

Alberta 55plus
Zone 6 Edmonton



THE GRAPEVINE



2022 Canada 55plus Games



What a busy, busy summer we've all had! With the **2022 Canada 55plus Games** following fast on the heels of the **Peace River Region 2022 Provincial Summer Games**, sometimes it was difficult to fit everything in. But fit it in we did, and now we can catch our collective breaths, and start preparing for Fall and all the events leading up to – get prepared – I am going to use the 'C' word – Christmas!

From all reports, the Summer Games were a resounding success, but the Canada Games did leave a few things to be desired. The high temperatures were certainly a challenge for the outdoor events; golfers reported long hours on the course and not having sufficient water stations to keep them hydrated. In Pickleball, a number of players collapsed from heat stroke or exhaustion, and medical personnel had to be called. We can hardly blame the organizers for the overly warm weather – after all, Kamloops and the surrounding area are well known and sought after for their exceptional summer weather. And we also had a few reports of a lack of food access and parking at several events. But keep in mind the tremendous effort put forth by all the organizers – and remember that they are all volunteers, and they were trying their best. They will have learned a great many pointers for another time. With Zone 6 having hosted the Provincial Winter Games in the spring, we all know just how much time and effort all the planning takes. Pulling it off successfully is a real coup! We trust that you all enjoyed your experience at the Games – any and/or all of them. Participation is the main goal.

Alberta did very well in garnering medals! Well done competitors – and we mean everyone who competed, whether you won a medal or not! You all did a great job of representing Alberta, and Zone 6!

We have tried to report all the medal winners from zone 6 in this newsletter. I want to personally thank the coordinators and those individual members who answered my plea for stories and photos to put into the newsletter. It was great to hear from all of you, and I just hope that I got all the information recorded correctly so that each of you can be credited.

Here is a photo from the Opening Ceremonies. Other photos are to be found throughout this newsletter. Enjoy!





Message From the President

There is no danger of developing eyestrain from looking at the bright side of things! Our Marigold Seniors' Recreation Society of Edmonton organization has many fantastic members and active volunteers who make things and events happen.

The recent Casino on September 14th and 15th was a success as it managed to contribute \$137,774 into the AGLC quarterly revenue pool. Our of this pool will be known by December 31st, 2022. A special "THANK YOU" goes out to all the following casino volunteers who took time and effort to make our event a success.

- | | |
|--------------------|-------------------|
| Caroline Anker | Stan Androschuk |
| Ron Berlando | Maureen Bishop |
| Pat Chobater | Mike Dolynny |
| Vicki Dolynny | Vern English |
| Richard Fahrion | Victory Fedyna |
| Eleanore Frend | Delores Heck |
| Don Holtom | Roger Johnson |
| Eleanor MacIntosh | Elaine Maxwell |
| Kathy Murrie | Arnold Nett |
| Percy Perrich | Frances Purschke |
| Clinton Sopchyshyn | Geneva Sopchyshyn |
| Marshall Yaremciio | |

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Our application for the next casino has been sent in. In 4-6 weeks a slotting letter will be sent to us from Alberta Gaming Liquor and Cannabis (AGLC) to let us know the quarter and year of our next casino.

Our Activity Coordinators are working on their proposed future events as we will be participating in the 2023 Alberta 55plus Summer Games which will be held in Brooks, Alberta in August of 2023. Hopefully we will all be in good health and great spirits as we look forward to participating in these fun-filled games.

Contact your Marigold 55plus President Clint Sopchyshyn at:

- (780)434-7133
- clintsopchyshyn@gmail.com

Enjoy the rest of Fall before the snow flies!

Clint Sopchyshyn
Zone 6 President

Executive

Clint Sopchyshyn	780-434-7133
President (clintsopchyshyn@gmail.com)	
Vice-President	
Caroline Anker	587-469-4460
Past President (paces55@shaw.ca)	
David Mandolesi	780-989-1724
(Interim) Treasurer (mandolesi@telus.net)	
Eleanore Frend	780-462-7488
Secretary (elfrend@telus.net)	
Rosalyn Schilberg	780-466-0148
Membership Director (rosalyn@telusplanet.net)	
Vacant	
Activities Director(s)	
Wendy Jerome	780-489-5556
Director at Large (Publicity) (wjerome@telus.net)	
Clint Sopchyshyn	780-434-7133
Director at Large (Casino) (clintsopchyshyn@gmail.com)	
Pat Chobater	780-469-0727
Director at Large (pat.chobater@gmail.com)	
Jean-Claude Jetté	780-481-7512
Director at Large (jettejc@shaw.ca)	
Natsuko Cyr	780-988-5456
Director at Large (cymatsuko@gmail.com)	
Eleanore Frend	780-462-7488
Newsletter (elfrend@telus.net)	

The people listed above are the people responsible for the direction and leadership of **Alberta 55plus Zone 6 Edmonton** organization. Thank you for your trust in awarding these duties to us.

Zone 6 Office

Zone 6 has a permanent office at Central Lions Recreation Centre. Our address is 11113-113 Street, Edmonton, AB T5G 2V1, and our phone number is 780-454-6560. If you have any inquiries, please contact us at the number listed, and leave a message on the answering machine. Now that the pandemic restrictions have been lifted, we once again have office volunteers to man the office to answer the telephone and questions, and to greet visitors on Tuesdays and Thursdays. If



you would like to volunteer at our Zone 6 office, please phone Pat Chobater at 780-469-0727 or e-mail her at pat.chobater@gmail.com. If it is your first time, another experienced volunteer will be happy to work with you, and show you what to expect.

Zone 6 Office Hours

The office is now open Tuesdays and Thursdays from 1:00-3:00 pm.

Office E-mail Address

Our e-mail address is: EdmMarigoldZone6@gmail.com

Executive Board members will be checking the e-mails periodically and responding to them. This is one more step towards enhancing our communications with our members.

If you are a regular Grapevine reader, by now you know that we welcome articles and/or photos from Coordinators, Assistant Coordinators and members. Articles can be on specific events, your experiences at the Games, your views on being an Alberta 55plus member, or personal interest stories. Send them to me by e-mail (elfrend@telus.net) or mail them to 636 Lee Ridge Road NW, Edmonton, AB, T6K 0N8. Many articles in this newsletter have been written by me unless otherwise specified. Unfortunately, that also means that any complaints are also in my purview. We consider all your views and comments to be valuable, complimentary or not. **We are depending on our members to keep us updated on any change to your contact information – most importantly – your e-mail address and your telephone number(s).**

If you have not renewed your membership yet, please go online to the Alberta 55plus website to do so (<https://alberta55plus.ca/>), or complete the form (pages 13/14 of this newsletter) and mail it in to Rosalind Schilberg, our membership director. Please note that membership fees have risen to \$40 per year effective January 1st, 2023, and can be paid for only one year at a time now.

Eleanore Frend

Current Financial Situation – Your Help is Needed

As most of you know, Zone 6 hosted the 2022 Alberta 55plus Winter Games in early April of this year. They were tremendously successful! We began our planning thinking that we would get perhaps 500-600 Alberta 55plus members participating, given that it was the tail-end of Covid, and planned accordingly. It appeared that Alberta seniors were fed up with being isolated, and wanted to get out and compete once again, and get back to having fun at our provincial games. Our budget was set on the predicted attendance numbers, but by the time we found out that the actual number of attendees at the Games was nearly double our predictions (1157), it was too late to change projected budget numbers, or increase the registration fee set for those entering competition.

The \$65 registration fee that was in place (set by the provincial board a number of years ago) did not even cover the cost of food required for each competitor throughout the four day competition. Consequently, Zone 6 had to absorb the extra costs of food, in addition to venue and equipment rentals because we had to honour our commitment to host the games. With that number of competitors, we were limited to two choices to host the Opening Ceremonies and Friday evening banquet – either the Expo Centre or the Shaw Conference Centre – both of them costing far above our budgeted amounts. The Expo Centre was chosen because their location and layout seemed the better choice, considering parking and accessibility. At this time it was too late to apply for additional grant monies, or increase the amounts which had been applied for months before. Quite frankly, the planning committee was “between a rock and a hard place”.

Presently, we still have an outstanding bill to be paid, \$35,000, and have been informed by AGLC that future casino revenues could not be applied to these bills. Zone 6 Executive recently met with Expo Centre management in an effort to have the amount of the outstanding bill lowered (they are unwilling to do so) and have set a deadline by which the bill must be paid. Applications have been made to various organizations who have been known to assist with financial aid (the Oilers organization, Province of Alberta [cultural and sports grants], other charitable assistance groups). At the present time, no additional financial assistance is forthcoming from any of these sources.

We therefore find ourselves in a very uncomfortable financial position. When casino funds from our September casino are deposited into our bank account, we will have monies with which to operate our regular activities – competitions and fun events. This will happen in November or December of this year. In an effort to increase revenues, your Board is investigating several ways to raise funds:

1. Fees for our fun games will have to increase from \$5 to \$10 in the interim.
2. Donations can be made (and charitable donation receipts issued); **cheques should be made out to Alberta 55plus and sent to Kevin Worth, Provincial Coordinator, with a directive that a charitable donations receipt is to be issued, and the attached cheque is to go directly to Zone 6. Treasurer David Mandolesi (mandolesi@telus.net) should also be notified when such a donation is being made.** Send to: *Kevin Worth, Provincial Coordinator, Alberta 55plus, Percy Page Centre, Third Floor, Edmonton AB T5M 3K6.*
3. Newsletters will be sent out electronically by –mail. Those few members (approximately 25) who do not have e-mail access will continue to have hard copies mailed out to them as before. However, several members who do have e-mail access, have requested to have a hard copy mailed to them as well because they prefer to have a hard copy in hand. While we understand and accept that, there are additional costs to be considered: the cost of printing each newsletter is approximately \$3.50, plus postage of approximately \$2.00 each, making the cost of each newsletter \$5.50. After much discussion, your Board decided to give members the option of requesting a printed hard copy and paying a ‘subscription fee’ of \$25 per year for four issues.
4. Other fundraisers such as other charitable organizations, etc. will be contacted.
5. The Board has chosen to solicit companies and organizations to advertise in our newsletters. Advertising rates (consistent with other newsletters) range from \$25 for a business card (4”W x 2.5” H) to \$160 for a full page ad (8”W x 10” H). Newsletters are planned for March, June, September and December.

If you know of any business, or organization, who might consider advertising in our newsletters, please either send that information to Eleanore Frend, or approach them yourself with this information in hand, and be your own charming and convincing self.

The foregoing are just a few of the steps your executive and coordinators have felt compelled to take in order to find resolution to our financial problems. **We want to express our appreciation for the cooperation, patience, assistance and understanding of our members.**

If members have fundraising suggestions please send them to our president, Clinton Sopchyshyn at clintsopchyshyn@gmail.com or (780)434-7133. Thank you!

Special Zone 6 Member Meeting Called for Tuesday, November 1st, 2022 – 10:00 am

This special meeting is being called (via ZOOM – a link will be e-mailed to you) to gain member approval to initiate a loan with the Royal Bank of Canada in the amount of \$35,000 in order to cover our outstanding bill to the Expo Centre from the 2022 Alberta 55plus Winter Games. For more information contact any of your Board members, listed on page 3. This is an important meeting, and we cannot stress enough how important it is for Zone 6 members to take part and be made aware of steps taken to resolve our financial issues.

Alberta 55plus Membership Fees and Renewal

As discussed at the annual provincial AGM earlier this year, the annual membership fee has been raised from \$30 to \$40 effective January 1st, 2023. Memberships extend from January 1st through December 31st of each year. \$20 goes to the local zone, and \$20 goes to the provincial board to help cover operating expenses. It will no longer be possible to purchase memberships for more than one year at a time, and there is no prorating allowed – only the full membership fee can be accepted.

Membership Benefits include:

- Enhancing your physical and mental health
- Travel, fun and competition with your peers
- Qualifying for Alberta 55plus Winter and/or Summer Games, and Provincial/Zone tournaments
- Participating at your own level in workshops and clinics for activities and sports
- Receive sport and liability insurance while partaking in Alberta 55plus events
- Johnson Insurance is our sponsor – take advantage of home and auto insurance at reduced rates

The Zone 6 Membership Form appears on pages 13/14 of this newsletter – it can be printed off and filled in and mailed (along with your personal cheque in the amount of \$40) to Rosalind Schilberg, our Membership Director, at the address located at the top of the form. Or you can choose to go online to the Alberta 55plus website, and use a credit card to purchase your membership. The Alberta 55plus website address is <https://alberta55plus.ca/>, click on 'Membership' in the top menu, and then on "Zone 6 Apply Here" tab. A current membership is required to take part in Alberta 55plus qualifiers and games, and we urge you to take out your membership early so that you can take advantage of all the events being offered throughout the year.

We are still actively searching for people to fill the role of Activity Director(s) and Treasurer. Please consider taking one of these roles – so vital to the running and success of our organization. They are truly rewarding positions, working with dedicated and talented people – Coordinators and Board Members. Contact Clint Sopchyshyn (President) clintsopchyshyn@gmail.net or 780-434-7133 for more information.

Coordinator Contacts 2022

Activity	Name of Coordinator	Phone Number
Arts & Crafts	Eleanore Frend (elfrend@telus.net)	780-462-7488
Badminton	Bill Burton (lubill@telus.net) Kim Tan	780-444-7355
Bocce	Vern English (vereng@telus.net)	780-466-1782
Bowling (5 Pin)	Caroline Anker (paces55@shaw.ca) Pat Chobater (pat.chobater@gmail.com)	587-469-4460 780-469-0727
Bridge (Contract)		
Bridge (Duplicate)	Don Holtom (donholtom@gmail.com) Louise Holtom (louiseholtom@gmail.com)	780-475-8252 780-475-8252
Carpet Bowling		
Creative Writing	Eleanore Frend (elfrend@telus.net)	780-462-7488
Cribbage	Delores Heck (dedeheck@telus.net)	587-473-2378
Cycling		
Darts		
Euchre	Roz Schilberg (rosalyn@telusplanet.net) Pat Chobater (pat.chobater@gmail.com)	780-466-0148 780-469-0727
Floor Curling	Vicky & Mike Dolynny (mikedoly@telus.net)	780-457-5036
Floor Shuffleboard	Vicky & Mike Dolynny (mikedoly@telus.net)	780-457-5036
Golf		
Hockey	Bob Tessier (bobtessier@telus.net)	780-446-2769
Horseshoes		
Ice Curling		
Military Whist	Delores Heck (dedeheck@telus.net)	587-473-2378
Pickleball		
Pool (Snooker) Pool (8-Ball)	Elaine Maxwell (elainemaxwell@live.ca)	780-483-2983
Scrabble	Clint & Geneva Sopchyshyn (clintsopchyshyn@gmail.com)	780-434-7133
Skiing (Cross Country)		780-481-8270
Skiing (Downhill or Alpine)		
SloPitch	John Cabaj (pjcabaj@yahoo.com)	780-717-6018
Swimming		
Table Shuffleboard		
Tennis		
Track and Field	Arnold Nett (arnold2@shaw.ca) Dwight Swane (dswane@shaw.ca)	780-475-8971 780-487-4159

As you can see, there are **many opportunities for you to become involved by becoming a Coordinator or Assistant Coordinator**. If you see a spot that fits in with your interests, **contact President Clint Sopchyshyn** (780-434-7133 or clintsopchyshyn@gmail.com) **to volunteer**. We have training and assistance available for anyone who wants to get involved, but does not have experience. We also have Guideline Manuals for each Activity Coordinator with a list of contacts, and instructions on “how to set up a tournament or competition” – step-by-step. ***Come play with us!***

2022 Canada 55plus Games Results

Results were taken from both the 2022 Canada 55plus Games website, and the Alberta 55plus website, and combined, as there were discrepancies between the two. Where possible, categories were checked with the competitor, so hopefully they are correct. **My apology to anyone whose results are incorrectly recorded.**

8 Ball			
Div. E Ladies 65+ & 75+	Elaine Maxwell		
Duplicate Bridge			
Bronze	Don & Louise Holtom		
Golf			
Silver Men's 75+ Low Gross Flight	Ron Berlando		
Horseshoes			
Women's 65+ Silver	Marjorie Wyatt	Women's 65+ Bronze	Lillian Mandrusiak
Ice Curling			
Women's 55+ Bronze	Alberta, Skip Karen Pallett	Men's 65+ Bronze	Alberta John Cabaj Team
Ice Hockey			
Gold 65+	Vintage 65+ team – Guy Brierley, Denis Fagnan, Bob Sparrow, Jim Ofrim, Craig Murray, Pete McDonald, Joe Miller, Al Schreiber, Len Bonifacio, Gary Smith, Dave Vinge & Keith Carter. Coach Bob Tessier		
Pickleball			
Men's Doubles 60+ Bronze 3.0-3.49	Vernon Cassel, Bruce Cheung	Mixed Doubles 55+ Gold 4.0+	Kirk Jensen, Lynn McGarvey
Women's 55+ 3.0 Silver	Lynn McGarvey		
Scrabble			
Sportsmanship Award	Caroline Anker		
Track and Field			
Yuko Nakano	Silver – Women 75+ - 50 m Dash Gold – Women – 75+ - Discus Throw	Gold – Women 75+ - Shot Put Gold – Women – 75+ - Javelin Throw	
Takuo Nakano	Gold – Men's 80+ - 400 m Dash	Gold – Men's 80+ - 800 m Run	
David Dunn	Gold – Men's 85+ - 100 m Dash Gold – Men's 85+ - 400 m Dash	Gold – Men's 85+ - 200 m Dash Gold – Men's 85+ - 50 m Run	



Correction to July Grapevine – Summer Games Results:

My abject apologies to the following Track and Field stars who medaled, but whose names I missed putting in the newsletter. Track and Field Coordinator, Arnie Nett, reported that Track and Field won 22 Gold medals of the total Gold medals won by Zone 6. Thanks for the correction Arnie! **Congratulations to:**

Robert Trapp	55+ - Won 4 Gold	John Stewart	75+ - Won 1 Bronze
Takuo Nakano	80+ - Won 2 Gold in addition to the other medals listed	Arnold Nett	85+ - Won 3 Gold and 1 Bronze

Planned Zone 6 Events for Fall

Euchre	A fun event is being planned for November. Contact Rosalind Schilberg (rosalyn@telusplanet.net or 780-466-0148) or Pat Chobater (pat.chobater@gmail.com or 780-469-0727) for more information.
Snooker 8 Ball	Coordinator Elaine Maxwell is hoping to book Central Lions for the last Thursday in October (October 27th) for Snooker . An 8 Ball event is booked for November 8th (Wednesday) at Kingsway. Contact Elaine Maxwell (elainemaxwell@live.ca or 780-483-2983) to register or for more information.
Bocce	Coordinator Vern English held an ‘end of season’ Bocce afternoon on September 29 th at Central Lions – first lunch and then play. Bocce had carried on from Spring all throughout Summer with a loyal group of players. Thanks Vern!

Pickleball Submitted by Ken Hurshowy

Two of the Zone 6 members won Gold medals in the 2022 Summer Games in Peace River in the 75+ Age Group – Men’s Doubles – 3.5 rated. **Congratulations** to Robert Marik and Ken Hurshowy – both 81 years young. That’s Robert on the right, and Ken on the left.

Thanks Ken!



Ice Curling Submitted by John Cabaj

Team Alberta in Men’s 65+ won Bronze in the 2022 Canada Games in Ice Curling. Skip John Cabaj reports that although they won a Bronze medal, he thinks they were definitely good enough to have won Gold. Some unlucky breaks in the semi-finals. **Congratulations** to Lead Larry Dombrosky, Second Bruce Nattrass, Third Nick Gorda, and Skip John Cabaj.





Ice Hockey Submitted by Laurie McIntyre

Laurie reports that her team, The Free Agents, won Silver at the 2022 55plus Canada Games in Kamloops, and that the event was great fun – enjoyed by all! Congratulations to team The Free Agents. Thanks Laurie!

Pickleball Submitted by Kirk Jensen

First off, I thought the Peace River Summer Games and the Kamloops Canada Games were both a huge success! Thank you to all the volunteers and organizers who helped put on such a great event for the competitors. One thing I would suggest is to include (in the registration for the Canada Games) when you qualified, and registered, and the price for a shirt. Many other provinces all had shirts and I actually thought I had ordered one, but understand that I didn't. Going to the different events and parades in and out would've been great if all of Alberta would have had shirts like some of the other provinces. Below are photos of Kirk and Lynn McGarvey and their gold medals in Mixed Doubles 55+ - 4.0+ rating. Congratulations to both, and thanks Kirk!



*I'm giving up eating chocolate for a month.
Sorry – bad punctuation!
I'm giving up. Eating chocolate for a month!*

Ice Hockey Submitted by Bob Tessier

Congratulations to our Vintage 65+ team, who in late August won the Gold Medal at the Canada 55plus Games held in Kamloops, BC. They won five straight games against provincial championship teams from across Canada, outscoring their opponents 29-3, getting four shutouts, and being the least penalized team in the Canada Games! Athletes and Gentlemen!

Top Row L to R: Guy Brierley, Denis Fagnan, Bob Sparrow, Jim Ofrim, Craig Murray, Pete McDonald and coach Bob Tessier.

Bottom Row L to R: Joe Miller, Al Schreiber, Len Bonifacio, Gary Smith, Dave Vinge and Keith Carter.



Military Whist – Summer Games – Submitted by Frances Pruschke

This was the first time I attended the Summer Games. I was impressed at how well it was organized, and how much I enjoyed them. I would like to comment on something that happened to me that I was very upset about. One of the days a bus picked us up to take us to the location where we were playing Military Whist, we stopped at the next hotel which was very close to the hotel where I was picked up; it was then that I realized I had left my purse on the bench where we were waiting in front of our hotel. I went up to the driver and told him what had happened. He was rude, and would not go back to my hotel, citing that we would be late arriving to the venue. It was no more than three blocks away, but I could not convince him. Now, if we had already gone a long way, I could understand that he could not go back as we really would be late. Fortunately, one of the ladies on the bus called the hotel and their staff went out to retrieve the purse, and hold it for me. I thank God that someone had not come by in the interim, and taken it. As it turned out, we arrived at the venue for our event way ahead of the start time, so the added five minutes to return to my hotel would not have been unrealistic. I was so relieved that my purse was recovered, as you can imagine how upsetting it would have been to have it stolen.

Additional Note: Frances, we are glad that your story ended on a good note, and you didn't let the questionable actions of one person from outside our athletic organization spoil your overall experience of the Games. He and his company would have been hired by the Games host committee, and he would have been intent on keeping to his time schedule. In hindsight, as you say, there would have been plenty of time to have backtracked to your hotel to pick up the purse, but he was likely thinking about all the negative comments he would get if he had gone back, and then arrived at the venue late – a whole lot of people would have been upset. How clever of the other lady to call the hotel and have them go outside and pick up your purse for you. Glad that it all ended well for you, and that you had a good time at the Games.



Eight Common Drug Side Effects in Older Adults and How to Avoid Them - Sharon Orrange, MD, MPH

Health complaints like weakness, stomach pain, and a tendency to lose balance and falls are all common problems in older adults – and they often occur as side effects of popular medications. These medications aren't bad, but they happen to carry some well-known downsides, especially in folks over 65. Here are the eight most common drug side effects in the elderly and the medications that cause them.

Muscle pain and weakness: Aching and weakness of the muscles, or myopathy, occurs in 10-15% of elderly patients taking statins, a class of drugs used to treat high cholesterol. The severity of myopathy from statins can range from mild fatigue and weakness to a life-threatening condition called rhabdomyolysis where the muscle tissues break down. Myopathy in older adults is common as statins like Simvastatin, Atorvastatin and Rosuvastatin are the most prescribed medications in patients over 65. Myopathy disappears when you stop taking the statin. You can consider restarting it at a lower dose or trying a different statin if you still need the medication. Simvastatin is known to be more damaging to muscles, so first consider low-dose rosuvastatin (daily, every other day or twice a week) if you're thinking of switching.

Bone loss: Proton pump inhibitors (PPIs), popular medications used to treat acid reflux (GERD) and indigestion in more than 18% of older adults, reduce how much calcium the body absorbs from food and have been linked to bone loss and fractures. A large study showed that women who regularly used PPIs for at least two years were 35% more likely to have a hip fracture. PPIs are a popular group of medications that include Omeprazole, Esomeprazole and Pantoprazole. In addition to blocking calcium absorption, PPIs tend to also reduce absorption of essential nutrients like iron, magnesium and Vitamin B12, and even some medications like thyroid hormone. Your doctor may keep a close eye on those levels if you're taking a PPI. PPIs should not be used for longer than eight weeks, but many patients continue using them for much longer anyway.

High potassium levels: Weakness, tingling, numbness and potentially lethal disturbances in heart rhythm are all possible symptoms of having high potassium levels in the blood (hyperkalemia), a common side effect in people over 65 taking Bactrim, ACE inhibitors and ARBs. Bactrim (trimethoprim/sulfamethoxazole) is an antibiotic often used by primary care doctors to treat MRSA infections, and its use has increased over the years. ACE inhibitors like Lisinopril and ARBs like losartan are commonly prescribed for high blood pressure.

Nerve damage: Nerve damage, or peripheral neuropathy, is a well-known side effect of Fluoroquinolone antibiotics like Levofloxacin and Ciprofloxacin. The side effect can be disabling and last from months to years – or it can be permanent. In July 2016, the FDA issued an official warning related to this side effect of Fluoroquinolone antibiotics, and recommended against using these drugs for urinary tract infections or acute sinus infections unless no other options exist.

Falls and delirium: Zolpidem (Ambien) is a popular medication used for sleep that increases the risk of falls, fractures, delirium (incoherent thinking) and motor vehicle crashes, especially in the elderly. Zolpidem belongs to a group of drugs known as Benzodiazepine receptor agonists that also includes Eszopiclone (Lunesta) and Zaleplon (Sonata). All of these drugs are not recommended for elderly adults. In fact, no medications are recommended for treating insomnia in older adults.

Heart and gastrointestinal problems: All NSAIDs (non-steroidal anti-inflammatory drugs), including Ibuprofen (Motrin, Advil) and Naproxen (Aleve), roughly double the risk of heart failure and gastrointestinal complications in patients taking them. Folks over 75 should avoid NSAIDs given related risks of gastrointestinal bleeding, peptic ulcer disease, heart failure exacerbation and acute kidney damage. In 2015 the FDA strengthened its warning that all NSAIDs have cardiovascular risks, even with short-term use. No research exists yet to tell whether these risks are lower with specific NSAIDs.

Joint pain: New type 2 diabetes medications known as dipeptidyl peptidase 4 (DPP-4) inhibitors are good treatment options because they only need to be taken once daily, don't cause hypoglycemia or low blood sugar, and are taken the same way regardless of the patient's weight. They include Januvia, Tradjenta, and Onglyza. However, the FDA issued an official warning in 2015 about the risk with these drugs causing severe and disabling joint pain after two research studies confirmed the side effect.

Low sodium levels: Symptoms of low blood sodium levels (hyponatremia) include nausea, confusion and dizziness and are linked to SSRI antidepressants like Sertraline, Escitalopram, Fluoxetine and Paroxetine. Escitalopram and Fluoxetine are more often associated with low sodium levels compared to other SSRIs. SSRIs are very popular among elderly folks. They are the first-choice medication for depression in people of that age group, and about a third of all elderly folks take an SSRI. Females and patients with low body weight who take an SSRI are at a higher risk of experiencing symptoms of low sodium. A simple blood test can be done by your physician to monitor sodium levels when starting SSRI therapy or adjusting doses.



ALBERTA 55 PLUS MEMBERSHIP APPLICATION FORM

FOR THE YEAR: _____ Zone: 6



To be eligible to compete in activities sponsored by Alberta 55 plus and be covered by our sport accident insurance, please complete and sign this form as noted below:

- New members**, please complete this form and **sign the waiver on the reverse side.**
- Renewing Members with information changes**, please complete this form and **sign the waiver.**
- Renewing Members with no changes** ... print your name, phone number, email, and **sign the waiver.**

Male Female Non-Binary

Make cheque payable to Edmonton Marigold 55 plus.

Mail to Rosalyn Schilberg, Membership Director, 6108-85 Avenue NW, Edmonton, AB T6B 0J5

Name: (Please Print) _____ Year of Birth: 19 _____

Address: _____ City/Town: _____

Postal Code: _____ Telephone: _____ Cell _____

Email: _____ Prefer Newsletter via: Email or Regular Mail

How Did You Hear About Us? Website Poster/Brochure Newsletter

Word of Mouth Online Search Online Ad Other: _____

If you are a **NEW** member, name of person who sponsored you: _____

Place a checkmark next to your level of interest for the following activities:

P = Participation T = Interested in Training/Workshops V = Interested in Volunteering

- | P | T | V | | P | T | V | |
|--------------------------|--------------------------|--------------------------|--------------------------------------|--------------------------|--------------------------|--------------------------|--------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Alpine Skiing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Floor Shuffleboard |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Badminton | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Golf |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Bocce | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Hockey |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Bowling – 5 pin | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Horseshoes |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Bridge - Contract | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ice Curling |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Bridge - Duplicate | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Military Whist |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Carpet Bowling | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Pickleball |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Creative Writing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Pool – 8 Ball |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Cribbage | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Pool – Snooker |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Cross Country Skiing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Scrabble |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Culture | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Slo-pitch |
| | | | (Arts, Crafts, Writing, Photography) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Sturling |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Cycling | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Swimming |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Darts | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Table Shuffleboard |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Euchre | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Tennis |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Floor Curling | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Track and Field |
| | | | | <input type="checkbox"/> | | | Casino |

***Membership is for the period January 1 through December 31, inclusive, for the year of purchase.**

FOR OFFICE USE ONLY			
Application Date	Amount \$	Membership Card/Date Mailed	Continuous Since
	() Cash () Chq#	Delivered: () Hand () Mail	

Alberta Senior Citizens Sport & Recreation Association (Alberta 55 plus)
RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT
BY SIGNING THIS DOCUMENT, YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.
PLEASE READ CAREFULLY!

In full, or partial, consideration for allowing me to participate in all related events and activities sponsored by the Alberta Senior Citizens Sport and Recreation Association (Alberta 55 plus) and its 8 (eight) Zones; Zone 1 – Sunny South Seniors Sport & Recreation Association, Zone 2 – Big Country Seniors Sport Society, Zone 3 – Calgary 55 Plus Games Association, Zone 4 - Silver Willow Association, Zone 5 – Black Gold/Yellowhead Senior Games Association, Zone 6 – Marigold Seniors Recreation Society of Edmonton, Zone 7 – Lakeland Senior Games Association, Zone 8 – The Mighty Peace Sport and Recreation Association, Host Societies for Winter and Summer Games, I hereby warrant and agree that:

1. I am familiar with and accept that there is the risk of serious injury and death in participation in any form of sports; and
2. I have satisfied myself and believe that I am physically, emotionally and mentally able to participate in this program; and that my equipment is mechanically fit and appropriate for use in this program; and
3. I understand that all applicable rules for participation must be followed and that always, the sole responsibility for personal safety remains with me; and
4. I will immediately remove myself from participation, and notify the nearest official, if at any time I sense or observe any unusual hazard or unsafe condition or if I feel that I have experienced any deterioration in my physical, emotional or mental fitness for continued participation in the program; and
5. I give my permission for the free use of my name and picture in broadcast, telecast or written accounts for all Alberta 55 plus sanctioned or related events.

I UNDERSTAND AND AGREE, ON BEHALF OF MYSELF, MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND NEXT OF KIN THAT MY EXECUTION OF THIS DOCUMENT CONSTITUTES:

1. AN UNQUALIFIED ASSUMPTION BY ME OF ALL RISKS associated with my participation in any Alberta 55 plus sanctioned event even if arising from negligence or gross negligence, including any compounding or aggravation of injuries caused by negligent rescue operations or procedures, of any one or more of the event organizers, the event venues, and any and all persons associated therewith or participating therein in any manner or fashion whatsoever; and
2. FULL AND FINAL RELEASE AND WAIVER OF LIABILITY AND ALL CLAIMS that I have or may in the future have against Alberta Senior Citizens Sport & Recreation Association (Alberta 55 plus), the event venues, and their respective directors, officers, employees, servants, agents and representatives, all advertisers, volunteers, and all others participating in the program, (all of whom are collectively referred to as the Releasees) from any and all liability for any loss, damage, injury or expense that I may suffer as a result of my use of or my presence at the event facilities or my participation in any part of, or presence at, the program due to any cause whatsoever, INCLUDING NEGLIGENCE, GROSS NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE RELEVANT OCCUPIERS LIABILITY ACT ON THE PART OF THE RELEASEES.
3. AN AGREEMENT NOT TO SUE THE RELEASEES for any loss, injury, costs or damages of any form or type, howsoever caused or arising, and whether directly or indirectly from my participation in any aspect of the program; and
4. AN AGREEMENT TO SAVE and HOLD HARMLESS the RELEASEES, and each of them, from any litigation expense, legal fees, liability, damage, award or cost, of any form or type whatsoever, they may incur due to any claim made against them or any one of them whether the claim is based on the negligence or the gross negligence of the Releasees or otherwise, whether directly or indirectly from any participation in any aspect of the program; and
5. AN AGREEMENT that this document be governed by the laws, and in the courts, of the Province in which the program is held.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN SUBSTANTIAL LEGAL RIGHTS WHICH I AND MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS AND ASSIGNS MAY HAVE AGAINST THE RELEASEES. I SIGN THIS DOCUMENT KNOWING AND APPRECIATING ITS CONSEQUENCES

this _____ day of _____, 20____, in _____, Alberta.

Signature of Participant

Printed Name of Participant

Signature of Witness to Signature of Participant

Printed Name of Witness

Have you ever considered these collective terms?

- A murder of crows....
- A company of parrots.....
- An ambush of tigers....
- A congregation of alligators....
- A cloud of bats.....
- A convocation of eagles.....
- A business of ferrets.....
- An army of frogs.....
- A stand of flamingoes.....
- A prickle of hedgehogs.....
- A siege of herons.....
- A leap of leopards.....
- A parliament of owls.....
- An ostentation of peacocks.....
- A cackle of hyenas.....
- A glaring of cats.....
- A bed of eels.....
- A mischief of mice.....
- A romp of otters.....
- A drift of sheep.....



Torpenhow Hill, England

When the Saxons arrived and asked the Welsh the name of that hill, the Welsh said, “pen” which means “hill” in Welsh. So the Saxons used their word for hill, “tor”, and called it Torpen (hill, hill).

Then the Norse arrived and by the same process added their word for hill “Haugr”. So now it was Torpen Haugr (hill, hill, hill).

Later, the English called it Torpenhow Hill (hill, hill, hill, hill).

Language is awesome!



***Happy Thanksgiving
from everyone
at Alberta 55plus
and Zone 6***

Return Address:

Alberta 55 plus Zone 6 Edmonton Marigold Recreation
11113 – 113 Street
Edmonton AB T5G 2V1



To:

Edmonton Marigold 55plus
would like to acknowledge



who print our newsletters.

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