

Another year has gone by and I am enthusiastic about the upcoming year ahead. As 2019 is almost upon us I feel this is a good time to reflect upon the importance of gratitude. Gratitude is being thankful for what we have.

A while ago I promised myself to write down one thing that I am grateful for every single day. Ever since I started to do this, I feel more at peace. I feel my life has changed. I have found myself being thankful for such things as moments of silence, the beauty of the day, adversity, and even for painful experiences. This practice has helped me to think more deeply about life, and has given me the strength to face my day-to-day struggles in different and more positive ways than I did in the past. I have become stronger and more resilient.



Practicing gratitude is the one thing in life that has helped me to value life. It has helped me to live my life carefully, yet determined to always act fairly in a world full of so much injustice. The more thankful I am the more clarity I have. I no longer think that working harder is what makes my work successful. In fact, it is how grateful I am for the work I do, that has opened many doors for me to a life of contentment and satisfaction.

Willy Nelson said: *"When I started counting my blessings, my whole life turned around."*

Many people in the world today are battling through toxic thoughts, jealousy, drama and negative words. These thoughts and words create negativity. Instead of these negative-type thoughts, the trick is to focus instead on what is good in life, and be grateful for these things. This alteration in thinking will cause one's thoughts to become more focused, and as a result the manner in which one communicates with others will change for the better. New possibilities will be created. One will go from a life of complaining, to a life of positivity,



compassion and appreciation. The practice of gratitude is the key to experiencing life at its best.

*"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. . . . Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."*¹

So, I am grateful for all the things that are given to me, and all the things I am able to give. It is in giving that one becomes rich. The only wealth that counts is that which is in the soul. All material wealth can be lost in a second. How many material things we have lost over the years? I have lost possessions, but each time I have quickly forgotten what it was that I lost. Material things are irrelevant. Sooner or later we have to throw overboard our possessions, vanities, and ambitions, and ultimately all that matters will be the good that we have done.

My mother had a mantra that I made mine after her death: "You only have what you give." In times of uncertainty I would ask her for her advice. And she would reply without hesitation: "What is the most generous thing you can do? Generosity is the best approach in any situation!" That advice has always worked like magic for me.

For 2019 consider making it your mission to maintain a grateful attitude. Let's join our efforts in the exciting task of working toward a more benevolent world where love for each other, and love for life prevails. If we make a commitment to practice gratitude daily we will have an amazing life journey.

Sending warm wishes to you and your Family during this 2018 Holiday Season. May your home be blessed with love and happiness.



Lucrecia Mendoza
Older Adult Services Coordinator

Notes

1. Melody Beattie, *The Language of Letting Go: Daily Meditations on Codependency* (Center City, Minnesota: Hazelden, 1990), 218.

Signs of the Times:

- * As a little girl climbed onto Santa's lap, Santa asked the usual, "And what would you like for Christmas?" The child stared at him open mouthed and horrified for a minute, and then gasped: "Didn't you get my E-mail?"
- * "My memory is gone Mildred, so I changed my password to "Incorrect." That way when I log in with the wrong password, the computer will tell me... "Your password is incorrect."

OPIOIDS

Opioids are drugs that are used primarily to treat acute or chronic pain. They can also induce euphoria or a high sensation, which gives them the potential to be used improperly. Opioids can be prescribed medications such as Codeine, Morphine, Oxycodone, Dilaudid, Vicodin, Percocet, or Methadone.

In Canada, patients were often being prescribed medications without knowing they were opioids. As a result, on Oct. 17, 2018, Health Canada announced new regulations to educate and warn patients of the potential risks. The government now requires bright yellow warning stickers on every bottle of opioid painkillers dispensed at a pharmacy, along with mandatory patient information sheets.

What is Fentanyl? Why is it so dangerous?

Fentanyl is a powerful man-made opioid that has been prescribed for decades as an anesthetic and for pain management but has been used illicitly in Canada since 2012. It is about 100 times more potent than morphine, and up to five times more potent than heroin. A very small amount of Fentanyl – smaller than a grain of rice – is enough to cause a potentially fatal overdose. On the street, however, drug dealers often sell fentanyl as fake oxycodone or heroin.

Because opioids are highly addictive and withdrawal symptoms can be unbearable, people with substance use disorder will take almost anything to avoid being horrifically sick. As Fentanyl is so potent, people might seek it out to make the high last longer before feeling sick. Others taking illicit drugs are often completely unaware that what they purchased could be contaminated with a opioid such as Fentanyl or Carfentanil.

Why is it a crisis?

The opioid crisis is more widespread in Alberta than many people think. It's worked its way into our cities, towns, suburbs, and homes. Nobody is immune to the opioid crisis. Sadly, approximately 8,037 Canadians, including many from the Leduc region, have lost their lives since 2016 to opioid poisoning. These were beloved sons and daughters, brothers and sisters, mothers and fathers. It is very likely that most of them had no idea that what they were taking contained a lethal level of a synthetic opioid.

The City of Leduc is committed to raising awareness of the unprecedented dangers of opioid use and to providing both harm reduction strategies and support to those that are using opioid drugs or are affected by them. The City has designated a Substance Abuse Prevention Coordinator to oversee and maintain the success of the Opioid response framework. This will be done by focusing on education, awareness, reducing stigma, and harm reduction in our community.

If you would like further information regarding this topic, or to get in touch with the Substance Abuse Prevention Coordinator please contact:

HEATHER GRAHAM, BSc Human Ecology

Substance Abuse Prevention Coordinator

City of Leduc FCSS

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HOARDING

According to the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*, hoarding disorder is characterized by persistent difficulty discarding or parting with possessions, regardless of their actual value, to the point that it causes harmful effects for the person, or to those around the person (e.g. family members or landlords).

Typically, a hoarder's home becomes so full of possessions that they are no longer able to use parts of their home, with blocked hallways, exits and rooms. Houses full of saved items may result in falls and injury, loss of friends, isolation and emotional distress. Sometimes there is a risk of mould, infestation, fire or eviction. Hoarding tends to cause conflicts with other people living in the home. Family members become upset at the hoarding, and may become isolated themselves, becoming too embarrassed to invite guests over.

Sage Seniors Association in Edmonton offers a program called "**This Full House**". This program provides support to people 55 and over who struggle with compulsive hoarding behavior.

In order to participate in this program, seniors can call the program for themselves if they feel that they have a hoarding

problem, or may be referred by family, friends, neighbours, or professionals.

After the referral has been processed, "This Full House" staff will come to the home to assess the situation, and identify safety issues. They will also provide other information and resources that may be helpful.

The senior then works with the social worker and Helping Hands Personal Assistants to set goals, timelines, a starting place, and other support that could help with the clutter (such as finances, help with the landlord if the senior is being evicted, finding alternative housing if the senior has been evicted, etc.). Part of the action plan includes a vision of how the senior wants to live in their home. The goal is not to remove all of the senior's things, but make the home a safer and more useful living space.

Staff will check in periodically to monitor the progress that the senior is making, and provide ongoing support.

For more information or to refer someone to This Full House, please call 587-773-1764.

The Referral Form can be found at:

<https://www.mysage.ca/public/download/documents/34341>



#GoPurpleAB in November for Family Violence Prevention Month

Family Violence Info Line: 310-1818
alberta.ca/EndFamilyViolence



Reach Out. Speak Out. – Everyone has the right to be safe

Family Violence is the abuse of power within relationships of family, trust or dependency that endangers the survival, security or well-being of another person. It is considered to be any form of abuse, mistreatment or neglect that a child or adult experiences from a family member, or from someone with whom they have an intimate relationship. Women, men, children, older adults, the disabled from all walks of life are not immune.

There are many types of violence: *physical abuse, emotional abuse, verbal abuse, sexual abuse, financial abuse, spiritual abuse, and neglect.* Family violence crosses all social, cultural and socio-economic boundaries and touches all ages, gender and walks of life.

Some warning signs of abuse could be that the individual: stops attending events or participating in activities that they used to enjoy; withdraws from family and friends; exhibits a change in personality; shows signs of depression or anxiety; has mood swings; hints about abuse; has bruises or other physical injuries that do not match up with how the individual says they got them; does not want to make even simple decisions without their partner; has limited access to money; or, begins to use or abuse drugs or alcohol as a way to cope.

Some warning signs of abuse in a senior could be when the individual: seems groggy all the time, possibly due to over-medicating; seem frightened, withdrawn or depressed; shows signs of depression or anxiety; loses weight or seem too thin; wears dirty clothing or clothing not suitable for the season; does not have their glasses, dentures, hearing or other assistive aid(s); has bruises, sores or broken bones; is isolated from others; has items missing from their homes; has someone cashing their cheques or withdrawing money from their bank accounts; or, has their medication taken from them.

Learn to spot family violence against seniors. Ninety per cent of older adults live independently. That makes it easier for abuse of all kinds to go undetected. Build healthy relationships with seniors so they feel comfortable to report family violence.

Know how to help the Older Adult. If you suspect that an older adult is being abused:

- Understand the older adult may not know this is abuse, or may not want to admit it.
- Find the right words to open the door for the person to talk.
 - “You’re not alone. It can happen to anyone. It’s not your fault and you didn’t do anything wrong. But we do need to protect you. Let’s figure out how to do that. I know we will be able to find help”
 - “Whatever happens, and whatever you decide to do, I’ll back you. Tell me how can I help – now or whenever”
- Once the older adult understands this is an abusive situation, encourage the person to contact community agencies and other resources to get help. These organizations can help the person assess their level of risk or danger, help them with safety planning and connect them to other sources of help.

Everyone wants to feel safe and everyone deserves to be in a healthy relationship. Everyone has a role to play to prevent family violence. In some cases, abused people may not realize the behaviour they are living with is abuse. For others, getting help may be too scary or embarrassing. You can help. Warning signs can help you determine if a person you know is experiencing family violence.

- ◆ If you or someone you know is immediate danger call 911.
- ◆ The Alberta Family Violence Info Line (310-1818) is available to provide help and information, toll-free in Alberta 24 hours a day, 7 days a week, in more than 170 languages.
- ◆ Chat online safely with trained Staff at: alberta.ca/SafetyChat . Chat anonymously online with staff from noon to 8:00 pm daily.

The web page found at: <http://www.humanservices.alberta.ca/abuse-bullying/15666.html> will provide you with information as to how the chat works, how to cover your tracks online and how to use private mode in your browser.

- ◆ Funding is available to help people get to safety, set up a new household or start a new life. The Alberta Government has a Fact Sheet entitled: *Fleeing Abuse Supports*. It can be found here:

<http://www.humanservices.alberta.ca/documents/supports-for-Albertans-fleeing-abuse-factsheet.pdf>

For more information regarding funding call the 24 hour, toll free information line: 1-866-644-5135 toll free, or call 1-877-644-9992 toll free during regular business hours.

Visit the Prevention of Family Violence and Bullying Alberta Human Services website for more

**EVENTS at Telford House and in Leduc
November/December 2018**

7th Annual Mistletoe Craft & Food Sale

All "One of a Kind" Gifts are designed and hand-crafted by local Artisans.
"Made from Scratch" foods will add a special touch to your holiday meals and entertaining.
After shopping sit and relax with a beverage and/or lunch from the concession.



Great gift ideas with the holidays just around the corner!
★Admission FREE

November 17th (Saturday) 10 am to 4 pm
November 18th (Sunday) 11 am to 3 pm
TELFORD HOUSE
4907-46 Street, Leduc
Sponsored by Leduc & District Senior Centre

**2018 Santa Claus Parade & Family Festivities
Santa Claus is Coming to Town!**



When: December 1st
Time: 7pm to 8 pm
Where: Route starts at Bank of Montreal, goes West, turns North on 50th Street, and ends at 52 Ave.

Welcome Santa to town at the annual Santa Claus Parade! Come out and enjoy hot chocolate and treats on Main Street before the big fun family event, brought to you by the Leduc Downtown Business Association.



211 is a FREE, 24-hour line which can connect you to resources in your Community, and the surrounding area. Dial 211 to access information on housing, assisted living, outreach, health and financial services, as well as seniors' advocacy agencies. Their services are also available online at : www.ab.211.ca

Candlelight TEA—Dr. Woods House Museum
One of our most enjoyable teas!



Ice Cream with Homemade Mincemeat Sauce
Assorted Homemade Pastries
Hot Apple Cider
Tea and Coffee
December 6th: 2:00 –4:30 pm

\$5.00 per person
Call: 780-986-1517 for more info.

Spending Time in the USA

A recent article in the Globe and Mail warned that if you spend too much time in the US you may be subject to taxation on worldwide income by the US Internal Revenue Service (IRS). It is important to understand the U.S. tax rules – and the actions snowbirds need to take to avoid being taxed south of the border.

It is commonly thought that one is able to spend a total of 182 days in the US each calendar year, without incurring any taxation. But that is not entirely true. The U.S. income tax code says an individual is subject to U.S. tax on their worldwide income if they meet what is known as the *Substantial Presence Test* (SPT).

The SPT takes into consideration the number of days an individual has spent in the USA over a 3 year period. To meet this test, you must be physically present in the United States (U.S.) on at least:

- 31 days during the current year, and
- 183 days during the 3-year period that includes the current year and the 2 years immediately before that, counting:
 - All the days you were present in the current year, and,

- 1/3 of the days you were present in the first year before the current year, and
- 1/6 of the days you were present in the second year before the current year

For example, if you want to know if you meet the SPT for 2017, you add up all the days you were present in the U.S. in 2017 plus one-third of the days in 2016 plus one-sixth of the days in 2015. If the total exceeds 182 days, you meet the SPT and are considered a U.S. resident for tax purposes in 2017.

Snowbirds who meet the SPT can avoid double taxation if you have what is known as a "closer connection to Canada", which most snowbirds in fact do have as they maintain a permanent place to live in Canada, have family members in Canada, etc. To claim a Closer Connection Exemption Canadians must file Form 8840 by the middle of June with the IRS. In our example, to establish a Closer Connection for 2017, your must file Form 8840 by June 15h, 2018. You cannot have spent 183 days in the US in the current year to file this form. This form CANNOT be filed late.

For more information visit:
www.irs.gov/individuals/international-taxpayers/substantial-presence-test

Always consult with your tax professional.

Submissions to the Panorama

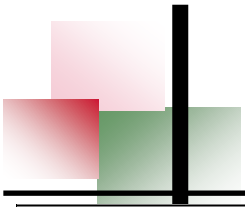
If you would like to submit an article or have a suggestion please submit a copy to Lucrecia at FCSS by the following deadline: December 14, 2018 by 4:30 pm. Mailing Date for January/February 2019 edition: December 21, 2018.

We welcome your Views and Input! Call Lucrecia at: 780-980-7115

The views expressed in the pages of "Panorama" do not necessarily reflect the views of the editor or City Hall. The contents of this publication cannot be reprinted without prior expressed permission.



Family and Community Support Services



NOVEMBER 2018 EVENTS

Mon	Tue	Wed	Thu	Fri
			1	2
			9:30 Knitting (TH) 11:30 Lunch (TH) 12:30 LDSC Board Mtg. 1:00 Sturling (TH) 1:00 Bridge (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
5	6	7	8	9
10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Dup Bridge (TH) 10:00 Sight Seekers (TH) 1:00 Crib (TH) 7:00 Music Fest 7:00 Stroke Recovery (TH)	9:00 Oil Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 1:00 Painting (TH) 2:00 Guitar (TH) 7:00 Duplicate Bridge (TH)	9:30 Knitting (TH) 11:30 Lunch (TH) 1:00 Sturling (TH) 1:00 Military Whist (TH) 1:00 Bridge (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
12	13	14	15	16
1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH) STATUTORY HOLIDAY for REMEMBRANCE DAY	9:00 Dup Bridge (TH) 1:00 Crib (TH)	9:00 Oil Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 1:00 Painting (TH) 2:00 Guitar (TH) 7:00 Duplicate Bridge (TH)	9:30 Knitting (TH) 11:30 Lunch (TH) 1:00 Sturling (TH) 1:00 Bridge (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
19	20	21	22	23
10:00 Exercises (TH) 10:00 Alzheimer's Meeting (PL) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Dup. Bridge (TH) 1:00 Crib (TH) 1:30 Choir (TH) 7:00 Music Jam (TH)	9:00 Oil Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 1:00 Painting (TH) 2:00 Guitar (TH) 7:00 Duplicate Bridge (TH) 7:00 Karaoke (TH)	9:30 Knitting (TH) 11:30 Lunch (TH) 1:00 Sturling (TH) 1:00 Bridge (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 1:30 Choir (TH) 7:00 Darts (TH)
26	27	28	29	30
10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Dup. Bridge (TH) 1:00 Crib (TH) 1:30 Choir (TH) 6:30 Parkinson's Mtg. (TH)	9:00 Oil Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 1:00 Painting (TH) 2:00 Guitar (TH) 7:00 Duplicate Bridge (TH) 7:00 Horticulture Club (TH)	9:30 Knitting (TH) 11:30 Lunch (TH) 1:00 Sturling (TH) 1:00 Bridge (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 1:30 Choir (TH) 7:00 Darts (TH)



DECEMBER 2018 EVENTS

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Dup. Bridge (TH) 10:00 Sight Seekers (TH) 1:00 Crib (TH) 7:00 Music Fest (TH) 7:00 Stroke Recovery (TH)	9:00 Oil Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 1:00 Painting (TH) 2:00 Guitar (TH) 7:00 Duplicate Bridge (TH)	9:30 Knitting Group (TH) 9:30 LDSC Board Mtg. 11:30 Lunch (TH) 12:30 LDSC General Meeting 1:00 Sturling (TH) 1:00 Bridge (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) CURLING CHRISTMAS PARTY 7:00 Darts (TH)
10	11	12	13	14
10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Dup. Bridge (TH) 1:00 Crib (TH)	9:00 Oil Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 1:00 Painting (TH) 2:00 Guitar (TH) 7:00 Duplicate Bridge (TH)	9:30 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Sturling (TH) 1:00 Bridge (TH) 1:00 Military Whist (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
17	18	19	20	21
10:00 Exercises (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Dup. Bridge (TH) 1:00 Crib (TH) 7:00 Music Jam (TH)	10:00 Qigong (TH) 1:00 Curling (TH) 2:00 Guitar (TH) 7:00 Duplicate Bridge (TH) 7:00 Karaoke (TH)	9:30 Knitting Group (TH) CHRISTMAS DINNER 1:00 Sturling (TH) 1:00 Bridge (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH) December Solstice occurs at: 3:23 pm MST in Edmonton
24	25	26	27	28
CHRISTMAS EVE 	CHRISTMAS DAY A Very Merry Christmas To Everyone!	BOXING DAY 	NO LUNCH 1:00 Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH)	1:00 Euchre (TH) 1:00 Guitar (TH)
31				
7:00 Guitar (TH) 7:00 Crib (TH)				
NEW YEAR'S EVE Best Wishes for a Happy and Healthy 2019!				