

# Connections

Your SMHC Newsletter

Summer 2023

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hello Summer



### Land Acknowledgement

For hundreds of years the people of Treaty 7 region have been building communities on the land known as Moh'kinsstis. The Blackfoot Confederacy (comprising the Siksika, Piikani, and Kainai First Nations), as well as the Tsuut'ina First Nation, the Stoney Nakoda (including the Chiniki, Bearspaw, and Wesley First Nations) and Métis Nation of Alberta, Region 3 have been the protectors of this land. They have made their homes here, shared their stories here, educated their youth and continued their traditions here.

Sarcee Meadows is honoured to continue this tradition of creating inclusive communities and to celebrate this territory we now call home.

## **BOARD OF DIRECTORS' REPORT**

Happy summer, Sarcee Meadows! We hope you had a great Canada Day long weekend. Congratulations to all our graduates, and everyone else enjoying their summer vacations. We look forward to seeing you at our upcoming summer events!

We want to say a huge thank you to every member who showed up to voice their opinions and vote at the Special Members' Meeting on July 12<sup>th</sup>; this community runs on cooperation, discussion, and democratic action. This was the largest turnout for a Members' Meeting

in a long time, and we are grateful for our neighbours' passion for our community, and your dedication to making sure things are done right. Stay tuned for further updates as we move ahead with the retrofit project - we welcome your involvement!

That's all from us until October's issue! Have a great summer, and remember to drink water and wear sunblock!

*Respectfully submitted by Megan Jovie on behalf of the Board of Directors*



## **GENERAL MANAGER'S REPORT**

Not a ton for me to say in the newsletter this month. As you have seen over the last month there has been a lot of information communicated about the retrofit and there will be plenty more to come as we move forward.

On that note, I want to thank every single person who attended the July 12<sup>th</sup> meeting, either online or in person. I also want to say thank you to everyone for sharing their opinions on the project. I know it takes courage to stand in front of a group and make your opinion known and I am glad that everyone did. Principle 2 of Co-operatives is "Democratic Member Control" and at this meeting our Membership showcased this principle in one of the most important decisions we have made.

I want every member who came forward with concerns to know I understand them and

want to continue to work with Membership to identify ways we may be able to alleviate them. You also have my commitment that we will continue to engage all of Membership, provide you information as the project progresses, and continue to seek your opinions and input.

I continue to be available to answer any questions or discuss any concerns that you may have. I can be reached through any of the following:

- Email: [jon@sarceemeadows.coop](mailto:jon@sarceemeadows.coop)
- Office #: 403-246-2746 Ext. 105
- Cell #: 403-370-1809

Thank you,  
Jon Jackson  
General Manager

## **FROM THE TEAM AT B50**

**Office Hours:** Office hours are Monday to Friday, 8:30 am to 4:30 pm. The office staff can always be reached by phone or email whether in the office or working at home. **The shop and office will be closed on Monday, August 7<sup>th</sup>, 2023 for Heritage Day and Monday, September 4<sup>th</sup>, 2023 for Labour Day.**

**Updating Unit Information:** A reminder that it is imperative that all changes to your member and/or unit information must be provided to the office to keep our records up to date. This includes contact information and communication preferences, vehicle license plate numbers, all pets, all residents, and emergency contact info.

If you have not registered ALL of your vehicle license plate numbers with the office, please do so as soon as possible. This is a requirement of Members and if it is discovered that there are vehicles associated with your unit that are not registered, the office will be issuing fines.

The same applies to all pets and people living or no longer living in your unit; all residents (members and non-members) must be registered with the office or fines will be issued.

**E-Transfers:** We can accept e-transfers as a safe, no contact method for paying your housing charges, rental stall fees, or any other invoices in a timely manner. E-transfers can be sent to [cathy@sarceemeadows.coop](mailto:cathy@sarceemeadows.coop) – please contact Cathy for more information.

**TELUS Fibre Optic:** As part of the installation process for fibre optic services the TELUS technician will require access to the main panel located in the shop at B50. **To ensure that your setup of fibre optic services is successful and smooth please book the TELUS technician's appointment during our business hours of 8:30-4:30, Monday to Friday.** Any other service calls from TELUS that are not related to fibre optic services do not require access to B50.

**Responsible Pet Ownership:** While pets are welcome in Sarcee Meadows, a reminder that all members and residents are expected to follow City of Calgary Responsible Pet Ownership Bylaws.

Based on recent calls to the office a specific area of concern is dogs being off leash, as SMHC is **not** designated as an Off Leash Area. Additional concerns are that some members/residents are not cleaning up after their dogs, especially while walking their dogs in our common areas. The City Bylaws state:

### **Keeping Animals under Control**

**11. (1) The Owner of an Animal must ensure that the Owner's Animal is not Running at Large.**

**(3) Unless a visible sign indicates that the area has been designated as an Off Leash Area an Owner must keep the Owner's dog on a Leash.**

### **Removing Excrement**

**19. If an Animal defecates on any public or private property other than the property of its Owner, the Owner must remove such feces immediately.**

Our Property Enhancement Committee is currently working on updates to SMHC's Pet Policy. These updates will be heavily based on the City of Calgary Responsible Pet Ownership Bylaws as these bylaws are in place for the care and safety of all animals, their owners, and other members of the public. As such, if members or residents know of a bylaw infraction and would like to report it, please call 311 (from within Calgary) or 403-268-CITY (2489) (from outside Calgary).

**Buildium:** Save this link as a FAVOURITE in your browser for easy access: <https://smhc.managebuilding.com/Resident/public/home>

Did you KNOW?? You can download the BUILDIUM app to your device? Make sure it is the resident one! Questions??? Email: [paula@sarceemeadows.coop](mailto:paula@sarceemeadows.coop)

**Need a new link? Email Paula for a password reset link OR - Go directly to the website and request one yourself!**

**Bones and other Food Waste:** We recently received a comment from a member about finding bones around our Sarcee Meadows property. The member writes:

**"Just a reminder to all residents of Sarcee Meadows, bones belong in compost bins not sidewalks, lawns or your neighbour's backyard. Bones can be harmful to dogs, and they diminish the loveliness of our community. So be a good neighbour and dispose of them properly."**

We can all help to keep our community clean and keep resident pets and wildlife safe by properly disposing of all food waste, especially any leftover bones, in the red compost bins. Please do not toss food leftovers into the garbage bins! Also, please help by always keeping the lids on the compost bins closed. These steps will help to prevent scavenger birds getting at any bones and dropping them elsewhere on the property.

With that said, we are repeating an educational submission from the February 2022 issue of Connections as an additional reminder of the proper disposal of food waste.

**Chicken and Pork Bones, Garlic, and Spices are Dangerous!**

Dearest members,

Your hearts and minds are very kind, and especially during winter, several of you have the most commendable intentions to feed birds and animals at large, so they would not be hungry.

However, unintentionally these actions may cause a completely opposite effect, death of animals or birds.

Cooked or raw chicken and pork bones when chewed break into very sharp pieces that can perforate an animal's intestines and will cause death or a very painful and expensive surgical intervention.

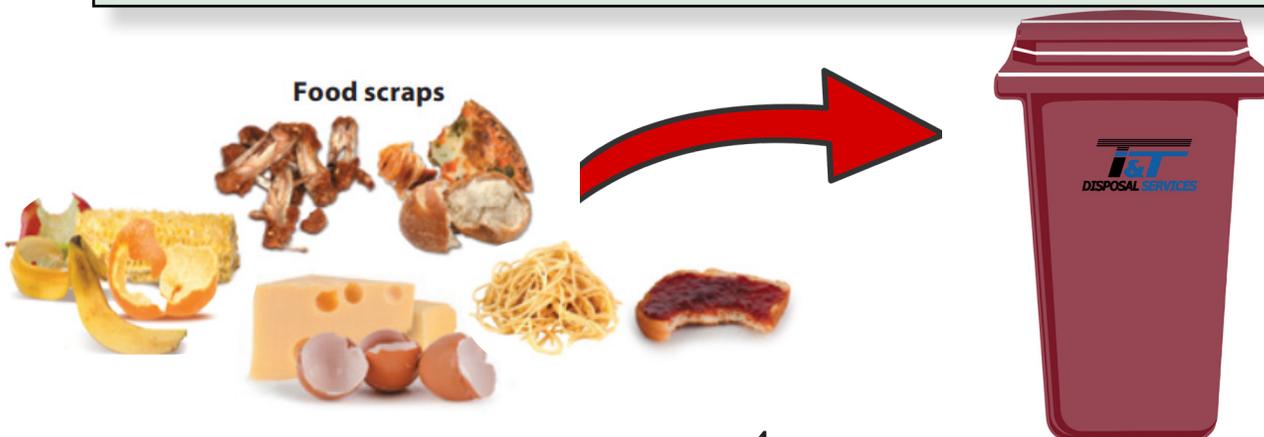
Birds and other animals very eagerly will eat spicy rice, or any spicy meals thrown into the outside but spices like pepper, curry, are not part of their natural diet and are poisonous. This includes garlic which can be poisonous to cats and dogs as well.

These well intended actions can cause the suffering and death of birds and other animals.

Please kindly compost the leftovers and ensure the lids on the compost bins are closed. Please do not throw leftovers outside.

Thank you,

*Respectfully submitted by: Slawa Gruszczynska*



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# Committee Reports

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## NEWSLETTER COMMITTEE

Hooray!!!! It's summer time so get out there and have some fun.

Included in this issue are some articles we have prepared for you and we look forward to receiving your comments or suggestions for future articles. When you are out and about this summer let us know if you visit any sites or places you think our members would be interested in. We can then pass this information along to everyone.

Check out the contest page for all the details about



our **Photo Contest**. The winners will be announced in our next issue. We are taking some time off during the summer, so the next issue of the newsletter will be in

October.

Have a great summer!

## CO-OP SENIORS INTERESTS COMMITTEE

The CSI committee of Sarcee Meadows recently held their June meeting. We are still looking for some new faces to join us. Our next meeting is Wednesday, August 9<sup>th</sup>, 2023 at 1:00 pm. Consider joining us for a lively discussion on Seniors interests and issues.

Well, summer is officially here and with it comes fun and activities here in Sarcee Meadows. Summer starts with Stampede week and Stampede breakfasts including our own Stampede Breakfast here in the Meadows. It's was a great time as always!

Also happening this summer, on August 19<sup>th</sup>, 2023, come and join your neighbours once again for a Summer Barbecue. There will be a special tent set up for the Seniors for this event so we will be comfortable sitting and eating the delicious food. Mark your calendars for these events!!

## ENTERTAINMENT & SOCIAL EVENTS COMMITTEE

Happy Summer! We have a variety of spectacular events coming up for you to enjoy in the sun. We hope you donned your cowboy hats and boots and were able to join us for a deliciously good time at our **Stampede Breakfast**. Yee Haw!

Next on the horizon is the **Summer Family BBQ** on **August 19<sup>th</sup>**. There will be food and games for everyone in the family so make sure to stop by for some fun!

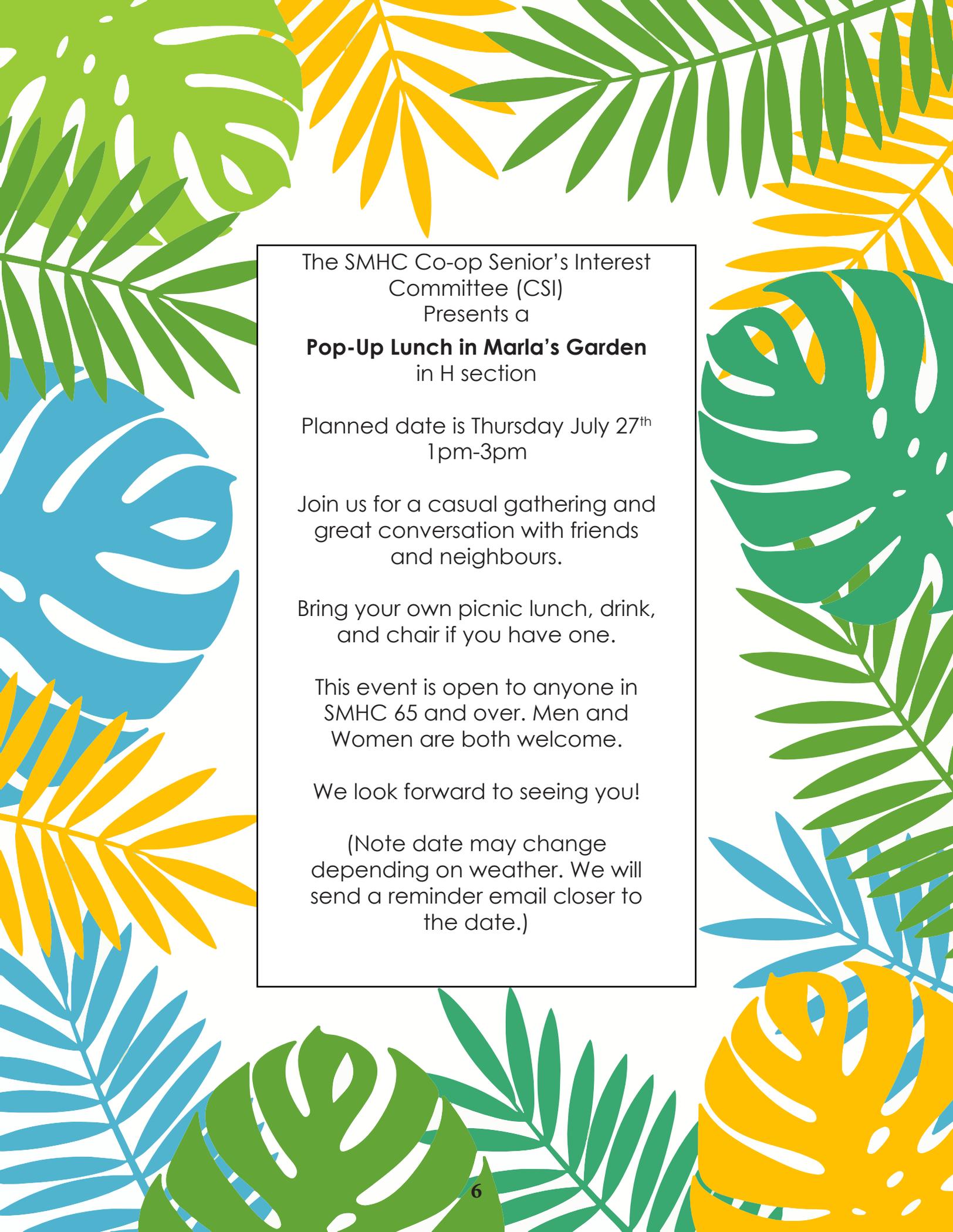
For the Summer Family BBQ we are still looking for **more volunteers**. If you would like to volunteer please contact the office, and we would love to have your help.

We are very excited for these events and cannot wait to see you there!



The committee decided to try something a little different this summer as well, so check out the 'Special Flyer' in this issue about a 'Pop up Lunch' for Seniors in one of our parks on July 27<sup>th</sup>, 2023. Seniors, watch your mailboxes / in-boxes for more info on this event which should be a lot of fun!

Happy Stampeding everyone! Enjoy these summer days and please be safe out there. Looking forward to seeing you all at the summer events in the Meadows.

The background of the page is a vibrant tropical leaf pattern. It features various types of leaves in shades of green, yellow, and blue. Large, light green monstera leaves with characteristic holes are prominent. Interspersed among them are smaller, feathery fern-like leaves in yellow and blue. The overall style is flat and graphic, creating a bright and summery atmosphere.

The SMHC Co-op Senior's Interest  
Committee (CSI)  
Presents a

**Pop-Up Lunch in Marla's Garden**  
in H section

Planned date is Thursday July 27<sup>th</sup>  
1pm-3pm

Join us for a casual gathering and  
great conversation with friends  
and neighbours.

Bring your own picnic lunch, drink,  
and chair if you have one.

This event is open to anyone in  
SMHC 65 and over. Men and  
Women are both welcome.

We look forward to seeing you!

(Note date may change  
depending on weather. We will  
send a reminder email closer to  
the date.)

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# Contest!

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## **CAPTURE THE MEADOWS PHOTO CONTEST**

Our vast community of Sarcee Meadows has certainly seen its fair share of changes since construction first began in November of 1970. This includes our homes, yards, gardens, trees, playgrounds and so on.

- We went from cedar siding and the bold oranges, browns, greens, and yellows of the '70s and '80s to vinyl siding and the soft pastel colours of the '90s.
- The early '80s also brought a momentous change when flat roofs were changed to gabled roofs.
- In our early years there were very few trees, or they were quite small. But many more have been planted since then; they've grown up, they've aged out, or they've been removed and replaced with new young trees. We've had trees destroyed by storms and apocalyptic snowfalls, or in the case of the problematic poplars, they were outright removed to save our sewers!
- Our playgrounds have seen a few changes and upgrades, the latest being the brand-new Central Park in the early 2000s and some new picnic tables a few years ago.
- Once upon a time we had a wading pool in H. Sadly it fell out of use and became a bit of a concrete eyesore. But in 2003 it was transformed into a beautiful and quiet garden space that goes by many names ... "Garden in the Meadows", "Serenity Garden", "Seniors Garden", and "Marla's Garden", just to name a few.
- Our buildings have seen new coats of paint, windows have

changed, doors have changed – do you remember the old wooden doors where you had to take the glass out and replace it with a screen if you wanted a breeze?

- In our yards we've had fences go up and fences come down. We've added hedges and shrubs, decks and deck-covers, and fabulous gardens a-plenty – both the flower kind and the vegetable kind!

As we, and many other families who have come and gone before us have taken photos to capture our own memories of living here, growing up here, and growing old here we've captured the numerous transformations of Sarcee Meadows as well! Many of these photos have been shared with us all over the years.

Now that Sarcee Meadows may soon be embarking on a new journey of transformation and giving our homes and community another fresh look, the Newsletter Committee feel that



*Area of F and H circa early 1970's and circa 2018 combined.*

now is a perfect time to “Capture the Meadows” again! To that end, we introduce our Capture the Meadows Photo Contest! We even hope to have a “Capture the Meadows Photo Contest – Part Two” in a few years when the new look is complete!

Over the summer months while capturing your summer memories we challenge you to capture Sarcee Meadows in your photos too. This can be when you enjoy a walk through the community with or without your pets. Or maybe when you take some time to play in our parks or read a book in the Garden. If you are enjoying a backyard dinner with family and friends you could capture that too! Perhaps you’ve spotted some of our urban wildlife hanging around such as rabbits, squirrels, birds, etc. They are photo worthy too, just please be careful when photographing anything potentially dangerous like bobcats or our smelly skunks! Or be sure to snap some photos while attending our community events. So many ideas and opportunities to capture a winning photo here in the Meadows!

Submit your photos to the Newsletter Committee's Capture the Meadows Photo Contest for a chance to win one of four \$25.00 gift cards! All we ask is that your photo showcases Sarcee Meadows in some way and preserves some memories of how we look in 2023!

**TL; DR: Capture a photo that highlights Sarcee Meadows in some way and enter it into our “Capture the Meadows” Photo Contest for a chance to win one of four \$25.00 Gift Cards!**

### **Contest Instructions**

- **This photo contest is open to members and residents of all ages.**
- **Printed photos may be dropped off at the office to the attention of the Newsletter Committee.**
- **Digital photos can be emailed to [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop).**
- **Be sure to include your full name and unit number with your photo.**
- **Deadline for entry is 4:30 pm on Monday October 2nd, 2023.**

Submitting a photo for entry indicates giving SMHC and the Newsletter Committee permission to publish said photo in future newsletters and/or online through Facebook and our website. It is imperative that any person you may have captured in your photo has also given you their permission to have their photo shared before submitting it for entry.

**Good luck and have fun Capturing the Meadows!**



*Central Park circa early 1980's and circa 2023 combined.*



# JULY 2023 CALENDAR – GOOD COMPANIONS 50 PLUS

PLEASE CALL 403-249-6991 TO MAKE YOUR RESERVATION FOR ALL IN-PERSON PROGRAMS. SPACE IS LIMITED.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b>	<b>3</b> 10:00 CRIB & CARDS 11:00 MONDAY MELODIES (ONLINE) 1:30 HEART & SOUL SINGERS	<b>4</b> 9:30 BRIDGE 10:00 GARDEN GAMES 11:00 ACTIVE AGING YOGA (ONLINE AND IN-PERSON) 12:30 BINGO	<b>5</b> 9:00 WALKING CLUB ROULEAUVILLE SQUARE TO LINDSAY PARK	<b>6</b> 9:30 BRIDGE 10:00 FLOOR CURLING 11:00 MINDFULNESS & MEDITATION (ONLINE) 1:00 BIRTHDAY LUNCHEON	<b>7</b> 10:00 CANASTA 11:00 TAI CHI WITH QIGONG (ONLINE) 12:30 POOL & SHUFFLEBOARD	<b>8</b> HAPPY CANADA DAY 
<b>9</b>	<b>10</b> 10:00 CRIB & CARDS 11:00 MONDAY MELODIES (ONLINE) 1:30 HEART & SOUL SINGERS	<b>11</b> 9:30 BRIDGE 10:00 GARDEN GAMES 11:00 ACTIVE AGING YOGA (ONLINE AND IN-PERSON) 12:30 BINGO	<b>12</b> 9:00 WALKING CLUB EDMONTON RAVINE	<b>13</b> 9:30 BRIDGE 10:00 FLOOR CURLING 11:00 MINDFULNESS & MEDITATION (ONLINE) 1:00 50's BURGER BASH	<b>14</b> 10:00 CANASTA 11:00 TAI CHI WITH QIGONG (ONLINE) 12:30 POOL & SHUFFLEBOARD	<b>15</b>
<b>16</b>	<b>17</b> 10:00 CRIB & CARDS 1:30 HEART & SOUL SINGERS	<b>18</b> 9:30 BRIDGE 10:00 GARDEN GAMES 11:00 ACTIVE AGING YOGA (ONLINE AND IN-PERSON) 12:30 BINGO	<b>19</b>  FOOT CLINIC 9:00 WALKING CLUB RILEY PARK & SENATOR PATRICK BURNS PARK	<b>20</b> 9:30 BRIDGE 10:00 FLOOR CURLING 11:00 MINDFULNESS & MEDITATION (ONLINE) 4:30 SOCIAL SUPPER & DANCE	<b>21</b> 10:00 CANASTA 11:00 TAI CHI WITH QIGONG (ONLINE) 12:30 POOL & SHUFFLEBOARD	<b>22</b>  2:00 GARDEN CONCERT with SHARI CHASKIN
<b>23</b>	<b>24</b> 10:00 CRIB & CARDS 1:30 HEART & SOUL SINGERS	<b>25</b> 9:30 BRIDGE 10:00 GARDEN GAMES 11:00 ACTIVE AGING YOGA (ONLINE AND IN-PERSON) 12:30 BINGO	<b>26</b> REFLEXOLOGY HEARING CARE CLINIC 9:00 WALKING CLUB GRIFFIN WOODS	<b>27</b> 9:15 DAY TRIP – CALGARY POLICE INTERPRETIVE CTR 9:30 BRIDGE 10:00 FLOOR CURLING 11:00 MINDFULNESS & MEDITATION (ONLINE)	<b>28</b> 10:00 CANASTA 11:00 TAI CHI WITH QIGONG (ONLINE) 12:30 POOL & SHUFFLEBOARD	<b>29</b>  CALGARY FOUNDATION FOR COMMUNITY, FOREVER
<b>30</b>	<b>31</b> 10:00 CRIB & CARDS 11:00 MONDAY MELODIES (ONLINE) 1:30 HEART & SOUL SINGERS					2609 – 19 AVE SW <a href="http://GC50PLUS.ORG">GC50PLUS.ORG</a>

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# Human Interests

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*This section is a great place for you to share with your neighbours and your community. We welcome any submissions that may celebrate Personal Accomplishments and/or Personal Milestones such as Births, Birthdays, Weddings, Anniversaries and Obituaries. It is also a great way to send out Thank You Messages, notes of praise on a job well done, announcements, Letters to the Editor, or any other tidbits that you would like to share! Submissions can be emailed to [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop) or dropped off at the office to the attention of the Newsletter Committee. Submissions to this section are the opinion of the author[s] and do not reflect the opinions of the Board of Directors or the members of Sarcee Meadows Housing Co-operative Ltd.*

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## **BOARD GAMES!!**

Hope everyone is enjoying the beautiful weather!! I want to take this opportunity and thank our youth who continue to help out with throwing garbage for our members, we started the initiative in February 2022!

Some of our SMHC youth have come up with an amazing initiative of having a board game afternoon in the park. Game afternoons would be on **August 9<sup>th</sup>** and **August 23<sup>rd</sup>** from **4 pm-5 pm** in SMHC's **Central Park**.



If you are interested in playing a board game with a youth or teaching a youth a new game, please contact Musu:

Call or text: (587) 892-8292

Email: [musuadadi@gmail.com](mailto:musuadadi@gmail.com)

If you are a youth interested in volunteering for this initiative please contact Musu:

Call or text: (587) 892-8292

Email: [musuadadi@gmail.com](mailto:musuadadi@gmail.com)

There are limited spots so please RSVP at your earliest convenience.

*Respectfully submitted by Musu Dadi on behalf of the Women Circle*

## **TELUS INTERNET AND / OR** **MOBILITY FOR GOOD® –** **SENIOR'S PROGRAM**

*Respectfully submitted by Kathy Aubichon/CSI Committee*

Cell phones, internet, and lifeline devices. Savings are huge. Below is an example of savings.

Lifeline (Living Well) - Currently paying \$45 per month, if approved it will be \$5.

Mobility – Currently paying \$90 per month, if approved It will be \$25.

Internet – if approved drops to \$9.95 per month for internet 25 or \$19.95 for internet 50

If you're a low-income senior, you may be eligible for the Telus Mobility for Good® and Internet for Good® for senior's programs.

**TELUS Internet and/or Mobility for Good – Senior's** is available to low-income seniors residing in AB, BC and QC who receive the Guaranteed Income Supplement (GIS) of \$6,500 or more.

To apply for the program and so that they can confirm your eligibility, you will be required to provide your Statement of Old Age Security or T4A(OAS) form with the first five digits of your SIN/OAS numbers blacked out. You will need to contact Service Canada in order to obtain a copy of your T4A(OAS) form if you don't have it handy.

Here are some details about Internet for Good Seniors:

- Select between Internet 25 for \$9.95/month ongoing or Internet 50 for \$19.95/month ongoing (plus applicable taxes)<sup>1</sup>
- Speeds of up to 25 Mbps or 50 Mbps (where available) depending on the plan you select. Both plans include unlimited monthly data<sup>2</sup>
- No contract, installation, or cancellation fee
- Option to purchase a low-cost refurbished computer through BC Technology for Learning Society

More information about the program can be found at <https://www.telus.com/en/social-impact/connecting-canada/connecting-for-good-programs/seniors#internet-for-good> (scroll down the page to find the “how to apply” video which will guide you through the process). You can apply to

TELUS Internet for Good by clicking here. <https://www.telus.com/shop/home/for-good/internet-for-good/low-income-seniors>

If you do not have access to the Internet, you may enlist the help of a friend or family member, or you can mail your Statement of Old Age Security to:

TELUS

Attention: CART-Internet for Goods Program  
4535 Canada Way  
Burnaby, BC V5G 1J9

If applying by mail, please include your full name, return address, and contact phone number. If you provide an email address, we can expedite our response to your application. If you are approved for the Internet for Good for Seniors program, you also automatically qualify to add LivingWell Companion Home (without fall detection) for \$5 per month. Feel safe in your home knowing you're always connected to help.

1. A credit check is required
2. Regular price is subject to change without notice. The Internet for Good program is provided as a TELUS Wireline service only and is not available on our wireless network or for customers accessing TELUS High Speed Internet with a Smart Hub

### **Mobility for Good**

Mobility for Good® for low-income seniors provides Canadian seniors receiving at least \$6500 per year of the Guaranteed Income Supplement (GIS) benefit with subsidized wireless service. Customers can bring their own device or take advantage of a \$75 discount towards the online purchase of a refurbished smartphone through our retail partner, Mobile Klinik.

### **Health for Good LivingWell Companion Home\* (Lifeline)**

\*without fall detection

Eligible Mobility & Internet for Good for Seniors customers also qualify to add LivingWell Companion Home™ for added peace of mind for just \$5/month. Feel safe in your home knowing you're always connected to help. LivingWell Companion is a medical alert system which provides 24/7 access to live emergency support and offers an optional fall detection feature. It empowers older adults to live independently and enjoy peace of mind.



## Nominate an Albertan who's made a difference

Nominations for the Alberta Newcomer Recognition Awards are now open. These awards celebrate the outstanding accomplishments of Albertans born abroad, including youth, women, seniors, entrepreneurs, academics, working professionals and community builders. Nominees can have resided in Canada for many years, or just a few.

If you know someone who has enriched the community through volunteer activities, leadership, innovation, business, or achievements in their academic or professional field, nominate them today.

### Eligibility

Nominees must have been born outside of Canada but now a permanent resident or Canadian citizen, and currently living in Alberta. See the awards website for details and award categories.

### Process and deadlines

Nominations must be submitted online by noon July 31, 2023. Award recipients will be announced at a special reception in Autumn 2023.

To learn more about the awards, nominate a newcomer, and download and print a poster to help spread the word, visit [alberta.ca/NewcomerAwards](https://alberta.ca/NewcomerAwards)

[Nominate a newcomer](#)



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# *Education & Awareness*

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## **SUMMER STORMS CAN BE DANGEROUS.**

*Provided by the Calgary Emergency Management Agency (CEMA)*

**Take time to prepare by having an emergency plan and learn the actions you can take during a storm to stay safe.**

When it roars, stay indoors.

Summer is a wonderful time of year to spend time outside under the warm sun, but it's also the most active storm season in Calgary. While storms can be mesmerizing and exciting, they can also be very dangerous.

Calgary is prone to strong and sometimes dangerous summer storms. Keep yourself, your family and your property safe during a summer storm by signing up for emergency alerts and making an emergency plan suited for your family.

In addition to thunder, lightning, rain, and wind, summer storms often bring hail which can damage houses and cars and cause injuries. Protect your home and property by parking under

shelter, secure items that might blow away, and remove weak branches and trees.

Public weather alerts for Alberta and Alberta Emergency Alerts let the public know when a strong storm is coming. A “severe weather watch” means the conditions favour a certain type of hazardous weather, and a “severe weather warning”, means that the weather event will happen in the next 30 minutes.

The best place to be during a storm is in an enclosed building or hard topped vehicle. Stay away from high ground, isolated trees or telephone poles, picnic shelters and open spaces, to avoid being hit by lightning. Keep yourself and your pets inside until the storm has passed.

Learn more about disaster risk in Calgary and how you can prepare by visiting [calgary.ca/getready](http://calgary.ca/getready).



## **BICYCLE AND SKATEBOARDING SAFETY TIPS**

*Respectfully submitted by Wendy Thomson*

Now that Summer is here we will see an increased number of people enjoying outdoor activities. The following tips and regulations should be followed whether you are experienced or just beginning.

### **BICYCLE TIPS**

Always wear a helmet regardless of how far you are riding. In Calgary the laws state that no person who is less than 18 years old shall operate or ride as a passenger on a bicycle unless that person is properly wearing a safety helmet. You will be subject to a fine if you are caught not obeying this rule.

Reflectors are needed on your bike at night and when visibility is poor. You should have a white front light and a red rear light.

Wear clothing in which you are comfortable and can be seen by other cyclists and motorists. The brightest, most visible color you can wear during daylight hours is fluorescent yellow-green.

Always be on the right side of the road going in the same direction as traffic. This makes you more visible to drivers and they are able to see your traffic hand signals. Unless you are in a painted or separated bike lane you may only pass another vehicle on the left.

Some hand signals that all cyclists should know are the signals for stop, right and left hand turns. Stay distraction free. Do not use mobile devices

or headphones as you need to be able to hear what is going on around you.

If sidewalks have signage stating that it is shared-use, cyclists can ride there. Otherwise, only bikes with wheels less than 50cm in diameter (the size of a child's bike) are permitted on sidewalks and pathways.

### **SKATEBOARDING TIPS**

Empty your pockets of all hard and sharp objects.

Always wear a helmet that fits you properly.

Wear wrist guards to help support the wrists and reduce the chances of breaking a bone if you fall. Knee and elbow pads can reduce the severity of cuts and scrapes and prevent gravel burns.

Wear closed-toe shoes that have slip-resistant soles rather than sandals.

Goggles and glasses can keep debris out of the eyes.

Do not use headphones while skateboarding.

Never put more than one person on a skateboard.

Skateboarding is permitted on most City sidewalks or boulevards unless otherwise posted. A number of skateboard parks are now open where you are able to try different manoeuvres.

Whatever outdoor activity you choose, have fun and enjoy yourself and remember that your safety and the safety of others around you is important!



## **WORLD HUMANITARIAN DAY – AUGUST 19, 2023**

*Respectfully submitted by Jenn Jenkinson*

World Humanitarian Day is recognized on August 19th yearly in many countries around the world. The day is a time to remember the victims of major crises and those brave folks who go willingly into dangerous situations to bring aid and comfort to those in need.

World Humanitarian Day has been recognized since 2009. August 19th was chosen as World Humanitarian Day because on that day in 2003 the UN Headquarters in Baghdad was bombed resulting in the deaths of 22 humanitarian workers, including well-known humanitarian Sergio Vieira de Mello.

Each year, humanitarian crises around the world are featured, honouring the selfless and brave souls who step into the possibility of great peril to bring food, medicines, aid, and comfort to their fellow humans.

The theme for this year's World Humanitarian Day is The Human Race with the slogan It Takes a Village, focusing on devastating natural disasters and conflict situations that have left so many of our fellow human beings' lives in turmoil. The day honours those souls who step into situations that many would flee from, their only motive is to render aid to their fellow humans. In addition to their obvious bravery in the face of tragedy and danger, humanitarians demonstrate the qualities

of compassion, independence, impartiality, and neutrality. They go into situations where their only motivation is to assist the victims and they focus on that task regardless of the political or social sides that may be present around them. They selflessly go to look after humankind.

What can you do to recognize and celebrate World Humanitarian Day? Certainly, donating to any of the many organizations who regularly go into natural disasters and war-torn regions to assist those in need would be one step. If you know someone in your circle who works tirelessly in humanitarian efforts then thank them, sometimes the smallest of genuine thanks is a precious gift indeed. Small efforts count within the whole also, if you have clothing you no longer wear, household items you no longer use, donate them to one or another of the humanitarian organizations right here at home that are helping folks in crisis today.

We sometimes lose sight of the fact that other people's tragedies could one day be our own. I am grateful beyond measure to those folks who willingly step in where, as the old adage says, angels fear to tread to help our fellow humans.

One of my favourite sayings in the last few years sums this up for me in many ways:

**"Humankind – Be Both"**



# Spot the Difference

Learn to recognize elder abuse, bullying and frauds and scams

## Overview

This fact sheet outlines the differences between elder abuse, bullying and frauds and scams.

## Elder abuse

Elder abuse is any action or inaction by self or others that jeopardizes the health or well-being of any older adult. Elder abuse can take several forms, including:

- Financial
- Emotional
- Physical
- Sexual
- Medication
- Neglect

Often more than one type of abuse occurs at the same time.

**The most recent Canadian study found 8.9% of older adults in Alberta experienced one or more forms of abuse in 2015.**

Elder abuse is a form of family violence. Like other types of family violence, the dynamics of elder abuse are complex.

Abuse is a pattern of controlling behaviour. In families, an abusive person can use many ways to gain power over another family member. Shame or guilt may stop an older adult from revealing abuse. Sometimes victims simply do not have the capacity to report it.

Whether a victim is unable or unwilling, some of the barriers to revealing elder abuse include:

- Fear
- Love for the abuser
- Lack of understanding
- Being unaware of available resources
- Acceptance of abuse or neglect as normal behaviour

## Bullying

Bullying is any repeated, hostile or demeaning behavior meant to cause harm, fear or distress, including physical or psychological harm.

**Bullying is hurtful and harmful. It is NOT normal and should not be tolerated.**

Bullying involves:

- Intent: the actions happen on purpose
- Harm: the recipient is hurt by the action
- Repetition: the recipient is repeatedly targeted

Bullying can take several forms including:

- Verbal: name calling, put downs, threats
- Social/relational: exclusion, gossiping, ganging-up
- Physical: hitting, pushing, slapping
- Cyber: social or verbal bullying through email, text message or social media

## Bullying in seniors' contexts

In a recent Canadian study, older adults reported that the most common forms of bullying they encountered were being left out purposefully and hurtful comments.

Call 911 if you or someone you know is being abused and is in imminent danger  
Call the Family Violence Info Line at 310-1818  
Visit [seniors-housing.alberta.ca](https://seniors-housing.alberta.ca)



Many older adults reported feelings of dejection and difficulty accomplishing everyday tasks because of bullying. As well, the majority of older adults reported that bullying was a major issue and that bullying represented unacceptable behavior.

A recent Canadian study found that 39% of older adults in communal living facilities had witnessed bullying between peers, and 29% had experienced bullying themselves.

## Frauds and scams

Every year, thousands of Canadians fall victim to fraud. Older adults are often the target of scammers. The following lists common scams directed at older adults and how to avoid them.



### Grandparent

**How it works:** Scammers pretend to be the grandchild and contact older adults claiming to be in trouble and in need of money.

**How to avoid it:** Check with family to make sure your grandchildren are safe. Never send money to someone until you have confirmed their identity.

### Telemarketer / door-to-door salesperson

**How it works:** Some sales people use high-pressure sales tactics to intimidate older adults into buying things they do not need.

**How to avoid it:** If they are selling door-to-door, ask to see their licence, close the door, or call the police if you feel threatened. If it is a telemarketer, hang up the phone.

### Bereavement

**How it works:** Scammers look through obituaries and contact victims who recently lost a loved one, claiming the deceased had unpaid bills or debts that must be paid.

**How to avoid it:** Arrange for a trusted family member or friend to handle all financial matters in the days following the loss of a loved one.

### Fly-by-night contractor

**How it works:** Someone approaches the homeowner saying they noticed a feature needs repair. Since they are in the area they can provide a great deal if they get a deposit today. After taking the money, they never return.

**How to avoid it:** When hiring a contractor get three written estimates and check references. Check with Service Alberta for a pre-paid contractor's licence if they want money before completing work. If the contractor cannot show you their licence, pay only after work is complete.

### Funeral

**How it works:** Some funeral home owners are unscrupulous and may take advantage of people in their time of grief and overcharge for caskets, services or unnecessary items while the victim is vulnerable.

**How to avoid it:** Do your research and bring a friend or family member with you to plan your funeral in advance. Consider buying a membership with your local memorial society who can negotiate for lower funeral services when there is a death in the family.

### Sweepstakes, lottery and prize schemes

**How it works:** If you get a message saying you've won a contest, lottery or sweepstakes and are then asked to pay fees or taxes in advance in order to claim your prize, hang up the phone.

**How to avoid it:** DO NOT under any circumstances send money or personal/financial information to someone making such a request. The Better Business Bureau warns consumers to be on guard against these serious frauds and their perpetrators.

Call the Bullying Helpline toll free at 1-888-456-2323  
Visit [alberta.ca/ministry-community-social-services.aspx](http://alberta.ca/ministry-community-social-services.aspx)  
Call the Consumer Contact Centre at 1-877-427-4088  
Visit [servicealberta.ca](http://servicealberta.ca)

# Classifieds

**Disclaimer:** Any ads placed in this newsletter are not to be considered as an endorsement by Sarcee Meadows Housing Co-operative Ltd. but are for information only.

## **Super Scoopers**

Kody: 403-510-4139  
Facebook: superscoopers  
Email: calgarysuperscoopers@gmail.com  
Services:  
- Weekly  
- Biweekly  
- Monthly  
- Spring clean up  
- Residential and Commercial



## **Knife Sharpening:**

\$5.00 per knife  
Bill (D251) 403-875-4096  
Make sure that your knives are up to the task.

## **Knitted Dish Cloths for Sale:**

Assorted colours and patterns.  
\$2.00 each or 3 for \$5.00.  
Call Tricia: 403-242-0048



## **Foot Care:**

Therapeutic Foot care by RN includes:  
Assessment, Nail Care, Skin Care, Callous Reduction, Education.

Services provided in your home.  
For appointment phone:  
403-640-7965.



## **Pet Sitters for Dogs & Cats:**

Willing to pet sit at our unit for short term trips when you can't take your loving pet with you. Sorry no birds as I have allergies.

Daily rate \$25  
Shelly 403-660-2045 – References available upon request as I have done this for 4 years.



## **Dog Training & Mobile Grooming**

### **Tyler Breland**

Email:  
fenrirdogtrainingandgrooming@gmail.com  
Location: Calgary, Alberta  
Phone: 587-226-1758  
@fenrirdogtrainingandgrooming  
www.facebook.com/FenrirDogTrainingandGrooming



## **Gardens by Ewa:**

Weeding, sowing, dividing old perennials, creating new flower beds, organizing compost bins, and other odd jobs in your garden.  
No job is too small. Reasonable rates.  
I live in Sarcee Meadows and can be reached at: (403) 993-7415



## **Childcare:**



Looking for childcare? Well-established (January/2008) Day Home in S.W. (Glamorgan/Rutland Park) offering a clean & safe environment for your child to play & learn in. Daily outdoor time & healthy snacks/lunch provided. For more information, please email Kristine at [romaindomain@shaw.ca](mailto:romaindomain@shaw.ca)

## **House Cleaning:**

- 2 Bedroom \$90
- Small 3 Bedroom \$100
- Large 3 Bedroom \$110
- 4 Bedroom \$120



Includes all cleaning supplies, vacuuming, mopping, bathrooms cleaned, all counter tops wiped, and cleaned, light dusting. This service can be done weekly, biweekly, or monthly.

Police clearance, and or references available upon request. For more information, please contact Monika #403-920-0920



**Fox Painting Ltd:**

Interior and exterior applications, wood finishing. Staining, Spray painting. Surface preparation, including scraping, sanding, caulking, masking as well as minor drywall repairs. Experience with enamels, epoxies, latex, stain, and varnishes. Applications by roller, brush, and spray gun. Residential and Commercial. Contact Derek Adamski for a quote – Office Phone – 403-203-4044, Cellphone – 403-616-7044, Email [derekadamski@shaw.ca](mailto:derekadamski@shaw.ca)

**American Styles Painting LLC:**

Professional Painting Services  
Gramoz Halili  
Interior/exterior Painting  
Commercial & Residential  
Phone (403) 909-4223  
[gramozhalili@hotmail.co.uk](mailto:gramozhalili@hotmail.co.uk)



**Painting or Staining:**

Need to refresh your space? One room or every room? Fences and decks stained or painted? Reasonable prices – 35 years’ experience. Call Peter (C212) Sraightline Painting 403-998-3959

**Peter’s Car Detailing**

- |                              |                             |
|------------------------------|-----------------------------|
| Complete Interior Detailing  | Complete Exterior Detailing |
| • Windows                    | • Wash and dry              |
| • Dash                       | • Polish wheels and tires   |
| • Door panels                |                             |
| • Vacuum upholstery and rugs |                             |

\$150.00                      \$50.00

Contact Peter at 403-998-3959  
Sarcee Meadows #C212  
Estimates Available



**Healing Intentions:**

- Energy/Crystal Healing
- Psychic/Mediumship
- Card Readings
- Crystal Grids
- Personalized Crystal Kits

Book a Party  
Organizational Assistant – organize your space to help energize the flow of your home and life.  
Shelly 403-660-2045 – References upon request

**Pharmacy Assistance:**

Dear neighbours,  
My name is Shereen Elsayad, and I live in F396. I am currently the Alberta College of Pharmacy councillor for District 5. Throughout my almost 20 years of practice as a pharmacist, Certified diabetes educator, certified for travel health(immunization), and currently working on my certification in hypertension management, I have built valuable and lasting relationships with my patients (especially seniors), and I became well aware of all their struggles. I finally decided to start my own pharmacy and to start some unique services for my own neighbours tailored to their needs. Have you ever had any problem with drug coverage that you didn’t know what to do or how to deal with? Have you ever struggled to pay for your medications because it’s not pay day yet? Do you need someone to stop by and pick up your prescription and deliver to your door (no charge for delivery)?

Do you need to get a vaccine like shingles vaccine or pneumonia vaccine, but you cannot afford to pay it all at once?  
Do you want me to check your blood pressure or maybe you would like to rent a BP monitor for a week or 2 to monitor your blood pressure?  
Do you need refills, but you can’t get hold of your doctor?  
Do you have any questions or confused about your medications, blood work or your health in general?  
Did you ever need to go to the pharmacy or the doctor’s office only to get a medication injected?  
If you answer yes to any of the above questions, please do not hesitate to call me. You don’t have to transfer your prescriptions to my pharmacy if you don’t want to. Just let me help you with what you need.  
I am your neighbour, and I am only one phone call away at Revive Pharmacy 403-764-8020 or through my home number listed in the SMHC Directory.  
Regards, Shereen

# Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY 9	10	11	12	13	14	15 STAMPEDE BREAKFAST @ B50 9:00AM - 11:00AM
16	17	18	19	20	21	22
21	24	25	26	27	28	29
30	31	AUGUST 1	2	3	4	5
6	7 SHOP & OFFICE CLOSED FOR HERITAGE DAY	8	9	10	11	12
13	14	15	16	17	18	19 SUMMER FAMILY BBQ 12:00PM - 4:00PM
20	21	22	23	24	25	26
27	28	29	30	31	SEPTEMBER 1	2
3	4 SHOP & OFFICE CLOSED FOR LABOUR DAY	5	6 PROPERTY MAINTENANCE @ 7:00	7 ENTERTAINMENT & SOCIAL EVENTS @ 7:00	8	9
10	11	12	13 CSI COMMITTEE @ 1:00 PM PROPERTY ENHANCEMENT @ 7:00 PM	14 EDUCATION, INVOLVEMENT, AWARDS @ 6:30 MEMBERSHIP @ 7:00	15	16
17	18 FINANCE COMMITTEE @ 6:00 PM	19	20	21	22	23
24	25	26	27	28 BOARD OF DIRECTORS @ 6:30 PM	29	30

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# *Contact Information*

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## **OFFICE AND SHOP CONTACTS**

### **OFFICE AND SHOP HOURS**

Monday to Friday - 8:30 am to 4:30 pm (shop closed over the lunch hour)

Office and Shop are closed Saturday and Sunday

OFFICE PHONE NUMBER:      **403-246-2746**

OFFICE FAX NO:                **403-240-4333**

### **Extensions:**

- 101 – Property Services & Office Coordinator – Paula
- 102 – Committee and Volunteer Coordinator – Janine
- 104 – Financial Services Coordinator – Cathy
- 105 – General Manager – Jon
- 108 – Maintenance Supervisor – Mike

Employees in the maintenance department have voice mail only. Please call the appropriate extension and leave a message, they will call you back.

- Graham    201
- Brad        202
- Eric        203
- Josh        205
- Al          206
- Jeff        207
- Jon v.      209



### **After Hours Emergency Maintenance:**

In the event of an emergency maintenance situation after hours please call the Emergency Maintenance Cell Phone at: **403-813-2783**

### **After Hours Emergencies refer to:**

- **Furnace trouble in inclement weather**
- **Water leaks that cannot be controlled**
- **Gas leaks**
- **Sewer back-ups**

## **COMMITTEE CONTACTS 2023-2024**

### **C.S.I. (Co-op Seniors Interests)**

Chair: Kathy Aubichon  
Board Liaison: Helen Serrurier

### **Elections**

Chair: Marie Forester

### **Finance**

Chair: Christine Langford  
Board Liaison: Jeremy Hart (Treasurer)

### **Governmental Elections Information**

Chair: Astrid Deslandes  
Board Liaison: Azhar Manzoor

### **Membership**

Chair: Annalise Schwaiger  
Board Liaison: Helen Serrurier

### **Property Enhancement**

Chair: VACANT  
Board Liaison: Jesse Harris

### **Temporary Committees & Task Forces**

#### **Bylaw Review Task Force**

Board Liaison: Chris Severson-Baker

### **Education, Involvement, & Awards**

Chair: Judy Silzer & Garry Sluiter  
Board Liaison: Krystal Dafoe

### **Entertainment and Social Events**

Chair: Abby Way  
Board Liaison: Musu Dadi

### **Governance & HR**

Personnel Liaison: Krystal Dafoe

### **Grievance & Resolution**

Chair: Kaitlin Adair

### **Newsletter**

Chair: Wendy Thomson & Margaret Van der Meer  
Board Liaison: Megan Jovie

### **Property Maintenance**

Chair: Al Wright  
Board Liaison: Jesse Harris

#### **Funding Task Force**

Board Liaison: Azhar Manzoor

Committees can be contacted by calling the office at 403-246-2746 Ext. 102 or emailing [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop)

