

# NEWSLETTER

## APRIL 2020



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**Vice President,  
George Berg**

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Harry Fischer**



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**Past President,  
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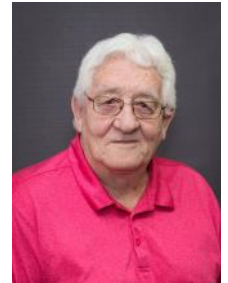
**Director,  
Hugh Gordon**



**Director,  
Robert Grisak**



**Director,  
Kathy Ludwig**



**Director,  
Clay Olsen**

### OUR



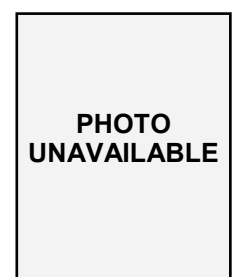
**Director,  
Helen Gepneris**



**Director,  
Jim Hahn**



**Director,  
Donald Stock**



**Director,  
Richard Tamkin**

## 2020 - 2021 EXECUTIVE & BOARD

***"The Friendly Centre"***  
**1904—13th Ave. North**  
**Lethbridge, Alberta T1H 4W9**  
**Open Monday to Friday - 7:00 a.m. to 4:30 p.m.**  
**Telephone 403-329-3222 Fax 403-329-8824**  
**E-mail: [friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)**

## PRESIDENT'S REPORT

**"I praise loudly; I blame softly." Aristotle**



This is not the President's report I set out to write. I intended to begin with a celebration of the successful St. Patrick's Day Buffet and Concert. I would probably have thanked the many volunteers who had done so much for us during the last month. I might have made a particular point of thanking the volunteers in the Community Volunteer Income Tax Program who provide tax-filing assistance, not only to the Nord-Bridge members, but to many seniors and not-yet-seniors in our community. Perhaps I would have reminded my readers that there was time to purchase a ticket for one of the three "Old Favourites" musical revues that Jim Hahn had scheduled for the Yates. And might I have reminded readers that there were still a few tickets available for the 40 Anniversary "Under Northern Lights Gala" at the Coast Hotel and Conference Center.

But all of that changed unexpectedly when the world-wide Coronavirus Pandemic forced Nord-Bridge to close its doors. Our staff had put some preventive measures in place during that last week, but they weren't sufficient to stop a global health threat.

We are asking members and friends of Nord-Bridge to exercise caution in the face of this global threat. Stay home, avoid crowds, and don't buy all the toilet paper in the store.

Mayor Jenny Durkan of Seattle, Washington suggests this is also an appropriate time to thank those who are protecting us: doctors, nurses, paramedics, long-term care providers, essential service providers.

When we are able to re-open, you may not be met with a hug or a hand-shake. A smile and friendly greeting will have to do.

**Robert Tarleck,  
A ko'tasi (Owner of Many Horses)  
Board President**

**WELCOME**  
**New Members**  
We're *very* GLAD you're here!

**Carol Nordquist**  
**Chris Van Eeden**  
**Petersman**  
**Carla Deys**  
**Audrey Christiansen**  
**Anonymous (2)**  
**Joseph Keller**  
**Debra Larko**



We hope you enjoy your association with Nord-Bridge "The Friendly Centre"

An advertisement for Lethbridge Denture Clinic Ltd. The background features a pattern of teal and black hexagons. In the center, there are several small circular portraits of smiling people. Below the portraits, the text reads: "LETHBRIDGE DENTURE CLINIC LTD", "We offer complete quality Denture care; a result of intention, effort and professional skill.", and "#2 - 1718 3 AVE S, LETHBRIDGE AB 403-381-4142 WWW.LETHBRIDGEDENTURECLINIC.COM".

**LETHBRIDGE DENTURE CLINIC LTD**

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

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

An advertisement for Christensen Salmon Generations Funeral Home & Cremation Services. The background is a light blue sky with a white horizon line. The text reads: "Continuing to Care Through the Generations.", "703 - 13 Street North Lethbridge, AB 403-382-3601", "Christensen Salmon", "GENERATIONS", "Funeral Home & Cremation Services", and "A Division of The Caring Group Corp.".

*Continuing to Care  
Through the Generations.*

703 - 13 Street North  
Lethbridge, AB  
403-382-3601

**Christensen Salmon**  
**GENERATIONS**  
Funeral Home & Cremation Services

A Division of The Caring Group Corp.

**Please follow us on our Facebook page  
or on our website  
[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)  
as to when we might be re-opening**

# HERE TO SERVE



RACHAEL HARDER  
LETHBRIDGE ALBERTA MP

403-320-0070



@RachaelHarderMP



www.RachaelHarder.ca



Rachael.Harder@parl.qc.ca

UNDER  
NORTHERN LIGHTS  
GALA 2020



COAST LETHBRIDGE HOTEL & CONFERENCE

526 Mayor Magrath Dr. S

Saturday, April 25, 2020 7 p.m.

Semi-Formal

\$80 Per Person - Table of 8 \$550

Charity Hospitality Welcome

Cash Bar

Performances of Cal Toth - Dueling Pianos

Magician Ben Price

Silent Auction

Live Auction by Perlich Bros.

Dinner catered by LA Chefs

Silent Auction and Live Auctions will feature beautiful  
designer purses and special items for men

Tickets will be available for purchase through  
www.Eventbrite.com and Nord-Bridge Seniors Centre

Come celebrate Nord-Bridge Seniors Centre's 40th Anniversary

## LORRI'S CORNER

**"Once the world feels like a dangerous place, where bad things can happen at any moment, fear knows few limits."**

Since the World Health Organization declared the COVID-19 outbreak a global pandemic, many of us, even those who have not been infected by the virus, will choose to quarantine in our homes for the upcoming weeks. Cancelled travel plans, indefinite isolation, panic over scarce resources and information overload could be a recipe for unchecked anxiety and feelings of isolation.

Below are a few suggestions to help you during this time.

1.) Reframe "I am stuck inside" to "I can spend time on my home and myself": The world can feel very scary and dismal right now, and can be an opportunity to attend to long avoided tasks, reorganize or tackle a project you have always wanted to do. Approaching this time with a mindset of feeling trapped or stuck will only stress you out more. This is your chance to slow down and focus on yourself.

2.) Maintain a normal routine: Although the centre is closed and was likely a big part of your day, it is important to try to maintain a normal routine. It can be easy to fall into a more lethargic lifestyle, which can lead to negative thinking. Wake up and go to bed around the same time, prepare and eat healthy meals, bathe or shower, get some exercise, and make sure you get dressed every day. Sticking to a normal routine will keep you active and less likely to spiral, it will be easier to return to regular activity when this pandemic is over.

3.) Avoid excessive television coverage on the Coronavirus: Set limits on how much time you spend reading or watching news about the outbreak. Choosing only certain credible news sources and websites (<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html> or <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>) for a limited amount of time each day. It is recommended no more than two 30 minute periods per day is enough to keep you informed.

4.) A chaotic home can lead to a chaotic mind: With all the uncertainty happening outside your home, keeping the inside organized, predictable and clean is important. Try not to eat in bed, eat at the kitchen table for example. Routines not adhered to can disrupt your day and make the days feel very long. Keeping your home tidy is also necessary to your wellbeing and failure to do so can increase feelings of unease.

5.) Start a new quarantine ritual: With this newfound time, why not do something special during these quarantined days? For example, perhaps you can start a daily journal to jot down thoughts and feelings to reflect on later. Or take a walk every day at 4pm, connect with a family member or friend over by phone or FaceTime every morning, or start a watercolor painting which you can add to everyday. Having something special during this time will help you look forward to each new day.

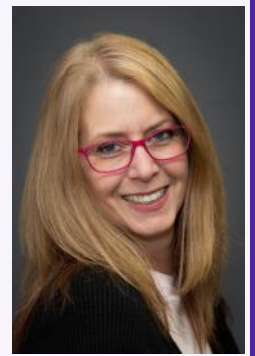
6.) Pay attention to your body, feelings, and spirit: Recognize and heed early warning signs of stress. Be aware how your own experiences affect your way of thinking and feeling about this event, and think of how you handled your thoughts, emotions, and behavior around past events.

Know that feeling stressed, depressed, guilty, or angry is common after an event like an infectious disease outbreak, even when it does not directly threaten you. Connect with others who may be experiencing stress about the outbreak. Talk about your feelings about the outbreak, share reliable health information, and enjoy conversation unrelated to the outbreak, to remind yourself of the many important and positive things in your lives. Take time to renew your spirit through meditation, prayer, or helping others in need. If you are feeling that you are unable to cope during this uncertain time, please reach out to your circle of support. Be truthful how you are feeling to yourself and to them and ask for help if you need it. As we all try to navigate through these uncertain times, I will be available on a very limited basis. Nord-Bridge is closed and as a result there will not always be someone here to answer phone calls. If you are requiring support during this time, I invite you to email me at [lpenner@nordbridgeseniors.com](mailto:lpenner@nordbridgeseniors.com) or phone (403) 329-3222 and leave a message. Please include a brief description of what is happening for you and your phone number. I will be triaging calls based on severity and will respond as soon as possible.

I will not be bringing grocery items, medications, or coming to your home for visits, and this will protect both of us.

I encourage you to stay home and limit your contact with others at this time. This is for your protection and that is our utmost concern. We want to see everyone back at Nord-Bridge ready to get back to living our best lives as soon as possible.

Lorri Penner, BSW, RSW, Member Support Coordinator



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## EXECUTIVE DIRECTOR'S REPORT

Greeting Members,

I hope this month's Newsletter finds you well and you are coping with the ever changing atmosphere of this pandemic. On March 13th, the Executive along with my administration team made the decision to close Nord-Bridge. This decision was done with careful consideration to protect the health and safety of our members, staff and community. Nord-Bridge felt it was our responsibility to our members and the community to do our part in encouraging social distancing and preventing the spread of Covid-19.

Our closure will last as long as Alberta Health Services deems its necessary. At the current time AHS is not allowing public group gatherings of 50 or more people; especially seniors (who are considered as the most vulnerable population to the Covid-19 virus).

For the month of April, we still have some administration staff here at Nord-Bridge working and answering phone calls. If you're in need of some support or just a friendly voice to talk to please consider calling us during the weekdays between 10am - 1pm.

Please continue to practice social distancing and preventative hygiene measures (ie. frequent hand washing). For up to date and reliable information on Covid-19 please only use trusted sources such as the Alberta Health Services, Government of Alberta, and City of Lethbridge websites for information and resources.

Take care of yourself and be safe.

*David Ng*

Executive Director



Chinook LifeCare  
Association

## CHINOOK LIFECARE

Helping you live independently at home

Chinook LifeCare Association is southern Alberta's personal emergency response system.

- local non profit, helping keep costs down to help seniors
- money stays locally in southern Alberta
- local office open 5 days a week
- providing in home service and installation, for you and your family's peace of mind
- local personal service technicians with over 10 years experience
- 24-hour monitoring, 365 days a year



Chinook LifeCare Association  
403-320-1170 Toll Free 1-855-320-1170  
Located within Nord-Bridge Senior Centre  
#8, 1904 - 13th Avenue North  
Lethbridge, AB T1H 4W9  
chinooklifecare@gmail.com

Chinook LifeCare is actively seeking new Board Members

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cathymunro@lifetimehighs.club ~ Traveling Together ~

Camrose, Ab	May 24-26	Camrose Resort & Casino	<b>Sold Out</b>
Edmonton, Ab	June 8- 10, 2020	Summer Resort Break	\$290 pp/dbl
Winnipeg, Mb	Aug 9 - 15, 2020	Folklorama Festival w 3 Nights	\$1185 pp/dbl
Polson / Kalispell	Sept 9 - 12, 2020	Sunset Cruise, Smoke Jumper Tour	\$485 pp/dbl
Deadwood, Sd	Sept 27 - Oct 3, 2020	No rules , no regrets	\$795 pp/dbl
Edmonton, Ab	Oct 18- 20, 2020	Early Xmas Shopping, WestEd Mall	\$290 pp/dbl
Coeur D'Alene Resort, Id	Dec 6 - 9, 2020	Xmas shopping & Light Boat Cruise	\$425 pp/dbl

YellowStone National Park & Historic Montana Jun 21 - 27, 2020 \$1400 pp/dbl  
Mountains, trees and Geysers (Old Faithful), Hot Springs, Wildlife, Waterfalls, the Fishing Bridge, Yellowstone Lake, Butte featuring the 90-ft tall Our Lady of the Rockies, Copper King Mansion, Underground City Tour, Helena - Capitol State Bldg, city trolley ride and more.

**Unbelievable Price for a very unique sightseeing trip**

PS - Give the gift of travel with LTH gift certificates!

**SERVING SOUTHERN ALBERTA - Calgary, Lethbridge - Pincher Creek and More!**



### CONDOLENCES TO

... the family of Nora Weaver on her passing; Anna Vaura and family on the loss of her husband and to the Taylor family on the loss of Nadine.

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Candice Elliott-Boldt, BC-HIS Jake Boldt, BC-HIS  
Registered Hearing Aid Practitioners

## From the Desk of Val



As I write my report for the April newsletter the Centre is ever so quiet. We miss everyone's friendly smile. We are coping with the very serious COVID-19 as it has affected Alberta and the world. This reminds us all that we must protect ourselves and keep safe. Cleanliness is important; wash your hands regularly. My heart goes out to our seniors facilities where many of them are visitor restricted and some do not have family or social connection as this virus affects them. I have a brother in St. Therese Villa who I am phoning to keep in touch. All programs including travel and Outreach have been cancelled while the Centre is closed until further notice. We must all think positively that better days will come. Summer is coming so I am predicting lots of sun and no wind so that we can get out and enjoy nature. In closing, stay safe, be calm, and be positive.

Val



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TWO SHOWS - 2 PM & 7:30 PM | TICKETS - EARLY BIRD \$30 - REGULAR \$35  
TICKETS AT ENMAX OR YATES TICKET CENTRE OR CALL 403-329-SEAT  
PROCEEDS TO NORD-BRIDGE SENIOR CENTRE  
EARLY BIRD TICKETS: MARCH 2ND    REGULAR TICKETS: APRIL 1ST

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**Wills...Estate Planning...**  
and other matters as you may require.  
Nord-Bridge offers this service through

**HUCKVALE** LLP  
*established 1906*

**Upcoming FREE consultation dates:**  
**possibly May 12, July 7, Sept. 8, Nov. 10, 2020**  
between the hours of 9:00 a.m. & 11:30 a.m.  
Contact the Nord-Bridge Reception Desk to schedule  
an appointment. **Phone: (403)329-3222**  
**This free service is for Nord-Bridge members only.**

**TRAVEL ROAD REPORT**

Our Raymond Theatre trip, Hutterite Colony visit and Grey Eagle Casino Resort Trip all had to be cancelled due to the Centre having to be closed. The Old Favourites show at the Yates has currently been re-scheduled to late June. Mystery Trip #2 was enjoyed by all going to the Coaldale Menonite Sausage facility and having lunch at the bakery. Thank you to our friendly custodian Marco who was the driver for this trip.

**ALL MYSTERY TRIPS AND WALMART SHOPPING ARE CANCELLED UNTIL FURTHER NOTICE**

**GREAT NEWS!** We are now taking bookings for the Broadway show **WICKED** coming to Calgary at the Jubilee Auditorium this summer.

**Date: Thursday, July 30th**  
The untold story of the witches of Oz. It will make you laugh, cry and think. **COST: \$105 (Member) \$130 (Non-Member)** includes bus and show ticket. Deposit of \$25 on sign up and the balance of payment will be due by June 30th, 2020.



**2nd Annual Edmonton trip** staying at the River Cree Resort and Casino along with a side trip to the Edmonton Zoo is scheduled for September 27th through September 29th, 2020. Cost \$200 (Double Occupancy) or \$320 (Single Occupancy)

**Proposed Destinations to watch for**  
Calgary Stampede, Water Boat Ride, Lundbreck Falls Picnic and Heritage Park Calgary

**NOTICE:** Our annual Golf and Gamble trip to Cranbrook - St. Eugene scheduled for Sunday May 24 to Tuesday May 26 will be cancelled do the closure of the Centre and the Casino.

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## "Old Favourites" (8)

50's, 60's & 70's Music & Comedy Revue  
Starring...

Greg, Kelly, Jordana, Scott, Jeff, Erica, Andre and Kyle



With the greatest magician Ben Price

7, 8 & 9, 2020 | 7:30 PM

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Christensen Salmon  
GENERATIONS  
Funeral Home & Cremation Services

Lethbridge  
HEARING CENTRE



Tickets available at the Enmax, Yates or call 403.329.7328

Proceeds go to the Nord-Bridge Centre



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PHARMACY



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(403) 381-0700



Terry Toth  
B.Sc Pharm  
Pharmacist

Chad Baker  
B.Sc Pharm  
Pharmacist/  
Owner