



**NORD-BRIDGE SENIORS**

# **NEWSLETTER**

# AUGUST

# 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](mailto:friendly@nordbridgeseniors.com)

## PRESIDENT'S REPORT

*Mokokit ki Aekakimat,*

*Blackfoot Proverb,  
"Be Strong and Persevere"*



While we are still not able to see all of you in person, Nord-Bridge staff, board members and volunteers are trying to maintain a connection with you by telephone, through the recreation programs members may have signed up for through the office, and through the delicious Friday lunch specials members have ordered by phoning 403-329-3222.

We plan to continue our slow roll-out in August with the goal of being partially opened by September. Until then, we plan to continue the special support services we have been providing. I believe the Nord-Bridge tax program has been concluded for the year. Canada Revenue, it seems, isn't quite as forgiving as Nord-Bridge.

A further goal for the summer is to encourage Nord-Bridge members to explore a variety of on-line programs covering such areas as recreation, fitness, arts and crafts, and wellness. If you wish more information about any of these, call Nord-Bridge at 403-329-3222.

For those interested in golf, I believe the Nord-Bridge golf program has been in operation for some weeks. Phone 403-329-3222 for more information.

I know some of you are wondering when we will be opening the doors for our regular programming. I wish I could provide a definitive answer to that question but the opening date will likely be influenced by provincial regulations. September is our goal. Whenever it is, I can assure you that you will be welcomed back by a number of close friends.

Stay home! Stay safe! And stay happy!

**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

### Dearest Members, Volunteers and Staff



I am hitching my Honda Ridgeline horses and heading out east very soon. I would like to say thank you to all of you for being so welcoming when I first came into the Nord-Bridge family. When I walked through the doors to Nord-Bridge for my interview, I felt like I had come home. "Once you find what you love to do you will never work another day in your life" has been my work experience here at Nord-Bridge. The hellos, the hugs, the chats, the laughs, the tears and the thousands of memories that we made together are treasures that I am very happy to be taking with me. I will miss all of you and want to wish you the very best now and in the future.

Until we meet again,

**Rita Paju**

## 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=IwAR0qX6DiBxwF5bBFydp2qPf2WNkgBo0KctoGGa0pDJAkRdc\\_E2akCz2RhM](https://www.eldercareedmonton.ca/?fbclid=IwAR0qX6DiBxwF5bBFydp2qPf2WNkgBo0KctoGGa0pDJAkRdc_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/>

# DUNFORD DINER MENU

## BREAKFAST



2 Eggs, *Meat, Hash Browns, Coffee .....	\$7.00
Spanish Omelette, Hash Browns, Coffee.....	\$6.00
Ham & Cheese Omelette, Coffee .....	\$6.00
Small Full Breakfast.....	\$5.00
Burrito.....	\$5.00
Pancakes or French Toast.....	\$5.00
2 Eggs and Toast.....	\$3.75
1 Egg and Toast.....	\$3.25
Toast.....	\$2.00

## FISH / CHICKEN

Fish and Chips (2 pieces) .....	\$8.50
Fish and Chips (1 piece).....	\$6.50
Chicken Fingers & Fries.....	\$6.50

## SANDWICHES - HOT

Grilled Bacon, Tomato & Cheese.....	\$5.50
Bacon Lettuce Tomato.....	\$5.25
Denver (2 egg).....	\$5.00
Grilled Ham & Cheese.....	\$4.75
Grilled Cheese.....	\$3.75
Toasted Tomato Sandwich.....	\$3.75

## BURGERS

Deluxe Hot Hamburger & Fries.....	\$7.50
Hot Hamburger & Fries.....	\$6.75
Mushroom Swiss or Chicken.....	\$5.75
Hamburger.....	\$5.00

## SALAD

Chef Salad.....	\$6.50
Chicken Caesar Salad.....	\$6.00
Garden Salad.....	\$5.00
Caesar Salad & Garlic Toast.....	\$5.00

## SOUP & SANDWICH



Soup and Sandwich .....	\$6.50
Soup.....	\$3.75
Sandwich.....	\$3.25

## BEVERAGES

Coffee.....	\$1.00
Tea.....	\$1.00
Hot Chocolate.....	\$1.00
Pop.....	\$1.50
Juice (canned).....	\$1.50
Juice Box.....	\$1.00
Bottled Water.....	\$1.00
Milk (White or Choc).....	\$1.00



## DESSERTS

Chocolate Bar.....	\$1.00
Squares.....	\$1.00
Fresh Fruit.....	\$1.00

## ADD-ONS

Ham or Bacon or Sausage .....	\$3.00
Sweet Potato Fries or Onion Rings.....	\$2.25
Salad.....	\$2.00
Hash Browns.....	\$1.50
Cheese or Egg.....	\$0.75
Gravy or Sour Cream or Salsa or Dill Dip.....	\$0.50



## FRIES

Poutine.....	\$5.00
Fries.....	\$4.00
Onion Rings or Sweet Potato Fries.....	\$4.00
Fries - Side.....	\$2.00

All menu items available for pick-up or delivery. Call 403-329-3222 to order.

**NORD-BRIDGE SENIORS CENTRE**

Thank you to our sponsors:

**\$5 Drive - By Breakfast**  
**One order comes with Pancakes, Hashbrowns, Sausages, & Juice**

**Friday, August 14 from 9:00 am - 11:30 am**

**\*Pre-order ONLY by CALLING 403-329-3222 no later than Thursday, August 13th. Delivery or pick up available while quantities last.**

**LIVE**

Open to all Seniors in the Community for a small fee of \$15.00!

**Garlic Ginger Pork Bowl**

**COOKING CLASS**

Explore ways to cook healthy, delicious food with fresh, seasonal produce. All ingredients are pre-portioned & dropped off at your door step!

**LIVE ON MONDAY AUG 17TH**

1030AM MST Via ZOOM

**CONTACT ASHLEY @ 403-329-3222**  
 @nordbridgecooksvirtual

\*Limited spots available, call to hold your spot by Thursday, August 13th

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## Empowering THE HEART

WITH GUEST  
SPEAKER

**Renae Peterson**



ZOOM

**Video Conference**

**Thursday, August 13 @ 1:00 PM**

RENAE PETERSON, IS A REGISTERED NURSE AND EMPOWERMENT COACH WHO FOUNDED THE BEAUTIFUL INSIDE ACADEMY IN 2007. SHE HAS SINCE THEN GUIDED TEEN GIRLS TO SELF-IMPROVEMENT, SELF-RESPECT, AND TAUGHT THEM THAT "HEART WORK" IS THE "HARD WORK". JOIN US FOR A TALK ABOUT EMPOWERING THE HEART DURING THESE UNKNOWN TIMES AND HOW TO GET BACK TO THE REAL YOU. OPEN TO ALL!



EMPOWER - INSPIRE - ENCOURAGE

Call 403-329-3222 and ask Ashley for the Meeting ID and Password

## LORRI'S CORNER

Well here we are in August and never did I imagine this would be how summer 2020 would turn out... I had visions of camping and traveling to see my grandbabies and maybe even having some friends over for a BBQ. WOW! I have instead been spending time in my yard, working on making it my little safe haven where I can sit and unwind and take care of me. I came across this article by Cheryl Richardson who is one of my favourite authors on self-care and just new that I had to share it this month.



### ~\*~ How to be a good human ~\*~

As the pandemic continues to be of great concern and we continue with restrictions, it seems we're being invited to make a relationship with uncertainty whether we want to or not.

These are tough times for many and as life continues to require us to make sacrifices, patience is wearing thin. Yesterday, a close friend told me she was yelled at while shopping at the grocery store when she moved out of the way for a store clerk who stocking shelves and ended up too close to another shopper. "It was my first time shopping during the pandemic so I was already a bit anxious and the angry outburst left me feeling awful."

I've had my own share of behaving badly during the last few months. I've been grouchy and impatient, easily triggered by silly little things, and frustrated with the restrictions and inconveniences of living during a pandemic. But, I have enough self-awareness to remember the importance of being a good human. I have a few rules...

**Rule #1 – Mind your manners.** I do my best to remember that my overreaction to others is about me, not them. When buttons get pushed, I have a responsibility to manage my inner state rather than lash out or try to get someone to behave in a way that makes me feel better. The directive is clear: Do no harm.

**Rule #2 – When judging another, look for a mirror.** It's so much easier to point a finger at someone than to notice that when I do, there are three fingers pointing back at me. I don't debate with people. I don't get pulled into arguments on social media. And I do my best to notice when I'm taking a "holier-than-thou" position while doing the very thing I'm complaining about. It's good to remember that self-righteousness builds walls, not bridges.

**Rule #3 – Stop redecorating.** When I'm upset and replaying scenarios in my head, I stop the movie. As I've said many times, the mind can be a bothersome companion and we must learn to keep the soul in charge.

And finally...

**Rule #4 – Come home to the present moment.** While this rule sounds like an overused cliché the truth is, it is the most powerful one of all. Rather than get yanked around by anything happening in the outer world, I do my best, moment-by-moment, to cultivate a calm inner state. The world is crazy right now, but I don't have to join the party. Yes, it takes practice to come home to the moment. Lots of practice. But fortunately, every day, in a multitude of ways, life gives us plenty to work with.

In the end, there is a simple way for us to check whether or not we're being good humans. Throughout the day, ask yourself:

*Are people better off for having crossed my path today?*

Let's do our best to make it yes. (from article by Cheryl Richardson, 2020)



Should you be having a difficult time or feelings you don't know what to do with, please give me a call or an email. I am in the office limited hours but I am still available to support you during this crazy time. Also, if anyone is in need of hand sanitizer and/or a fabric face mask, please call the centre at 403-329-3222. We have had some very generous donations of both and want to make sure you have what you need.

~\*~Until we meet again, stay safe, stay well and keep smiling!~\*~

Lorri Penner,  
BSW, RSW, Member Support Coordinator

# WINNERS



Two blocks west of the casino on Crowsnest Trail

## EVERY THURSDAY IS SENIORS DAY!

25% off Gold and Ruby Cards



Every Wednesday  
is **VALUE PACK DAY** Everyone \$aves

Friday Nights  
**FREE \$500 GAME**

Sunday Afternoons  
**FREE \$200 GAME**

Call the Hotline: 403-327-7454  
or Email: [winnersbingoeth@gmail.com](mailto:winnersbingoeth@gmail.com)



### NORD-BRIDGE BUILDING FUND RECENT DONORS

Jay Harris \$300; Julie Sarich \$25; Jeff Sarich \$25; Linda Christensen \$75; Mary Leach \$50; Anonymous \$30; Olga Sinclair \$80; Bill & Bev Robertson \$50; Gail Krysak \$25; William Krysak \$25; Marilyn Gillies \$10; Joe & Sumi Tomiyama \$50; Teri Lazaruk \$25; David & Wilma Lambert \$30; Garry & Karen Thomas \$100; Randy Butterwick \$50; Anonymous \$100; Alan Rose \$50; Tim & June Greenlee \$100; Deborah Morgan \$200; Willy & Hildegard Holz \$200; Jan Perry \$35; Anonymous \$40; Steve Prokop \$300; Frances Wallace \$100; James Edwards \$100; Frank & Edith Deane \$500; Lyn Dillenbeck \$100; Anonymous \$25; Sandy Baceda \$25; Bernard Schell \$150; Marilyn & Barry Larsen \$50; Murielle Nikles \$50; Mae Pearson \$100; Anonymous \$20; Mary Inslay \$50; Lois Cicman \$230; Lethbridge Hearing Centre \$2,000; Anonymous \$50; Lydia Vacy \$50; Lorraine Olsen \$100; Rudolph Grams \$100; Harry & Sandy Fischer \$100; Helen Gepneris \$100; Anonymous \$250; Mary Potvin \$100; John Hanam \$100; Joe & Eva Ellan \$100; Sharon McDermid \$50; Marie Locke \$125; Mimi Edwards \$100; Robert Foley \$60; Irene Tasczak \$50; Stan & Phyllis Kruszewski \$200; Marlene Glettler \$100; John & Myrna McMillan \$50; Daisy Kinniburgh \$100; David Miller \$200; Patricia Buswell \$20; Denise Savard \$100; Mike & Diane Bennett \$100; Julie Magill \$50; Anne Pauls \$100; Sharon Milos \$25; Nadine Hamabata \$25; Jim & Elaine Hahn \$300; Deborah Morgan \$40; Anonymous \$100; Lorna Lowe \$100; Robert Tarleck \$40; Clay Olsen \$200; Ed Granger \$100; James Scott \$100; William Davidson \$50; Larry Rose \$100; Anonymous \$100; Marko Bosnak \$100

### NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2020 through March 13, 2020: **\$4,856.50**



### BUILDING FUND UPDATE:

	Goal	Achieved
Total Fund-Raising Goal	\$6,250,000	
From City of Lethbridge	750,000	82%
From Various Provincial Grants	2,500,000	66%
From Various Federal Grants	500,000	7%
From Nord-Bridge		
- by Fundraising	2,500,000	86%

Total Contributions to our  
**Building Fund 1998 through 2020**

**\$ 2,166,846**

Still needed by N-B Fundraising

**\$ 333,154**



## WINNERS BINGO VOLUNTEER REP NEEDED!

Duties include: Count / check money & bingo cards, and make sure all volunteers are present. All training is provided. Need to be a reliable, friendly & organized person. Previous experience an asset.

WINNERS

Please call 403-329-3222 and ask for Ashley if seriously interested.



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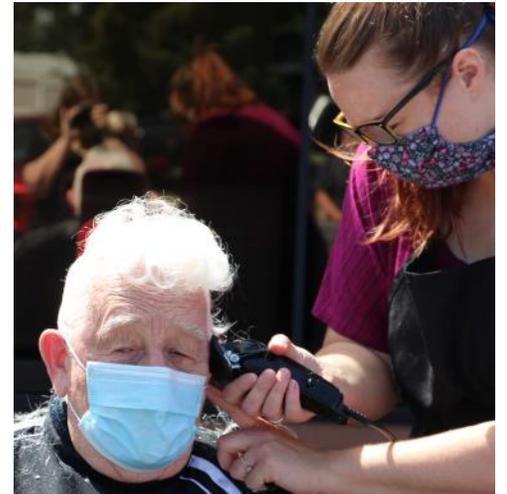
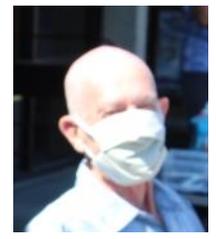
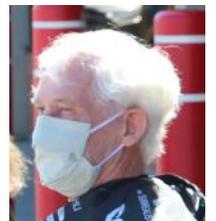


# Silver for Silver

Head Shaving Fundraiser



**THANK YOU**  
**TO ALL**  
**WHO HELPED**  
**US REACH OUR GOAL!**





## MEAT, FRUIT PIE, OR CRISP FUNDRAISER

Nord-Bridge will be fundraising delicious meat and fruit pies from the Pie Store! Since our Annual Father's Day Pie Auction is cancelled this year, this is the next best thing to buy a pie before Father's Day! To purchase any of the items please contact Nord-Bridge 403.329.3222

### Meat Pies

Chicken Pot Pie, Chili Pot Pie, Cheeseburger, Steak & Mushroom Pie, Steak & Veggie Pie, Turkey Pot Pie

\*Gluten Friendly options: Chicken Pot, Cheeseburger & Shepherds Pie

Meat Pies (single) 4" \$5.50  
Meat Pies (family) 9" \$19.00

### Fruit Pies & Fruit Crisps

Choose from 5 Fabulous Pie Flavours: Apple, Cherry, Peach Berry, Rhubarb, & Saskatoon Berry

Fruit Pies (single) 4" \$4.50  
Fruit Pies (family) 9" \$17.00

Choose from 3 Fabulous Fruit Crisp Flavours (Gluten Free): Apple, Cherry Rhubarb, & Saskatoon

Fruit Crisps (2 serving) \$6.00  
Fruit Crisps (4 serving) \$12.00



First Round: **August 10th** (Cut off to order)  
Second Round: **August 24th** (Cut off to order)  
Once orders have been placed, it will be approximately a week for them to come in.



## the Pie Store Fund Raiser

The Pie Store is a small pie factory located in Lethbridge, Alberta. You may have purchased our products at our local Farmers Market, or perhaps you have purchased our pies from other Fund Raisers.

Our meat pies are perfect for lunches or an easy meal anytime. They are loaded with real, wholesome ingredients.

All of our pies come frozen, unbaked complete with easy baking instructions.



Chili Pot Pie



Steak/Mushroom



Chicken Pot Pie

### MEAT PIES

Cheeseburger	Single 4" \$ 5.50 Family 9" \$19.00
Chicken Pot Pie	Single 4" \$ 5.50 Family 9" \$19.00
Chili Pot Pie <small>(mild heat)</small>	Single 4" \$ 5.50 Family 9" \$19.00
Steak & Mushroom Pie	Single 4" \$ 5.50 Family 9" \$19.00
Steak & Veggie	Single 4" \$ 5.50 Family 9" \$19.00
Turkey Pot Pie	Single 4" \$ 5.50 Family 9" \$19.00

### GLUTEN FRIENDLY

Chicken Pot	Single 4" \$6.50
Cheeseburger	Single 4" \$6.50
Shepherds Pie	Serves 1-2 \$7.00 Serves 3-4 \$14.00

Please note that our 'gluten friendly' products do not have gluten added to them, but are made in our facility which contains wheat products, and may have traces of gluten in them.

## 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](http://dvat.ca) or email [bill.kaye@dvat.ca](mailto: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](mailto: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.

# JO ANN KELLY

REALTOR®



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**You shouldn't have to choose between staying  
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\*Some conditions may apply.



## EXECUTIVE DIRECTOR'S REPORT

Greeting Members,

COVID-19 continues to remind us that "it's a marathon not a sprint". It seems as we get closer to returning to some normalcy in our day to day lives; COVID-19 refreshes our memory that it is still here and we still need to take the necessary precautions to protect ourselves. I had hoped to be able to share with all of our members that we would be opening our doors this month and welcoming you back (physically distanced of course!). Unfortunately, we still don't think this is the right time for us to open our doors fully. But wait... we will be opening in a sense. Have I confused you yet? We are opening our kitchen for members and the community to order food Monday - Friday between 8:30 am and 2:00 pm for pick up or delivery. If you have been missing our signature Spanish Omelet, poutine or Denver sandwich you can call 403.329.3222 to place your order during the noted hours above. You will have the option to pick up the order at the main front entrance or we can deliver your food order to your house (within City limits). Please see the menu on page 3 in this month's Newsletter.

Ashley, is also running some programming in the Multi-Purpose Hall, these programs are low intensity fitness classes with controlled participant numbers. The participants are all 2 metres spaced between each other, screened before each class, and all required to wear masks in common areas before their classes start. Please see Ashley's article on page 9 in this month's Newsletter for more details. We hope this will be a stepping stone to our relaunch in the future months.

As you may have read already, Rita Paju our Administrative Support has decided to move back east to Ontario to be closer to her family. I would like to thank Rita for the tremendous work she has done producing our monthly Newsletter and keeping all of our day-to-day office administration in order.

Also, Samantha Ajtay our former Red Seal Cook has found other employment during our COVID-19 closure. I would like to extend my thanks to Samantha for her time here at Nord-Bridge and all the great meals she prepared in the Dunford Diner. Please join me in thanking these two and wishing them all the best in their new career paths.

For all Fitness 55 Club members! Nord-Bridge recently applied for a City of Lethbridge Community Capital Project Grant to help purchase new fitness room equipment to replace some of the old equipment. Nord-Bridge was successful in the application and will receive 1/3 of our project funding in the amount of \$22,685. Nord-Bridge Fitness 55 Club is initiating a capital campaign and looking for 200 of our fitness room members to donate \$100. The goal of this campaign is to raise \$20,000 for our fitness equipment replacement. It is our hope that Fitness 55 Club members will see the value of a tax receipted charitable donation to their own Fitness Centre; a place where they exercise and socialize with others. Donors names will be added to a new donor board in the fitness room. To make a donation please call David or Ashley at 403-329-3222.



*David Ng*

Executive Director

## Programmer's Report by Ashley Kern

Last month we hosted another two drive-by luncheons in the parking lot of Nord-Bridge. The first was Roast Beef and the second was Liver and Onions, it was an amazing turnout each time and we thank everyone for their continued support. The next one we will be serving a full pancake breakfast drive by on Friday, August 14 at 9:00 am- 11:00 am. Please pre-order only no later than August 13<sup>th</sup> you can pick it up or get it delivered. Every order will come with pancakes, sausages, hash browns, and juice all for \$5.00!



You may have also heard about our virtual cooking classes via Zoom the last couple of months. We cooked Chicken Parmesan in June and Chicken Cordon Bleu in July and had a great response by everyone who attended online. The next class will be Monday, August 17<sup>th</sup> at 10:30 am via Zoom and all ingredients are pre-portioned and delivered to your house for only \$15.00. This time we will be making a garlic ginger pork vegetable and noodle bowl. Please call 403-329-3222 if you would like to register, as spaces are limited. If you are not computer savvy, that is okay as I can walk you through how to set up zoom on your device.

We also have been hosting monthly virtual guest speakers via Zoom. Last month was Dan Walton- retired 28-year police veteran who talked about Personal Safety, which was very informative. This month on Thursday, August 13 at 1:00 pm Renae Peterson, who is a Registered Nurse and Empowerment Coach, will be talking about Empowering the Heart especially during these unknown times. This is open to everyone so If you would like to join please email me at [akern@nordbridgeseniors.com](mailto:akern@nordbridgeseniors.com) or call Nord-Bridge as you will need the meeting ID and password for this Zoom session.

Last on the agenda for August is a Whoop- Up Days Week planned for Monday, August 24-28. We are still planning the specifics but will announce all the details no later than August 10<sup>th</sup>. Please watch out for updates via email, social media, or on our website at [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)!

I have also had some questions about when programs will be opening at Nord-Bridge. It is hard to say with the increase in COVID-19 cases in Lethbridge. Usually this time of the year I would be working on the fall program booklet BUT due to COVID-19 it will look a lot smaller with quite a few high contact programs being cancelled. More virtual online classes are being added until a full re-launch can happen. So for now, keep an eye out on Facebook as well as our website for the updated smaller version of the fall program booklet, which will be announced in early September. There will be NO "Registration Day" either. Instead, registration for programs will now be online, credit card over the phone, or drop off payment in the mail slot of Nord-Bridge in order to reduce the amount of members coming into our building. Please keep in mind there will be limited spaces available to accommodate for COVID-19 safe social distancing etc. If you have questions about any of the points mentioned, please give me a call at 403-329-322 and I would be happy to answer any questions you may have.

One last note: tune into 94.1 JUICE FM for the most up-to date program and COVID-19 updates for Nord-Bridge!

Until next month, stay happy and healthy!

Ashley

ਸਿੱਖ ਸੋਸਾਇਟੀ ਆਫ ਲੇਥਬ੍ਰਿਜ ਐਲਬਰਟਾ  
 SIKH SOCIETY OF LETHBRIDGE  
**COVID-19 RELIEF**  
 Albertans Helping Albertans - 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)

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**Upcoming FREE consultation dates:**  
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 between the hours of 9:00 a.m. & 11:30 a.m.  
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## THANK YOU

Jim & Frances for the weekly donut delivery  
 Anne Pauls for the cookies  
 Claude Bilodeau from the Black Velvet Distilling Company for the donation of 96 bottles of hand sanitizer  
 Stitch it Forward Society for 40 cloth face masks  
 Oaklane Colony for cloth face masks  
 Mae Pearson for cloth face masks  
 Marilynn Christie for cloth face masks  
 McKillop United Quilters for cloth face masks  
 Susan Oldenberger for fabric and elastic donation  
 The Mask Makers: Donna Little, Doreen Brazier, Linda Horner, Elsie Smith, Maureen Smith, Carol Sekiya, Sharon Prenevost, Sandra Olheiser, Jose and Ruth Barbieri and Sharon Milos for elastic donation

## Seniors Keep In Touch Program

Are you a senior that is feeling lonely and would like someone to Keep in Touch?  
 For many of us, a call from a friend once or twice a week makes a big difference in how we feel. Knowing that someone cares and is there to share stories and laugh with is comforting and meaningful in so many ways.  
 The Keep in Touch Program connects the people in our community with each other through a weekly telephone support system. Through Keep in Touch we can connect you with a friendly person to chat with and they can help you find resources if needed.  
 So how does it work:  
 If you are a senior that would like to receive a call each week, OR if you have a neighbor or family member whose days could be brightened simply give us a call to complete the registration. We will pair that senior with a verified volunteer for safety who will call once or twice a week. We all have stories, wisdom and interests to share!  
 Please encourage the seniors you know to contact us today and join Keep in Touch!  
 If you wish to sign up to receive calls or would like to refer a senior call Connie-Marie at Volunteer Lethbridge at 403-332-4320 or email us at [HelpingHands@VolunteerLethbridge.com](mailto:HelpingHands@VolunteerLethbridge.com). Also, if you know someone who has a few hours a week to bring joy and interest to someone's life as a volunteer in the program please have them give us a call.

"The funding for the Covid-19 Seniors Response Project has been provided by the Government of Canada's New Horizons for Seniors Program"

### Seniors - Keep In Touch - Registration Form

Thank you for your interest in the Keep In Touch program. This program provides you with a weekly phone call from a friendly volunteer to chat with. All volunteers are verified for safety and you can opt out of this program at any time. Please note that volunteers have basic training and are only intended as a friendly wellness chat. They can help you find access to resources if you are in need.  
 Once you have completed this form, send it to the email below and you will be paired with an individual from the community. If you have any questions please call 403-332-4320 or email [helpinghands@volunteerlethbridge.com](mailto:helpinghands@volunteerlethbridge.com)

First and Last Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

What Language(s) are you comfortable speaking: \_\_\_\_\_

Staff will check in with you periodically to see how the calls are going. Please circle your preferred method of contact. Email or Phone

How many calls per week would you like to receive? \_\_\_\_\_

Check the times/days of the week that you would like to receive the calls:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning (9 am - 12pm)							
Afternoon (12 - 4 pm)							
Evening (4 - 8 pm)							

Is there anything you would like us or the volunteer who will be contacting you to know before they call you?  
 \_\_\_\_\_  
 \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Once you have been match with a volunteer, we will connect with you to provide further information. Thank you for reaching out. We will get through this together!

Agency Referred By: \_\_\_\_\_

Volunteer Lethbridge  
 Phone: (403) 332-4320  
 Email: [HelpingHands@VolunteerLethbridge.com](mailto:HelpingHands@VolunteerLethbridge.com)  
 Website: [www.volunteerlethbridge.com](http://www.volunteerlethbridge.com)

Canadian Council on Social Development  
 Phone: (403) 329-4775  
 Email: [admin@cmhalethbridge.ca](mailto:admin@cmhalethbridge.ca)  
 Website: <http://lethbridge.cmha.ca>

## Call-in Instructions

- 1) Dial the toll-free number: **1.855.703.8985**
- 2) You will hear the message: "Welcome to Zoom. Please enter your Meeting ID number followed by #" **225.573.6467#**
- 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.



Join electronically through the following link <https://zoom.us/j/2255736467>.

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

If you are not able to manage the call-in procedure, please call our staff at **780-395-2626** and they can help you register for programs that interest you. Participants who are registered will receive a call prior to the program and will connect to the call by pressing "1". Please note that these calls from an "unknown" or "private" number.

## Program Highlights

**Empower Me:** Have you ever considered where the money you spend on energy goes? Do you know how your home works or how your daily habits affect how much energy you use? Join us for a Home Energy Savings Workshop to learn more on August 5th at 3pm.

**Parents of Estranged Children:** This group is based on personal healing in order to foster healthier familial relationships. We base the work on cognitive practices that support people to shed old fears and negative belief systems so that together they can become healthier in their approach to self and other. In order to facilitate trust with the other participants we do ask that folks attend as much as possible the full 8 week program. **Pre-registration is required.**

## Code of Conduct

We value and support diversity and the human rights of others regardless of their race, religion, gender identity, & sexual orientation. We strive for an inclusive environment, mutual respect, fairness and equality. Please respect all group members and their opinions even if you may not agree. No disrespectful comments will be allowed.

# EDMONTON'S SENIORS' CENTRE WITHOUT WALLS

	Monday	Tuesday	Wednesday	Thursday	Friday
AUGUST	3 <b>NO PROGRAMS HERITAGE DAY</b>	4 11am: Exercise 1pm: Sing-a-Long 3pm: Jeopardy	5 9:45: Cantonese Group 11am: Beginner's French 1pm: Caregivers Aware 3pm: Empower Me	6 9am: Gratitude <b>11am: Confront the Discomfort*</b> 1pm: Cantonese Group 3pm: Enhancing Memory	7 9:30am: Mandarin Group 11am: Strength Exercise 1pm: Positive Fridays 3pm: Museums at Home 6pm: Short Story Book Club
	10 11am: Exercise 1pm: Library Updates 3pm: Shared Mic Podcast 6pm: Concerts from the Couch	11 11am: Relaxation 1pm: Sing-a-Long <b>2:30pm: Parents of Estranged Children*</b> 3pm: Did You Know?	12 9:45am: Cantonese 11am: Indigenous Canada 1pm: Coffee Chat 3pm: Name That Tune	13 9am: Gratitude <b>11am: Confront the Discomfort*</b> 1pm: Cantonese Group 3pm: The Storyteller	14 9:30am: Mandarin 11am: Strength Exercise 1pm: Seniors Home Adaption Program 3pm: Hidden Gems of the World
	17 11am: Exercise  1pm: Current News 3pm: Memory Practice	18 11am: Beyond Meditation 1pm: Sing-a-Long <b>2:30pm: Parents of Estranged Children*</b> 3pm: Working Through Grief	19 9:45am: Cantonese 11am: Oak Island 1pm: Coffee Chat 3pm: Nutrition for Health	20 9am: Gratitude <b>11am: Confront the Discomfort*</b> 1pm: Cantonese Group 3pm: Did You Know?	21 9:30am: Mandarin Group 11am: Strength Exercise 1pm: Positive Fridays 3pm: Family Feud 6pm: Short Story Book Club
	24 11am: Exercise 1pm: Trivial Pursuit 3pm: Shared Mic Podcast 6pm: Theatre Hour	25 11am: Relaxation 1pm: Sing-a-Long <b>2:30pm: Parents of Estranged Children*</b> 3pm: Armchair Travels	26 9:45am: Cantonese 11am: Indigenous Canada 1pm: Coffee Chat 3pm: Readers Corner	27 9am: Gratitude 11am: Canadian History 1pm: Cantonese Group 3pm: Super Sleuths	28 9:30am: Mandarin Group 11am: Strength Exercise 1pm: Alberta Blue Cross for Seniors 3pm: BINGO
	<b>Call: 1.855.703.8985</b> <b>Meeting ID: 225.573.6467#</b>			<b>*Pre-registration is required for the following programs:</b> <ul style="list-style-type: none"> <li>• <b>Confront the Discomfort</b></li> <li>• <b>Parents of Estranged Children</b></li> </ul> <p style="text-align: center;">Please call 780-395-2626 to pre-register.</p>	