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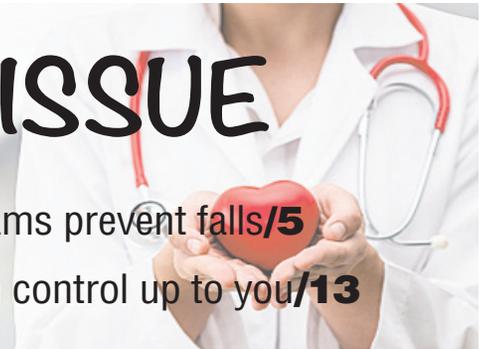
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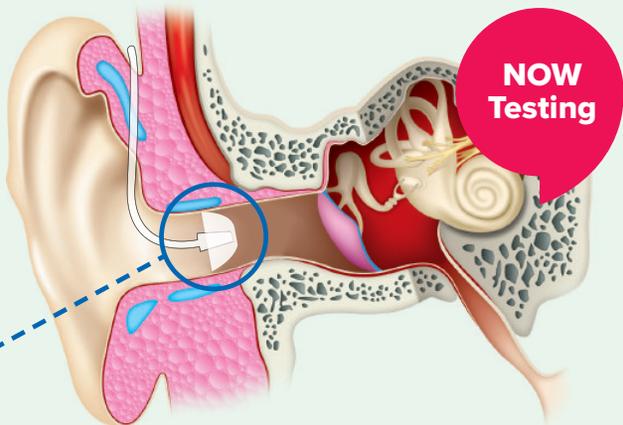
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When it comes to vaccines, a little stab'll do ya.

## Vaccine numbers among adults still too low

By CHRIS JUREWICZ

First, the good news. Seniors tend to get their vaccinations at much higher rates than the rest of the Canadian population.

Now, the not so good news. Canada's national targets for adult immunizations are not being met, so there's a lot of work to do.

"We are struggling with things like the flu and even pneumococcal vaccine," says Susan Bowles, associate professor in the College of Pharmacy at Dalhousie University. "They're below our national targets. That's been pretty steady over the last few years."

The numbers are the result of two factors, Bowles says; awareness, and convenience.

"Some of it is a lack of awareness and that people don't understand that they're at risk. Some may be convenience. They just don't have the time to go and get a vaccine."

An added challenge is the anti-vaccine movement that has seemed to gain momentum over the past few years with celebrities and people of influence coming out against vaccinations. The Internet, while providing Canadians with easy and quick access to information, can also cause confusion given the vast amount of information out there, some credible and some not.

Low rates of vaccination have led to outbreaks of diseases that were once eradicated, like measles.

Immunize Canada, a national organization made up of non-governmental, professional, health, government and private sector organizations, is preparing for National Immunization Awareness

Week, which takes place April 20-27. The annual event (<https://immunize.ca/niaw>) highlights the importance of immunization and coincides with Vaccination Week in the Americas and World Immunization Week.

"We need everyone who can be immunized to get vaccinated in order to protect the most vulnerable among us who are susceptible to vaccine-preventable diseases – the very young, seniors and people battling cancer," says Ian Culbert, executive director of the Canadian Public Health Association. "National Immunization Awareness Week is a good opportunity to remind everyone that vaccines are safe and effective and, for some people, life-saving."

Bowles mentioned lack of awareness as one of the main two reasons vaccination rates aren't meeting national targets. The NIAW's purpose is to help meet that challenge. The other reason, convenience, is also being dealt with.

Bowles has done significant research into pharmacists administering vaccines and what impact that has on immunization rates. A recent study in the United States shows that pharmacists' increasing role in health care has improved vaccination rates. The National Association of Chain Drug Stores' (NACDS) study looked at flu vaccine rates between 2003 and 2013, before and after pharmacists were given authority to administer the vaccine. The study found that states where pharmacists could administer the flu shot saw vaccination rates increase over time.

*Continued on page 4*

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# Eye exams can help prevent falls in elderly

Falls are the leading cause of serious injuries among seniors, with one in three Albertans over the age of 65 falling every year. Many of those falls are completely preventable, and your vision plays a key role.

Vision problems significantly increase a senior's risk of falling, which is why it's important to visit an optometrist every year for a comprehensive eye exam. Alberta Health covers the cost of annual exams for anyone aged 65 and older.

"Visual acuity, colour and depth perception, sensitivity to glare and balance are all factors that contribute to seniors' falls," said Calgary optometrist, Dr. Palki Arora. "With proper treatment, these problems can be addressed by an optometrist before they lead to a devastating fall."

Along with preventing falls, annual eye exams are crucial for preserving sight and protecting overall health. Optometrists can look inside the eyes to detect hidden conditions that may not have early signs and symptoms, including cataracts, glaucoma and diabetes.

"When eye-related conditions and diseases are detected early, it significantly increases the chances of saving the patient's sight," said Dr. Arora. "The best thing to do is book an eye exam at the same time as your annual check-up with your doctor and dentist."

Falls and injuries have the potential to reduce daily activities, such as getting in a car, going for walks or carrying groceries. "Maintaining vision helps enable seniors to continue enjoying life's special moments; it's about

playing with grandchildren and keeping up with friends," said Dr. Arora.

According to the University of Alberta's Injury Prevention Centre, a fall has the potential to significantly affect a senior's independence, even if it doesn't result in an injury. The fear of falling is enough to cause seniors to limit their daily activities, which often leads to a decline in health, putting them at even greater risk of falling. It's a vicious cycle that an eye exam can help resolve.

Simple actions people can take to improve their vision and prevent falls include:

- keeping rooms well lit;
- using high wattage bulbs;
- using nightlights or motion sensors in the bathroom and hallways;
- wearing sunglasses – in



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**Eye exams for seniors are covered by Alberta Health.**

every season;

- marking the edge of stairs with coloured paint or treads;
- keeping lighting similar in every room; and
- speaking with your optometrist about multifocal lenses.

Be sure to discuss any changes to your eyes or vision with your optometrist. Albertans can find an optometrist in their community by visiting <https://optometrists.ab.ca/findanoptometrist>  
Article supplied by the Alberta Association of Optometrists

## Immunization shots can also protect those around you

Continued from pg.3

There isn't much data in Canada yet as having pharmacists administer vaccines like the flu shot is relatively new. Still, Bowles likes what she sees.

"That is largely due to convenience," she says. "People find it's very convenient to go to their pharmacy. It might be something as

simple as free parking. Or I can drop in on a Saturday afternoon after I've dropped the kids off at the hockey rink for practice.

"It also seems to be important in areas that are medically underserved. Areas where there are few family doctors or nurse practitioners, pharmacists can have an important

role for ensuring people get their flu shots."

Bowles says seniors also require the pneumococcal vaccine for pneumonia at 65 years of age and older and the shingles vaccine is recommended for anyone 60 and over. Bowles adds that, once in your lifetime, you should get the tetanus,

diphtheria and pertussis vaccine.

"That helps protect the people around you. So, if you're a grandparent, a new grandparent, or great grandparent, and you haven't had the booster dose, you should probably get it because that helps protect the newborn who can't be immunized yet against pertussis."

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## Cancer Awareness Month

# How a colonoscopy can save your life

BY RICHARD CROUSE

There are a few phrases you never want to hear.

"We're from the government and we're here to help you," and, "the in-flight entertainment system isn't working," appear on the scroll of Things That Hurt My Ears.

Top of the list, however, is, "We found a tumor."

Those four simple words went on to inform months of my life.

In mid-2013 I had a colonoscopy, a procedure so routine I thought I'd be in and out and on my way to a tasty lunch by noon. I'm a nonsmoker, moderate drinker and I watch my diet. I even eat kale. Gardens of it. I had no symptoms, felt fine and only went because my doctor told me I had to due to my age.

The colonoscopist (my nickname for the doctor) squeezing my arm, saying, "I'm sorry," before walking away didn't do much to alleviate the fear that quickly overtook me.

Besides becoming a human pincushion, pumped with toxic chemicals, the mental effect of being told you have cancer lingers.

I began the journey with the usual shock, but quickly skipped ahead, past denial, to anger. I was mad that all I had worked for could possibly be sidelined by a bullet shaped tumor in my

colon; a dark spot that had grown quietly and insidiously inside me for the past few years.

The anger stage was quickly replaced by acceptance after long talks with my ever-rosy girlfriend (now wife) Andrea and the cadre of doctors brought in to assess me.

It was then I decided to live my life with as little disruption as possible. It was my way of saying Screw You Cancer, you're not making the rules, I am. Optimistic maybe, but I firmly believe a good attitude is one of the keys to leading a healthy life even in the face of serious medical issues.

I finished the treatment five years ago and, knock wood, all is well today.

It was a long journey; a trip down a dark and twisty road. I don't miss feeling like I'm living in someone else's body, waking up exhausted every day or the sinister tumor that was growing in me. But today I'm confident that the surgery—I toyed with using the nickname "Semi Colon" Crouse in tribute to what was left of my insides, but better sense prevailed—more tests and scans than I can count and the gallons of chemo pumped into my system was all worth it.

I'll stop short of saying my life was enhanced by my diagnosis but I do credit cancer with allowing me to understand what's important and what isn't. The hard days made me stronger, more able to understand how to find the good in

every day. It may make me sound a bit Pollyanna-ish but for me it's a lesson in not simply delineating life by the good times but by the sum total of our experience. Cancer does not define me but it helped me to find the way I define my life.

This is my story, but it's not my message.

I want you to know that if this could happen to me, it could happen to you. Robert Klein once joked that, "Having a film crew in your colon is nobody's idea of a good time," and I know there is always something better to do than get a colonoscopy, but make the time. It's a big scary word, but it could have a huge effect on your well-being. Having one at age 50 saved my life and it could save yours.

I used to joke that I would never join any club who would have me as a member. But after chasing cancer to the curb I now feel like I'm part of a brotherhood and sisterhood that is so much larger than any one of us individually. I didn't want to join, nobody does, but as a card-carrying member I think it's my duty to lead by example. To urge people to get a colonoscopy so we can all share thousands of healthy tomorrows. Make a colonoscopy appointment today; your colon and I will thank you.

*Richard Crouse is a long-time film critic whose movie column appears monthly in Prime Times. His full blog on battling colon cancer can be found at [www.ctvnews.ca](http://www.ctvnews.ca)*

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# A deep dive into Kenney's corporate tax plan

With the election now upon us, let's take as a case study UCP Leader Jason Kenney's promise to reduce Alberta's corporate tax rate to eight per cent from 12 per cent over the next four years. We'll use it because it comes with a rich supply of evidence. Most of the information leads to one conclusion: the promise works as a political symbol, not an economic reality. It's a claim that Kenney and his party know more than the NDP about economics and business. Voters don't have to believe the claim, they just have to have faith in it, or at least like the way it sounds. Let's look at some relevant considerations.

Point: The general economic environment far outweighs any effects of changes in corporate tax rates. Kenney claimed that cutting the corporate tax rate could lead to a \$12.7-billion increase in gross domestic product (the standard measure of overall economic activity) after four years. That amounts to about a 3.6% increase. Alberta GDP rose about 4.4% in 2017 alone. It fell about 7.4% in the two years of the oil and gas price collapse in 2015 and 2016. The claimed economic benefit is secondary even if it happens.

Point: The same can be said for tax revenues. Kenney claimed provincial revenues would be \$1.2 billion higher by 2023 as a result of the tax cut. That would be about a 2% gain. But total tax revenue for the province rose by more than 11% (\$2.2 billion) in the 2018-19 fiscal year alone.

Point: International experience is spotty. The U.S. Congressional Budget Office compared corporate tax rates in the G20 countries in a 2017 report. Some faster-growing countries had low cor-

## The View From Here

Mark Lisac



porate tax rates. But Germany had an "effective" rate (the tax rate on the least profitable investment a company might want to make) of 15.5%, one of the highest in the group. Italy had an "effective" tax rate of -23.5% — that's right, a negative rate, implying very large subsidies to corporations. Which economy would you rather be living in?

Point: The closest match for Canada's resource-heavy and trade-dependent advanced economy is Australia's. Australian economist Saul Eslake looked at the two countries' corporate tax rates and economic performance. Canada had a nominal corporate income tax rate of 42.4% in 2000 but cut the rate to 26% in 2011 in order to stimulate investment. Australia cut its tax rate to 30% from 34% in 2000 and has left it there, at four points higher than Canada.

But business investment as a share of GDP was 2.4% higher in Australia in 2016 than in 2000; in Canada, business investment as a share of GDP was only 1.5% higher over the same period. And over the same time span, nominal wage rates (before inflation) rose about 20% more in Australia.

Point: The predictions of more growth and higher tax revenues do not take into account that a bigger Alberta economy is always accompanied by population growth, and by rising costs for public services and infrastructure. How big would those costs be?

Point: The economists Kenney relies on also say sales taxes are the form of tax least likely to hinder economic growth. Hmmm.

Point: Kenney claimed the NDP's tax policies amount to "class warfare." UCP tax policy could be described the same way. Oddly, Kenney ignored a potentially more telling point from the same University of Calgary School of Public Policy where his preferred economists publish. Hugh Mackenzie and Ergete Ferede claimed in 2017 report that every \$1 increase in corporate tax revenue in Alberta would be offset by \$1.52 decrease in overall wages. Why would the UCP not want to be seen as a friend of labour and make that point?

Point: Alberta-based business might actually be helped more by introducing a graduated rate structure. Currently, a growing small business has to jump from the 2% small-business tax rate to the full 12% tax rate when its annual revenues pass \$500,000. Why not something like a 7% rate for companies that have made it to their second \$500,000? There's also plenty of evidence from around North America that firms demand, and possibly respond more to, targeted aid such as specific tax credits, tax deductions, or even outright grants.

And that's some of the fine print attached to just one promise from one party.

## Reading the tea leaves of Election 2019

On April 16th, the 2,615,000 or so eligible voters in this province will dutifully take a few moments of their time to go to a school or church or community hall to cast their ballot for which party best reflects their values. The pros and cons of the various party promises will be weighed dispassionately, spirited but respectful discussions will be held with other voters, and the merits of the party leaders will be taken into careful consideration. Then, and only then, will votes be cast. This is how democracy works.

Sorry, just kidding. There were only two true statements in that first paragraph: that there are 2,615,000 or so eligible voters (of whom about 50% will vote), and the provincial election is on April 16th. All the rest is fiction.

Dispassionate, rational thought has become a thing of the past, particularly in the current climate. There has always been a certain amount of irrational thinking when it comes to voter choice, but in this Twitter/Facebook/Instagram/fake news/24-hour news cycle/Donald Trump time, hyper-partisanship and fact-free thinking rule. Perhaps more than ever before, we vote with our hearts, and not with our brains.

Voting is often irrational. Take the 2015 election which swept the NDP to power — a party which as recently as 1993 had no elected members,

## In This Corner

Maurice Tougas



and going into the 2015 vote had only four. The NDP won big, even though most of their candidates were a motley collection of baristas and university students. Many didn't even try to win; one candidate went on vacation during the election and still won. It was like applying for a job, then not showing up for the interview.

So, was it was the NDP policy that won over the voters? Seriously, can you even name one? Policy is one part, and I think a very small part, of the electoral puzzle.

As some of you know, I was briefly an MLA, as a member of the Alberta Liberal party (remember them?). I opted not to run in the 2008 election, even though it looked like the Liberals were about to mount their best challenge the PCs in years. The ALP had a thoughtful, appealing platform. With Ralph Klein gone and the personality-free Ed Stel-

mach leading the weary PCs, the Liberals seemed primed to gain many seats. What happened? The Liberals went from 16 seats to nine. All of the Liberal MLAs who won for the first time in 2004 were defeated, despite doing everything right as members of the legislature. Does that make sense? Of course not.

There's also the classic conundrum of person vs. party. How do you vote if you really like a candidate, but hate their party? Or if you've always voted for (party name here), but your local candidate is a complete turd? What to do? The same problem applies to the leaders. Plenty of people think highly of Rachel Notley; she gives off a motherly, 'trust me' vibe that a lot of voters find very appealing. But plenty of people who love Rachel detest the NDP, which is why the letters NDP have been nearly expunged from their campaign ads. The UCP has the opposite problem. Right-leaning voters might find the UCP appealing, but there is nothing appealing about Jason Kenney.

So what will happen on April 16th? What am I, Nostradamus? But I'll take stab.

Most of the polls indicate this NDP government will be a one-hit wonder, but polling is an inexact science, if indeed we can call it a science. But it doesn't look good for the Rachel Notley Party.

**In This Corner continued pg. 7**

## CALGARY PRIME TIMES

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# Meal kits are fun, but beware the subscription

A few months ago I wrote about food delivery services like SkipTheDishes, which provide an easy way for anyone to sample different cuisines from any corner of the city... as long as you're in their delivery radius, of course.

But what about those who like to do it themselves?

Meal delivery kits have also risen to prominence, and provide an interesting alternative for those who know their way around the kitchen, but want to try something new.

Speaking from (limited) experience in the kitchen, my greatest challenge when cooking something different is the need to plan ahead and pick up all the ingredients, many of which I haven't even heard of (what is turmeric, anyway?). Meal kits, offered in Canada by companies like Hello Fresh and Good Food, send the ingredients to you, packaged nicely in carefully measured quantities. They also send you instructions to make 2-3 meals, written in an easy-to-follow way. All told, each meal takes you about 30 minutes to prepare, even for those of us who grew up making eggs on toast for dinner.

The meal "kit" is just as it sounds; a package is delivered to your door in a large box, with ice packs to keep the cool stuff cool, instructions, and the exact amount of everything you'll need. As the names of these companies suggest, these are generally healthy meals with fresh ingredients. The packaging is excellent, the recipes easy to follow.

Regardless of which food delivery company you are interested in, the basic service model and design is similar. Subscribers may disagree on which company actually offers the best meals and

## Young Man's Burden

Scott Tougas



customer service, but all the companies offer very similar products; each consists of three or four meals per pack, and every one emphasizes healthy eating.

Meal kits have been a big initial hit, for a few reasons. First (and most positively), they're pretty good. There's virtually no food waste (there is tons of packaging waste, but that's a different story). You choose your meals from a weekly selection of 8-10 options, so the amount of adventure is in your hands. And the recipes are always changing, so you don't run the risk of getting bored having the same few meals. From my experience, and most of the people I talk to, the offerings are generally somewhere between "pretty good!" to "I'll have to save this recipe, because I'm making it again."

But... And there's a big but.

To get you to sign up for the service, each of these companies offer a greatly reduced rate. Some may even offer you a free meal, or a few meals at a sizable discount. At these types of prices, meal kits are a no brainer that everyone should try. But every meal kit on the market is a subscription service, which – you guessed it – reverts to full price shortly after that. And depending on the service,

meal kits aren't exactly cheap; supplies to make a meal for two will set you back between \$20-35. As a result, many customers are signing up for free promotions, and declining further meals until they receive another promotion offer. This has thrown the whole meal kit industry into question.

But the viability of an industry is a discussion for another day (and by a writer with greater business acumen than I). I'd recommend meal kits to anyone with a working stove. The meal offerings are fun, the risk is low – you can always cancel after the free trial – and who doesn't want to try something new once in a while?

## In This Corner continued

In 2015, the NDP won 15 of Calgary's 25 seats (going into the election, they had none), but the support is paper thin. Not one Calgary NDP winners garnered more votes than the combined total of the PCs and Wildrose (remember them?), a classic split-vote result. By contrast, in Edmonton the successful NDP candidate in every constituency easily won by more than the combined Wildrose/PC totals (those three parties divided up 92% of votes cast). Now that the right-wing vote has nowhere else to go, and the NDP somewhat unfairly carrying the can for the lack of pipeline construction, it wouldn't be surprising if Calgary was swept by the UCP. Edmonton will be tougher, but some NDP losses are likely, as many of their MLAs have been virtually invisible.

It could all come down to that rarest of animals, the undecided voter. They still exist ... right?



# Development Permit Notices are Moving Online

Development Permit Notices will no longer be published in the newspaper after May 16<sup>th</sup>. Visit [Calgary.ca/publicnotices](http://Calgary.ca/publicnotices) to see detailed information on development activity in your neighbourhood.



# LGBTQ seniors face unique housing challenges

By CHRIS PUGLIA

A nearly two-year-old seniors' group is working to help build awareness and be a resource for LGBTQ elders in Calgary.

Calgary Rainbow Elders formed to fill a gap left after the dissolution of Calgary Outlink, a non-profit dedicated to promoting awareness and education to support the LGBTQ and allied community.

"We took over about six or seven months in and said, we can do this ourselves," says Rocky Wallbaum, a Calgary Rainbow Elders member.

Since its inception, the group has been working to provide a sense of community for LGBTQ seniors while also being a resource for information and empowerment.

"As an older LGBTQ person I want to talk to a person of the same vintage. When you get older, sometimes people stop listening to you, so (our members) said they wanted someone to hear what they were saying and respond to them," says Wallbaum, add-

ing the third mission of the group is to connect people in the community who have similar challenges. "People keep coming back for these three things."

One of those issues is the barriers that face some seniors who have to access public facilities for housing, where awareness, education and stigma surrounding issues unique to the older LGBTQ demographic are challenges.

He pointed to an example of a gay man in a seniors' home who developed Alzheimer's. The person, who also has AIDS, developed an increased libido as a side effect of his dementia. As a result, the care facility's method of treatment was to drug the man to the point he was confined to a chair in a near comatose state. There are also more covert problems, such as facility staff who will approach LGBTQ clients with Bibles and say, "let me pray for you and help you get out of this being gay thing," Wallbaum says.

In an effort to develop a greater understanding of those issues, Calgary Rainbow



Photo supplied

Rainbow Elders group proud to fly the flag for its organization.

Elders is involved in a survey being conducted in Calgary and surrounding communities to examine the housing needs of seniors in the LGBTQ community. The effort is a partnership with project co-ordinator Habitus Consulting Collective, Mount Royal University (which is supporting with ethics and peer researcher training), and the SHARP Foundation. It is sponsored by the Calgary Homeless Foundation.

"It seems the greatest barrier is fear of stigma and discrimination," says Amanda Weightman with Habitus Consulting Collective.

Through the survey, the involved groups are hoping to develop a greater understanding

of some of the housing needs and challenges for LGBTQ seniors, especially as it might pertain to safety and identity.

"We don't know that it's an issue, but their have been a few statements floating around about people having to go back into closet," Weightman says of LGBTQ seniors who need to go into care facilities.

Wallbaum says he has seen that fear of being "out of the closet" first hand within his group, recalling when Calgary Rainbow Elders was developing its website and had members pose for a picture to be part of the content.

From the 15 or 20 people who meet with the group regularly, only seven wanted to be

photographed.

"Because they said they lived in a building where it wasn't safe to be out," he says.

Wallbaum hopes the survey will lead to more awareness and, as a result, innovation into how to deliver services to LGBTQ clients allowing them to live more fulfilling lives in their elderly years.

"In the most simple of terms it comes down to looking for respect," says Weightman, who explained the results of the survey will be shared with focus groups of stakeholders, including service providers.

From there, recommendations will be developed pertaining to what can be done to improve everything from access to quality of life, she says, adding that could be anything from something simple like shuttles to pride parades, to housing specifically geared toward LGBTQ seniors and allies.

For those without computer or Internet access, Weightman has volunteers who will help people connect and navigate answering the questions. To request volunteer support call 403-660-0398. Deadline for submissions is April 7. To access the

survey, go to [https://www.surveymonkey.com/r/LGBTQ\\_SS](https://www.surveymonkey.com/r/LGBTQ_SS).

Wallbaum is also trying to be proactive in addressing the needs of the elder generation of the LGBTQ community beyond the results of the survey. He is aiding in the development of a new curriculum with Alberta Health Services (AHS) focused on increasing awareness and sensitivity among health care providers. The curriculum is an effort to help AHS staff to consider solutions to the unique issues of LGBTQ seniors in care.

Aside from trying to address those systemic problems, Wallbaum says Calgary Rainbow Elders will continue to stay true to its roots of being a safe place for people to engage with each other and have fun. Members of the group are working on organizing a spring dance and making inter-generational connections through camp fYreFly – a camp geared toward LGTQ youth.

It is also planning to enhance its ability to organize events and provide resources by becoming a society to help raise funds. To learn more about Calgary Rainbow Elders, go to [rainbowelderscalgary.ca](http://rainbowelderscalgary.ca).



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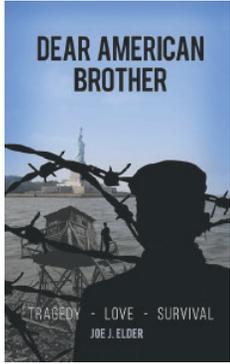
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# Dear American Brother packs a lot of punch



**Dear American Brother**, by Joe Elder. Self-published, 255 pp., \$15 (\$13.68 on Amazon)

Self-published books have become more common in recent years, but they have a long tradition. The line includes works by William Blake, Tom Paine, the first novels by Stephen Crane and Sinclair Lewis, and recent mega-selling cookbooks.

Recent arrivals in Alberta include *The Garage Sailor* by interesting Edmonton writer Geoff Moore, and several children's nature books by Patricia Lin, a Calgary teacher.

The quality of these works varies. In 1995, an Edmonton teacher and real estate agent named Eduards Freimanis published an English translation of one of his own Latvian language novels, titled *The Heavy Furrow*. At least partly autobio-

graphical, it depicted the life of a young Latvian swept up by the cross-currents of Russian and German invasions in the 1940s. The book's literary quality is spotty but its themes and passion somewhat echo works by Dostoyevsky. It also illuminated a dark corner of modern European history. A few hundred copies may linger on private bookshelves.

Joe Elder's *Dear American Brother* depicts a similar history, although in a different country.

It's the story of Hans Gerein, a member of an ethnic German farm community in southern Ukraine. His village and surrounding neighbourhood see their placid life roiled by the First World War. Then come the more harrowing experiences of the 1917 Russian Revolution and Communist dictatorship, the Ukrainian famine of the early 1930s, and the 1941 German invasion. During all that time, Gerein dreams of joining his older brother, who emigrated to the United States late in 1914.

Loosely based on the real-life experiences of Elder's maternal grandmother and her sisters, the novel takes readers into a world marred by militarism and political zealotry.

## Alberta Books

Mark Lisac



a fine path; the story has to be realistic rather than cartoonish, but the historical reality was

That was the world inhabited by millions of people in central Europe in the first half of the 1900s.

Gerein and his friends endure countless harms and disappointments raining down like the trials in the Bible's Book of Job.

At times, the story feels a bit too closely tailored to fit the flow of major historic events. The Communist overseers are reliably nasty and the suffering villagers reliably virtuous, if sadly slow in comprehending their fate. Some of the story development seems to move in sudden jerks, like a series of briefly glimpsed highlights. The prose is serviceable.

Still, the narrative packs a lot of punch. It's also more plausible and a more exciting read than a lot of best-selling thrillers being published these days. And both the Communists and Nazis really did behave like caricature villains rather than like decent human beings. Any novelist dealing with them has to tread

ludicrously sordid and unfeelingly murderous.

All in all, the book tells a riveting story about a time, place and people worth remembering.

One hopes Elder has a better experience as an author than Freimanis. The latter died in 2005 after years of living in semi-poverty; he spent more than

\$75,000 trying to put a number of books out to the public. His most lasting Internet legacy today is a 2016 academic article by a senior researcher at the National Library of Latvia.

Available from Amazon and at [dear-americanbrother.com](http://dear-americanbrother.com); e-book available from [chapters.indigo.ca](http://chapters.indigo.ca)



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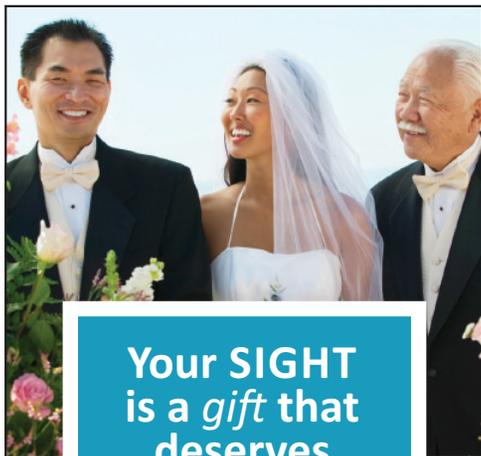
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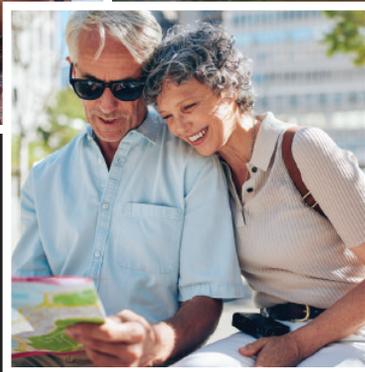
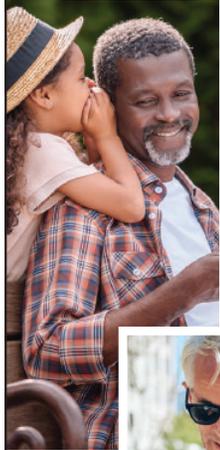
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# Alternatives for folks not watching hockey playoffs

It's not just Stanley Cup playoff games on TV this month (go Flames!), although at times it will seem that way.

The first round of the NHL playoffs begins on April 10. All those hockey games leave few openings for the launch of any new Canadian scripted shows this month, but there are some notable premieres from south of the border. Such as:

**MOST ANTICIPATED PREMIERE:**

The eighth and final season of *Game of Thrones*, which begins Sunday, April 14 on HBO and Crave. No advance press screeners so no review, but look for there to be plenty of dragons and beheadings before the final six episodes go out in a blaze of glory.

**AWARD /MUSIC SHOWS:**

Reba McEntire will serve as host for the 16th time as the *54th Academy of Country Music Awards*. They will be handed out live from Las Vegas on Sunday, April 7 on CBS. And on Easter Sunday, April 21, CBS will air *Motown 60: A Grammy Celebration*, a two-hour salute to the chart-busting Detroit music factory. Diana Ross and The Supremes, Stevie Wonder and Boyz II Men will

be part of the music mix, with Motown legend Smokey Robinson and Cedrick the Entertainer as co-hosts.

**SCRIPTED PREMIERES IN APRIL:**

*Fosse/Verdon* (premiering Tuesday, April 9 on FX Canada). You'll need to subscribe to the specialty channel FX Canada to see this but if you are a fan of the husband and wife team of Oscar and Tony Award winner Bob Fosse ("Cabaret," "All That Jazz") and Tony winner Gwen Verdon ("Damn Yankees") you might want to sign up. The miniseries spans five decades at it looks at their spectacular careers and eventual break-up of this dynamic if incendiary duo, with Sam Rockwell and Michelle Williams completely disappearing into their lead roles. Comedians Paul Reiser and Nate Corddry (as Neil Simon) are equally good in key supporting roles, as are Kelli Barrett (as Liza Minnelli), Bianca Marroquin (Chita Rivera) and Evan Handler as rival theatre producer Hal Prince. The executive producers behind the miniseries include Broadway sensation Lin-Manuel Miranda ("Hamilton") and Joel Fields (*The Americans*). RATING: ★★★★★

*Les Misérables* (premiering Sunday, April 14, PBS). When last we saw Dominic West, he was going through marital hell on *The Af-*

## Bill's Best Bets

Bill Brioux



*fair*. That was nothing to what happens to him on this six-part, Masterpiece adaptation of Victor Hugo's classic novel. West is transformed here as Jean Valjean, a brute of a man after 19 years at hard labour in prison. The British actor is all anger and fury in the first episode after he's released. A kindness from a Bishop (played by the great Derek Jacobi) gets to Valjean and West's transformation is remarkable. The top-notch cast includes David Oyelowo ("Selina") as Valjean's pursuer and Lily Collins (daughter of musician Phil) as seduced and abandoned single mom Fantine. Recent Oscar winner Olivia Coleman also shines as blackmailer Madame Thenardier. Shot in Belgium and northern France and faithfully adapted from the book by Andrew Davies (*Bleak House*). RATING: ★★★★★

**ALSO PREMIERING IN APRIL:**

*The Code* (April 9, CBS) is to the US Marines what NCIS is to the Navy – only more about the legal side of military investigations. Luke Mitchell and Dana Delany star.

*Bless This Mess* (April 16 on ABC) stars Lake Bell and Dax Shepard as a pair of newlyweds who bolt the big city for the simple life in Nebraska. Ed Begley Jr. and Pam Grier also star in this comedy from the creator of *New Girl*.

*The Red Line* (April 28 on CBS). No, it's not about hockey. Set in Chicago, this drama centres around a racially motivated shooting by a police officer. Noah Wyle (*ER*) leads the ensemble on this eight-episode series.

**SEASON FINALES IN APRIL:**

*The Rookie*, starring Edmonton native Nathan Fillion, wraps up its successful rookie season April 16 on ABC and CTV with the force on alert for a potential terrorist attack on Los Angeles. And though it seems as if it just started, *Jann*, the hilarious new sitcom from Calgary's Jann Arden, ends its six-episode season April 26 on CTV. Other shows bowing out for the season in April: the remake of *Magnum, P.I.* (April 1 on CBS and CTV); *God Friended Me* (April 14 on CBS); *Madam Secretary* (the fifth season ends April 21 on CTV and CBS).

**RETURNING IN APRIL:** *Killing Eve* (April 6 on AMC) with the series picking up seconds after the season one finale; *MasterChef Canada* (April 8 on CTV), *Life in Pieces* (April 18, CBS).

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# Purple carrots? Why not give them a try?

*Dig It!*  
with  
**Jim Hole**



When I was growing up on our family's vegetable farm, we had acre upon acre of vegetables. Deciding which varieties to sow depended, to a great extent, on what vegetables grew well in our region and, of course, what our customers wanted.

Each year, we always tried a few new and unusual vegetable varieties to see how they would grow and sell. We quickly learned that the vast majority of our customers didn't like vegetables that deviated from the norm, especially when it came to colour. I remember when we tried selling purple carrots and orange cauliflower the typical expression on the faces of our customers was usually one of disbelief coupled with a feeling that something was drastically wrong with these oddly coloured vegetables. Needless to say, they didn't sell very well!

But that was years ago. And while I know the majority of people still prefer traditionally coloured vegetables, oddly pigmented vegetables continue to

grow in popularity. Strangely coloured vegetables aren't really anomalies. And no, they aren't GMOs! If a vegetable exhibits an unusual colour, you can bet that it exists somewhere in its genetic code.

Take carrots for example. While orange carrots dominate commercial fields and gardens, their lineage can be traced to wild-carrot ancestors whose genes contain red, purple, white, black, yellow and, of course, orange pigments. The main reason that orange carrots are so popular today is because some

plant breeders loved orange roots. In this case, it seems that Dutch breeders can take the credit for developing orange carrot varieties to honour their monarchy.

Today orange carrots are the dominant colour worldwide, but the colour of choice could have just as easily been purple with the aid of some passionate breeders and willing buyers.

If you never grown oddly coloured vegetables make this your breakout year and grow some!

I know it's difficult. Habits are hard to break, and we are all creatures of habit so I'm not suggesting that you convert your entire garden to a rainbow of vegetable varieties. But it can't hurt to just try a few and see how you like them.

When it comes to eating strangely



Stock photo

**Yes, these are carrots ... in any colour, they taste great.**

coloured vegetables, I think it's best condition yourself first by selecting only one oddly coloured vegetable per meal otherwise you might become a victim of sensory overload with too many of the 'wrong' colours on your favourite vegetables. So, if you're now feeling emboldened and adventurous here is just

a brief taste of some cool-looking vegetables worth trying.

### Carrots 'Deep Purple'

These carrots grow to about 20 cm long and are purple from root surface and right down to the core. While some purple carrots lose colour after

cooking, Deep Purple retains much of its colour when lightly cooked. There are no special requirements for growing purple carrots compared to their orange cousins. Deep, loose soil and plenty of moisture from sowing to harvest will keep them in great shape.

*Continued on page 12*

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# Dolls look their best for annual show

By CHRIS JUREWICZ

As a child, Iris Hobbs wanted Barbie dolls.

But she chuckles that her mom never wanted to buy her any. Today, the senior owns a bunch of Barbie dolls that make up part of her massive doll collection. For the past 30 years, Hobbs has been an avid doll collector and is currently co-chair of the Calgary Doll Club.

"I have been collecting since 1990," says Hobbs. "I really, really like my bear artists. I have quite a few bears. I have one little bunny that is a half-inch tall and there are approximately 244 stitches in him. I wouldn't want to do that kind of work on a miniature bear or bunny. I have made a bear myself and I know how much work it is so I really appreciate the bear artists."

"I do collect some

vintage Barbies because I know, as a child, my mom would never buy me one. That's why I was attracted to them so I have a few of those. Some people in our club have a ton of them, like a lot of them. I won't say numbers; I will just say a lot."

Calgarians who are interested in seeing vintage, new, hand-stitched, and rare dolls are invited to the Calgary Doll Club's signature event, the annual show and sale. This year's event takes place April 27 from 10 am to 3 pm at the Acadia Rec Centre (240 90 Avenue SE).

The show and sale will feature doll collections from many of the Calgary Doll Club's 40 members; this year's theme is Alice in Wonderland. Attendees can expect to see displays that they will recognize from the classic story, including a Mad Hatter's Tea Party.

"When I first joined, there would be thousands of people at the show and sale," says Hobbs. "It has dwindled to about 300 but it's still a fun day and we have a display on the stage. We sell tables to members and non-members. It's a big array of things, what everybody collects, from doll clothes, handmaid things, antique things, bears, animals, toys. There are a lot of collectible toys."

The Calgary Doll Club is about much more than its signature event. In recent years, club members have overseen two programs to help enrich the lives of some Calgarians. The Memory Care and Share program sees club members bring dolls to people living with Alzheimer's Disease. Hobbs says it's rewarding to see those with Alzheimer's get so much joy out of hugging the dolls.

Another program is



Photo supplied

## Doll show was a sea of red for Canada's 150th.

the Calgary Doll Club's Show and Tell, where members visit seniors' homes with dolls and collectibles. Hobbs says a favourite for seniors is 'reborn' dolls, which are manufactured to resemble a human baby with as much realism as possible.

"If you saw someone from 10 feet with this doll, you might think they have a baby on their shoulder or in

their arms. Up close they even look like babies," says Hobbs. "A lot of people at the seniors' homes, they just want to walk around with these babies. I personally bring fairly big bears and people can hug the bears. It's rewarding because it makes me feel good to share what I have and these people enjoy having us come."

Calgary Doll Club

membership has been up and down over the years but there has been a recent surge thanks in part to the club's Facebook page.

The site features club information, meeting dates and locations, pictures of the fantastic collections that members have and a chance for those interested in doll collecting to have their questions answered.

# Dig It continued: Sesame seeds come in black as well

## Spinach 'Huauzontle'

Pronounced 'wha-ZONT-lay, this Meso-American crop produces seed heads with plenty of tasty small grains that are reminiscent of quinoa. Huauzontle also produces tasty red foliage which is also why it is often referred to as 'Red Aztec Spinach'. The best strategy with this intriguing plant is to harvest some as baby greens when the plants are a few

centimetres tall, while letting some plants grow to maturity and harvest the grains. It's the best of both worlds.

## Sunset Cauliflower

As its name implies, the curd of this cauliflower variety is bright orange and ready to eat in late summer. It performs best in cool weather along with plenty of water and rich

soil and tastes great baked. It's also delicious eaten raw.

## Sesame 'Black Sesame'

Sesame seeds? On the prairies? Yes, Black Sesame is a true sesame plant. It produces very dark seeds and has a nuttier flavour than its golden relatives. It does require a hot spot in your garden to reach maturity from seed so I would recommend

starting the seed indoors as transplants. This truly is a novelty 'vegetable' but it's pretty cool to tell your friends and neighbors that you grew sesame plants from seed!

So, will 2019 be your breakout year with growing unusually coloured vegetable varieties? I say it's time to take a 'walk on the wild side'.  
*Jim Hole is co-owner of Hole's Greenhouses in St. Albert.*







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# Hypertension cure is in your hands, doctor writes

## Whole Health

Kate Wilson



Hypertension has no apparent symptoms, yet is the cause of half the deaths from stroke and up to 45 percent of deaths from coronary heart disease. Known as high blood pressure to most of us, it is the most significant cause of death globally and second only to childhood malnutrition as the leading cause of disability.

These facts from the new book of Alberta cardiologist Dr. Sayeh Zielke present a dire picture. Amazingly, there's good news; high blood pressure is almost entirely preventable. All it takes is changes to lifestyle choices – which is why it is so hard to defeat.

"Some of the patients who end up in my office . . . have suffered from hypertension for years and never managed to get it under control," says Dr. Zielke. She took her residency at the University of Calgary and in two hospitals in the UK, and now practices in Lethbridge.

Although high blood pressure can be genetic and may increase with age, she knows it's attributed mostly to too much sodium and not enough potassium, a sedentary lifestyle, being overweight, and overdoing the alcohol consumption.

"My patients have been asking, 'How can I change my lifestyle?'" she says. "I realized education was important."

Her moment of truth came when she was eating out with a friend who said she had hy-

pertension, but balked when Dr. Zielke told her she needed to make some lifestyle changes.

"But it's all too complicated," her friend exclaimed. "I need simple straightforward advice, or I'll never do it."

So Dr. Zielke has offered help in the form of a simple and practical book that outlines under five easy-to-remember guidelines how to make those changes. One Heart, Five Habits: A Cardiologist's Guide to Lowering Your Blood Pressure is based on her carefully documented research. It not only gives clear advice, you'll learn some startling yet helpful statistics.

For instance, did you know that salt comes from what you eat, not what you add.

"I used to tell my patients to not overdo the salt, and they would tell me they actually don't have salt on the table at home," says Dr. Zielke. But her book discloses that processed and restaurant food make up 70% of our salt intake. Cooking adds only 5% and adding it at the dinner table, only 5%. Most of the rest comes naturally in foods.

So her advice to patients is simple, yet a bit of a challenge for many – prepare your food at home.

Here are her five recommendations from One Heart, Five Habits.

**REDUCE** your intake of substances that contribute to hypertension, such as excessive alcohol, sugar and sodium.

**EAT** foods that help

reduce blood pressure naturally. A major theme is eating enough fruits, vegetables, lean protein, whole grains and foods rich in potassium, magnesium, calcium, fibre and more. Low potassium intake has a 17% attributable risk for developing hypertension, says Dr. Zielke.

"Not enough fruits and vegetables means not getting enough potassium. I tell my patients to eat eight to 10 servings of fruits and vegetables per day."

**MOVE** according to the exercises in One Heart, Five Habits, which have been shown to help reduce blood pressure and maintain a healthy body mass index.

**REST** according to your age. Seven to nine hours per day under age 65 and seven to eight hours for those of us 65 plus. "I tell my patients, have no untreated sleep disorders, such as sleep apnea. And seek help if anxiety or depression is chronic. Have insight into your moods."

**MONITOR** your progress. There is researched evidence that people who monitor their own blood pressure at home have lower blood pressure. "Self monitoring makes us more aware, more conscious of what we are eating and our habits. So we tend to stay on



Photo supplied

Lethbridge cardiologist and author Dr. Sayeh Zielke.

track," says Dr. Zielke.

And to help you put all five habits into practice, you can track important lifestyle indicators with the One Heart Five Habits app. Using its real-time reporting, you can view your daily, monthly, and yearly records for things like blood pressure and water intake, even your mood.

"I honestly wanted something that helps people monitor these practices and help implement them."

She stresses the importance of consulting your health care provider to have your blood pressure measured and before making lifestyle changes such as exercise. It's also vital

that people keep taking their medications unless their primary care provider advises otherwise, she says.

One Heart Five Habits is available at Shelf Life Books in Calgary,

Audrey's Books in Edmonton and online at Amazon or Chapters/Indigo.

Go to [www.dr-sayehzielke.com](http://www.dr-sayehzielke.com) to download the app.

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<b>Discover Vancouver Island</b> 12 Days - Sept 1 \$2569.00	<b>Atlantic Canada</b> 16 Days - Sept 16 & Sept 17 (incl flights) \$4299.00
<b>Deadwood via Great Falls</b> 7 Days - Sept 7 \$779.00	<b>Okanagan Orchards &amp; Vineyards</b> 7 Days - Sept 22 \$1199.00
<b>Pacific Coast Escape</b> 14 Days - October 15 \$2899.00	<b>Exploring the Musical Heartland #2</b> 15 Days - Nov 6 (Branson, Memphis, Nashville) \$3259.00
<b>Laughlin &amp; Grand Canyon</b> 11 Days - Nov 9 \$949.00	<b>Fraser Valley Bald Eagle Safari</b> 5 Days - Nov 14 \$759.00

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# ON THE TOWN

Compiled by  
Denise Daubert

## ATTRACTIONS AND EVENTS

**Senior's Info Expo, May 4:** Location: Amica Britannia, 750 49 Avenue SW. 1-4 p.m. RSVP by phoning 403-476-8992.

**Heritage Park Dinner & A Movie – April 2:** Emma; April 16: A League of Their Own. Three course movie-themed dinner at the Selkirk Grille prior to movie. Reservations must be made in advance by calling 403-268-8607 or see heritage-park.ca

**Greater Forest Lawn 55+ Society Dance – April 6:** Sentimental Journey. Doors 6:30 and dances 7:30 pm. Light lunch 9:30. Cost - members \$12 and non-members \$13. Phone 403-272-4661.

**Calgary Woman's Show – April 6 & 7:** 300+ exhibits plus fashion shows and entertainment. Stampede Park, BMO Centre. See calgarywomansshow.com

**Accordion Assoc. of Calgary Fundraiser – April 13:** Event called A La Carte; 7 pm start. Night of musical entertainment and dinner plus sale of some accordions. Tickets must be purchased in advance; \$35 per person. At the Killarney-Glengarry Hall (2828 – 28 St. SW). See accordion-now.com

**Calgary Cat Assoc. Cat Show – April 13 & 14:** Competitions and vendor market. Southland Leisure Centre. See calgarycatshow.com

**Calgary Horticultural Society Garden Show – April 14 & 15:** Celebrating the Society's 10th Anniversary. Speakers, displays and a community market. Spruce Meadows. Information and tickets calhort.org

**Heritage Park Speaking of the Past Presentations – April 18:** Turner Valley and Alberta's First Three Oil Booms. 1900 Heritage Dr. SW. See heritagepark.ca

**Chinook Country Historical Society April Speaker – April 23:** Guest speaker Pat Brennan, retired professor of history, U of C on the topic of The Hundred Days That Won the Great War. 7 pm. at The Military Museums (4520 Crowchild Tr. SW). Free to attend. Phone 403-261-4667 or see chinookcountry.ca

**Fabric and Yarn Sale – April 25 & 26:** Being held by the group Ujamma Grandmas as a fundraiser for benefit of grandmothers in African countries who are raising their grandchildren (stemming from AIDS). Sale hours on the 25th from 2:30 to 7:30 pm and on the 26th from 9 am to 2 pm. Woodcliff United Church (5010 Spruce Dr. SW). See ujammagrandmas.com

**19th Annual Calgary Pet Expo – April 27 & 28:** Exhibits of pet products, service providers and clubs and organizations. Spruce Meadows Equiplex. See calgarypetexpo.com

**HARTs Calgary Summer Camp Annual Dinner and Auction Fundraiser – May 3:** Proceeds for Ukrainian children from orphanages, foster homes and those living in the war zone of eastern Ukraine to attend summer camp in 2019. Begins at 5 pm with silent auction, followed by Ukrainian buffet and then program including Ukrainian dancing. Venue is Centre Street Church (3900 – 2 St. NE). See www.hart.ca

**Arts Commons PCL Blues Series – April 5 & 6:** Eden Brent; May 3 & 4: Thornetta Davis. Arts Commons, downtown. Box Office 403-294-9494

**Classical Guitar Society – April 6:** Tengyue Zhang (2017 Guitar Foundation of American Competition winner). Venue is Knox Presbyterian Church. Tickets 547-435-7179

**Calgary Civic Symphony – April 7:** Fantastic Firebird (featuring pianist Krzysztof Jabolonski). Arts Commons. See calgarycivicsymphony.ca

**TD Jazz Series – April 11:** Monterey Jazz Festival on Tour. Arts Commons. Box Office 403-294-9494

**Calgary Philharmonic Orchestra – April 13:** Hawksley Workman with Orchestra (Juno Award-winning Canadian singer-songwriter); April 25: Provocative – Percussion & Tchaikovsky (featuring CPO's principal percussionist Joshua Jones); April 27: Sensory Overload (featuring Juno award-winning Inuk throat singer Tanya Tagaq). Jack Singer Concert Hall, Arts Commons. Box Office 403-571-0849 or see calgaryphil.com

**Calgary Pro Musica – April 5:** New Orford String Quartet; April 14 & 15: RCO Camerata. Venue is Eckhardt-Gramatte Hall, Rosza Centre on the U of C Campus. See calgarypromusica.ca

**Alberta Spotlight Series – April 18:** The Shiverettes with Wares and Mademoiselle. Studio Bell National Music Centre (850- 4 St. SE). See nmc.ca

## IN CONCERT

**Arts Commons Presents Classics Albums Live Series – April 18:** AC/DC Back in Black. Box Office: 403-294-9494

**BD & P World Music Series – April 26:** Anoushka Shankar. Venue is Arts Commons. Box Office 403-294-9494

## THEATRE

**Lunch Box Theatre – April 1 to 20:** Gutenberg

14 - Monday, April 01, 2019, CALGARY PRIME TIMES

– The Musical. 160, 115 – 9 Ave. SE. Box Office 403-265-4292

**Theatre Calgary – April 9 to May 12:** Billy Elliot the Musical. Max Bell Theatre, Arts Commons. Box Office 403-294-7447

**Vertigo Theatre – Ending April 13:** Hamlet – A Ghost Story; Ending April 14: Might As Well Be Dead – A Nero Wolfe Mystery. Theatre is located at the base of the Calgary Tower, downtown. Box Office 403-221-3708

## MUSEUMS AND EXHIBITS

**Glenbow Museum – Thru April and Ending June 2:** Two exhibits – Christian Dior (exhibit examines ground-breaking work of one of fashion's greatest couture houses between 1947 to 1957) and Meryl McMaster – Confluence (an exhibit by this Ottawa-based artist). 130 – 9 Ave. S.E. Phone 403-268-4100

**Alberta Craft Council – April 6 to May 25:** Three exhibits – Because It Never Occurs To Us That We Cannot (ceramic works), The Surface of Things – Chasing Light (prints and glass) and Milk & Oil (ceramic sculptures). C-space King Edward (1721 – 29 Ave. SW). Phone 587-391-0129

## DANCE

**Decidedly Jazz Danceworks – April 25 to May 12:** Double bill – Magnetikae and Lovestruck. Venue is DJD Dance Centre. See decidedlyjazz.com

## BEYOND CALGARY

### Airdrie

**Bert Church Theatre – April 6:** Prairie Mountain Fiddlers; April 12: The Celtic Tenors. 1010 East Lake Blvd., NE. Tickets thru Ticketpro Call Centre 1-888-655-9090

**2019 Airdrie Home & Lifestyle Show – April 27 & 28:** 200+ exhibitors, ongoing entertainment and an arts market hosted by Airdrie Regional Arts Society. Genesis Place. See airdriechamber.ab.ca

### Canmore

**Mountain Made Spring Craft Market – April 20:** 10 am to 4 pm. Featuring handmade goods from 40+ artisans. Venue is Elevation Place (700 Railway Ave.). See mountainmademarketsale.wordpress.com

**Canmore Uncorked Food and Drink Festival – April 25 to May 15:** Eleven days of special culinary and wine/spirit events. See canoreuncorked.com

### Okotoks

**Okotoks & District Chamber of Commerce Trade and Lifestyle Show – April 12 & 13:**

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# April showers bring horror flicks to movie screens

A year or so ago moviefane.com asked, "Is April the new October?" Their question had nothing to do with a change in the weather or the fact that April is the seasonal equivalent of October in the Southern Hemisphere but with the number of horror films set be released in the fourth month of the year. Perhaps it's the relentless rain or maybe it's because taxes are due but April is now the most terrifying month on the calendar, in the theatres anyway.

Pet Sematary, released almost exactly 30 years to the day since the original film hit screens, is a remake of one of Stephen King's scariest novel adaptations. The 1989 movie was so scary King, the master of all things terrifying, says it was the only one of his films that genuinely scared him. Once again a mysterious burial ground offers up dead people and animals who will just not stay underground, but don't expect a note for note remake. Three decades ago it was a young boy coming back from the grave that kick started

the action. This time around it's a nine-year-old girl, a change that displeased hardcore King fans. Star Jason Clarke says the change makes the story "deeper and richer," adding, "Stephen King didn't have an issue with it."

The Curse of La Llorona is being marketed as a stand alone film, it is set within The Conjuring Universe. Set in 1970s Los Angeles, Bloodline star Linda Cardellini plays a social worker who find similarities between one of her cases and the supernatural force of La Llorona a.k.a. the Weeping Woman of Latin American folklore, threatening her own children. The link between this movie and The Conjuring universe? Producer James Wan and the character of Father Perez (Tony Amendola) who also appeared in the first Conjuring spinoff film Annabelle.

Based on the graphic novels by Mike Mignola, Hellboy returns to the screen for the third time in a tale of ancient sorceress powerful Nimue (Milla Jovovich) bent on revenge. A complete

## At the movies Richard Crouse



reboot of the series, this is the first Hellboy flick made without director Guillermo Del Toro and star Ron Perlman who originated the character. In their places are Neil Marshall, best known as a television director of Game of Thrones and Westworld and Stranger Things star David Harbour. With the new director comes a new direction. Mignola says the new movie will have less the superhero feel of Del Toro's films and play up the darker elements of the graphic novels. "We explore the horror of what it must be like to be from hell and to struggle to find your place among human beings," says Harbour of the R rated movie.

### SEE IT

Us sees the Wilson family fight back when doppelgängers invade their home. They are a nice family confronted by something they

can't imagine, let alone control. It's a gory and scary take on class structure; on the chasm between rich and poor.

Fans of the Original Six will want to check out Goalie, the biopic of the legendary NHL Original Six era goaltender Terry Sawchuk. It's an elegy for a man who spent much of his career earning \$25 a game; a movie not about scores or stats, it's about what drives the players to push themselves.

In Gloria Bell, Julianne Moore plays a 50-something woman looking for love in LA's discos. The Oscar winning actress gives an astounding performance, especially in her understated moments. She is vulnerable and jubilant, awkward and comfortable, and always relatable.

In Captain Marvel Carol Danvers finds herself caught in a



Scene from the updated version of Pet Sematary.

galactic alien war. The convoluted story and cluttered action sequences slow down the momentum but Brie Larson is fantastic, stoic one moment, swaggering playfully the next.

### SKIP IT

In The Aftermath, Jason Clarke and Keira Knightley play a British colonel and wife live who with a German man who once owned their home in post WWII Hamburg. The love story feels torn from the pages of a not-so-steamy Harlequin Romance, overshadowed by the clumsy melodrama.

In the animated Wonder Park a young girl's pretend theme

park helps her cope with the reality of her mother's illness. It feels stretched to feature length but nonetheless is much more poignant than you might expect from a movie featuring a talking porcupine.

In A Madea Family Funeral a family reunion brings with it tragedy and the revelation of family secrets. If you're not already a fan of Tyler Perry and Madea's humour this movie is unlikely to convert you. Slapstick, soap opera melodrama and sentimentality collide at the speed of light.

*Richard Crouse is a veteran film critic who is a regular contributor to CTV News.*

# What's better than chocolate chip cookies? Nothing

## OUR SIGNATURE CHEWY CHOCOLATE CHIP COOKIES

- 3 1/2 cups (875 mL) flour
- 1 tsp (5 mL) baking soda
- 1 tsp (5 mL) salt
- 1 1/3 cups (325 mL) butter, softened
- 1 1/2 cups (375 mL) packed golden brown sugar
- 1 cup (250 mL) sugar
- 2 eggs
- 1 tbsp (15 mL) vanilla
- 1 1/2 cups (375 mL) semi-sweet chocolate chips
- 1/2 cup (125 mL) chopped walnuts or pecans, optional

Combine flour, baking soda and salt in a bowl; set aside. Using medium speed of an electric mixer, beat together butter, brown sugar and sugar until fluffy. Using low speed, beat in eggs and vanilla until blended. Using high speed, beat until light and fluffy. Stir in flour mixture just until combined. Fold in chocolate chips and walnuts. Drop 1 tbsp (15 mL) measures of dough 2 inches (5 cm) apart onto ungreased cookie sheets. Bake at

## From the Blue Flame Kitchen



375°F (190°C) for 11 - 12 minutes or until bottoms of cookies are golden. Cookies will look puffed and almost set. Do not overbake. Let cookies stand for 5 minutes on cookie sheets. Cookies will fall upon standing. Remove from cookie sheets and cool cookies on racks. Store in an airtight container in a cool dry place for up to 3 days. May be frozen. Makes about 5 dozen.

### RAINBOW CHOCOLATE CHIP BARS

- 1 1/2 cups (375 mL) flour
- 1 tsp (5 mL) baking powder
- 1/2 tsp (2 mL) salt
- 1/2 cup (125 mL) butter, softened

- 3/4 cup (175 mL) sugar
- 3/4 cup (175 mL) packed golden brown sugar
- 2 eggs
- 1 tsp (5 mL) vanilla
- 1 cup (250 mL) miniature candy-coated chocolate pieces
- 1 cup (250 mL) semi-sweet chocolate chips
- 1/3 cup (75 mL) miniature candy-coated chocolate pieces

Combine flour, baking powder and salt in a bowl; set aside. Using medium speed of an electric mixer, beat together butter, sugar and brown sugar until fluffy. Beat in eggs, one at a time, until blended. Beat in vanilla. Stir in flour mixture just until blended. Stir in 1 cup (250 mL) candy-coated chocolate pieces and chocolate chips. Spoon into a greased 9x13 inch (23x33 cm) baking pan. Sprinkle with 1/3 cup (75 mL) candy-coated chocolate pieces. Bake at 350°F (180°C) for 30 - 35 minutes or until golden brown and a cake tester inserted in centre comes out clean. Cool completely in pan on a rack. Cut into bars. Makes 48.



‘I wanted to be more active and live more fully. Evanston Summit gave me a new lease on life and was good for my bank account too!’

ALBERT  
EVANSTON SUMMIT RESIDENT

## My life at Evanston Summit by *Albert*

I'm an independent, fun loving senior. A year ago I was thinking about the next chapter in my life. I started wondering if I would be happier in a retirement community. I wanted more company, more activity and more security. But I was worried about my hard earned nest egg and what moving would mean to it. A friend told me about Evanston Summit. He said he loved living there and felt healthier, more active and safer than he had in years. He also said that he wasn't renting and instead chose an option only Evanston Summit offered called a Life Lease.

I was curious enough to find out more!

After a call with Carrie at Evanston Summit I joined her for a tour and dinner. I brought my daughter along and we both liked it right away. The executive chef prepared a great meal and the people at my table told stories and we laughed. I didn't realize how much I missed company at dinner until that moment. Before we left the tour, we asked a lot of questions and Carrie told us the one thing she hears most often from residents is that they wish they'd moved in sooner.

We asked Carrie about the Life Lease my friend had talked about. She said at Evanston Summit it's all about choices. She told us about renting and it was a great option and very affordable. Then she told us about their Life Lease. It just made sense to me. First you pick your suite and pay an entrance fee that's 99% refundable. It's this refund when you move out that keeps your savings intact. You lose nothing but 1% no matter how long you live there.

At my age, I make decisions with my grown children and my financial advisor. They did their research and told me the Life Lease option is the best value I could find. I feel good knowing the entrance fee I paid is invested with the Covenant Family of organizations that has served 100,000+ Albertans and has 100 years of history in this province. They also found out that I'd

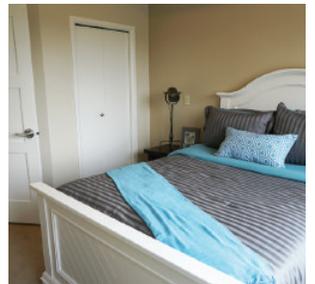
be saving money every month too, in fact, they figured the savings would generate better returns than a 5% GIC. I moved in nine months ago. And just like Carrie told me on the tour, the one thing I regretted was waiting so long to make it my home.

Now that I'm living at Evanston Summit I feel safer, more active and more interested in life. I knew I'd meet some nice people but I can't believe that I have more friends now than I had in college.

Sometimes I'm busy all day and other days, I rest and read. Some of us go to the market on the weekend and we're all part of at least a few activities a week. On top of it all, the executive chef creates meals that are healthy for me and that I love. He takes better care of me than I did when I was living alone!

Looking back on the past year, it's easy to see how the monthly savings add up. I pay a low monthly fee that covers everything other than phone and cable TV. So now I have no surprise bills or expenses. I don't even have to pay someone to clear the snow. My monthly fee takes care of my meals, housekeeping, security, a 24 hour concierge, activities and something else that's priceless: My peace of mind.

I've talked to my friends at Evanston Summit and they've done the math too. With the Life Lease they're saving between \$1,100 and \$1,500 a month. I like to use the extra money to check things off my bucket list. This month I'm taking my granddaughter whale watching!



Value might be an old fashioned word but it really sums up Evanston Summit. I get the value of healthy meals I love and that are good for me. I get the value of friendship, activity and daily connections and my grown children have the peace of mind that I'm thriving. Plus I'm more secure and safe and so is my retirement savings. That's what I call great value.

If I had one piece of advice for you it's to book a tour to get to know Evanston Summit. Bring a friend or your grown children with you, there's plenty of room and you'll always feel welcome. Maybe we'll meet up in the dining room and I can tell you about how I started a new chapter of my life and am so glad I did.



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