



**NORD-BRIDGE SENIORS**

# *NEWSLETTER*

**January 2021**

***“The Friendly Centre”***

**1904—13th Ave. North**

**Lethbridge, Alberta T1H 4W9**

**Open Monday to Friday - 9:00 a.m. to 3:00 p.m. (Temporary Hours)**

**Telephone 403-329-3222 Fax 403-329-8824**

**E-mail: [friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)**

## PRESIDENT'S REPORT



Happy New Year Nord-Bridge members! It has been a trying year but 2021 promises to be better! Our staff has done an incredible job in keeping our organization going these past ten months.

We will continue to offer meals for pick up or delivery, please watch for more fundraisers and events in the coming months.

I was really impressed by the Winter Wonderland Virtual Walk through. Thank you to the staff and volunteers for the hours of labour putting this all together. The video by Ashley, our Program Coordinator, was very professional!

Ingrid and I ordered the turkey dinner on December 16. The meal was fantastic thank you staff and volunteers that helped with this lunch.

I hope most of you received a card, hot chocolate, and cookies from our staff to all current 2020 paid members. We tried hard to find everyone, but some have moved, and others were in housing that was not accessible because of the COVID-19.

Please keep in touch by telephone or e-mail and we will do what we can for you. I hope that by this Summer things will be back to normal, and we can see all our friends again. If we keep up the measures being taken to protect us, we will all come through okay.

“Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less” -Marie Curie

My wife Ingrid and I wish you all a healthy 2021!

**George Berg,  
Acting Board President**

**Please follow us on our [FaceBook](#) page, [Twitter](#) or on our website [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) for the most up to date information.**



NORD-BRIDGE  
SENIORS CENTRE

**DUE TO THE RECENT ANNOUNCEMENT OF THE  
GOVERNMENT OF ALBERTA RESTRICTIONS**

**NORD-BRIDGE DINING ROOM WILL BE TEMPORARILY CLOSED FOR  
DINE-IN GUESTS EFFECTIVE MONDAY, DECEMBER 14TH.  
DINE-IN SERVICES WILL REMAIN CLOSED FOR A MINIMUM OF 4 WEEKS.  
THE DINING ROOM WILL REOPEN ON  
JANUARY 4TH FOR CURBSIDE PICKUP ONLY**

**THE FITNESS 55 CLUB WILL BE TEMPORARILY CLOSED EFFECTIVE MONDAY,  
DECEMBER 14TH AND REMAIN CLOSED FOR A MINIMUM OF 4 WEEKS.**

**HAVE A MERRY CHRISTMAS AND HAPPY HOLIDAYS**

## 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](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/>

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\*Some conditions may apply.



## EXECUTIVE DIRECTOR'S REPORT

Greeting Members, Happy New Year!

In previous years my January Newsletter article wished members a happy holiday season and hoped all our members had a restful holiday filled with friends and family. Well with the current restrictions in place, most of our members and myself included were unable to spend time with extended family and friends over the holidays. It was definitely a unique holiday season where I found myself not enjoying a delicious turkey dinner at my



mother-in-laws or a prime rib dinner with my parents. Instead my wife and our two boys decided to forego our traditional Christmas dinner went with a surf and turf theme. We stuffed our bellies with steak and seafood! We much rather of spent the holidays with our families but we safely enjoyed our meal at home with just the four of us. I



hope everyone was able to celebrate the holiday season safely.

As we look forward to 2021; we have optimism that we will return to a lifestyle that we all remember pre COVID-19 where we can gather with friends and socialize, shake a persons hand and give a carefree hug to those in need. Nord-Bridge is prepared for the good and the not so favorable things that 2021 will throw at us.

Although, our year was cut short by almost 5 months of building closure; I am pleased to report we were still able to achieve a total membership count of 1,285. We fell short of eclipsing our 2019 membership total by 167 members. At the end of the day I am so thankful for the continued support from all our members.

Thanks for your support.

Happy New Year!

David Ng

Executive Director

# 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



## SOUP & SANDWICH

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

## 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

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

## BEVERAGES



## 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



## 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

## DESSERTS

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

## 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.

*Attention:*

WE WILL BE

**CLOSED**

FROM DEC. 24 & WILL RE-OPEN JAN. 4

## *Programmer's Report by Ashley Kern*

I hope everyone had a good Christmas and New Year, even though it probably looked a lot different. May I say how thankful I am to have my health and be able to access virtual Zoom sessions with my family over the holidays!

Last month, was a busy one before we all took off for the holidays. Before the drive by luncheons even began, we secretly had a Christmas cookie gift drop off to all current Nord-Bridge members delivered right to their door! We had such a great response considering we were not able to have our traditional in-house Christmas Luncheon this year. Thank you to all the volunteer drivers who helped!



If you did not have a chance to read last month's write up, I mentioned we would be launching our Winter 2021 Program Registration online for the first time ever starting Thursday, January 7th at 9:00 am. If you go to [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) you will see the link to take you to registration. You can only register for one person at once and will need to create an account using an e-mail and password. Please use an e-mail that Nord-Bridge would have on file when you became a member, otherwise it will not recognize you as a Nord-Bridge member. Also, in order to get the membership discount online, you will need to make sure you have paid your 2021 membership fee. Of course, there is still the traditional way of calling Nord-Bridge at 403-329-3222 on January 7 at 9:00 am as well! Please keep in mind these classes will all be done virtually through ZOOM so if you do not call in right on registration day, have no fear as you will still get into your chosen class. Classes available include Yoga, Keep Fit, Zumba GOLD, Active POUND, Drawing 101: Light and Shadows, and Guided Meditation. Please find more information on page 10 or go to [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)

After registration day, we will also be hosting monthly guest speakers via ZOOM starting with Jordyn A. Dickey from Edward Jones and Travis Bissett at Stringham LLP. They will be speaking about Downsizing and the financial questions that can come with this possibly stressful time. This will be on Friday, January 22 at 10:00 am and is open to all and free! If you would like to register, participants will need to call Nord-Bridge at 403-329-3222 to receive the Zoom invite via email.

I will also be hosting another virtual cooking class on Monday, January 25 at 11:15 am, find the poster on page 14 for more info. The cost is \$15.00 and all ingredients are pre-portioned and delivered right to your door! To register, please contact me any time after January 7th.

Going into the next few months it is hard to say what it will bring, but all we know right now as I write this is, any of our social programs will be post-poned for quite some time yet. If you are implementing New Year's resolutions, please keep in mind our fitness center will remain closed due to Alberta Health restrictions. Any updates on this will be on our Facebook page and our website. If you have not yet paid your 2021 Nord-Bridge membership and the gym re-opens, unpaid members will be unable to access our gym. Please also make sure you are wearing indoor shoes in the gym to keep our Fitness 55 Club as clean as possible for all to enjoy.

One last note, if you are curious of updates at Nord-Bridge, make sure you are following us on Facebook, Twitter, our website, and on the radio 94.1 CJOC FM.

Until next month, stay happy and healthy!

*Ashley*

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[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)

*From the Desk of Val*

Happy New Year Everyone! My wish for the New Year is that it will bring a warmth of love and will illuminate our path of life toward a positive direction for 2021.

2020 has been a roller coaster ride with the 1st lockdown in March. Since I was no longer allowed to go to Las Vegas for my birthday, I thought it was not going to be very exciting but I was surprised to find that all the staff did a drive-by parade past my home. It sure made my day! Fast forward three months when I returned back to work, I started to make friendly Keep-In-Touch calls, connecting with our members which I have enjoyed very much. I also have been delivering meals, monthly newsletters, and some administrative duties which has kept me busy. Since the most recent shut down last month, I think we have all learned a lesson: to make sure we wash our hands, sanitize often, wear a mask, and stay connected even if it is just a quick phone call to a family member.

We can get through this together and will be stronger going into 2021. May the New Year bring happiness, good health, and especially getting back to doing all the activities we enjoy the most. This to me is a TRUE NEW YEAR RESOLUTION for everybody.

Your friendly, *Val*



## LORRI'S CORNER



Well, here we are, 2021 and what a ride it has been to this point! WE MADE IT! I know we are all tired and ready to get back to how life used to be, and I know that it is coming! \*fingers crossed\*

Over the Christmas break I had some much needed down time and a chance to really settle into the past year with all the crazy ups and down that came with it. I have been openly sharing my thoughts, feelings and ponderings here for the past months and it has been my hope that someone will be able to say, “hey I have felt something like that too”. During this time off I rediscovered Ralph Waldo Emerson and want to share some of my favourites with you. It is my hope that they bring you some inspiration like they have for me.

*Write it on your heart that every day is the best day in the year. He is rich who owns the day, and no one owns the day who allows it to be invaded with fret and anxiety. Finish every day and be done with it. You have done what you could. Some blunders and absurdities, no doubt crept in. Forget them as soon as you can, tomorrow is a new day; begin it well and serenely, with too high a spirit to be cumbered with your old nonsense. This new day is too dear, with its hopes and invitations, to waste a moment on the yesterdays.*



*This is my wish for you: Comfort on difficult days, smiles when sadness intrudes, rainbows to follow the clouds, laughter to kiss your lips, sunsets to warm your heart, hugs when spirits sag, beauty for your eyes to see, friendships to brighten your being, faith so that you can believe, confidence for when you doubt, courage to know yourself, patience to accept the truth, Love to complete your life.*

As we move into 2021, please stay well, be kind to yourself and others. We don't know what the other person is going through and any kindness we can show can only make this crazy world a better place.

Until we meet again



Lorri Penner,  
BSW, RSW, Member Support Coordinator

# Pictures from our Christmas Drive - By Luncheon on December 16th & 18th!





**Last month trees & decorations from our Winter Wonderland were picked up by the Lethbridge Interfaith Foodbank to be given to those less fortunate this holiday season!**





# Winter 2021 Virtual Programs



<i>Mon Drawing 101 \$50</i>	Feb 1- Mar 15 @ 10:00 am
<i>Tues Yoga \$35</i>	Jan 12 - Feb 23 @ 9:15 am
<i>Tues Keep Fit \$25</i>	Jan 12 - Feb 23 @ 10:45 am
<i>Wed Active Pound \$35</i>	Jan 13 - Mar 10 @ 9:00 am
<i>Thurs Yoga \$35</i>	Jan 14 - Feb 25 @ 9:15 am
<i>Thurs Keep Fit \$25</i>	Jan 14 - Feb 25 @ 10:45 am
<i>Fri Zumba Gold \$35</i>	Jan 15 - Mar 5 @ 11:15 am

\*All virtual programs are done through the Zoom video platform from home. If you are unable to access a tablet or wi-fi, please contact Ashley for other options.

\*Call 403-329-3222 or go to [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) to register starting Thursday, January 7th @ 9:00 am



WINTER 2020 Nord-Bridge Seniors Centre PRESENTS **NEW**

# ONLINE REGISTRATION

Available Jan. 7



Starting at 9:00 am MST



COURSES TO REGISTER FOR:

- KEEP FIT (STRENGTH OR AEROBIC)
- YOGA COMBO
- ZUMBA GOLD
- ACTIVE POUND
- GUIDED MEDITATION
- DRAWING 101: LIGHT & SHADOWS

OR CALL **403-329-3222** TO REGISTER OVER THE PHONE

ENROLL ONLINE AT: [WWW.NORDBRIDGSENIORS.COM](http://WWW.NORDBRIDGSENIORS.COM)

FOR MORE INFORMATION CONTACT US AT 403-329-3222

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# MEDITATION

*With Ashley Via*  
**ZOOM**

WE WILL BE WORKING ON PROGRESSIVE RELAXATION, GUIDED IMAGERY, AND MINDFULNESS. NEW COMERS ARE WELCOME, NO EXPERIENCE REQUIRED. THE CLASS WILL BE DONE SEATED IN A CHAIR FOR 45 MINUTES AND BY THE END OF THIS SESSION YOU WILL BE REJUVENATED, RELAXED, AND AT PEACE.

**SESSION 1 BEGINS**  
**MONDAY, JAN. 18 - MAR. 8**  
**AT 9AM - 945AM**

MEMBERS: \$20  
NON-MEMBERS: \$40

THIS CLASS WILL BE DONE OVER ZOOM VIDEO CONFERENCE. WHEN REGISTERED WILL GET MEETING ID AND PASSWORD

CALL TO REGISTER ANY TIME AFTER JAN 7- 403-329-3222

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### NORD-BRIDGE BUILDING FUND RECENT DONORS

Jim Edwards \$20; Lorraine Martin \$15; Annette Furo \$30; Anonymous \$20; Pat Santa \$20; Lorraine McCormick \$20; Harry & Sandy Fischer \$50; Cheryl Kormos \$100; Hildegard & Willy Holz \$100; Donna Takeda \$50; Denise Cole \$200; Douglas Cole \$100; Susan Faust \$60; Anonymous \$40; Erin Bates \$40; Edward & Joan Kiprick \$300; Daniel & Eva Deringer \$100; Anonymous \$100; Robert Tarleck \$100; Marilyn Heaton \$200; Rod & Gail Sauter \$50; Anonymous \$50; Fred & Alice Mehlhaff \$200; Leona Lowe \$100; Roberta Svennes \$300; NovaJean Swihart \$100

### NORD-BRIDGE IN-HOUSE BINGO

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

<u>BUILDING FUND UPDATE:</u>	Goal	Achieved
Total Fund-Raising Goal	\$6,248,320	
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**



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 SIKH SOCIETY OF LETHBRIDGE  
**COVID-19 RELIEF**  
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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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....Miechkota family, and the loss of Shirley's husband

**Getting your flu shot looks a little different this year:**

**Appointments required**

Call the pharmacy to book yours today. Flu shots are available starting October 19.

**Self-screen for COVID-19 before coming to the pharmacy**

If you have symptoms, let the pharmacy know in advance. Do not come for your flu shot if you have COVID-19 symptoms or have been in contact with someone who has.

**Check with the pharmacy**

for protocol prior to coming for your flu shot.

**Ask your personal pharmacists for more information, as we're doing our best to keep you and the community safe.**

**Nord-Bridge Seniors Centre  
#2, 1904 - 13 Avenue N, Lethbridge  
(403) 381-0700**



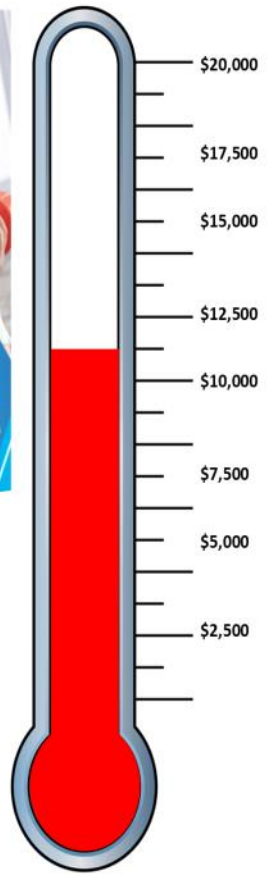
**Terry Toth**  
B.Sc Pharm  
Pharmacist

**Chad Baker**  
B.Sc Pharm  
Pharmacist/  
Owner

**Fitness 55 Club Fundraising Goal \$20,000**



**HELP NORD-BRIDGE RAISE \$20,000.00! TO BUY NEW GYM EQUIPMENT IN OUR FITNESS CENTRE!**



**For more information or to make a donation contact Ashley or David 403-329-3222**

**LIVE**



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

**Pad Tai with Shrimp 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  
JAN 25**

11:15AM MST Via ZOOM



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

@nordbridgecooksvirtual

\*Limited spots available\*





- \*Aqua Steam Services Inc*
- \*Cornerstone Funeral Home*
- \*Chinook Lifecare*
- \*Fee Simple Law*
- \*Lethbridge Hearing Center*
- \*No Frills North*
- \*Interfaith Foodbank*

**THANK YOU ALSO TO:**

- \*Calendars from Jerry DeCoste**
- \*Bety and Gail in the kitchen for making amazing food and baked goods**
- \*Christmas cards from Park Meadows Elementary School**
- \*All the delivery drivers for delivering cookies and meals to seniors in the community**
- \*Stich It Forward Society of Lethbridge for hand stiched Christmas stockings**



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*Because Cost  
Is An Option*

*We lessen the expense  
Not the care*

A Division of the Caring Group Corp.

# DRAWING 101:

## LIGHT AND SHADOWS

With Donna Gallant Via



STUDY THE EFFECTS OF LIGHT ON FORM. WITHOUT THIS KNOWLEDGE, EVERYTHING BECOME FLAT AND HAS NO SPACIAL RELATIONSHIP. LIGHT AND SHADOWS TELL US MANY THINGS LIKE WHAT TIME OF DAY IT IS, HOW CLOSE OR FAR APART OBJECTS ARE, ETC. GREAT FOR BEGINNERS OR THE SEASONED ARTIST. ASK FOR A SUPPLY LIST WHEN REGISTERING.



DATE BEGINS: MONDAY, FEBRUARY 1- MARCH 15

TIME: 10:00 AM- 12:00 PM

FEE: MEMBERS: \$50 NON-MEMBERS: \$70

\*PLEASE REGISTER BY CALLING 403-329-3222 ANY TIME AFTER JANUARY 7TH.

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## 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: \_\_\_\_\_



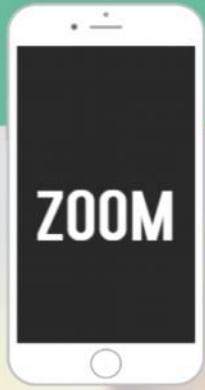
Phone: (403) 332-4320  
Email: [HelpingHands@VolunteerLethbridge.com](mailto:HelpingHands@VolunteerLethbridge.com)  
Website: [www.volunteerlethbridge.com](http://www.volunteerlethbridge.com)



Phone: (403) 329-4775  
Email: [admin@cmhslethbridge.ca](mailto:admin@cmhslethbridge.ca)  
Website: <http://lethbridge.cmhs.ca>



*Downsizing:* a legal guide for seniors & loved ones



WITH GUEST  
SPEAKERS

Jordyn Dickey &  
Travis Bissett

## Video Conference

Friday, January 22 at 10:00 am

THIS WILL BE A GREAT INFORMATION SESSION ON DOWNSIZING AND THE LEGAL QUESTIONS THAT COME WITH THIS EVENT. JORDYN DICKEY, FINANCIAL ADVISOR AT EDWARD JONES, AND TRAVIS BISSETT, ATTORNEY AT STRINGHAM LLP WILL BE HAPPY TO ANSWER ANY QUESTIONS ATTENDEES MAY HAVE.



*Topics Include:*

- \*WILL AND ESTATE PLANNING
- \*TAX DEDUCTIONS FOR CAREGIVERS & FAMILY MEMBERS
- \*AND MANY MORE!



*Bring your executor!*

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

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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.



From all the staff at Nord-Bridge Seniors Centre!

# Face Covering Required

A person must wear a face covering at all times while in an indoor, enclosed or substantially enclosed public place or in a public vehicle.

City of Lethbridge Bylaw 6239



Exceptions include children under two years of age, or persons with an underlying medical condition or disability which inhibits their ability to wear a face covering.

Visit [lethbridge.ca/covid19](https://lethbridge.ca/covid19) for more information.

