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# Where Will Boomers Live?

Carla Berezowski, CAPS

Numerous studies indicate, including a recent one by Harvard Joint Centre for Housing Studies ([www.jchs.harvard.edu](http://www.jchs.harvard.edu)) and AARP, over 90% seniors want to live in their own homes. They already own their homes, are comfortable there, and are familiar with the neighbourhood people and services. This is also the most economical option for receiving care as well as taking advantage of family/friends supports and informal care. Also, we can't afford to build enough 'senior housing' for everyone and most people don't want to live their anyhow! Harvard concluded that long-term care at home is the best strategy for the vast majority of seniors.

That being said, we are still faced with major barriers to a long-term care at home strategy. Namely, our homes are not designed to accommodate disability or care, we have too few caregivers, and critical connections such as healthcare, shopping, transportation are not designed to support this.

Planning for our homes to accommodate the challenges associated with a long term care at home strategy is

something that we can start immediately. Planning will enable you to start saving for potential renovations and upgrades to things like lighting, flooring, and bathrooms and kitchens. It also enables a staged approach to these upgrades so you can better manage costs and requirements.

If you are past the long-term planning stage and are already aging-in-place it is not too late to make some simple changes to make your home more safe, comfortable and suitable to accommodate a long term care at home strategy. Updated lighting, fresh, bright paint with contrasting switch-plates, replacing door knobs with levers, as well as applying non-slip treatments to your current floors in wet areas are great ways to start making your home ready to support a long term care at home strategy.

Figure out where you want to live as you age. If you are like 90% of the population over 50, it will be in your current home. Then make a plan to prepare your home for the long-term care at home strategy. If you need help, call a professional – you will still save money and be happier!



# Mine, yours, ours – a couple of financial planning tips for new couples

Suzanne Smith-Demers – Consultant

Once there was just you – now there are two. You've joined with a partner to share your life and love and that's good. As a new couple, here is what you should know about how to equitably manage your finances.

As a married or common law couple, the integration of your financial lives must be fair and match your lifestyle together. It is wise to disclose assets, financial commitments (such as loans) and credit history.

Here's some items to consider that will help start the conversation:

- Who will manage day-to-day finances, who will manage overall financial affairs and how much input does each partner want?
- Should bank accounts, credit cards and investments be merged or remain separate?
- Do you have a new will? Wills drafted prior to marriage usually become invalid.
- What happens to your mortgage, life insurance and income if either of you dies or becomes unable to

work due to an accident or illness?

- What should go into your domestic contract? Especially if one partner brings significant assets into the relationship and/or if children or past spouses are involved.

Make your decisions with a clear understanding of tax and legal implications and if you are bringing significant assets into the marriage, speak to a family lawyer or mediator about the financial implications and how best to protect your assets.

Although couples must file separate individual tax returns, there are many tax-planning strategies that can reduce your total tax bill now and in the future. Take advantage of all your deductions and income-splitting opportunities.

As a couple, you need a shared financial plan. Your professional advisor can help you build such a plan for a strong financial future together.

# Who Is Responsible to Educate the Children?

Louise Ridout, B.Sc. (Hon Math), M.S. (Stats)

As a teacher and tutor, I recently attended a presentation to learn best practises for getting results in mathematics education and ideas to support children's learning.

At the end of the presentation, I heard the announcement: "It is the job of the Province to educate the children. It is not the job of parents to educate the children."

I shook my head. Did I hear correctly? Why would anyone ever have the idea that it was someone else's responsibility to educate their children? We have knowl-

edge and values that we want to pass on to our children. How can we expect anyone else to educate our children about the things that are important to us? How can we expect anyone else to care about our children or know our children as well as we do!

Governments collect tax money from us and use some of that money to build schools, hire teachers and set curriculum. Can we count on them to educate our children? Should we hand over responsibility to the government to do that? Do you trust the government to make sure your children learn what you believe is important? Or to tailor their teaching to fit your child?

My answer would be a resounding NO. I often disagree with things that governments do. They don't always speak for me. I need their help to educate my children. I appreciate the schools and teachers that the government hires to teach. I must work together with teachers to make sure my children learn what I know they need to learn and to learn well.

What do you think? Do you think the government always teaches your children what is most helpful for them in the best way possible?

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# Are You Scheduled Or Just Completed Joint Replacement Surgery?

By Penny Hodgson C.H.N. C.T.C.

If your joint has deteriorated to the point of requiring surgery, consider the following:

- 1. Acute Pain** from the degraded joint and surgery can **disrupt digestion**, which can prevent certain nutrients from getting into your system.
- 2. Mineral depletion**, caused from the body trying to maintain and even repair the joint on its own, is not usually replenished without the added use of a variety of mineral supplements. Analysis of mineral deficiencies will indicate the appropriate amount of nutrients needed to replenish bone stores and fortify the new joint.
- 3. Chronic pain, worry and stress** cause strain on the adrenal glands by keeping your body in a fight or flight response. Nutrients that support the adrenal glands should be taken until all the symptoms of adrenal exhaustion have reduced significantly, or are gone altogether.
- Certain **pain relievers, antibiotics and other medications** (anaesthetic, relaxants etc.) can further disrupt the digestive process, reduce the level of beneficial bacteria needed for a healthy intestinal tract, thereby interrupting the assimilation process and preventing the uptake or even depleting your body of required nutrients.

Disrupted or reduced digestion means that the nutrients in your food, or supplements, are not being absorbed properly. No matter how healthy you think you are eating, or how many supplements you are taking, until your digestive process is functioning normally your body is not getting the required nutrients for optimal healing.

In some cases, disrupted digestion can lead to other issues like intestinal inflammation and leaky gut syndrome. An imbalanced intestinal system can lead to excessive weight gain, food allergies and intolerances, unexplained aches and pains, fibromyalgia, and chronic fatigue syndrome just to name a few.

Don't forget that doctors and other health care practitioners such as physiotherapists and massage therapists are focused on the task at hand. Nutrition has become a specialized therapy, and proper nutritional guidance requires that a doctor or therapist has studied or specialized in nutritional science.

Along with proper nutrition, the body requires the right amount of exercise in the right way. If you have had joint replacement surgery, seeking the counsel of a physiotherapist to ensure you are performing the required exercises properly is a good idea, even if you exercise regularly. Physiotherapy is usually prescribed by the surgeon to ensure exercises are done properly, so as to not jeopardize the new joint.

In order for muscles to heal properly, good blood circulation is required to deliver the much needed nutrients to the damaged tissue. Massage therapists can help ensure proper circulation and also stimulate lymph flow, which is also an important factor in the healing process.

Emotional health can also be affected by stress resulting from long surgery waiting times, fear of upcoming surgery, fear of pain, and financial strain as a result of having to take time off work. Talking with a trained therapist can help you find your way back to positive emotional wellbeing.

Nurturing your spirit will also help your body heal. Stress and pain can sometimes become so paramount in your day that your usual Spiritual practice gets put aside. In some cases, you might question why you have been put through such an ordeal or blame God for your situation. In these cases, seeking help from an elder that shares your beliefs might bring much needed insight into your situation.

*Penny Hodgson is certified in Holistic Therapeutic Counseling and Holistic Nutrition*



## CBC Calgary / Calgary Reads Big Book Sale

**One of Calgary's most anticipated and attended events!**

More than 1,000,000 previously-loved books will be ready to be purchased and find new homes. This is a signature fundraising event for Calgary Reads.

**Our 14th annual event! Held at the Calgary Curling Club, 720 3rd St. NW, Calgary:**

• **Friday May 13 - 9am - 9pm**

Author reading 7pm

• **Saturday May 14 - 9am - 9pm**

Back by popular demand! Shop to the musical sounds of **Midnight Blue** with cash wine bar 7 - 9pm.

• **Sunday May 15 - 9am - 1pm**

Other special activities during the Big Book Sale will be announced on our website as they confirm: [calgaryreads.com](http://calgaryreads.com).

**Donate books:** We welcome donation of adult and children books for the book sale! (We do not accept encyclopaedias, text books, Harlequin Romances, Readers' Digests, book tapes, VHS, cassettes, 8-tracks or magazines.)

**Book collection locations, dates and times:**

At **Calgary Food Bank**, 5000, 11th Street SE, Calgary:

• Monday to Thursday April 25 to 28 - drop off at Door #3 from 8:30am - 7pm

• Friday, April 29 - drop off at Door #3 from 8:30am - 3:30pm

At **Calgary Curling Club**, 720 3rd St. NW, Calgary:

• Thursday to Sunday May 3 to May 6 from 9am - 7pm sharp

• Monday and Tuesday May 7 and 8 from 9am - 4 pm sharp

*At Calgary Reads we build connections, strengthen networks, champion, involve and innovate—because we ALL have a role to play in creating a thriving community where all children can read with confidence and joy! Learn more: [Calgaryreads.com](http://Calgaryreads.com).*

## Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to [DIS@great-news.ca](mailto:DIS@great-news.ca).

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**APRIL 8 TO 9  
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**YOUR COMMUNITY/CITY EVENTS  
AT A GLANCE...**

- **April 1 - Taste of Bragg Creek:** Taste of Bragg Creek returns for its fourth year and showcases some of the best that local restaurateurs, caterers and food and liquor merchants have to offer. [www.tasteofbraggcreek.ca](http://www.tasteofbraggcreek.ca)
- **April 6 - Video Games Live: Bonus Round!** This concert is a combination of synchronized lights, lasers, video clips and live music from some of the world's most popular games performed by the Calgary Philharmonic Orchestra. [www.calgaryphil.com](http://www.calgaryphil.com)
- **April 6 to 17 - Canmore Uncorked:** This mountain food and drink festival is 12 full days of special set-price menus, cooking classes, progressive dinners and cooking events. [www.tourismcanmore.com](http://www.tourismcanmore.com)
- **April 11 to 13 - Dance at Noon:** The junior students in the University of Calgary Dance program's choreography and performance concentration showcase their original compositional work. [www.scpa.ucalgary.ca](http://www.scpa.ucalgary.ca)
- **April 11 to 17 - Calgary Underground Film Festival:** The festival has been carefully programmed to include thought-provoking, entertaining and sometimes obscure movies of all genres that defy conventions. [www.calgaryundergroundfilm.org](http://www.calgaryundergroundfilm.org)
- **April 15 to 17 - Dreams of Broadway:** 26 performers and 31 hit Broadway songs collide in this inaugural production by Imagine Performing Arts! This whirlwind production will have you laughing, crying and dancing in your seat! [www.musicandplay.ca](http://www.musicandplay.ca)
- **April 22 to 24 - The Adventures of Robin Hood:** Unleash your imagination and follow the adventures of a band of brothers looking to rob the rich to help the poor. [www.vertigotheatre.com](http://www.vertigotheatre.com)
- **April 26 to 29 - Annie:** The well-loved, family-friendly musical Annie is based on the popular comic strip Little Orphan Annie. It's a feel-good production with the same energy and warmth of the original. [www.calgary.broadway.com](http://www.calgary.broadway.com)
- **April 28 to May 1 - Calgary Comic and Entertainment Expo:** For four days, Calgary celebrates science fiction, comic books, film, television, horror, fantasy, pop culture and more. [www.calgaryexpo.com](http://www.calgaryexpo.com)

**IN & AROUND  
CALGARY****March is Community  
Association Membership  
Awareness Month!**

**Did you know that Mayor Nenshi declares the month of March as Community Association Membership Awareness Month?**

Did you also know that there are 150 community associations in Calgary that are run by your neighbours? In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

**Are you a member of your community association? If not, you are missing out on numerous benefits, including sizeable discounts at local businesses. Membership is extremely affordable with most community association memberships averaging under \$30 a year!**

Throughout the month of March we encourage you to "be part of it" and find out what your community association can do for you! It's easy and you may be surprised by the many benefits and options available to you as a resident.

Community associations are run by your neighbours, they bring residents together, they provide endless opportunities right in your backyard, and they act as a voice for your community. Most importantly, these hard-working volunteers are dedicated to making sure your community is a great place to live, work, and play. Purchasing a community association membership is a great way to get involved and show your support for the many ways your neighbours work to ensure you love where you live.

For example, this very community newsletter is just one of the many ways your community association works to keep you informed on events, topics and issues of interest close to home, written and compiled by your neighbours.

So take a minute during March Community Association Membership Awareness Month and find out more about your community association and how you can get involved!

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## Help Your Children Succeed in Life!

*Louise Ridout, B.Sc. (Hon Math), M.S. (Stats)*

I'm a math teacher and tutor. In my work, I see repeatedly, disappointing results from students – many currently in, or graduates of schools in Calgary -- who do not know how to do basic, simple math operations needed to be successful. I have seen students pick up a calculator to find the answer to 4x3. Parents – do you know the answer to that – without a calculator? The most valuable skill that students are missing is knowledge of the multiplication tables. Without having a solid grasp of the multiplication tables, students cannot understand relationships between numbers, and are unable to easily do many midlevel math questions. I regularly see their frustration at not being able to do these problems.... while at the same time maintaining a **stubborn refusal** to memorize the multiplication tables!

Students who succeed in math at the high school level do much better in every university class they take. They have the tools to succeed and surpass others to get the highest level jobs and excel at them. 90% of the highest paying jobs require math. The kind of logical and analytical thinking that is required to make good decisions, no matter what field we are working in, is learned as we study and do math problems!

The best way to have your children succeed in high school math classes is to make sure they learn the multiplication tables so well when they are young that they are second nature to them.

Help your children memorize their multiplication tables and they will succeed in high school math classes. Then they will do well in their university courses, and be prepared to be leaders in the workplace, the community and in their homes!

## Caring For Your Elderly Pet



People are living longer with better health care, nutrition, and overall improved living conditions, and so are our pets. I see pets in their late teens regularly and geriatric medicine is advancing in leaps and bounds. Never dismiss changes in your older pet as "just part of getting old" as these may be changes we can treat. Preserving quality of life for both us and the furry ones should be our objective.

If you can equate one year of aging in a person to seven in a dog, an annual examination for a pet is like you being seen every seven years by your doctor. Annual examinations are imperative and even bi-annual examinations maybe recommended. Veterinarians discuss history, changes in food and water consumption as they examine your pet for masses, aches and pains, and anything that raises concern. This includes rotten painful teeth. Health care starts with the examination.

Diet is the cornerstone of any older pet's health needs. An older pet has a slower metabolism and sleeps more. Don't justify weight gain by saying "but treats are all he enjoys now". An obese pet has difficulty moving, arthritic joints have to work harder, and stress is placed on all organs including the heart, lungs, liver, and kidneys. It's easier if a pet is fit and not wheezing with exertion.

Switch a pet to a geriatric diet around 8 to 10 years of age in cats and small dogs, in large dogs earlier. Specific diets have been formulated for pets suffering from kidney, liver, and heart disease. Some diets are for joints and include products for enhanced mobility. There is even a diet to try and slow the progress of canine dementia.

Unlimited water is imperative in the elderly pet. Kidneys are fragile. If your pet begins to drink and urinate

excessively this is an early symptom of many serious, but often treatable, geriatric diseases.

People use physiotherapy or try alternative therapies for aches and pains. These therapies are equally beneficial to our pets. Old bodies get relief with heat packs, massage, range of motion exercises, and physiotherapy. Acupuncture, cranio-sacral therapy, chiropractic medicine, and numerous herbal and homeopathic formulas are used successfully to treat old joints, muscles and bone. To this end remember five or 10 minutes gentle exercise three times daily is preferable to 40 minutes of intense exercise with fragile pets. Like you pets stiffen up and hurt! Older pets have a much reduced tolerance for heat and cold extremes.

Because they don't exercise as much, some older cats and dogs tend to need their nails trimmed more often. Elderly pets find it more difficult to groom and may need more help. Cats may not be able to contort themselves to reach places on their backs and hind end and fur can become matted.

Older pets may become crankier if sore and maybe are more easily startled if their hearing and sight is failing. Try to make allowances, especially where children are involved, don't startle or pounce on elderly pets.

There are many anti-inflammatory and painkillers now on the market for older dogs and cats to reduce pain. Older pets deserve a comfortable and gentle retirement, but if all of your best efforts can no longer maintain your friend in a comfortable state and there are many more sick painful days than not, knowing when to say goodbye is the least selfish thing you will ever do for an old loved companion.

*Jennifer L. Scott, D.V.M.*

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### Creating welcoming, caring, safe learning environments for all

At the Calgary Board of Education, we work together every day to create welcoming, safe, caring and respectful school communities where each and every student feels a sense of belonging. When students feel that they belong, it encourages them to stay in school, to learn and to succeed.

Our schools welcome students and families from every background and from all over the world, and we foster healthy and respectful relationships where diversity is celebrated. Students, staff and school communities share the responsibility of cultivating environments that welcome everyone and provide opportunities to thrive in life and learning. This includes ensuring we create safe, caring environments for gender and sexual minority youth.

This responsibility is reflected in our mission, in our Results policies and Three-Year Education Plan. It is also expressed in law, in the School Act and Alberta Human Rights Act.

Alberta Education recently released guidelines to ensure school boards create learning environments that specifically respect diverse sexual orientation, gender identity and gender expression. All school boards have been asked to use these best practices to develop or update their own policies, regulations and procedures related to creating these learning environments.

The provincial guidelines are aligned with many of the practices already in place in CBE schools to protect and care for all students. The CBE is working on developing its own guidelines, which must be completed by the end of March, 2016.

We recognize the important role all of us play in providing these safe, inclusive environments where all students can thrive.

More information can be found on our website, [www.cbe.ab.ca](http://www.cbe.ab.ca) under About Us, School Culture & Environment.

## CALGARY CATHOLIC SCHOOL DISTRICT BOARD OF TRUSTEES

Website: [www.ccssd.ab.ca/board-of-trustees/](http://www.ccssd.ab.ca/board-of-trustees/), Email: [trustees@ccsd.ab.ca](mailto:trustees@ccsd.ab.ca)

### Learn more about your Calgary Catholic School District Board of Trustees!

The month of March means the start of spring and a time of renewal during our Lenten season. Here at Calgary Catholic, spring brings a focus on our annual budget. While the budget process happens throughout the year and is a standing item at every Calgary Catholic Board Meeting, spring is a time when we begin to finalize details of our operating budget for the following year. Below are a few points about our process:

- The 2016-2017 District Operating Budget document will be a financial plan for the district for the fiscal year that runs from September 1, 2016 through to August 31, 2017.
- The district budget process begins early in the year and involves gathering essential financial information, consulting with stakeholders, making appropriate decisions on new and existing expenditures and ensuring staffing decisions are made as expeditiously as possible.
- Calgary Catholic utilizes software called Thought Exchange to engage our parents, staff and students on a large scale, so they are able to provide input on budget priorities. If you are a Catholic rate-payer that does not currently have children in the Catholic school system, you are encouraged to participate in the process by sending an email to [thoughtexchange@ccsd.ab.ca](mailto:thoughtexchange@ccsd.ab.ca).
- We are a people-focused organization and employ over 5,000 staff members. Eighty cents of every dollar we spend goes to salary and benefits. A further significant portion of our budget goes to fixed costs like contractors, insurance and utilities. We will be opening up to four new schools in 2016/2017 and up to six new schools in 2017/2018 and resourcing for those schools also needs to be included in this budget.
- The district budget is prepared by administration in accordance with board policies, linkage with district vision statements and provincial goals and in support of the district three-year plan.
- The Board of Trustees is involved at every stage of the process and ultimately approves the budget which will be submitted to the Minister of Education. Budget approval generally occurs in May or June every year. However, timing is dependent on when the government releases their budget.
- We always work to present a budget that is balanced and allows us to continue to provide the best possible teaching and learning environment for our students and staff.







## COUNCILLOR, WARD 6 RICHARD POOTMANS

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### TransCanada Highway and Sarcee Trail Interchange

We required that the development at the base of the east Paskapoo Slopes include an interchange just south of the TransCanada Highway (TCH) on Sarcee Trail for access to the new development that ensures uninterrupted traffic flow for local and commuter travel. There were two public information sessions held at the end of January for residents to see these designs and speak with the project team. Feedback was positive and residents were encouraged to learn that there would be a continuous flow of traffic on Sarcee Trail at current speed limits. East/west and north/south regional traffic flow will continue to operate as it does today and drivers will not be impeded by local traffic. The Sarcee Trail bridge deck over the TCH will be rehabilitated and reconfigured for better safety and efficiency; the west bound ramp on and off of the TCH will also be upgraded. Please reference the diagram.



East/west and north/south regional traffic flow will continue to operate as it does today and drivers will not be impeded by local traffic. The Sarcee Trail bridge deck over the TCH will be rehabilitated and reconfigured for better safety and efficiency; the west bound ramp on and off of the TCH will also be upgraded. Please reference the diagram.

A condition of Community Association support for this development was that priority consideration be given to how pedestrian and cycle traffic and connectivity could be made better through this development. The interchange provides access for local communities, a roundabout for easy entry and exit into the new development, including a pedestrian underpass, as well as a regional network pathway connection.

We negotiated that the developer be responsible for all of the costs associated with the development of access at Sarcee Trail, including the new ramps, bridges, and the roundabout. This negotiation also included the cost of building a pedestrian bridge connecting the development over the Trans-Canada Highway just west of Sarcee Trail to Bowness, and half the cost of an underpass which will connect to Edworthy Park and the Bow River pathway, both of which may be used by cyclists and pedestrians. Detailed design is approaching final stages and construction is expected to be functionally complete by the end of 2016, with all final work finished by summer 2017. Most of the construction will be done off of the major roads which alleviates the need for road closures or significant detours. For detailed information and visuals, please visit [www.trinityhills.ca/tchsarcee](http://www.trinityhills.ca/tchsarcee).

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## MP CALGARY SIGNAL HILL RON LIEPERT

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The House of Commons in Ottawa resumed sitting on January 25th, 2016 and will continue until adjournment on June 23, 2016. Within that time frame, the House generally sits for two weeks followed by a week break for constituency work so I will be back in the riding and available for consultations. Please contact our office if you would like to set up an appointment. We are excited to be 'open for business' after renovations that resulted in a longer than anticipated delay so we appreciate your patience.

With several of my colleagues from the Conservative caucus, I hosted a Pre-Budget Round Table Discussion with Conservative Leader Hon. Rona Ambrose and Hon. Lisa Raitt, Conservative Finance Critic. We invited several industry leaders from in and around southern Alberta. I was very pleased with the diverse representation with CEO's and VP's from the energy sector, agriculture, communication, business, commercial development, Chamber, and finance in attendance, and the honest conversation that occurred during that meeting. Ms. Ambrose, as Opposition leader, took away the very serious messages that were relayed that day and promised that they would be delivered to the federal government. I will be hosting more of these sessions with different themes over the next few months and will be looking for engagement from various stakeholders. Details will be forthcoming in the future.

While the House of Commons sit for this session, I will continue to bring the message from Calgary Signal Hill residents that the government needs to continue to focus on jobs, the economy, and growth. The economic situation in Alberta is, and will continue to be, my main priority. I will work to ensure that the Liberal Government understands we need to get our products to the world market. The realization has to be this is not just in the best interest of Alberta but in the best interest for all of Canada.

On January 28th, 2016 the Official Opposition set the Agenda in the House of Commons. We asked all Members of Parliament to express their support for the pro-

posed Energy East Pipeline. This project would not only be good for a struggling industry in Alberta, but one that would provide significant benefits to the Canadian economy. Unfortunately, the other parties chose not to support our motion and this is another indication that they do not understand the seriousness of the economic situation in our province. To view my statement to the House of Commons, please visit my website at [www.ronliepert.ca](http://www.ronliepert.ca). Please feel free to send me comments with regard to this or other important issues that affect you in Calgary Signal Hill.



# KABUKU

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Calgary HEALTH LINK 24/7	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	1.800.332.1414
Poison Centre - Alberta	403.944.1414
Suicide Crisis Line	1.800.784.2433
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Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	
(Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Seniors' Resource - SeniorConnect	403.266.6200
Elder Abuse Resource Line (65+)	403.705.3250
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City of Calgary	311
Elder Abuse Resource Line (65+)	403.705.3250
Kerby Centre for the 55 plus	403.705.3246
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Road Conditions – Calgary	1.877.262.4997
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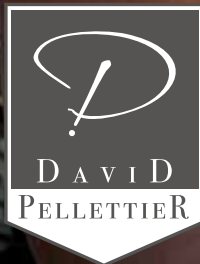
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