



NORD-BRIDGE SENIORS

NEWSLETTER

MAY



Waterton Wildflowers
Photo by Tracy Munson

2020

“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

PRESIDENT'S REPORT

“The best way to cheer yourself up is to cheer someone else up.”

Mark Twain



I hope this newsletter finds you and your family happy and healthy in the midst of the Covid-19-lockdown. Given the low infection rate in Southern Alberta, I have reason for optimism on that score. But with the financial and social threats related to the pandemic, there are families in Southern Alberta facing uncertain futures. These people are our neighbours, whose economic foundation may have been undermined by the events of the last three months: waiters, health-care workers, retail clerks, tradesmen and small business owners. When the pandemic comes to an end, and it will, remember these neighbours.

No doubt some Nord-Bridge members have seen their lives altered by the events of the last few months. Their previously-secure retirement plans may have to be revised to fit new realities. And their relations with children and grand-children may be changed by the crisis we are all going through. Rest assured, however, that you have friends at Nord-Bridge who will provide what support they can. At moments such as this, we remember what it means to be “The Friendly Centre.”

And while all this is going on, your president, board, and administrators are laying plans for a post-pandemic Nord-Bridge. While many of the plans we had developed to celebrate Nord-Bridge’s 40th anniversary will need to be revised, down-sized, or even abandoned, I am confident we can re-open Nord-Bridge in a way that respects our forty-year tradition of caring.

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

Please follow us on our **FaceBook** page
or on our website
www.nordbridgeseniors.com
as to when we might be re-opening

If you are following us on **FaceBook** you will see that Melanie Hillaby has been posting Yoga videos for all to follow. There’s Gentle Yoga, Chair Yoga, Neck and Shoulders release and many, many more. Join Melanie for an exercise class at home today!



COVID-19 RESOURCES

Grief Recovery Institute® link for handling Covid-19

<https://www.griefrecoverymethod.com/blog/2020/03/you-might-be-grieving-how-coronavirus-changed-your-life-and-thats-okay>



Eldercare Edmonton has partnered with Caregivers Alberta to support caregivers during COVID-19. If you go to their page, you will be able to register through EventBrite under the register tab. There is no cost for this.

https://www.eldercareedmonton.ca/?fbclid=IwAR0qX6DiBxwF5bBFydpX2qPf2WNkgBo0KctoGGa0pDJAKRdc_E2akCz2RhM

Caregivers Alberta also has a You Tube channel with a variety of online resources for Caregivers.

<https://www.youtube.com/user/ABCaregivers/featured>

If you are on Facebook, Caregivers Alberta has a Facebook page you can access for resources that can help you during this time. Look for the Community Caregiver Group on this page to connect with other caregivers.

<https://www.facebook.com/CaregiversAB/>

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 7:00 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

Well here we are, nearly 6 weeks in and I know for me, I am ready for life to resemble the good old days.



I come into the Centre and I'm met by a silence that is deafening. I miss the clanging of pots and pans as Samantha and Bety make delicious meals for us all, the smell of coffee and Gail's baking (especially her chocolate chip cookies). I miss the Multi-Purpose Hall booming with music, cheers from the various games going on and the many people that attend the programs here. The front desk, usually one of the busiest places in the Centre, is so quiet except for the phone ringing. The 50/50 draw table sits alone and ignored as well.

I miss my mom, kids and grandbabies and being able to quickly stop in at Costco to get a bag of coffee beans.

I am also afraid. Afraid of losing people I care about; family, friends and people from Nord-Bridge. Afraid of those who think this won't impact them and continue with their old routine, and possibly putting others at risk. My boyfriend works at a grocery store and I am afraid he will get sick.

I remind myself daily and sometimes much more often, that in order to be able to see people and do activities again, I must do my part. This means staying home and away from people and when I absolutely must leave my home, keeping my distance as recommended.

I know many of you reading this are having some of these feelings as well, missing the Centre, friends and your families. It will get better. We cannot predict how long this will take, but it will happen. The best we can do is stay home and stay safe.

I am working very limited hours, calling members and providing support to those who are struggling. If you are having a difficult time or are experiencing some other concern, I invite you to phone the Centre and leave a message or send me an email (lpenner@nordbridgeseniors.com).

We are all in this together and we will get through this. And think of the stories we will have to share when we are all together again! Until we meet again, stay safe, stay well and keep smiling!

Lorri Penner,
BSW, RSW, Member Support Coordinator

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EXECUTIVE DIRECTOR'S REPORT

Greeting Members,

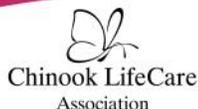
Its hard to believe our doors have been closed for over seven weeks. Unfortunately, we are still not 100% sure when our doors will reopen. At the time of writing this article, the Chief Medical Officer of Alberta has prolonged the mass gathering limit of 15 people to be adhered to into the summer months. With this in mind, Nord-Bridge has started to shift some of its focus to where we can best support our members and the community with limited resources. Starting this month every member of Nord-Bridge will receive a "Friendly" phone call from one of Nord-Bridge's board members. Nord-Bridge board members will be able to have a conversation with all members and share some of the projects that Nord-Bridge will be launching in the month of May. A couple of these projects will be dependent on COVID-19 grants we applied for. At the time of publishing this Newsletter, we have not received confirmation of being successful with the grant applications. If we are successful; Nord-Bridge would be providing delivery services (prescription medication and basic food staples).



As we settle into what is becoming the new "normal" for day to day living, Nord-Bridge is investigating how we can utilize the resources we have to offer some of the services our members need the most. We have been actively, trying to source out a safe alternative to run our income tax program for the thousands of individuals who rely on our Community Income Tax Volunteer Program as well as the Form Preparation Services. We are also looking into some virtual programming / activities to be implemented this month. We will keep everyone posted with notices on our social media, website and emails.

David Ng

Executive Director



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- 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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SENIORS' CENTRE WITHOUT WALLS

May 2020



Please feel free to call us to register for the month if you need to be called into the program, or to simply call yourself into the sessions that are of interest.

Call-in Instructions

- 1) Dial the toll-free number: **1.855.703.8985**
- 2) You will hear an automated voice with the following message: "Welcome to Zoom. Please enter your Meeting ID number followed by #" **225.573.6467#**
*if you hear a message that this meeting does not exist, please check that you have entered the correct number and try again.
- 3) The next message will be the following: "Please enter the participant ID or press the pound key" *There are no further ID numbers, please press the pound key
- 4) The next message will ask you to state your name and press the pound key (#). Please state your first name only.

What if I can't call myself into a program?

If you are unable to call into a program, we can call you into the line. If you have requested but aren't receiving calls please contact staff directly - **780.395.2626**

- 1) A few minutes before the program starts, you will receive a call from a number that depending on your phone will show as unknown, Zoom or 1.646.568.7788. Please ensure you do not block this number!
- 2) An automated voice identifying it as a ZOOM MEETING. Press "1" to join the meeting
- 3) When asked, state your first name and then press the pound key (#)

Program Highlights

- **Alberta Government Updates:** FCSS Seniors Services representative Carla updates us on changes at the Alberta government level for polices & funding.
- **Come Dine with Us:** Few of us enjoy eating dinner alone. Prepare your dinner meal and join us for conversation and company.
- **Financial Tips for Women:** Registered Retirement Consultant Brad will be sharing financial advice for women in retirement in these challenging times.

	Monday	Tuesday	Wednesday	Thursday	Friday
MAY	CALL: 1.855.703.8985 MEETING ID: 225.573.6467 #				3 11am: Frauds & Scams (Me vs. Them). 1pm Amazing Elders 3pm BINGO 5pm Cooking for 1 or 2 (Cheryl)
	4 11am: Exercise 1pm: Fact or Fiction 3pm: Financial Tips for Women 5pm: Concerts from the Couch	5 9am: Chinese Association (for Cantonese/Mandarin Speakers) 10am: Grandparents Who Parent 11am: Beyond Meditation 1pm: Sing-a-Long 3pm: Did You Know?	6 11am: Indigenous Canada 1pm: Caregivers Aware 3pm: Leaving a Legacy of Values 4pm: Aging with Pride 5pm: Get up & Get Active	7 9am: Gratitude 11am: The Storyteller 1pm: Chinese Association 3pm: COVID-19 Updates & Support	8 11am: Strength Exercise 1pm: Amazing Elders 3pm: Pet Tales 5pm: Read Aloud Short Story
	11 11am: Exercise 1pm: Planning to Age in Place 3pm: Just Keep Breathing 5pm: Coffee Chat	12 9am: Chinese Association 10am: Grandparents Who Parent 11am: Relaxation 1pm: Sing-a-Long 3pm: Armchair Travel	13 11am: Beginner's French 1pm: Spring Birds w Dr. Hannon 3pm: Protein and Healthy Aging 4pm: Aging with Pride 5pm: Get Up & Get Active	14 9am: Gratitude 11am: Super Sleuths 1pm: Chinese Association 3pm: Health Education	15 11am: Strength Exercise 1pm: Amazing Elders 3pm: Memory Practice 5pm: Museums at Home
	18 VICTORIA DAY NO PROGRAMS	19 9am: Chinese Association 10am: Grandparents Who Parent 11am: Beyond Meditation 1pm: Sing-a-Long 3pm: Working Through Grief	20 11am: Jeopardy 1pm: Men's Group 3pm: AB Government Updates 4pm: Aging with Pride 5pm: Get up & Get Active	21 9am: Gratitude 11am: The Storyteller 1pm: Chinese Association 3pm: COVID-19 Updates & Support	22 11am: Strength Exercise 1pm: Amazing Elders 3pm: Family Feud 5pm: Read Aloud Short Story
	25 11am: Exercise 1pm: Armchair Travel 3pm: Current News 5pm: Live Music Night	26 9am: Chinese Association 10am: Grandparents Who Parent 11am: Dealing for Anxiety 1pm: Sing-a-Long 3pm: Guided Imagery	27 11am: Museum Talk: Nova Scotian Inventions & Innovations 1pm: Coffee Chat 3pm: Nutrition for Health 4pm: Aging with Pride 5pm: Get up & Get Active	28 9am: Gratitude Group 11am: Readers Corner 1pm: Chinese Association 3pm: Health Education	29 11am: Strength Exercise 1pm: Amazing Elders 3pm: BINGO 5pm: Come Dine with Us

MORE COVID-19 RESOURCES

Family Violence Prevention

Rates of family violence, including elder abuse, increase during and following natural disasters, public health crises and economic downturns. It is important to know where to turn if you or someone you know is experiencing family violence during the COVID-19 pandemic.

In Lethbridge you can call the Police (911) if you are in a threatened situation or call the Domestic Violence Action Team at (403) 381-3900. Their website is dvat.ca or email bill.kaye@dvat.ca

My name is **Joanne Blinco**. I am the Case Manager of **LEARN - Lethbridge Elder Abuse Response Network**. If you, or someone you know is experiencing elder abuse, please give me a call at **403-394-0306** **When it comes to Elder Abuse, silence is not an option**.



Provincial Help: A 24-hour Family Violence Information Line is available at 310-1818 to get anonymous help in more than 170 languages.

Hoarding Outreach Management & Education Committee (HOME) : (403) 329-0556 ext. 148 or cell: (587) 220-8646 email: lethbridgehometeam@gmail.com

Mental Health Supports

Albertans can call the Mental Health Help Line at 1-877-303-2642 or the Addiction Help Line at 1-866-332-2322, 24 hours a day, seven days a week, for confidential support, information and referrals.

New Meal Option for Meals on Wheels

Soup of the Day and Sandwich \$6.00

Monday: Ham & Cheddar

Tuesday: Turkey & Swiss

Wednesday: Beef & Cheddar

Thursday: Egg Salad

Friday: Ham & Swiss

Please phone in orders
to LSCO by 12:00pm
the day before

403-320-2222




 ਸਿੱਖ ਸੋਸਾਇਟੀ ਆਫ ਲੈਥਬ੍ਰਿਜ਼
 SIKH SOCIETY OF LETHBRIDGE
COVID-19 RELIEF
 Albertans Helping Albertans - Albertans Helping Albertans

In this time of profound stress due to global COVID-19 pandemic, many families have endured hardship via lost sources of income. The Sikh community, in every nation around the world, including Canada has come forward to help in order to fulfill one of the most basic tenants of their faith: Selfless Service to others (ਸੇਵਾ).

The Sikh Society of Lethbridge would like to extend a helping hand to families in need by providing vegetarian essential groceries. At this time we are asking for you to please contact us and provide a list of your essentials. We will do our best to procure them for you and have them delivered to your door steps. The service will be provided on a case by case, (FIRST COME FIRST SERVE) basis throughout Lethbridge. We will continue to do this as long as we can with the help of our volunteers and donations.

[Contact Us](#) [Volunteer](#) [Donate](#)

Facebook.com/SikhSocietyOfLethbridge
587-997-4597 info@sikhsocietyoflethbridge.ca
(Call Between 8 am to 8 pm)


**Free Initial Legal Consultation
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 and other matters as you may require.
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 established 1906

Upcoming FREE consultation dates:
 possibly **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.


CONDOLENCES TO
 ... Judy Fosbender on the loss of her husband;
 Delores Ryan on the loss of her husband Bernard;
 Wilma Valer on the passing of her husband, Andrew;
 the family of Marion Goller on her passing; to Donna Bartz on the loss of Don and to Edna Foster on the loss of her husband Rodney.


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Terry Toth
 B.Sc Pharm
 Pharmacist


Chad Baker
 B.Sc Pharm
 Pharmacist/
 Owner