

Alberta 55plus
Zone 6 Edmonton



THE GRAPEVINE



2022 Canada 55plus Games



The 2022 Alberta 55plus Winter and Summer Games have both been successfully completed, and the qualifiers from both now have the option to advance to competition at the 2022 Canada 55plus Games in Kamloops, BC August 23rd to 26th. Some qualifiers have chosen not to attend, and runners-up (who have already been contacted) will be attending. We wish all those taking part in the Canada Games good luck, and know you will 'do Alberta (and Edmonton) proud!' Bon Chance!

We are proud to announce that 84 zone 6 members competed at the Summer Games in the Peace River region. Twenty-two members rode on the zone 5 bus and our thanks go to Zone 5 President George Oko for arranging for the bus, and to zone 6 Past President Caroline Anker who worked together to set up the 'joint bus ride'. One of the zone 5 members on the bus brought along some games to play which helped to pass the time.

The final medal count was 57 (32 Gold, 17 Silver, and 8 Bronze). The zone 6 results of the Games are listed on pages 5 through 11 of this newsletter. Congratulations to you all! We have photos as well and know you will enjoy them.



The Opening Ceremony was very good, as was the entertainment. Our two banner carriers were Arnold Nett and Vic Fedyna, whom we consider to be the 'Elder Statesmen' of our stellar Track and Field team.

On the Friday the weather was lovely and hot, but rain set in about 9:00 am on Saturday, causing difficulties in outdoor play. The Golf course was extremely wet and extra considerations had to be made with regards to ball placement and such. Players played through – in spite of the extra hazards! In Track and Field the discus throws were done in the rain. The rest of the events had already been finished, except for the relay race which had to be cancelled due to the rain. Bocce was also played in the rain, notably the 70 plus had to playoff for Bronze; unfortunately Zone 6 lost, but a good time was enjoyed by all!

Overall, everyone reported that the food was generally very good – especially at the banquet (which was catered by the Friesen Brothers stores). The lunches at the many venues were also good, although prices varied from venue to venue. The \$5 coupon system worked quite well. Zone 6 members commented that they thought Peace River and the cooperating communities did extremely well, and worked well together. Venues were great, and competitions had all finished by Saturday evening,

and nothing had to be played on Sunday. The host committee deserved a big gold star.

Well done to everyone involved with the Summer Games!

CANADA GAMES – Update from Pat Covington

Hello everyone. Trust you are all well and looking forward to some sunny hot weather. I am sure it will be sunny and hot in Kamloops in August for the Canada Games.

Speaking of Canada Games I would say thank you to all who have registered. I know it was a huge rush between the Peace River Games and getting the registrations filled out and sent in with a cheque. Just wanted to say thank you as it was such a hurry. The deadline has now long since passed to get in registrations, so if you have not sent yours in, please do not as it will be returned. As far as those getting returns, this will happen when the Games have been completed.

I want to send out a **sincere thank you to Caroline Anker** for all her help in getting the registrations started and sent in. Caroline was a huge asset and I am most grateful for her help.

A couple of things to remember please.

There will be a table at Registration where you can pick up medical forms or anything else you might need for your lanyard. The table will be marked “Alberta”. There might be a few shirts that I did not get delivered beforehand. Any other information you might need, I will be there along with Dave Finn, the Provincial President, who will be taking over for me after these Games. **Please drop by and say hi!!**

Just to reiterate from a couple of weeks ago, there was a meeting of the Kamloops 2022 Canada Games Board and the Canada Games Board had one also. Nothing has changed as far as the COVID vaccination goes. **Everyone must be fully vaccinated and show their card. This was a decision made many months ago.**

Good Luck to everyone in Kamloops

Pat Covington – Alberta Representative Canada Games (780 – 488-3676)



Thank You Letter from Zone 4 Silver Willow Association for 2022 Winter Games

This is a thank you letter from Sonja Tweit, Secretary for Zone 4 (Silver Willow Association) thanking Zone 6 for hosting the 2022 Edmonton Winter Games. She says, “It truly was an exciting time for our members to be participating and representing Zone 4. Many compliments were received from members about their time in Edmonton at the Games. “Very well organized, fantastic meals, excellent entertainment and opening ceremony.” Thank you for your hospitality and making this a memorable time for all.

Dear Organizing Committee of the 2022 Edmonton Winter Games,

Sincere congratulations to you and your hard working organizing committee in Zone 6. The Edmonton Winter Games were a great success. This was accomplished with very good organizational skills and a lot of hard work in a very short period of time. With this ‘can-do’ and ‘will-do’ attitude, your team can be very proud of what they achieved.

Zone 4 Silver Willow Association members, coordinators and executive want to say, “Thank you for a job well done!” We have had good reports from those of our members who attended these Games. The venues were first class, hospitality A-one and the camaraderie 2022 Edmonton Winter Games.

Sincerely, on behalf of Silver Willow Association (Zone 4).

Sonja Tweit, Secretary, Zone 4





Message From the President

Summer days are here and the 55plus Games continue to be played – Winter in Edmonton (April), Summer in Peace River region (June), and Canada Games (August) in Kamloops, British Columbia.

Congratulations to all the participants who represented Marigold (Zone 6) in the Winter and Summer Games, and will be representing Alberta in the Canada Games in Kamloops!

A special **“THANK YOU”** goes out to our super volunteers – **Pat Covington** and **Caroline Anker** – for their countless hours of work taking care of our game registrations and all the other details that are required for these games.

In order that Marigold 55plus Recreation continues to offer and improve a viable recreation program for our members, we must look at additional ways of generating income to finance our activities and events. Our casino at Casino Edmonton (7055 Argyll Road) on September 14th and 15th, 2022 will help us for the next two years, but volunteer help is still needed for the following shifts: Wednesday (September 14th) – Cashier (6:30 pm-3:15 am) and Chip Runner (6:15 pm-3:15 am). If you are available and willing to help, **please contact Clint at 780-434-7133.**

Several of our activities need coordinators who are interested in organizing an event(s) in an area of their interest. One meeting a month is all that is needed. Your interest and a willingness to look after your fun area could be a wonderful lifetime experience for all!

“YOUR HELP!” “YOUR IDEAS!”

Contact your Marigold 55plus President Clint Sopchyshyn at:

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

**Have a happy and enjoyable holiday
this summer!**

Clint Sopchyshyn
Zone 6 President

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Executive

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President (clintsopchyshyn@gmail.com)	
Pat Covington	780-488-3676
Vice-President (pcovngtn@telus.net)	
Caroline Anker	587-469-4460
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David Mandolesi	780-989-1724
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Eleanore Frend	780-462-7488
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Rosalyn Schilberg	780-466-0148
Membership Director (rosalyn@telusplanet.net)	
Vacant	
Activities Director(s)	
Wendy Jerome	780-489-5556
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Clint Sopchyshyn	780-434-7133
Director at Large (Casino) (clintsopchyshyn@gmail.com)	
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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 (cyrnatsuko@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. Once the pandemic restrictions are lifted, we will once again have office volunteers to man the office to answer the telephone and questions, and to greet visitors. 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 normally open Tuesdays and Thursdays from 1-3:00 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/>).

Eleanore Frend

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 (patriciachobater@hotmail.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)	780-466-0148
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 Summer Games Coverage

Due to limited space in this newsletter, only zone 6 winners have been listed. A full listing of winners from all eight zones can be found on the Alberta 55plus website (<https://alberta55plus.ca/>).

Bocce 55+ Open Team of 4		Contract Bridge 55+ Open Pairs	
Gold	Alfred Hoffman Mike Dolynny Victoria Dolynny Sandy Bilawchuk	Gold	Donald Holtom Louise Holtom
Cribbage 70+ Open Singles		Golf Men Low Gross 55+	
Gold	Jude Thompson	Bronze	James Pallett
Golf Women Low Gross 80+		Military Whist 55+ Open Teams of 4	
Silver	Wendy Jerome	Bronze	Patricia Chobater Roselyn Schilberg Frances Purschke Dale Conrad
Pickleball Over 4.0 – Women 55+ Team of 2		Pickleball Under 4.0 – Women – 65+ Team of 2	
Silver	Barbara Biggs Lynn McGarvey	Gold	Trudy MacDonald Catherine Olson
Pickleball Over 4.0 – Mixed Doubles – 55+ Team of 2		Pickleball Over 4.0 – Mixed Doubles – 65+ Team of 2	
Gold	Kirk Jensen Lynn McGarvey	Gold	Barbara Biggs Ted Biggs
Pickleball Under 4.0 – Mixed Doubles – 60+ Team of 2		Pickleball Over 4.0 – Men – 60+ Team of 2	
Bronze	Cindy Hreczuch Larry Wizniuk	Gold	Kirk Jensen Mike Cooper
Pickleball Under 4.0 – Men – 75+ Team of 2		Pool – 8 Ball – Women – 65+	
Silver	Ken Hurshowy Robert (Bob) Marik	Gold	Elaine Maxwell
Slo-Pitch – Men – 70+ Team of 14		Swimming – Women – 70+ 50 m Back	
Silver	Anthony Adams Barry McKay Donald Switzer Kevin Moodie Larry Morrison Richard Patry Joseph Eskiw Nick PashulkaPhilip Powell Phil Presakarchuk David Ross Gary Smail	Silver	Kathleen Murrie
		Swimming – Women – 70+ 50 m Free	
		Silver	Kathleen Murrie
		Swimming – Women – 70+ 100 m IM	
		Gold	Kathleen Murrie
		Track & Field – Men – 80+ 800 m	
		Time	Takuo Nakano
		Track & Field – Men – 85+ 800 m	
		Time	Peter Kwan
		Track & Field – Women – 75+ Discus	
Gold	Yuko Nakano	Silver	Vic Fedyna
Track & Field – Women – 55+ 100 m		Track & Field – Women – 80+ 100 m	
Gold	Cindy Benedictson	Gold	Lucille Burton
Track & Field – Women – 55+ 200 m		Track & Field – Women – 70+ 200 m	
Gold	Cindy Benedictson	Silver	Janet Anderson

Track & Field – Women – 65+ 400 m		Track & Field – Women – 55+ 1500 m	
Silver	Janet Anderson	Gold	Cindy Benedictson
Track & Field – Women – 65+ 1500 m		Track & Field – Women – 80+ Long Jump	
Silver	Janet Anderson	Gold	Lucille Burton
Track & Field – Women – 80+ Triple Jump		Track & Field – Women – 75+ 50 m	
Gold	Lucille Burton	Silver	Yuko Nakano
Track & Field – Women – 80+ 50 m			
Gold	Lucille Burton		

Zone 6 Total Medal Standing:

Gold	57	Silver	17	Bronze	9
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Well done everyone – medal winners and valiant competitors!

Enjoy the following photos:







"A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and if you are willing to sacrifice the little things in life and pay the price for the things that are worthwhile, it can be done."

Vince Lombardi



"Gold medals aren't really made of gold. They're made of sweat, determination, and a hard-to-find alloy called guts."

Dan Gable, Olympic Wrestling medalist



"Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe."

Gail Devers





"Imagine, dream, and believe in yourself. With determination and belief, you will be surprised at what you accomplish."

Byron Pulsifer

Wes Covington Inducted onto Wall of Honour – Milwaukee Braves



Former Zone 6 Alberta 55plus member, and famed member of the Milwaukee Braves baseball team, was inducted onto their Wall of Honour. His wife, Pat Covington (Zone 6 Vice President) represented Wes at the induction ceremony, and threw out a ceremonial first pitch in his honour.

Covington is the 19th member named to the Milwaukee Braves Wall of Honour. He spent his first five full seasons and part of his sixth with the Milwaukee Braves. He batted .284 with 65 HR and 235 RBI across 468 games in a Braves uniform. He started all 14 games for

Milwaukee in the 1957 and 1958 World Series and was a key contributor to the Braves' 1957 World Series win over the New York Yankees, collecting the go-ahead hit in Game Two and robbing a home run in left field in a 1-0 win in Game Five. He recorded consecutive 20-HR campaigns in 1957 and 1958, combining for 45 HR and 139 RBI in 186 games, including a career year in 1958 in which he batted .330 with 24 HR and 74 RBI in 90 games. Wes passed away in 2001.



Alberta Blue Cross – Stay Well & Independent with Keeping Well – “Falls”

(Courtesy of Ashley Bolduc, Community Impact Team, Alberta Blue Cross)

Falls are the leading cause of injury among seniors in Alberta and can significantly impact your lifestyle and independence. Created by Alberta Blue Cross® and the Injury Prevention Centre, *Keeping Well* is a free booklet designed to help you stay well, active and socially connected to lower your risk of falling. It contains useful information such as the following:

- Activity and exercise tips, including seated movements, strength and balance exercises, warm up and cool down movements.
- Information on vision care, foot care, medication, alcohol and nutrition.
- Advice on how to protect yourself from fraud and scams.
- Fire safety information and advice how to stay safe in your home, get up if you fall and walk safely in the winter.
- Tips and resources to support your mental well-being.
- Helpful websites and phone contacts.



Keeping Well can help you prevent falls, stay independent and live your best life. Order a free copy or download a digital version today at findingbalancealberta.ca. You can also call 780-492-6019 or email info@findingbalancealberta.ca to order a booklet or request more information.

The Benefits of Gentle Yoga

Yoga cultivates a mind-body connection, combining stretching and strengthening postures with deep breathing and relaxation. Despite its roots in Eastern philosophy, yoga as practiced in the West is generally focused on physical fitness. It still has a spiritual aspect, but it is not overtly religious. People of all faiths and belief systems can benefit from participating in yoga.

Because the poses (called asanas) can easily be modified or adapted to suit an individual's needs, yoga is safe for seniors of all fitness or ability levels. In fact, it can be an excellent way to keep your body strong and healthy without the joint stress that comes from other activities like weightlifting or jogging. And it's never too late to begin: You can start yoga at any age. (Just be sure to clear it with your doctor before you get going.)

Here are some of the benefits of yoga for seniors:

- **Better balance:** Many yoga poses for seniors focus on strengthening the abdominal muscles and improving your core stability. That can help you become steadier on your feet and reduce your risk of falls.
- **Improved flexibility:** Yoga movements can be fantastic stretching exercises for seniors. Holding a pose for several breaths encourages your muscles and connective tissues to relax and loosen, which helps to increase your range of motion. In fact, research in the *International Journal of Yoga Therapy* has shown that regularly engaging in yoga can dramatically boost the overall flexibility of older adults.
- **Enhanced breathing:** The breathing control practices of yoga (known as pranayama) can expand your lung capacity and improve your pulmonary health. A study published in the *Journal of Human Kinetics* found that elderly women who practiced yoga three times a week for 12 weeks saw a significant improvement in their respiratory function.
- **Stronger bones:** If you're worried about brittle bones and osteoporosis, try yoga. For older women and men, a consistent yoga routine that includes weight-bearing postures can help bolster bone strength. Some promising research has suggested that doing yoga can actually improve bone density in postmenopausal women.
- **Reduced anxiety and stress:** Through meditation and mindful breathing, yoga encourages you to focus on the present and find a sense of peace. Research has demonstrated that that can lower levels of the stress hormone cortisol and help ease symptoms of anxiety and depression. In a National Institutes of Health survey, more than 85 percent of people who engaged in yoga said they experienced reduced stress as a result.
- **Better sleep:** Yoga can help alleviate sleep disturbances, which are common complaints among seniors. In a study published in *Alternative Therapies in Health and Medicine*, adults over age 60 who struggled with insomnia participated in yoga classes twice a week and underwent daily sessions at home. After three months, the group reported significant improvements in both the duration and overall quality of their sleep.

Pickleball and Enjoying the Outdoors (by Marshall Yaremcio)



Now that Covid is behind us and the warm weather of summer is upon us, I have noticed many community tennis courts have new markings for Pickleball. The developed outdoor courts are being utilized 'to the max', with a low mosquito population in many areas.

There are many beginners – old, senior, and young – enjoying the outdoor-indoor paddle sport facilities. I said to myself, "Was I that bad when I first played?" But, "eh", they are outside getting some exercise and who knows, they may be our future 55plus participants enjoying the Games. Community players are introduced into the games at a leisure pace, without the pressure of having to win the match – this is just for fun! The sense of enjoyment, exercise and social is what's driving these new participants. The cost of a paddle and balls is under \$50, and you probably own a good pair of runners already – now you are all set to enjoy this fast-growing sport. Also, check the internet – key in 'pickleball' to show court dimensions and learn the fundamentals of the game.

While socializing with players about walking for exercise against playing pickleball for exercise, I learned that most said their heart beat was faster playing, and that overall, pickleball was a better workout. Another interesting fact came out – some claimed that walking is boring for them. They prefer cycling. When you cycle, you see more sky and outdoors. This caused a stunned look to come on my face, with a big "?!". On my way home, I thought about that statement. When you're walking, you are always looking down, so you don't trip. You stop and look at interesting things and only then do you observe the sky and surroundings. Now I know why I enjoy cycling, but don't get me wrong! I love my walks too – especially on the golf course, where I sometimes have to look down to check the location of my lost ball!

Some indoor courts have a daily set fee of \$5 for two hours, along with times set from 10 to 15 minutes per match. When you sign in, you receive a number; there are printed sets of numbers different for every match, so you are always playing with a different partner. This style of play changes up your game.

In closing, members get some fresh air while enjoying the new paddle sport. Oh, and one more thing. I heard on the radio that they are now playing naked pickleball – new clubs were formed – where, I never heard. Just think! You wouldn't have to struggle to get into those tight fitting sports-wear outfits anymore! ☺

Get out and enjoy our city parks! If you enjoy 'birding', take a trip to Beaumaris Lake on 110th street and 153rd avenue. This area has seen some major upgrades to the 1.7 km walk around the lake, and offers some very comfortable and great viewing areas. My last time out, I followed ten Great White Pelicans, viewing them as they were viewing me. A great bonus this time was a Blue Heron ten feet from shore!



Another great place to spend several hours enjoying what Mother Nature is offering us, among many in our beautiful city, is Jackie Parker Park, which is just south of Whitemud Drive on 50th street, next to the Mill Woods Golf Course. A leisurely 0.7 km walk around the lake provides ample benches, and an indoor washroom. As a bonus you can watch children playing in the upgraded play stations. This place has been ten years in the making, and many plantings of all types of vegetation and trees from years gone by bring back childhood memories of playing around water holes. Families of ducks, Canada geese and other water fowl abound, and are always fascinating to watch.

There are many other City of Edmonton parks throughout the city to explore – especially this year; the ample rainfall we have been enjoying has brought out nature's true 'shades of green'.

E-mail us with a line or two describing favourite parks and water-parks in your area, and what you most enjoy about them. Include a photo or two as well – we would be happy to receive them!



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"/>	<input type="checkbox"/>	<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



Marshall Yaremco sent us some photos of his lovely clematis, which are obviously enjoying all the rain! The one on the left is "President Clematis", the centre one with the alien centrepiece is Touch of Nature – Passiflora, and the one on the right is a giant pink called Sun Parasol. Beauties, aren't they?

News Flash – Alberta 55plus 2023 Summer Games

We have just received news from the Provincial Board of Alberta 55plus that the 2023 Summer Games have been awarded to Brooks, Alberta. So it looks like another busy year ahead preparing meets and playoffs to determine qualifiers to attend these Games. Brooks is located in the southeast portion of the province about midway between Calgary and Medicine Hat.

There is no news yet on the 2023 Winter Games.

Time for a Few Smiles



A woman told her friend, "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising." She said, "So, I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotards on, the class was already over."

You know you're getting older when you have a party and the neighbors don't realize it.

The good thing about having a bad memory is that jokes can be funny more than once.

What's the difference between a hippo and a zippo? One is really heavy and the other's a little lighter.

I took the shell off of my racing snail, thinking it would make him faster.

But if anything, it made him more sluggish.

You know why you never see elephants hiding up in trees? Because they're really good at it.

Tips for Home Medication Management for Seniors



Most seniors take multiple medications throughout the day and it can be easy for a mix-up to happen. Studies show that 87% of seniors take one prescription drug, 36% take five or more, and 38% use over-the-counter medications. And taking medicine correctly is essential for treating your health conditions and managing symptoms. Putting a simple system in place and taking care of the basics helps avoid common medication mistakes like taking the wrong drug, missing doses, or taking more than prescribed. Following are some important tips for helping safely manage your medications.

Gather all medications, vitamins, over-the-counter meds, and supplements into one location. If they're all stored in different locations, it's easy to lose track of the prescribed medication, vitamins, over-the-counter medication, or supplements that are being taken. For example, you might keep certain pills in the kitchen, some on your bedside table, and others in the bathroom medicine cabinet. It's especially important to include over-the-counter medications because they could still cause negative drug reactions when combined with prescription medications. ***Be sure your physician knows about all the medications you regularly take – including the over-the-counter medications.*** A good habit is to gather **everything** into one place. That way, you can see exactly what is being taken, make sure similar prescriptions aren't being prescribed for the same health condition, and know when to dispose of expired medications.

Make sure medication is stored properly. In general, medication should be kept in a cool and dry place. That means the bathroom cabinet **isn't** a good place to keep meds – moisture and heat can affect drugs. Medications should also be kept safely away from children or pets. **Important:** For medication that requires specific storage, like refrigeration, (Insulin, etc.) follow the doctor or pharmacist's instructions.

Create and maintain an up-to-date medication list. To prevent negative drug interactions, it's essential to know exactly what medications you are taking. That's why it's so important to always have an up-to-date list of your medications, vitamins, supplements, and over-the-counter medications. Be sure to record:

- Names of each prescription medication, over-the-counter medication, vitamins, and supplements
- How often each item is taken
- What dosage of each item is used
- The healthcare provider who prescribed each prescription medication
- The purpose of each item and/or symptoms it's supposed to treat
- Whether each item is for short-term or long-term use

Pre-sort medications for the week. Staying organized is essential to good medication management. Using a pill organizer allows you to help pre-sort your medications for the week. The best type of pill organizer is one with enough compartments for every dose you'll need throughout the day. If any pills need to be split, it may be best to do this ahead of time and include those halves in the pill organizer compartments. That way, you won't need to fumble with a pill cutter or remember to split pills before taking them.

Double check for negative drug interactions. Many older adults are taking multiple medications, vitamins, over-the-counter medications, or supplements. That's why it's important to double-check to make sure none of them will cause negative drug interactions. To make sure there aren't any interactions that the doctor or pharmacist could have missed, use an [online drug interaction checker](#). If any interactions are found, call the doctor or pharmacist for advice right away (don't make any changes on your own).

Make sure medication instructions are clear. With medications, it's absolutely essential to follow the doctor's instructions. That minimizes the risk of negative drug interactions, side effects, or reducing the drug's effectiveness. Make sure you understand which medications are safe to take at the same time and which need to be spaced out to prevent negative side effects. For example, some medications need to be taken on a full stomach while others need an empty stomach. If there's any uncertainty, don't be afraid to ask the doctor for explanations and detailed instructions. It's their job is to make sure the medications will improve health and the only way that can happen is if they're taken correctly.

Set up a medication reminder and tracking system. With so many medications, it can be tough for seniors to remember when to take each dose. A medication reminder system and tracking log can help you know that you've taken the correct meds at the right times. A simple way of tracking when medications were taken is to take notes with paper and pen. You could create a simple chart with the medication name and dose, day, and

time of day. As you take each dose, record it with a check mark or X. Filling out this chart helps you know that doses weren't missed. To help remember when it's time to take medicine, there are different ways to set reminders. Some might like to set a series of alarms on their mobile phone. For tech-savvy seniors, there are medication management apps which can be useful. Some people make it a habit to take certain medications with certain meals. Keeping a routine helps you to remember when to take which pills.

Understand the likely side effects of medications. It's important to understand the potential side effects and drug interactions for each medication. This helps you watch out for any health changes that could happen after you start a new medication, increases dose, or combines medications differently. If you do notice changes or problems, contact your doctor right away. Common side effects could increase fall risk, upset the stomach, cause pain or weakness, and more. Some side effects could even mimic other health conditions, including dementia.

Plan ahead for medication refills. With long-term prescription medications, it's essential to get refills on time so you won't run out and miss doses. The most convenient solution is to ask the doctor to prescribe a 90 day supply through a mail-order pharmacy. That way, the medication will be mailed and you'll only need to remember to re-order every few months. Many pharmacies also offer automatic refills and will notify you when the prescription is ready to be picked up. Some pharmacies may also have free prescription delivery services so you won't have to go pick them up. If none of these options work, be sure to mark the refill dates on your calendar so you'll always remember to order a refill and pick it up *before* you run out.

Laughter is Good for You

Everyone enjoys a good laugh, and it's a great way to make you feel good and be happy. But have you ever wondered why we laugh or what effect it has on our bodies?

Laughter can help to reduce pain.

Many people who laugh often have reduced pain and live a longer, healthier life. It is thought that people who have a positive outlook on life are more likely to laugh. Laughing releases endorphins that make us happy, and the happier we are, the less pain we experience. If your body is in good shape, you are less likely to experience high amounts of pain, not just mentally but physically. The average person laughs about thirteen times in a single day. A child aged six years old laughs about three times more than an adult.

Regular laughter can prevent illness.

Laughing has many health benefits, and one of the main effects is on your immune system. Heavy laughter every day can strengthen your immune system, which will reduce the number of infections you are likely to develop. Laughing heavily also brings in much more oxygen to the lungs than normal breathing would do, which not only helps us expand our lung capacity, but it brings more oxygen into our bloodstream, keeping us healthier.

Evidence shows that after laughing, our stress levels drop.

Research shows that there is a considerable drop in the levels of stress hormones after a good laughing session. This is because when we laugh, we release endorphins. Endorphins are released when we are happy, and they can bring positive changes to a person's mindset.

Ten to fifteen minutes of laughing a day can help you lose weight.

When we laugh, we burn calories, as laughing is similar to when we exercise. Our heart rate and blood pressure rise, and endorphins are released. A study carried out by Vanderbilt University Medical Centre revealed that laughing burns calories. Their results showed that laughing between ten to fifteen minutes can burn between 10-40 calories!

Laughing is a workout for your abs!

As well as burning calories, laughing also works out your abs. When we laugh, our stomach muscles expand and contract as we take quick breaths in and out. This means that we are working out and toning our abs!

Laughing lowers our overall blood pressure.

Regular laughter can reduce the risk of heart diseases and lower our blood pressure. This is because when we laugh, our blood pressure rises and our heart rate like when we exercise. Laughing regularly exposes our bodies to changing blood pressure and works the heart. As a result, we have lower blood pressure and lower risks of heart attacks, strokes, and heart problems.

Return Address:

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



To:



April 7th-8th-9th-10th, 2022

