



# OGDEN HOUSE 50+ ACTIVITY CLUB

## NOVEMBER 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  
 VICE Darleen Bowser  
 TREASURER Marjorie Irwin  
 SECRETARY Mike Gale

**DIRECTORS**  
 Carol Finlay  
 Doug Bell  
 Don Miller  
 Duane Bumstead  
 Bill Chepil  
 Dan MacLellan  
 Juliette Hachey

**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

November 2021, Remembrance Day, Don't forget to turn back your clocks

At the eleventh hour, on the eleventh day, of the eleventh month, in 1918, an armistice was signed to end a war to "End All Wars", yet one hundred and three years later we still have armed conflict around the globe. Today we are in another war, one with COVID-19. Let us stay safe.

On this Remembrance Day, remember all those men and women who serve and who have served our country, as well as all those who made the ultimate sacrifice, so that we can live in a free country. **Thank a Veteran. This is the 100<sup>th</sup> Anniversary of the Poppy.** So please wear one.

Over the past year we have partially been able to open Ogden House then close down and open again. Hopefully this madness will soon end and we can throw the doors open and socialize with each other again.

Our monthly TGIF dinners have been well received.

As I write this, we have had no snow YET. But we all know that Mother Nature is just lurking behind the clouds. So let us all stay warm and be ready for winter. Only 55 days until Christmas.

On Tuesday 26 October, a baby shower was held for Titiana Vanciu (our Bookkeeper) and her baby girl, Evelynne. There was quite a frenzy with 200 Grandmothers lining up to hold the baby. No, I am only kidding.

Happy Birthday to all you November Babies. Enjoy your month.

Membership renewals for 2022 are available at the front desk.

Have a Great Month, Take Care, Stay Safe, Stay Warm and Stay Strong.

Until next month.

Cheers Dave



## EXECUTIVE DIRECTOR MESSAGE

Hello everyone, I can't believe it's November and Remembrance Day already. We all want to remember the heroes who fought and gave their lives for the freedom of their homeland so that we might have a better life. Thank you to the brave men and women who made this great sacrifice. On this day of remembrance let us count our blessings and stand proud and pay tribute to the heroes of our nation.

Since Monday, September 20<sup>th</sup>, Ogden House has been implementing the Restriction Exemption Program (REP). Please wear a mask before entering the center. We will be asking for a Vaccine Passport or Paid Negative Test or Medical Exemption. Everyone will have to disinfect their hands and please keep 2 meters distance. The temperature will be measured at the entrance and use the electronic login to sign in (please answer all questions). We are here to help anyone who needs help. Please follow all these steps as it is very important for all of us to stay safe and healthy. Everyone needs to sign a Waiver, after which you do not need to show your COVID passport.

We are looking for casino volunteers on February 28<sup>th</sup> and March 1<sup>st</sup>, 2022, at the Cash Casino on the Blackfoot Trail. Please contact me at 403-279-2003 ext. 205 or e-mail [renata@ogden50plus.org](mailto:renata@ogden50plus.org) This is very important because without Volunteers our center could not exist.

On November 11<sup>th</sup> we are having Turkey Wild Rice Soup and Gluten Free Lemon Poppy Seed Loaf -- \$7.00 for members and \$10.00 for non-members. The cut-off date for preordering will be Friday 5<sup>th</sup>. Please order by phone or email me. Thank you.

The next TGIF dinner will be on November 26<sup>th</sup>. More information is in the newsletter. The cut-off date for pre-ordering will be Monday 22<sup>nd</sup>.

Happy Birthday to those born in November. Lots of love, health and blessings for the years to come.

Best Regards,

Executive Director

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](https://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.

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

<https://silvershades.ca>



## SILVER SHADES PODCAST

Connecting With Seniors Every Week



# BOOST YOUR BRAIN FITNESS

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KNOW!**

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Jennifer Synnott!

A four-week series on Wednesday mornings in December  
Call Jennifer: (403) 244-0322 for more information



\*Source: <https://alzheimers.ca/en/Home>

**Jennifer Synnott | Retirement Living Consultant**

**CHARTWELL** FOUNTAINS OF MISSION retirement residence

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

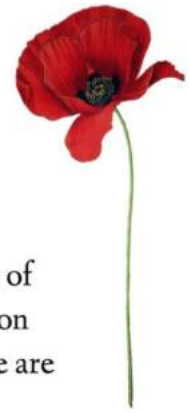
t.403-244-0322 | c.587-215-2671 | [jesynnott@chartwell.com](mailto:jesynnott@chartwell.com)



# NOVEMBER

## GRANDDAUGHTERS

personal care for seniors inc.



Many caregivers don't see themselves through the lens of being "caregivers" and get lost in the day-to-day role. It's easy to lose sight of just how much responsibility you take on and the impact it can have on you, both good and bad. Research shows that people in a caregiver role are at higher risk for physical and mental health illness.

### 10 Ways to Care for Yourself If You Are A Caregiver

1. Self-compassion is essential to self-care. Practicing self-care allows the caregiver to remain more balanced, focused, and effective which helps everyone involved. Take time for yourself and your own needs.
2. Eat a well balanced diet. Drink plenty of water every day.
3. Exercise by taking short walks daily or at least three times a week.



4. Listen to guided relaxation recordings or relaxing music.
5. Schedule short rest periods between activities. Make it a priority to get a good night's sleep.
6. Set limits for what you can do.
7. Don't overload your daily to-do list. Be realistic.

8. Find a few hours several times a week for activities that you find meaningful and enjoyable.
9. Share your feelings with family members or other caregivers, or join a support group.
10. Give yourself credit: The care you give does make a difference.



# 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**:

**October:**

**Thelma Green**



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

## **"It's the Veteran"**

It's the Veteran, not the reporter  
WHO has given us the freedom of the  
press.

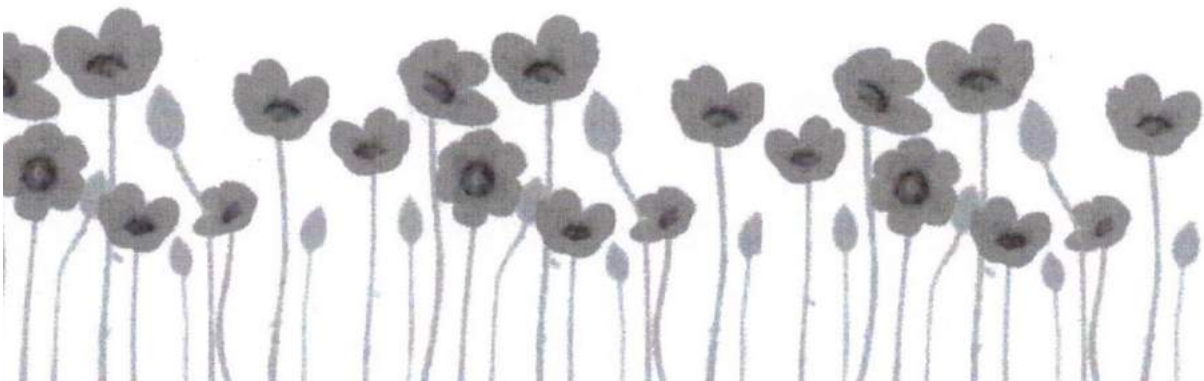
It's the Veteran, not the poet, WHO  
has given us the freedom of speech.

It's the Veteran, not the politicians  
THAT ensures our right to Life, Liberty  
and the Pursuit of Happiness.

It's the Veteran who salutes the flag,  
WHO serves beneath the flag, AND  
whose coffin is draped by the flag.

If you care to offer the smallest token  
of recognition and appreciation for the  
Military,

PLEASE pray for our men and women  
WHO have served and are currently  
serving our country  
AND pray for those who have given  
the ultimate sacrifice for freedom.



**TGIF dinner to go. YEAH!!!!!!!!!!!!!!!**

Friday, November 26, a special and delicious thanksgiving dinner delivered to the comfort of your home for only **\$15.00 for members & \$20.00 for non-members**

**Dinner:** Beef Pot Roast with Gravy, Stuffed Baked Potato, Steamed Carrots & Flourless Chocolate Cake with whipped cream.

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



To order dinner call: 403-279-2003 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) 839-6405 .



## 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.yeoldeevents@gmail.com](mailto:kmiller.yeoldeevents@gmail.com)



# Remembrance Day

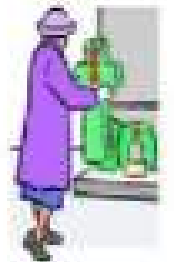


Find the hidden words within the grid of letters.



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

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- |           |          |          |          |             |
|-----------|----------|----------|----------|-------------|
| Air force | Ceremony | Foe      | Medal    | Remembrance |
| Army      | Courage  | Guard    | Memorial | Troop       |
| Bravery   | Fight    | Honour   | Navy     | Veteran     |
| Cavalry   | Fleet    | Infantry | Poppy    | War         |

## NOVEMBER 2021

Vyacheslav Zayarni	November 1
Bonnie Ikert	November 3
Leonard Trottier	November 4
Brian Dreher	November 5
Gordon Konrad	November 7
Samuil Negelev	November 10
Norman Fischer	November 11
Elizabeth Barnett	November 12
Colleen Wardlaw	November 13
Edna Mae Hahle	November 15
Dean Brown	November 18
Sherry Gagne	November 20
Jerry Murphy	November 21

Anna Black	November 22
Steven Wong	November 23
Laura Hunt	November 24
Patricia Nagy	November 25
Sandra Healy	November 28
Dan Powell	November 30

