



# OGDEN HOUSE 50+ ACTIVITY CLUB OCTOBER 2021



OGDEN HOUSE 50 + ACTIVITY CLUB  
2102 - 69<sup>th</sup> Avenue S.E., [www.ogden50plus.org](http://www.ogden50plus.org)

FAX # 403-279-1009 PHONE: 403-279-2003  
CALGARY, AB T2C 3Y4





**BOARD EXECUTIVE 2020**

CHAIR	Dave Swanson
1 <sup>ST</sup> VICE	Mike Gale
2 <sup>ND</sup> VICE	Darleen Bowser
TREASURER	Marjorie Irwin
SECRETARY	Juliette Hachey

**DIRECTORS**

Carol Finlay
Doug Bell
Don Miller
Duane Bumstead
Bill Chepil
Dan MacLellan

**VISION STATEMENT**

We are an organization that gives purpose to our lives by keeping us involved socially, emotionally, physically and intellectually.

**CENTER HOURS**

**Monday to Friday  
8:00 am to 4:00 pm**

**STAFF & PHONE EXTENSIONS (403) 279-2003**

EXECUTIVE DIRECTOR #5	Renata Michalski	renata@ogden50plus.org
PROGRAMS & HOUSEKEEPING #2	Erika Rodríguez	erika@ogden50plus.org
BOOKKEEPER #1	Sonia Provenzano	sonia@ogden50plus.org
MOW/SNOW #3	Rick Scott	rick@ogden50plus.org

<b>IMPORTANT PHONE NUMBERS</b>		
POLICE		403-266-1234
OGDEN FIRE STATION		403-264-1022
BUS ROUTE INFO		403-262-1000
OGDEN HOUSE		403-279-2003
MOW/SNOW		403-236-8139
DISTRESS CENTER		403-266-4357

## MESSAGE FROM THE CHAIRMAN

October 2021      Happy Fall      Happy Thanksgiving      and      Happy Halloween

Thursday 30 September was the National Day of Truth and Reconciliation.

September is over and we are into another COVID protocol.

Where did the summer go????

The province has mandated Face covering inside Ogden House.

The city has mandated a Vaccine Passport, or a Paid Negative COVID test or a Medical Exemption. You must show one of these to enter Ogden House.

To get your Vaccine Passport you can go to: [albertavaccinerecord.ca](http://albertavaccinerecord.ca), fill in your Alberta Health number and date of birth and month you received one of your vaccinations and print off this record.

Ogden House has developed a waiver that you must sign when you enter Ogden House. The front desk receptionist will have you fill it in. Meaning that after that you will not have to show your paperwork each time you return to Ogden House.

We have an ipad at the front door that you will use to sign in. No more paper to sign. Modern Technology!!

The garage sale went well. We had lots of people come through the auditorium., looking for bargains. We also sold a few hotdogs. Thank you to all that helped with the garage sale.

Our TGIF dinner on Friday 24 September was a success. We had a great meal prepared by Darleen Swanson, Margaret Moffat and Darleen Bowser. Thank you, ladies, as well as a Thank you to those who delivered these meals.

We are running some programs. Please contact Erika for more information.

Membership renewals are available at the front desk.

Happy Birthday to all those October babies.

So, in closing;

Have a great month. Take Care, Stay Safe and we will overcome this.

Until next month.

Cheers Dave



## EXECUTIVE DIRECTOR MESSAGE

Hello everyone in October,

Happy Thanksgiving! I hope we can spend this beautiful holiday with family and friends. September was beautiful. My husband and I went hiking a few times and admired the beauty of Mother Nature. The summer was hot, the fall was beautiful, and we should be grateful for everything.

I am pleased to welcome a new chef who will be preparing TGIF dinners for our seniors. Kimberley Aldridge has lots of experience and we are delighted to be working together. What will be for a dinner on October 29th? More information is in the newsletter. Please order your dinner before October 22nd. After that date we will not take anymore orders.

As everyone probably knows, at the end of August we had a COVID-19 case. There were 6 sick people but thank God everyone is healthy now. The center works as normally as possible. With the help of volunteers and the employees, everything is disinfected. Therefore, I am asking everyone to disinfect their hands before they start signing electronically on the iPad. It is a new system, thanks to which we will not be using so much paper. Our computer specialist is still working on making the system easier to use.

All programs are placed on a smart TV. There will be no more whiteboards on the walls for safety purposes.

To all who were born in October, I wish you a lot of health, joy and please spend a lot of time with your family because family is the most important.



Best Regards

Renata Michalski



- ✓ Dementia Care
- ✓ Hourly & Overnight Care
- ✓ Respite Care
- ✓ Personal Care
- ✓ Medication Reminders
- ✓ Companionship Care

**403-828-0550**  
[www.granddaughters.ca](http://www.granddaughters.ca)



## SILVERSHADES PODCAST

Ogden House has a weekly podcast available to all of you. Silver Shades is released every Thursday at 3 pm. You can find the podcast on the website [silvershades.ca](http://silvershades.ca); Spotify, Overcast, Apple podcast, Pocket cast, Anchor, and Google podcast.

On this podcast, we will discuss topics of importance to seniors and the community in general. We will also share stories and connect with seniors in the City. For suggestions for what to cover in the podcast or comments, please refer to the feedback form on the website.

- 1st. Episode “Exploring Ogden House” an interview with Renata Michalski, Executive Director of the Center.
- 2nd. Episode: Granddaughters Personal Care– COVID 19 Isolation & Seniors Week.
- 3rd. Episode: “Dementia” The Alzheimer Society of Calgary.
- 4th. Episode: Puppets!
- 5th. Episode: Canada Day and The Multicultural Fiesta
- 6th. Episode: The Calgary Stampede
- 7th. Episode: Jennifer from Chartwell Fountains of Mission
- 8th. Episode: The Calgary Neuropathy Association
- 9th Episode: JFSC interview with Roxanne Droppo
- And many more.....

Please listen to the Podcast and stay connected.....



<https://silvershades.ca>



# Evaluating the Benefits: Retirement Living & Private Homecare

Are you exploring more daily support for yourself or a loved one, and you're wondering whether retirement living may be a better option than aging at home with private homecare? Our comparison chart may help you understand which option suits you best based on your needs and wants.

## Services provided through retirement living

- Safe social opportunities onsite with people your own age, both spontaneous and organized
- Staff onsite 24/7 for enhanced peace of mind
- A regular team of staff who get to know you and your unique preferences
- Onsite amenities (i.e. library, bistro, movie theatre, etc.)
- Dining experience among friends
- Variety of optional activities, experiences and entertainment onsite
- Organized leisure outings and shopping trips with transportation
- Fitness classes, continued education and speaker series onsite
- Suite maintenance support
- Landscaping and snow-shoveling
- Enhanced infection prevention and control measures
- Total peace of mind for you and your family

## Services provided through private homecare

- Transportation to appointments and errands
- Companionship with paid caregivers
- Meal preparation
- The comfort of your own furniture and belongings in your private suite
- Personalized care support
- Housekeeping options

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\*Services and activities in Chartwell residences may be modified or postponed in pandemic or virus outbreak situations as required by public health authorities.

making people's lives **BETTER**



Jennifer Synnott | Retirement Living Consultant

**CHARTwell** FOUNTAINS OF MISSION retirement residence

222 25th Avenue SW, Calgary, AB T2S 3E9

t.403-244-0322 | c.587-215-2671 | [jesynnott@chartwell.com](mailto:jesynnott@chartwell.com)



# OCTOBER



**GRANDDAUGHTERS**  
personal care for seniors inc.



October is a time for reflection but most importantly.....it's the start of Pumpkin Spiced Latte Season!

Here's a recipe to make your very own Pumpkin Spiced Latte:

- 2 cups milk
- 2 tbsp pumpkin puree
- 1-3 tbsp sugar
- 1 tbsp vanilla extract
- 1/2 tsp pumpkin pie spice (1 1/2 tbsp ground cinnamon + 2 tsp ground ginger + 1/2 tsp ground nutmeg + pinch of ground cloves)
- 1/2 cup strong coffee
- Whipped cream for serving



Settle in with your homemade Pumpkin Spiced Latte and begin MEMOIR WRITING. As we age we need to share our stories with family or friends. Starting with simple information like where you were born, the year and what was happening in the world during this time period. Get a family or a friend to help record the information. Setting aside a small time frame every day to do this and your friends and family will reap the rewards. Your legacy is important, you need to document this information. There are beautiful books available at local book stores and on-line.

Story of My Life: A Workbook for Preserving Your Legacy - Amazon.ca



# FOOD DONATIONS REQUIRED FOR OUR CHRISTMAS HAMPERS



**DONATE  
FOOD  
HERE**



**PLEASE HELP US TO GIVE SOMETHING  
TO THOSE IN NEED....**



**Be a Christmas Angel**



## JUST FOR FUN

Somewhere in the newsletter we have hidden **this image:**  
**September:**

**Mary Wong**



Now it's up to you to find it!

When you do, fill out the form and drop it off at Ogden House 50+ Activity Club or email it to :

erika@ogden50plus.org for a chance to win a \$10.00 Gift Card.

## HIDDEN ITEM

THIS MONTH'S FIND THE ITEM WINNER

\$10.00 Gift Card

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

PAGE & ARTICLE: \_\_\_\_\_

\_\_\_\_\_

## Important Numbers to Have on Hand

811 – Health Link Nursing Advice

403-266-4357 Senior Connect & Distress Centre

403-705-3250 Elder Abuse Resource Line

211 24 Hour information on community and social services in Calgary

311 City of Calgary

411 Telephone Directory

403-266-1234 Calgary Police Service

911 Emergency

511 – Traveller Information Services

611 – Telus

403– SENIORS 403-736-4677 The Way In Network

## TGIF dinner to go. YEAH!!!!!!!!!!!!!!!

Friday, October 29, a special and delicious thanksgiving dinner deliver to the comfort of your home for only **\$15.00 for members** & **\$20.00 for non-members**

**Dinner:** Turkey, mashed potatoes, steam cauliflower in a cheese sauce, gravy, and stuffing (GF), small portion of cranberry sauce/jelly; and pumpkin pie.

This special dinner will be prepared by Ogden House new chef: Kim Aldridge



To order dinner call: 403-279-2003 please or email me to: [erika@ogden50plus.org](mailto:erika@ogden50plus.org)

The **Housekeeping Program** continues working and helping seniors. This is a convenient service to help low-income seniors to keep their home clean and safe. Services can be provided even if you do not qualify for the Government Program. If you do not qualify, you can still receive the services for a setup rate.

To apply or for more info please contact Erika Rodriguez, Supervisor. (587) 885 1070 press # 1.



## MOBILE HAIRSTYLING

Hairstyles in the comfort  
of your home!

ITEM	PRICE
HAIRCUTS	\$20.00
PERMS	\$65.00 & UP
COLORS	\$45.00 & UP

### CONTACT

Kaylynn Miller

403-807-9807

or

[kmiller.yeoldevents@gmail.com](mailto:kmiller.yeoldevents@gmail.com)



# Autumn

## Word Search

B U G U N T L C Z M A D A O F  
M Q A E A T Y I Q U R P E A L  
E T A U H S P S T K P E M G F  
A C N A N A N U E L O I W N E  
Y J N Z Y R M I E R L I G F T  
S K G V O N D C P Y O G Z U A  
S M X C M Y I D S U X M B V T  
H Y A K S D S C D A M O S E X  
J E R Q E H A G B L E P U C U  
C K G R L R W S I L M A K S W  
K R U X E J I K K E B V E I J  
J U M C V V D D C A O Q S P N  
S T R K A C D P D V T J O S X  
O O B O N F I R E E L U T A I  
W E D I R Y A H R S S O M D U

ACORN  
APPLE CIDER  
AUTUMN  
BONFIRE

FAMILY  
HAYRIDE  
LEAVES  
PUMPKIN

SCARECROW  
SMORES  
TURKEY  
THANKS



## OCTOBER 2021

Annie Plaza	October 1
David (Slim) Weegar	October 1
	October 1
Duane Bumstead	October 3
John Van Der Poel	October 3
Rose Bluum	October 4
Linda Leys	October 5
Robert Cook	October 6
Mike Daniels	October 6
Sandra Housken	October 7
Hilarie Brock	October 10
Gerry Shortt	October 12
Catherine Ripley	October 13
Carmen Gallant	October 1
Leon Popik	October 14

Oscar LaRocque	October 15
Shirley Rickard	October 15
Erich Rast	October 18
Vicky Peterson	October 19
Louise MacLennan	October 20
Doreen Hansen	October 21
Brad Kindjerski	October 21
Vera Telle	October 21
Linda Letts	October 22
William Rhe	October 22
Lewis Collett	October 23
Jean Brien	October 23
Alma Curren	October 24
Mervin Guttridge	October 24
Michael Behrman	October 24
Mike Rowan	October 31

