMEDIA@LETHSENIORS.COM OR CALL 403 320 2222 THANK-YOU!**

# OUR COMMUNITY PARTNERS

*In recognition for the ongoing support of LSCO*

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

## LSCO GIFT CARD

Use the LSCO Gift Card to pay for classes, fitness centre passes, parking passes, memberships fees and meals in the Dining Room.



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](http://www.lethseniors.com) and register online.

Layout, Advertising & Circulation . . . . . Lisette Cook (ext. 33)  
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**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**

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- Administrative Support – Kari Martin  
[kmartin@lethseniors.com](mailto: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](mailto: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!

*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."*



**CURBSIDE LUNCH PICKUP**  
**DAILY LUNCH SPECIALS**  
**Monday to Friday**

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

**LSCO FITNESS CENTRE**  
**ORIENTATIONS**

If you haven't exercised in a while or need a refresher on how to use the machines safely please join us Monday – Friday, July 5 – 9 from 10:30 – 11:30 am. If mornings are not the best times for you to exercise please leave your name and number at the Administration Desk with a suggested time and we will be in touch with you.

**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!

**LSCO Times Publishing Schedule**

Issue	Deadline
August . . . . .	July 16
September . . . . .	August 13

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

# Full Body Workout

This class is designed to increase participant's physical strength through weight-bearing and resistance exercises. All major muscle groups are worked. We will begin with a warm up, followed by strength training and finish with some stretching for a complete workout. A variety of exercise equipment will be used. Wear comfortable workout clothes, indoor exercise shoes. Bring a water bottle and yoga mat.

**When:** Mondays, July 5 - 26  
**Time:** 9:00 - 10:00 am  
**Fee:** \$26 LSCO M; \$36 NM  
**Drop in Fee:** \$7 LSCO M; \$10 NM  
**Instructor:** Jamie Hillier

**When:** Wednesdays, July 7 - 28  
**Time:** 9:00 - 10:00 am  
**Fee:** \$26 LSCO M; \$36 NM  
**Drop in Fee:** \$7 LSCO M; \$10 NM  
**Instructor:** Jamie Hillier

## CYCLE COMBO

Participants will enjoy (well maybe not enjoy) a great workout on the stationary bike and off using weights, tubing, Bosu, Fit Balls and more. Come prepared to sweat. Dress in layers (the gym may be chilly to start) and bring your full water bottle.

**When:** Tuesdays, July 6 - 27  
**Time:** 9:00 - 10:00 am  
**Fee:** \$26 LSCO M; \$36 NM  
**Drop in Fee:** \$7 LSCO M; \$10 NM  
**Instructor:** Jamie Hillier

**When:** Thursdays, July 8 - 29  
**Time:** 9:00 - 10:00 am  
**Fee:** \$26 LSCO M; \$36 NM  
**Drop in Fee:** \$7 LSCO M; \$10 NM  
**Instructor:** Jamie Hillier

### Leafy Greens Mean Better Muscle Function

*Vegetables rich in nitrates, such as lettuce, spinach, kale, and beets, can help boost the muscles in your legs*

Poor muscle function in the lower limbs increases your risk for falls and fractures, and is an indicator of decreased general health, well-being, and mobility. However, in a paper published in the Journal of Nutrition, Australian researchers say they've found that eating just one cup of leafy greens each day could increase muscle function in your legs.

According to researchers at Edith Cowan University (ECU) in Perth, a nitrate-rich diet including leafy vegetables may improve muscle function in the lower limbs regardless of physical activity. The study followed 3,759 Australian participants over a span of 12 years and assessed their lower-limb muscle function. Participants were part of the Australian Diabetes, Obesity, and Lifestyle Study.

The ECU scientists' analysis showed that participants with the highest nitrate intake had 11% greater lower-limb strength than those with the lowest intake and their walking speeds were 4% faster.

"Our study has shown that diets high in nitrate-rich vegetables may bolster your muscle strength independently of any physical activity," the lead researcher, Dr. Marc Sim of ECU's Institute for Nutrition Research, said in a press release. "Nevertheless, to optimize muscle function, we propose that a balanced diet rich in green leafy vegetables in combination with regular exercise, including weight training, is ideal."

The nitrate-rich vegetables with the best health benefits include spinach, kale, lettuce, and beetroot.

"We should be eating a variety of vegetables every day, with at least one of those serves [sic] being leafy greens to gain a range of positive health benefits for the musculoskeletal and cardiovascular system," Sim said. "It's also better to eat nitrate-rich vegetables as part of a healthy diet rather than taking supplements. Green leafy vegetables provide a whole range of essential vitamins and minerals critical for health."

by Caitlin Finlay  
 April 8, 2021  
<https://goodtimes.ca/>



## LINE DANCING

This class is meant for Intermediate to experienced individuals. Please wear non marking footwear and bring your water bottle.

**When:** Thursdays, July 8 - 29  
**Time:** 11:00 am - 12:15 pm  
**Fee:** \$16 LSCO M; \$20 NM  
**Register by:** Wednesday, July 7  
**Instructor:** Diane Holstine

## LSCO MENU ~ JULY 2021

Monday, July 5		Tuesday, July 6		Wednesday, July 7	Thursday, July 8	Friday, July 9
<b>Entree:</b> Butter Chicken	<b>Entree:</b> Quiche	<b>Entree:</b> Tuna Casserole	<b>Entree:</b> Liver & Onions	<b>Entree:</b> Shepherd's Pie	<b>LSCO Closed for Canada Day</b>	
<b>Starch:</b> Rice	<b>Starch:</b> Hash Browns	<b>Starch:</b> Pasta	<b>Starch:</b> Mashed Potatoes	<b>Starch:</b> Bun	<b>Entree:</b> Cabbage Roll Casserole	
<b>Soup:</b> Chef's Choice	<b>Soup:</b> Chef's Choice	<b>Soup:</b> Chef's Choice	<b>Soup:</b> Chef's Choice	<b>Soup:</b> Chef's Choice	<b>Starch:</b> Steamed Potatoes	
<b>Monday, July 12</b>		<b>Tuesday, July 13</b>		<b>Wednesday, July 14</b>	<b>Thursday, July 15</b>	<b>Friday, July 16</b>
<b>Entree:</b> Stroganoff Meatballs	<b>Entree:</b> Pork Stew	<b>Entree:</b> Chicken Santa Fe	<b>Entree:</b> Salisbury Steak	<b>Entree:</b> Ham	<b>Entree:</b> Shepherd's Pie	
<b>Starch:</b> Pasta	<b>Starch:</b> Steamed Potatoes	<b>Starch:</b> Rice	<b>Starch:</b> Oven Roasted Potatoes	<b>Starch:</b> Scalloped Potatoes	<b>Starch:</b> Bun	
<b>Soup:</b> Chef's Choice	<b>Soup:</b> Chef's Choice	<b>Soup:</b> Chef's Choice	<b>Soup:</b> Chef's Choice	<b>Soup:</b> Chef's Choice	<b>Soup:</b> Chef's Choice	
<b>Monday, July 19</b>		<b>Tuesday, July 20</b>		<b>Wednesday, July 21</b>	<b>Thursday, July 22</b>	<b>Friday, July 23</b>
<b>Entree:</b> Pork Cutlet	<b>Entree:</b> Lasagna	<b>Entree:</b> Meatloaf	<b>Entree:</b> Pork Sausage	<b>Entree:</b> Cranberry Chicken	<b>Entree:</b> Cabbage Roll Casserole	
<b>Starch:</b> Mashed Potatoes	<b>Starch:</b> Garlic Toast	<b>Starch:</b> Steamed Potatoes	<b>Starch:</b> Hash Brown Casserole	<b>Starch:</b> Rice	<b>Starch:</b> Steamed Potatoes	
<b>Soup:</b> Chef's Choice	<b>Soup:</b> Chef's Choice	<b>Soup:</b> Chef's Choice	<b>Soup:</b> Chef's Choice	<b>Soup:</b> Chef's Choice	<b>Soup:</b> Chef's Choice	
<b>Monday, July 26</b>		<b>Tuesday, July 27</b>		<b>Wednesday, July 28</b>	<b>Thursday, July 29</b>	<b>Friday, July 30</b>
<b>Entree:</b> Weiners & Beans	<b>Entree:</b> Stuffed Peppers	<b>Entree:</b> Roast Beef	<b>Entree:</b> Honey/Garlic Chicken Thighs	<b>Entree:</b> BBQ Pork Chop	<b>Entree:</b> Shepherd's Pie	
<b>Starch:</b> Mac & Cheese	<b>Starch:</b> Steamed Potatoes	<b>Starch:</b> Mashed Potatoes	<b>Starch:</b> Rice	<b>Starch:</b> Cheesy Polenta	<b>Starch:</b> Bun	
<b>Soup:</b> Chef's Choice	<b>Soup:</b> Chef's Choice	<b>Soup:</b> Chef's Choice	<b>Soup:</b> Chef's Choice	<b>Soup:</b> Chef's Choice	<b>Soup:</b> Chef's Choice	



## President's Message

Keith Sumner

Hello again!

As you may know your Centre was able to reopen again on June 14th, please support the programs and cafeteria, we need you!

You may recall last month I shared the first half of the June 1993 Royal Bank newsletter. The second half follows. The Royal did a fine job of explaining why and how like-minded groups of citizens band together to assist one another. Currently, because of Government austerity

it is more important than ever for us to stick together. Hope you find the article informative and thought provoking.

Namaste. ★

"I have only to break into the tightness of a strawberry, and I see summer – its dust and lowering skies." ~ Toni Morrison

## A Room and a Coffee Pot – Part 2

The dynamics of support groups confirm the saying that you can't help another person without helping yourself. In the exchange of experiences, feelings and practical techniques for getting along in life, every helper becomes a "helpee."

New members meet people they can honestly respect; not case studies in a textbook or metaphorical figures in a sermon, but living human beings who "know what they're talking about," who have "been there." This empathy goes a long way towards making support groups work, particularly among those who initially had their doubts about joining. When they see individuals like themselves who are living normally and enjoying it, they realize that the problems that have dragged them down are not insoluble for anyone.

In the process of give and take, people who had lost their self-respect because of the degrading nature of their habits can regain it. Men and women who have come to think of themselves as spineless may discover untapped sources of spiritual strength when they are called upon to support others. In extremely damaging cases of addiction, a loss of self-respect is half the problem. When participation in a group helps to bring it back, half the battle is won.

"The people who influence you are the people who believe in you," the Scottish writer and lecturer Henry Drummond wrote. Confidence in every person's inner strength is the philosophical backbone of any support group. Of course, not everybody follows a program through to success; in Alcoholics Anonymous, for example, roughly one-third never drink again, one-third lapse and later resume the program, and one-third resume drinking permanently. But the failure rate does not contradict the concept. The concept is that, though not everybody changes, everybody has the latent capacity for change.

At the stage in their lives when people resort to joining addiction-based groups, they are usually in fairly desperate condition. Even at that, addicts will sometimes relapse into their addictive habits several times before they shed them for good. It is common practice in traditional self-help programs for members to "hit bottom" before they finally recover. But lately the movement has entered a new phase in which the healing power of mutual support is being extended to individuals who have not lost control over their lives, but who nonetheless need support.

In the past few years, literally hundreds of new groups have sprung up in North America and Western Europe. They form a distinctly late-century phenomenon which owes much to urbanization and advanced technology. Through modern communications equipment and access to the media, people with mutual problems are able to arrange meetings and keep in touch with one another in ways that were impossible a few years ago. Telephones, faxes, answering machines, electronic billboards and the like have enabled people with unusual problems to seek each other out.

An example is alopecia areata, the total loss of hair. Men, women and children who felt they were alone in having to live with this condition now find comfort and confidence in groups that include spouses and parents besides themselves.

While a variety of physical problems are being dealt with by recently-formed groups, family disorders continue to figure prominently in the list of those concerned with psychology. Adults who have never been able to get over the distress of growing up in dysfunctional families have joined together in groups like Adult Prisoners of Childhood Anonymous and Healing the Inner Child. There are groups for the spouses and children of the mentally ill, for victims of family sexual and physical abuse, for violent parents, and for the parents of difficult children. There are groups for spouses suffering bereavement, and for the families of people who have committed suicide.

Usually the first thing anyone learns after joining such groups is that there are a great many others in the same situation. This helps to answer the poignant question, "Why me?" For example, the parents of teenagers who have committed suicide feel less singled out for tragedy when they sit down with others who have suffered through the same trauma. They are able to discuss their feelings of failure, shame and guilt in a way which they could not do among friends and neighbours, who are prone to pretend that nothing happened. Among themselves, the parents are able to talk about "the things we don't talk about."

In western cultures the leading taboo subject is death, especially when it comes to talking to people who are expressly threatened by it. The support group has proved to be an ideal vehicle for coming to terms with the mental turmoil, fear and alienation of conditions like cancer and AIDS. Not only can fellow-sufferers lend comfort and moral support to each other, they can gather practical information on the medical aspects of their diseases. Cancer patients trade notes on the side-effects of various treatments, and the AIDS and HIV-positive groups act as clearing houses for new information concerning AIDS.

The pragmatic functions of support groups should not be discounted. When, for example, a group was established in Toronto for recently widowed men, home economists were invited in to offer tips on how to prepare meals and do housework, things some members had never done before. Groups for the hearing-impaired conduct workshops in lip reading and sign language. Those devoted to obsessive-compulsive disorders combine behaviour therapy with experimental medication. When support group members with respiratory ailments meet, they take physical exercises to help them breathe more easily.

Though groups such as these are only too glad to have professionals around to lend them their expertise, there is an anti-professional element in the self-help movement. In fact, some groups have grown directly out of dissatisfaction with the professional care offered in their fields. There are those who accuse the medical and social work professions of a lack of both imagination and sympathy in dealing with their particular interests. Some maintain that no one who has not suffered as they have is in any position to help people like them.

The answer to that from the professional point of view is that you don't have to have appendicitis to treat appendicitis. Following this line of reasoning, many doctors are less than enthusiastic about self help groups. Some psychiatrists see them as purveying a kind of psychological self-medication through which people seek to escape

from their problems rather than work on the resolution of them. Professionals also express concern that participants with truly serious problems may not obtain the expert assistance they need because they are using self-help as a substitute for formal care, rather than as a supplement.

Critics of the movement say that some groups have been formed to deal with ridiculously trivial complaints which were formerly ranked among the normal tribulations of living. In this way, the critics charge, they encourage people to search for reasons for feeling sorry for themselves.

The movement does seem to have spawned a few "groupies" who flit from one group to the next, but they may merely be attracted by the socialization that inevitably arises. Support groups are not totally consumed by expressions of angst; laughter has a large and healthy role to play when people talk about their common woes. They have their dances, their pot-luck suppers, their birthday cakes. The kind of conditions that call for the formation of support groups often condemn their sufferers to painful loneliness. Enjoying themselves among kindred spirits may give them the confidence to resume more normal social lives.

The aims of support groups very far and wide, but they all have one thing in common: they mobilize the wonderful psychic power of human sympathy. It is the rare paid professional who can be expected to drop by a person's home, have a cup of coffee and a heart-to-heart talk, and leave with a word of encouragement and a hug. Support group members do that. The type of therapy they offer cannot be duplicated by scientific methods. There is no substitute for personal concern and warmth.

In broad social terms, the support group is an idea whose time has come. In a society of urban strangers, it provides precious opportunities to reach out and touch others in a special way. In addition, campaigns to reduce government deficits have brought drastic spending cuts in the medical and social welfare systems, so that less professional help is available than formerly. The resources that remain clearly should be husbanded for those who need them most.

The do-it-yourself approach is ideally suited to the age of public austerity. Instead of the expensive facilities provided in the public sector, all you need to start a support group is a room and a coffee pot.

No reasonable person in the movement would contend that support groups can take the place of the established medical or social service system. Still, they have proved to be a valuable adjunct to an institutional system which, for all its sophistication, is often ill-equipped to cope with the spiritual dimensions of psychological and medical ills. Support groups bring to bear on human problems the spiritual values of faith, hope and charity. And whenever these virtues have been applied to the human condition, they have never failed to have a healing effect.

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

*Galt*  
MUSEUM  
& ARCHIVES  
*stories unfolding...*

**Sign up for the Galt's  
outdoor tours**

[www.galtmuseum.com/calendar](http://www.galtmuseum.com/calendar)  
f t i o

**Follow Your Dreams No Matter Your Age**

In 1833, Alfred, Lord Tennyson penned the poem “Ulysses,” which chronicles the yearnings of an aging mythical hero to again set out in search of the adventures that made his life worth living. Almost 200 years later, older adults are still inspired by its message that it is not too late to “push off” and “sail beyond the sunset.” The poem’s final words are among the most inscribed words of the English language:

*“...that which we are, we are;  
One equal temper of heroic hearts,  
Made weak by time and fate, but strong in will  
To strive, to seek, to find, and not to yield.”*

Is there an age at which people should no longer strive to achieve, no longer follow their dreams? The answer is a resounding “No”! For example, is it ever too late to get that post-secondary education you dreamed of many years ago before “life got in the way”? Well, American Nola Ochs was 95 when she received her bachelor’s degree. She went on to get her master’s degree at age 98 and was the Guinness Book of World Records holder for the oldest master’s graduate. Who said there’s an age-limit on learning? Clearly, there isn’t!

But would the same apply to running a marathon? Cynics might say “almost anyone can sit at a desk and study, but what about running a marathon, which takes months and months of gruelling training?” It turns out even if you are 104, it is not too late to run a marathon because Fauja Singh was 104 when he ran the Mumbai Marathon.

Is there an age when one is too old to help others? If so, what would that age be? I don’t know, but it would have to be more than 99 years old because that is how old Captain Thomas Moore (later knighted to become Sir Thomas) was when he set out to benefit the UK’s National Health Service by raising 1,000 pounds sterling (approximately \$1,760 CAD).

Captain Moore proposed to do this by walking 100 lengths of his property, which he hoped would inspire people to make donations. His efforts produced donations exceeding 33,000,000 pounds (\$58 million CAD). Clearly, there is no age limit on wanting or being able to help others or for being inspiring!

Is there an age at which someone is no longer able to run a multi-billion-dollar company? If there is, Warren Buffett, 90, doesn’t know about it. Not only is Buffett known as one of the most generous philanthropists in the world, but he also still goes to work every day as the CEO of Berkshire Hathaway!

And age 92 isn’t too old either because, at 92, Jimmy Pattison still goes to work every day as the head of the Jim Pattison Group with its 45,000 employees. Maybe there is no age limit on being the head of a successful multi-billion-dollar corporation, although oddly enough, corporations barely a fraction of the size of Berkshire Hathaway and the Jim Pattison Group (and which are not nearly as successful) arbitrarily impose age limits!

In her Ted Talk titled “Let’s End Ageism,” Ashton Applewhite notes that “companies aren’t adaptable and creative because their employees are young; they’re adaptable and creative despite it.”

One fundamental change we have witnessed in our lifetime, and of which we are a vital part, is the significant and ever-increasing role of the population over 55. Not only is that demographic increasing in size, but they are helping make our planet a better place – people like Bill Gates, Anthony Fauci and Jane Goodall to name a few.

It is not “bad news” that our population is aging. In fact, that’s great news because it shows we are living longer, healthier and more active lives. More than just living longer than our parents and grandparents, we are doing things later in life they would never have attempted. Of that, we should be proud!

Despite natural aging, we only become “old” when we stop having a purpose or give up on our dreams. That is not to say that as time goes by, we may not modify our goals or the way we achieve them. At age 99, Captain Moore relied on his walker to help him realize his goal. He still had a purpose and the will to achieve it. Like Ulysses, he showed us it is never too late to “push off” and “sail beyond the sunset.”

by Martin Donner  
May 27, 2021

Inspired Living Magazineseniorlivingmag.com



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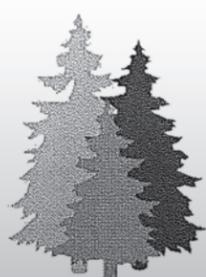
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**www.seamlesscares.ca**

I am a happy camper so I guess I’m doing something right. Happiness is like a butterfly; the more you chase it, the more it will elude you, but if you turn your attention to other things, it will come and sit softly on your shoulder.

~ Henry David Thoreau



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# Virtual Relaxation

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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.

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## DID YOU KNOW?

In the Fall LSCO may be offering classes after 4:30 pm. Workout enthusiasts 18 years of age and older are welcome to participate in many of them. Ask for more information.

## Gentle Yoga

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

When: Tuesdays, July 6 - 27  
Time: 10:00 - 10:50 am  
Fee: \$24 LSCO M; \$36 NM  
Drop in Fee: \$7 LSCO M; \$10 NM  
Register by: Monday, July 5

When: Thursdays, July 8 - 29  
Time: 10:00 - 10:50 am  
Fee: \$24 LSCO M; \$36 NM  
Drop in Fee: \$7 LSCO M; \$10 NM  
Register by: Wednesday, July 7

## LSCO FITNESS CENTRE

Monday - Friday  
8:00 am - 3:30 pm

A variety of exercise machines, cardio equipment, free weights are available for individuals to use. If you require instruction on using the machines please ask for a free orientation.

Fee: \$20 LSCO M; \$35 Non-Member (30 days from date of purchase)  
Drop in Fee: \$7 LSCO M; \$10 NM

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**TO REGISTER OR REFER A SENIOR CALL  
403-332-4320**

**OR EMAIL  
HELPINGHANDS@VOLUNTEERLETHBRIDGE.COM**



*Thank you*

LSCO WOULD LIKE TO THANK  
THE GOVERNMENT OF ALBERTA  
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PROGRAM FOR THE OPERATING GRANT

DECEMBER 2021

# ZUMBA® GOLD

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

When: Tuesdays, July 6 – 27  
Time: 11:15 am – 12:00 pm  
Fee: \$28 LSCO M; \$40 NM  
Drop in Fee: \$8 LSCO M; \$15 NM  
Register by: Monday, July 5  
Instructor: Sheila Mulgrew

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look at that  
matters, it's what  
you see.*

Henry David Thoreau

AZ QUOTES

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# LSCO July Classes

## REGISTRATION INFORMATION

### How do I register?

- Online at [www.lethseniors.com](http://www.lethseniors.com) (Note: Paypal account not required.)
- In person, call 403-320-2222

### How do I pay?

- By debit, cash, cheque, Visa or MasterCard. (Not required to use Paypal when registering online).

### How do I find additional classes?

- Read the monthly LSCO Times, check the bulletin boards, visit [www.lethseniors.com](http://www.lethseniors.com), Instagram and Facebook

## ONLINE REGISTRATIONS

If you have a credit please contact us. LSCO is unable to apply credits online.

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

## DID YOU KNOW?

- In the Fall LSCO may be offering classes after 4:30 pm. Workout enthusiasts 18 years of age and older are welcome to participate in many of them. Ask for more information.

## IMPORTANT

- Please sign up before the register by date to receive the best price listed. Classes are subject to a \$5 increase after this date.
- Ultimate Fitness Members are welcome to drop in to most classes offered. It is recommended that you register at the desk for those popular classes.
- If you missed the deadline and are interested in participating, please ask to find out if there is room!
- LSCO M (LSCO M); Non Member (NM)
- Please note: If the instructor is unavailable to teach due to illness or unforeseen circumstances we will do our best to contact you prior to your class.

- When weather or unforeseen circumstances causes LSCO to close the facility unfortunately, we will not be able to make up the classes, offer refunds or credits.

## CREDITS & REFUNDS

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

## FITNESS CENTRE

A variety of exercise machines, cardio equipment, free weights are available for individuals to use. If you require instruction on using the machines please ask for a free orientation.

Days Open: Monday – Friday

Hours: 8:00 am – 3:30 pm

Fee: \$20 LSCO M; \$35 Non-Member (30 Days from Date of Purchase)

Drop in Fee: \$7 LSCO M; \$10 NM

## FITNESS CENTRE ORIENTATIONS

If you haven't exercised in a while or need a refresher on how to use the machines safely please join us Monday – Friday, July 5 – 9 from 10:30 – 11:30 am. If mornings are not the best times for you to exercise please leave your name and number at the Administration Desk with a suggested time and we will be in touch with you.

## INSTRUCTOR'S CHOICE

These classes will be "FUN", challenge you and be different every time you come. A variety of equipment will be used and yes you will get a fantastic workout and walk away smiling!

When: Mondays, July 5 – 26  
Time: 10:30 – 11:20 am  
Fee: \$26 LSCO M; \$36 NM  
Drop in Fee: \$7 LSCO M; \$10 NM  
Instructor: Tracy Simons

When: Wednesdays, July 7 – 28  
Time: 10:30 – 11:20 am  
Fee: \$26 LSCO M; \$36 NM  
Drop in Fee: \$7 LSCO M; \$10 NM  
Instructor: Tracy Simons

When: Wednesdays, July 7 & 14  
Time: 8:00 – 8:50 am  
Fee: \$13 LSCO M; \$18 NM  
Drop in Fee: \$7 LSCO M; \$10 NM  
Instructor: Deb Palmer

## FULL BODY WORKOUT

This class is designed to increase participant's physical strength through weight-bearing and resistance exercises. All major muscle groups are worked. We will begin with a warm up, followed by strength training and finish with some stretching for a complete workout. A variety of exercise equipment will be used. Wear comfortable workout clothes, indoor exercise shoes. Bring a water bottle and yoga mat.

When: Mondays, July 5 – 26  
Time: 9:00 – 10:00 am  
Fee: \$26 LSCO M; \$36 NM  
Drop in Fee: \$7 LSCO M; \$10 NM  
Instructor: Jamie Hillier

When: Wednesdays, July 7 – 28  
Time: 9:00 – 10:00 am  
Fee: \$26 LSCO M; \$36 NM  
Drop in Fee: \$7 LSCO M; \$10 NM  
Instructor: Jamie Hillier

## CYCLE COMBO

Participants will enjoy (well maybe not enjoy) a great workout on the stationary bike and off using weights, tubing, Bosu, Fit Balls and more. Come prepared to sweat. Dress in layers (the gym may be chilly to start) and bring your full water bottle.

When: Tuesdays, July 6 – 27  
Time: 9:00 – 10:00 am  
Fee: \$26 LSCO M; \$36 NM  
Drop in Fee: \$7 LSCO M; \$10 NM  
Instructor: Jamie Hillier

When: Thursdays, July 8 – 29  
Time: 9:00 – 10:00 am  
Fee: \$26 LSCO M; \$36 NM  
Drop in Fee: \$7 LSCO M; \$10 NM  
Instructor: Jamie Hillier

## LINE DANCE

This class is meant for Intermediate to experienced individuals. Please wear non marking footwear and bring your water bottle.

When: Thursdays, July 8 – 29  
Time: 11:00 am – 12:15 pm  
Fee: \$16 LSCO M; \$20 NM  
Register by: Wednesday, July 7  
Instructor: Diane Holstine

## ZUMBA GOLD

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

When: Tuesdays, July 6 – 27  
Time: 11:15 am – 12:00 pm  
Fee: \$28 LSCO M; \$40 NM  
Drop in Fee: \$8 LSCO M; \$15 NM  
Register by: Monday, July 5

## CHAIR YOGA

Perform yoga poses and breathing exercises with the aid of a chair. This gentle class may help you

increase strength, flexibility, range of motion for joints, and stress reduction. Chair yoga is suitable for all fitness levels.

When: Wednesdays, July 7 – 28  
Time: 10:00 – 10:45 am  
Fee: \$24 LSCO M; \$36 NM  
Drop in Fee: \$7 LSCO M; \$10 NM  
Register by: Tuesday, July 6

## GENTLE YOGA

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

When: Tuesdays, July 6 – 27  
Time: 10:00 – 10:50 am  
Fee: \$24 LSCO M; \$36 NM  
Drop in Fee: \$7 LSCO M; \$10 NM  
Register by: Monday, July 5

When: Thursdays, July 8 – 29  
Time: 10:00 – 10:50 am  
Fee: \$24 LSCO M; \$36 NM  
Drop in Fee: \$7 LSCO M; \$10 NM  
Register by: Wednesday, July 7

## PICKLEBALL LESSONS

If you are interested in learning the game of pickleball, register for this course. You will learn the rules and great tips to help you feel comfortable on the court. The first 2 lessons are very important to attend. If you cannot commit to them it is suggested not to register. Some equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Please complete an Activity Waiver Form upon registration.

When: Wednesdays & Fridays  
August 18, 20, 25, 27  
Time: 9:00 – 10:45 am  
Fee: \$30 LSCO, \$40 NM  
Register by: Friday, August 13

**When you don't know  
where to turn...  
Because someone  
drinks too much...**



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FOR FAMILIES AND FRIENDS OF ALCOHOLICS

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### Al-Anon and Alateen

*Al-Anon is a community resource that provides support to those affected by someone else's drinking. Members meet to share their experience, strength and hope in applying the Al-Anon program to their lives.*

Many Al-Anon meetings moved to virtual platforms (primarily Zoom) during the Pandemic. We wanted to let you know about the following:

A list of online meetings in the AB/N.W.T. Area can be found on the Area web page [al-anon.ab.ca](http://al-anon.ab.ca). This meeting list is password protected. Newcomers are directed to the following email address for the password:

[grouprecords@al-anon.ab.ca](mailto:grouprecords@al-anon.ab.ca)

The password is Area80 and can be shared where helpful

Information about Al-Anon can be found on the Al-Anon World Service Office web page [al-anon.org](http://al-anon.org). However, as it is not always certain which groups are still meeting face-to-face, we thought you would find our local data helpful.

**Lethbridge** has two face-to-face meetings with safety protocols in place:

Monday's @ 7:30 PM  
Let it Begin With Me  
Central Church of Christ  
716 – 23 Street North

Saturday's @ 10 AM  
Step Study Group  
Chapter House (Main floor)  
Corner 10 Avenue & 17 Street

**Taber** also has a face-to-face meeting:

Tuesday's @ 7:30 PM  
Someone Cares  
Knox United Church  
4920 – 50 Avenue

*Alateen is part of Al-Anon Family Group for teenagers who have been affected by a relative or friend's misuse of/or addiction to alcohol. Alateen meetings are monitored by trained Al-Anon members who are certified through the Alberta/N.W.T. Area 'Alateen Safety and Behavioural Guidelines Process'. This includes a Police Information Check.*

Alateen in Alberta has two virtual meetings. Contact [alateenzoom@al-anon.ab.ca](mailto:alateenzoom@al-anon.ab.ca) for access information to the Zoom meeting Thursdays @ 7:00PM. As well, every Sunday at 7:00 PM Alberta hosts an Alateen meeting via the *Al-Anon Family Groups App*.

## WELCOME POLICY

*As of 2018 the Welcome Policy subsidy threshold was increased.*

The Welcome Policy allows individuals to access membership and programs at LSCO at a lower cost.

Please ask for more information at the Administration Desk.

The subsidy is dependent on the income of the individual(s).

Please bring in your prior year income tax for verification.

See income guidelines below.

SINGLE		COUPLE	
Prior Year Income (line 150 of Tax return)	Fee Subsidy	Prior Year Income (line 150 of Tax return)	Fee Subsidy
<30,000	25%	<50,000	25%



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**Okanagan Water and Wine Tour, September 6 – 15**

**Branson Christmas, November 18 – December 3**

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for more information

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DEVELOPMENTS

# 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



## What to do with your kitchen scraps

Many of us are trying to live a more sustainable life. Reducing waste and reusing what we have are cornerstones of helping to create a healthier planet. At the same time, it's important to evaluate how we follow these principles to make sure they are not doing more harm than good.

Kitchen scraps are an important example of this. For many farmers, the best thing to do with food waste or leftovers is to feed it to their pigs. These animals eat outrageous amounts of just about anything, so it's an economical and seemingly environmentally friendly solution to prevent waste in your kitchen.

But overall, feeding any animal kitchen scraps is not the safest choice for their health. Not only can it lead to overfeeding and weight issues, but it could also potentially expose your animal to harmful diseases. For pigs, the risk of contracting African swine fever (ASF) is especially great.

ASF has not been found in Canada yet, but it's been present in countries across Africa, Asia and Europe. A virus that cannot be contracted by humans, it's highly contagious and deadly for pigs. It can survive for months in fresh, frozen, cooked or processed pork products. If contaminated food is fed to a pig it could start an outbreak, even from trace amounts of the virus.

Safer uses for food scraps include:

- Composting (as long as it's stored far from your pigs) – there's always a need for nutrient dense soil
- Making broth by simmering leftover bones and veggie scraps on the stove
- Freezing them, if your garbage collection is rare or inconvenient or until you have enough to cook with
- Getting creative – extra meat scraps from butchering can make sausages, chili or meatloaf to use up less desirable bits of meat

To avoid harm to your pets or livestock, always practice good biosecurity and follow regulations in your area.

Find more information about measures to prevent African swine fever at [inspection.gc.ca/asfbiosecurity](https://inspection.gc.ca/asfbiosecurity).

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

## Enjoy a mosquito-free summer with these 5 tips

Getting outside and enjoying the great outdoors is so important for mental and physical well-being, and Canada provides a never-ending playground for nature enthusiasts and families.

But lurking in our midst is an ever-present nuisance: mosquitoes.

Out for our blood, these pests need to feed to nurture their young, and their need takes a serious toll on our desire to enjoy the warm weather. In fact, a new survey reveals that 70 per cent of Canadians would spend more time outdoors during the summer months if mosquitoes didn't bother them.

Research shows there are certain qualities that can make you a tastier dish to mosquitoes, including higher body temperature, sweat levels and aroma, high stress levels, pregnancy, dark clothing, and level of alcohol consumption.

### Mosquito-thwarting tips

If you don't want to invite mosquitos into your social bubble this summer, here are a few tips to help keep you and your family bite free:

1. **Wash up:** This reduces your sweat and thermal signatures.
2. **Cover up:** Wear long sleeves and long pants over exposed skin.
3. **Lighten up:** Use fans on decks and patios to increase air movement.
4. **Dry up:** Avoid wading in standing water – this is where mosquitoes lay their eggs.
5. **Turn up (the repellent):** Arm your outdoor green space with an area mosquito repellent. Use a DEET-free, odourless repellent like Thermacell to help keep you safe from mosquitos up to 15 feet away.

With solutions out there, avoiding mosquitos has never been easier.

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



If you are interested in learning the game of pickleball, register for this course. You will learn the rules and great tips to help you feel comfortable on the court. The first 2 lessons are very important to attend. If you cannot commit to them it is suggested not to register. Some equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Please complete an Activity Waiver Form upon registration.

When: Wednesdays & Fridays  
August 18, 20, 25, 27  
Time: 9:00 – 10:45 am  
Fee: \$30 LSCO, \$40 NM  
Register by: Friday, August 13

# PICKLEBALL lessons

# Welcome back everyone!

We are so happy to see you all heading back into the centre after what has felt like forever! Amy and I are anxious to see you, and have dedicated time and space to be available through the week, during the week. Feel free to pop in to chat with one of us about anything you need assistance with, or just to say hello! We have missed you.

Office hours are as follows:

Amy – Mondays 9:00 – 11:00  
and Fridays 1:00 – 3:00

Heather – Tuesdays 1:30 – 3:30

During the summer months as LSCO and the world reopens, we will be reaching out to you,



LSCO  
Social  
Worker

**Heather Bursaw**  
hbursaw@lethseniors.com  
403-320-2222 ext. 57

We might think we are nurturing our garden, but of course it's our garden that is really nurturing us.

~ Jenny Uglow

our members as well as the larger community to understand what needs you may be experiencing as result of your journey through COVID-19. This will be done in an effort to direct our work individually as well as within a group/educational context to be most effective! We will be looking for suggestions and ideas on what we can do for you through our efforts at LSCO to work towards increasing your confidence, comfortability and connection moving forward. Stay tuned for specifics. In the meantime, if you have a question, concern or suggestion, please feel free to pop in, email me at [hbursaw@lethseniors.com](mailto:hbursaw@lethseniors.com) or call 403-320-2222 #57. See you soon :) ★

Life isn't about finding yourself. Life is about creating yourself.

George Bernard Shaw

AZ QUOTES

"Deep summer is when laziness finds respectability." – Sam Keen

Sign up for the Fort's outdoor tours

**FORT WHOOP-UP**

fort.galtmuseum.com/visit

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**International Self-Care Day**

International Self-Care Day (ISD), on 24 July each year, provides a focus and opportunity to raise the profile of healthy lifestyle self-care programmes around the world. ISD is a device developed by the International Self-Care Foundation to promote self-care as a vital foundation of health. ISD has been running since 2011. It provides a media-friendly forum and a focus for individuals and groups to (independently) promote self-care in their organization or community.

**SEVEN PILLARS OF SELF-CARE**

- 1 Knowledge & Health Literacy
- 2 Mental wellbeing
- 3 Physical Activity
- 4 Healthy Eating
- 5 Risk avoidance
- 6 Good hygiene
- 7 Rational use of products & services

## Application for Probate

Lately I have noticed in my practice, an increasing number of files, where clients, either by themselves or with the assistance of well-meaning friends or advisors, try to do an application for probate by themselves. Another scenario to avoid probate is the transfer of property before someone dies. I have no doubt talked about these issues before, but I believe an update to this issue is worth it.

The first scenario involves an executor who thinks they can do the application for probate by themselves. The main objective of doing this is to save legal fees. The executor thinks he is doing the estate a favour by not hiring a lawyer to do up the paperwork. What the executor doesn't realize is that if he hires a lawyer to assist them, the lawyer provides a shield to the executor and helps the executor stay out of hot water with the beneficiaries of the estate. The lawyer also helps the executor with making a possible claim for compensation for his services. Remember that if you hire an experienced lawyer to handle the estate, that lawyer has done hundreds of applications for probate, as opposed to this being your first and probably last application for probate. Also remember that if the estate owns a piece of real property and that property is to be sold, the biggest fee that will be charged to the estate is the real estate commission. Lawyers typically charge a base fee of \$2200 for an estate, plus 1% of the value of



### Legal Tips and Information

**Douglas Alger**

the assets of the estate. So, a \$500,000 estate would have a legal fee of approximately \$7200.00, plus GST and disbursements. If you have three beneficiaries, that is about \$2400 per beneficiary. Further if an estate has charities as beneficiaries, an executor acting alone certainly doesn't want to wade into those waters.

The second scenario involves an executor, who is approached by the person who handled the deceased's financial affairs. That person, usually a financial advisor, volunteers to prepare the application for probate for the sole purpose of saving legal fees and perhaps to gain a reputation with other clients that they can handle everything for a client, from cradle to grave. While legally anyone can assist someone with a probate application to the extent of filling in forms, anyone

who does risks potential liability for making a mistake and guess what that person does not have liability insurance in case they made a mistake. Needless to say, I do not think it is in your interest to have your financial advisor prepare your probate application to the court. While the probate process may seem straightforward to me, it can be full of traps.

Finally transferring property into joint names with your children. Again, this is done with the purpose of saving on probate fees. There are some scenarios, where this is likely okay, but before you do this, get legal advice. There are many situations where it is not okay and is likely to cause a lot of grief down the road. Having had the professional experience of where this can go wrong, makes me strongly disinclined to recommend this to clients. Family dynamics are a strange thing in estate matters and transferring property to children before you pass on, usually creates another level of those dynamics. My question to you, is do you really want to give up your ownership of your home to your children, while you are still living in your home?

Here's to a good summer and hopefully a return to a life we used to recognize, with a dose of learning some of the lessons that Covid taught us. ★

*Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.*



## 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**



### 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**

# Computer Corner

by Sjoerd Schaafsma

## Seeing More is Better

Even with two 19 inch monitors sometimes I don't see as much of a document as I'd like. In this case the document was the June LSCO Times which I was viewing in Acrobat Reader.

The document has already been set to show in full screen on the second monitor, so the Windows task bar isn't taking up any of the screen space that it would with a single monitor.

By default Acrobat Reader DC shows a side bar, side panel, menu bar, call it what you will, Adobe calls it the Tools Pane, that takes up roughly a quarter of the screen.

With Tool Pane

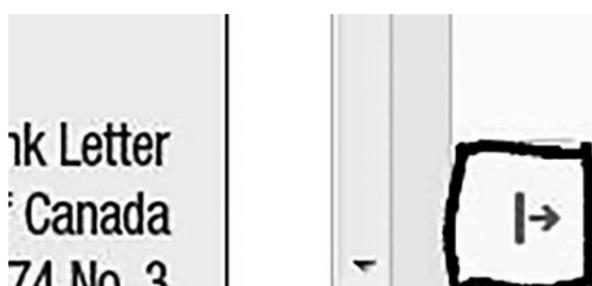
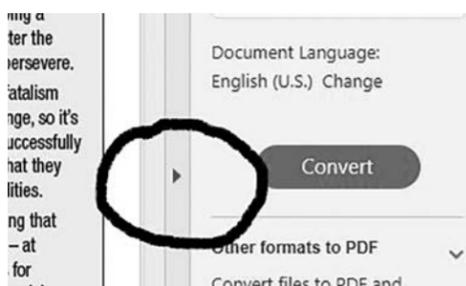
Without Tool Pane



"Well let's shrink it", I think. It should be easy, and it is. However as with many easy things, they're not always easy until you're shown, or know what the thing you're trying to do is called.

Here's the how to make it disappear:

- The long way- Click from the menu bar - in order, View - Show/Hide - Tools Pane, and the Tools Pane will either show or hide.
- The shorter keyboard way; Shift + F4
- The mouse way click the small arrowhead/triangle about midway down the dividing line between the document and the tools pane. To shrink it further click the |-> at the bottom right of the screen, above the task bar if you have a single screen.



If you tire of doing this every time and don't mind digging a bit deeper, here is a link from my favorite tech newsletter, How-to Geek, that demonstrates how to permanently prevent the tools pane from appearing by default on a new document.

### How Do You Stop Adobe Reader DC's Sidebar From Opening by Default?

<https://www.howtogeek.com/292673/how-do-you-stop-adobe-reader-dcs-sidebar-from-opening-by-default/>

If you read a PDF document in the browser this isn't an issue. The same applies if you read a PDF on a mobile device, either in the browser or a separate reader like Acrobat, Books, or PDF Expert on your mobile device, (in my case an iPad Mini), there is no tools pane. Viewing in landscape mode will also make the text appear larger.

### Summer Hints and Tips:

Avoid overheating yourself and your computer.

- blow the dust bunnies out of your computer to let the fans and heat sinks do their work,
- canned air is safer than using your air compressor or vacuum cleaner
- keep your portable devices out of the hot sun.

At the time of this writing LSCO is open. Check the LSCO home page

<http://lethseniors.com> for details.

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. Email: [computerclub@lethseniors.com](mailto:computerclub@lethseniors.com)

The obvious and fair solution to the housework problem is to let men do the housework for, say, the next six thousand years, to even things up. The trouble is that men, over the years, have developed an inflated notion of the importance of everything they do, so that before long they would turn housework into just as much of a charade as business is now. They would hire secretaries and buy computers and fly off to housework conferences in Bermuda, but they'd never clean anything.

~ Dave Barry

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**Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wildness is a necessity.**

~ John Muir



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*Nothing will work unless you do.*

Maya Angelou

AZ QUOTES

*Cultivate solitude and quiet and a few sincere friends, rather than mob merriment, noise and thousands of nodding acquaintances.*

~ William Powell

**Chair Yoga**

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

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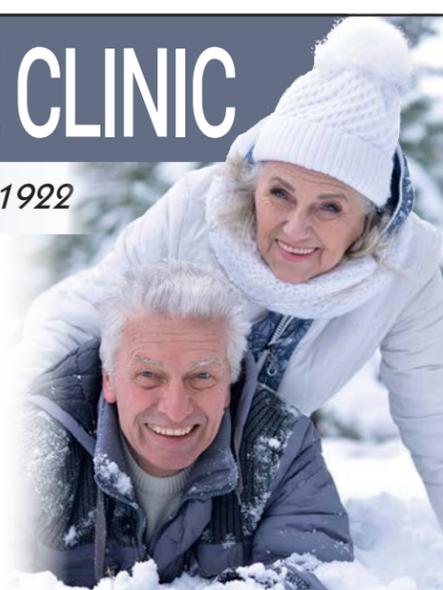
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Jake Boldt  
Hearing Technician



# World Elder Abuse Awareness Day

Last month on June 15, 2021, World Elder Abuse Awareness Day was recognized. The LEARN network partners proudly wore purple to signify their support and commitment to “growing the conversation” around elder abuse.

Elder abuse is a concern in our community, and we need your help to spread awareness, reach out to those you may have concern for and encourage them to call the Lethbridge Elder Abuse Response Network (LEARN) as we are dedicated in providing supports to those in need.

Please call the confidential LEARN line at 403-394-0306 if you have any questions or concerns or you can also email [learn@lethseniors.com](mailto:learn@lethseniors.com). **When it comes to Elder Abuse, silence is not an option.**



**LEARN**  
Case  
Manager

**Alexis Clare**  
[learn@lethseniors.com](mailto:learn@lethseniors.com)  
403-394-0306

*The Lethbridge Elder Abuse Response Network (LEARN) is a collaboration of human service organizations working together to educate and support senior citizens at risk of or experiencing abuse. For more information or to report a concern, please contact the LEARN Case Manager, Alexis Clare at 403-394-0306 or e-mail: [learn@lethseniors.com](mailto:learn@lethseniors.com).*



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*Diversity: the art of thinking independently together.*



Malcolm Forbes

*Tell me, what is it you plan to do with your one wild and precious life? ~ Mary Oliver*

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