

Hello
summer



Stampede BBQ

July 11th

12pm

**Call us to reserve your spot!!
Wear your cowboy boots and
bring your friends!**



BOWCLIFFSENIORS.ORG



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INFO@BOWCLIFFSENIORS.ORG

BOW CLIFF Centre 50+

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The Communicator is published monthly.

*Helping older adults live with dignity, respect and
encouraging involvement in the community.*

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For your information



Are you tired of hiring and re-hiring caregivers? **Karev Home Caregivers** is here to help. Our caregivers are carefully screened, trained, bounded and insured. We provide customized and affordable care to fit your unique needs.

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4 3-SENIORS (403-736-4677)

- Providing information about services available for older adults
- Filling out forms and applications for government benefits, transportation and housing needs

**A free service, providing support
for older Calgarians**

LUNCH Menu

July 4

Egg Salad Croissants
Tossed Salad
Lemon Jello/Mixed Fruit

July 11

Hamburgers and Hotdogs
Ice Cream

July 18

Macaroni Salad with Ham
Veggies
Birthday Cake

July 25

Teriyaki Steak
Oven baked veggies
Strawberry Shortcake



WebDonuts.com



★ HAPPY ★ BIRTHDAY!

JULY BIRTHDAYS



Len Grant	Diana McClusky	Ellen Conlin	Roy Hetherington
Elizabeth LaCroix	Marilyn Houger	Angela Wold	Anita Spears
Judith Weisbrot	Brenda Wong	Marie Tobin	Beth Knutson
Ed Starratt	Vicki Wearmouth	Janice Kinch	Joyce Odell
Patricia Cowan	Jenny Cools	Laila Reader	Monica Ogston

Note from ED:

I would like to take this opportunity to thank all the volunteers who helped with the June 9th picnic. Over 500 people attended the community picnic and it was a wonderful joint effort with all our community partners, including the City of Calgary, Wildflower Arts Centre, Church of the Good Shepherd, Calgary Lawn Bowling Club, Shagannapi Village, Wolf Willow Studio and the Spruce Cliff Community.

We will be announcing a major fundraising project at our July 11 Stampede BBQ Luncheon. Details to follow.

We wish everyone a happy and safe summer holiday. Full programming will resume in September.

John





**We're
Havin' a
BAR-B-Q!**

STAMPEDE BBQ

July 11th

Hamburger and Hotdogs

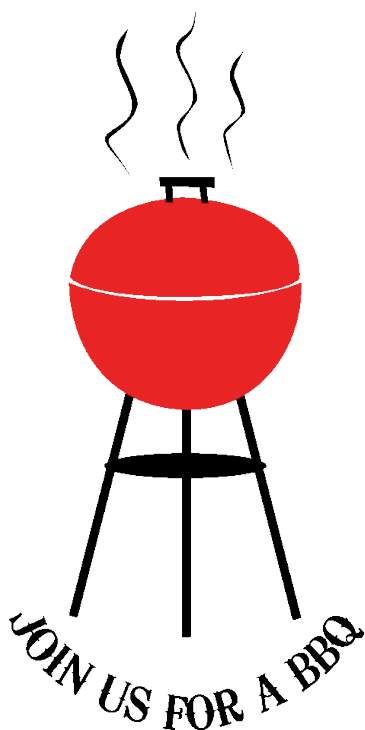
Ice cream for Dessert

12:00pm

Rhythm Kats will be performing

7\$ members \$9 non members

Call us to reserve your spot and wear





It's that time again! Calgary Stampede

\$2 admission from 10 a.m. to 2 p.m. on Tuesday, July 10, 2018
FREE gate admission for Seniors (Ages 65+) all day long.

Seniors are also eligible for free standing room tickets to the Rodeo or the Evening Show – tickets available at the Grandstand Ticket Office starting at 11 a.m. Free coffee and doughnuts in the morning while supplies last.



Curious about Lawn Bowling? Are you a member of Bow Cliff?



Wednesday mornings at 10:30am,
Come to the centre to receive a
lesson on how to play!

\$3 Drop in fee for members
\$5 for non members

YOU'RE INVITED!



STAMPEDE STREET PARTY

LIVE MUSIC • INDIGENOUS DRUMMING
& DANCING • FACE PAINTING
PETTING ZOO • AND MORE!

JULY 5, 2018 | 11:30 AM - 1:30 PM
3507 17 AVENUE SW



Ron Liepert – Calgary Signal Hill

Constituency Outreach and Communications

#2216 8561 8 A Ave SW

Calgary, Alberta

403 292-6666

Community Newsletter for July 2018

After a long and sometimes contentious session of Parliament, MP's are now back in constituencies for the summer. This break over the summer months is an opportunity to connect with residents of the Calgary Signal Hill riding.

In addition to attending various community events, I will have the opportunity again this year to serve Stampede pancakes on most days during the 10 day event throughout the riding so I hope to see as many constituents as possible. Also, I visited with a number of communities on the June 16th neighbour day weekend.

Prior to adjournment of the house a number of significant bills were dealt with including the marijuana legislation, changes to the election act and criminal code. The government also used the final days of the session to announce the \$4.5 billion purchase of the existing Kinder Morgan Transmountain pipeline to the west coast. I have serious concerns this taxpayer funded purchase won't guarantee the pipeline expansion will get built. In addition, now that it is the government building the new pipeline taxpayers will be on the hook for as much as an additional \$6-7 billion. Clearly had the Federal government not cancelled other pipeline projects such as Northern Gateway and Energy East, it wouldn't have been in a position to bail out Transmountain. The decision also sends a very negative message to the global investment community.

The fall session of Parliament is set to resume in mid-September in the newly renovated west block. The plan is to close Center Block for at least ten years for over a \$1 billion in renovations. For anyone who has visited Ottawa and toured the Parliament buildings you will know how significant this development is. The House of Commons is 'your house' so if you are in the area don't hesitate to set up a tour of the historic building or drop in to say hello.

Have a safe and enjoyable summer.



We are looking for volunteers to help with landscaping. We need help pulling weeds!

Call us for more info

403-246-0390



For Better or For Worse®

by Lynn Johnston





Brian Malkinson

MLA for Calgary-Currie

Contact Brian at: 403-246-4794

Or CalgaryCurrie@albertandp.ca

There is a lot of exciting news to share this month and not much room. So here goes. To start the big news of the session - because of the leadership of Premier Notley and Alberta's climate leadership plan – the Federal Government purchased the Transmountain Pipeline effectively providing a shield around the project, and protecting it from further political attacks and ensuring its construction. From the very beginning Premier Notley made it clear that good jobs for working people and meaningful climate action can – and must – go hand in hand.

But that is not all.

A few weeks ago the spring legislative session concluded and we continued our promise to deliberate and pass legislation that makes Albertans' lives better. These included Bill 5 - based on my Henson Trust consultations - that strengthens the financial security of those with disabilities, Bill 9 that protects choice for women's health care (a bill that I was saddened that some political parties refused to debate and vote on), and Bill 7 which created a Local Food Council and applies the Canadian Organic Standard to organic foods produced and marketed in Alberta to enhance consumer confidence and safety at grocery stores and farmers' markets.

I have also been busy here in Calgary Currie where I attended the Hellenic Community Muay Thai fundraiser, hosted the BBQ at Killarney-Glengarry Garage Sale, and joined several communities such as Shaganappi, Sunalta, Good Companions and St. Matthews Church plus Rutland Park Community for their Neighbour and Aboriginal Awareness Day on June 16. It was great to see so many friendly faces and well done community organizers!

And July and August will provide even more opportunities to hear from you. I look forward to chatting with you at Stampede events at Bow Cliff, ARBI, and Closer to Home Community Services as well as my own Breakfast and Wiener Dog Rodeo on July 8 at the Rosscarrock Community Association. Breakfast starts at 9AM and the hounds will race at 10:30. There will also be live music and face painting for the kids. I look forward to seeing you there!

Stay cool.

Brian.

carya presents the 3rd annual

BOWMONT COMMUNITY PANCAKE BREAKFAST



**FREE
&
FAMILY
FRIENDLY!**



WHEN :July 12th

TIME: 8:00am-10:00am

WHERE: 5000 Bowness Road NW



WANTED



Kerby Centre

Join Us In The Kerby Korral For
A Bootscootin' Good Time

26th Annual Stampede Breakfast

Friday, July 13th, 2018

8:00 am - 11:00 am

1133 7th Ave SW, Calgary

Free Pancake Breakfast, Special Guests &
Dancing to The Gordie West Band

Evan Woolley

Ward 8

Contact Evan : 403.268.2431



Summer is here! I love Calgary at this time of year. It's a great chance to get outside and connect with old friends, enjoy new restaurants and patios, float down the river or just enjoy all our great city has to offer in the warmer months.

If you're looking for things to do with the family or with friends visiting from out of town, The City of Calgary offers numerous fun, free and community-based programs and services for children, youth and families all over Calgary each summer. Some of these programs include Paint in The Park (check it out in Bankview and in The Beltline) Park n' Play, Stay n' Play, Community Camps, Youth Days, and Lawn Chair Theatres. You can visit calgary.ca/cns to check out what's happening in your area.

If you're planning on taking advantage of the great weather to do home or yard improvements make sure that before you buy materials and start getting your hands dirty, you save yourself a headache and visit Calgary.ca/myhome. Homeowners looking to start an improvement project can visit calgary.ca/myhome for details, and use our new online-chat service to ask questions or get help applying online. Since 2018 February, over 3,000 conversations have taken place online, and 40 per cent of homeowners are applying online for those permits release in 2017 December. Providing a full self-directed online service eliminates the need for homeowners to travel to City Hall, and wait in line at our counters, saving them time and money. You can now apply from the comfort of their home for all development, building and trade permits required for their project through a single online application whenever it is convenient for you!

I've got my own home improvement projects in the works and also plan to be out in the neighbourhoods this summer, stopping in at Stampede breakfasts and barbeques, and a number of other community events. I look forward to seeing you all there. In the meantime, take some time off, connect with your friends and family, try something new, and enjoy the summer!

Senior Home Safety – Reducing the Risk of Falls

The most common place for older adults to fall is in the home.

Where Falls Stand

One of the greatest threats to senior wellbeing and quality of life is falling. In fact, falls represent the leading cause of both fatal and non-fatal injuries of Canadian seniors. Here are a few key facts to highlight not only how pervasive falls are among this age group, but the toll they take:

- Falls account for more than half of all injuries among seniors.
- Every 13 seconds, an older adult is treated in the emergency room for a fall; every 20 minutes, an older adult dies from a fall.
- 87 percent of all fractures in the elderly are due to falls. Two-thirds of those who fall will do so again within six months

In addition to the physical and financial impact, the dread associated with falling can be enough to immobilize some older adults, making them afraid to do much of anything. And for those who already experience feelings of loneliness and isolation, fear of falling can often make matters worse. But fear should never get in the way of quality of life, even when it comes to falls in the home.

Although there are several factors involved in senior falls, one of the most significant is the hazardous nature of their living environment. Obstacles such as loose rugs, poor lighting, and the absence of handrails all pose a serious threat. Fortunately, these factors can be controlled. With a few alterations and additions, seniors can manage their living environment, thus reducing their risk of falling.

Adjustments to Make in the Home

- *In the Bedroom*
 - Ensure that night lights are installed so that there is adequate illumination.
 - Keep an easy-to-use light source, such as a touch lamp, within reach of the bed.
- *In the Bathroom*
 - Install grab bars on the inside/outside of the shower, as well as next to the toilet.
 - Place a non-slip mat in the shower and on all surfaces that may become wet.
 - Install a shower chair or bath bench to reduce standing.
- *In the Kitchen*
 - Keep frequently used cooking utensils or appliances visible and on the counter or on nearby shelves, to reduce having to get them out of the cupboards.
 - Install non-slip rubber mats to allow for secure footing.
- *In the Hallways*
 - Eliminate any form of clutter (boxes, newspapers, shoes, etc.) so that pathways are clear.
 - Remove small throw rugs that may cause tripping.
 - Ensure carpeting is firmly secured to the floor.
 - Install nightlights to provide ample illumination.
- *Other Considerations*
 - Move any electrical cords away from walking paths.
 - Install a second handrail on staircases to allow for additional balance support.



SIGN UP TODAY!

THURSDAYS OIL & PASTEL

WITH LORETTA: from 9am– 11:30am

And 12pm-2pm

September 20th— December 13th

12 WEEKS

PAPER TOLE WITH JENNY COOLS: 9AM-11:30AM

September 20th— December 13th

12 Weeks



MONDAYS WITH STEVE DOZOIS:

FROM 12-3PM

12 weeks

Starting September 17th -December 10

(no class October 15th Thanksgiving)

Call us for more information and costs

403-246-0390



10 THINGS ABOUT CAPACITY AND CONSENT

Most of us want to maintain our right to consent and the capacity to make decisions as long as possible. Dr. Jasneet Parmar, an associate professor in the Department of Family Medicine at the University of Alberta, tells us what we need to know.

1 Decision-making capacity, as defined by the Government of Alberta, is "the ability to understand the information that is relevant to the decision and to appreciate the reasonably foreseeable consequences" of making, or failing to make, the decision.

2 Adults are all assumed to have the capacity to make their own decisions until the contrary is declared.

3 If there is a genuine concern about your ability to make safe decisions, an assessment will be performed by a physician or psychologist (or a designated capacity assessor in special circumstances).

4 Being diagnosed with symptoms of dementia does not automatically strip you of your capacity to make decisions. "There are people in our community with dementia making decisions with the support of their families," Dr. Parmar says.

5 Removing capacity changes your legal status, which is why decision-making capacity should be assessed if situations progress to the point where it's absolutely necessary.

6 Making unwise decisions isn't enough to remove capacity—a lack of understanding of the context and consequences of decisions must also be evident. "We assess capacity when a person is making a decision that's putting them in harm's way and they appear to have impaired decision-making capacity, but not when the person is clearly taking risks by choice," Dr. Parmar says.

7 There are eight areas of authority when it comes to decision-making capacity: accommodation, health care, finances, choice of associates, social and leisure activities, personal legal matters, employment and education. Losing capacity in one area does not mean you'll immediately lose it in others.

8 If decision-making capacity is removed, decision-making power is passed over to the agent named in your personal directive (a legal document covering personal matters) or enduring power of attorney (covering financial matters).

9 It's important to have those documents in order—once you lose your legal decision-making capacity you can no longer sign them and friends or family will have to seek out legal trusteeship or guardianship, which can be a lengthy process.

10 Let the agent named in your personal directive know what you envision for your future care so your wishes can be carried out accordingly.

FREE!



Shakespeare by the Bow 2018

📍 Prince's Island Park, Eau Claire Avenue Southwest,
Calgary

📅 June 29, 2018 To August 19, 2018

Price: Pay what you can



For 10 days during the Calgary Stampede, King Eddy YYC will once again be transformed into a honky-tonk in the East Village, featuring a revolving roster of boot-stompin' country acts performing evening headliner shows. House band GhostBoy featuring Mark Parsons will perform free daytime sets from noon to 3:00 pm daily.

How Much? Tickets:15-\$50

FREE FROM NOON TO 3PM DAILY

GET TICKETS AT THE DOOR

**Address: 438 9 Avenue SE
Calgary, AB**



GET IN FOR FREE! Get in and get fed for FREE!

Bring the whole family to the Calgary Stampede and celebrate with free fun

FOR EVERYONE FROM 8 A.M. TO 11 A.M!

M

USIC FILLED THE AIR at Walter Mitson's 95th birthday celebration, and the atmosphere was right in tune with his lifelong passion.

Mitson joined his first band at age 16, playing the accordion at Calgary's Palliser Hotel. His daughter, Denise Still, says music was part of life in her childhood home, as musicians dropped in for jam sessions featuring piano, banjo—and, of course, accordion.

Father and daughter have faced hurdles over the past few years, but music bonds them.

"There was always music in our house—always," Still says. "I still remember coming home to him playing the heaviest Bach or the most amazing Mozart."

Mitson was diagnosed with dementia five years ago, but "he's never lost his love of music," she says. As his hearing deteriorated and he moved into a full-time care facility in Okotoks, Still noticed that her father wasn't enjoying music in the same way he always had, so she enlisted the help of JB Music Therapy.

Therapist Rebecca Woodruff recalls walking into Mitson's room for their first session in the summer of 2016. He was sitting quietly in an easy chair when Woodruff introduced herself: "I heard you were a musician. What instrument do you play?"

He looked up, smiled and told her all about his love of jazz.

"Anytime we start talking about being a musician you can see that spark come back to him," Woodruff says. "Music is such a won-

derful part of his life, and he can share that with you."

Jennifer Buchanan founded JB Music Therapy 25 years ago to help people facing challenges from anxiety to injury to memory loss. She says music is universal: even if memory fades, it triggers feelings of "when we were our best."

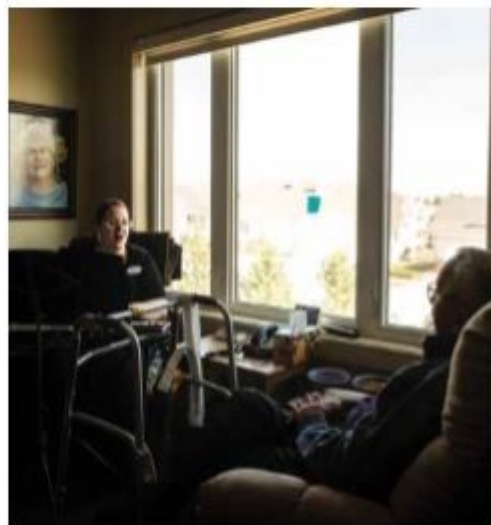
"When we hear music, there's an immediate reaction of it going straight to our limbic system, and it's interesting because that's where our emotions, memory and motivation reside," Buchanan says.

Recent studies have shown that creative activities like music and other art forms can ease depression and isolation by engaging various parts of the brain and allowing people to make choices and decisions.

NONVERBAL COMMUNICATION

Music moves us both emotionally and physically. Melissa Tafler is the coordinator of arts and health at Baycrest Health Services, which supports innovation in brain health and aging. Based in Toronto, Tafler and her team have run a special dance program for people with dementia since 2014.

As a form of nonverbal communication and self-expression, Tafler says, dance can improve emotional



Lifelong musician Walter Mitson, 92, was diagnosed with dementia five years ago. Today, music still engages him. Above, he visits with therapist Rebecca Woodruff.

health—particularly vital for those with dementia.

"It's so important when the capacity for language is not what it once was," she says.

"There's also potential for relationship-building through the experience of dancing together. I've seen it time and time again, and it's what keeps reminding me of the importance of this work."

The dance program is in the process of expanding across Canada, and Baycrest has developed an online training curriculum so the program can be run anywhere.

"Anytime we start talking about being a musician you can see that spark come back to him."

—Therapist Rebecca Woodruff.

7



"Dancing isn't just good for the body;
it's good for the brain as well."

—Vicki Adams Willis, Decidedly Jazz Danceworks

A WARM ENVIRONMENT

Music in general has been shown in scientific studies to lower heart rate, reduce anxiety and alleviate depression. Calgary-based music therapist Sara Pun says this is important for seniors with dementia in care homes, "because they're disconnected from their loved ones and facing a very difficult disease."

As dementia progresses, it's common to face difficulty with communication. But when words fail us, the arts offer a way to express ourselves.

"We live in such a verbal world that we sometimes think that the only way we can connect is through talking," Pun says. "But music provides a warm environment where you can hold hands with someone, look into their eyes and feel the presence of that person. A lot of loved ones might be used to conversation verbally, but it's nice to introduce a different way of connecting."

As Still recalls her father's first music therapy session, the connection Pun describes is apparent. As he sang *Fly Me to the Moon* or *Release Me*, she saw the father she always knew again. Looking into his eyes brought her back to those early days in her childhood home.

"When I see him sing wholeheartedly, I'm so grateful that I get to share that moment and that memory with him."

emotional, kinesthetic and musical, increasing neural activity.

The activity that comes with dance has been shown to have anti-aging effects on the hippocampus, which affects memory, learning and balance. A 2017 study showed that dance stimulates the

brain and correlates to a noticeable improvement in behaviour.

"I always like to say that scientists are now discovering what dancers have known for years," Willis says with a laugh. "Dancing isn't just good for the body; it's good for the brain as well."

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	OFFICE CLOSED	9 Needleworkers 1230 Party Bridge	12 LUNCH 1 Bingo	930 Art Drop In	930 Rhythm Kats 12 Duplicate Bridge	
8	9	10	11	12	13	14
	930 Sing a Long 1230 Hand & Foot	9 Needleworkers 1230 Party Bridge	12 STAMPEDE LUNCH 1 Bingo	930 Art Drop In	930 Rhythm Kats 12 Duplicate Bridge	
15	16	17	18	19	20	21
	1230 Hand & Foot	9 Needleworkers 1230 Party Bridge	12 LUNCH 1 Bingo	930 Art Drop In	12 Duplicate Bridge	
22	23	24	25	26	27	28
	1230 Hand & Foot	9 Needleworkers 1230 Party Bridge	12 LUNCH 1 Bingo	930 Art Drop In	12 Duplicate Bridge	
22	23	24	25	26	27	28
	9 BOARD MEETING 1230 Hand & Foot	9 Needleworkers 1230 Party Bridge	12 LUNCH 1 Bingo	930 Art Drop In	12 Duplicate Bridge	
29	30	31				
	1230 Hand & Foot	9 Needleworkers 1230 Party Bridge				