

WORDS TO LIVE BY

- ◆ Most destructive habit—**WORRY**
- ◆ Greatest joy—**GIVING**
- ◆ Greatest loss—**LOSS OF SELF-RESPECT**
- ◆ Most satisfying work—**HELPING OTHERS**
- ◆ Ugliest personality trait—**SELFISHNESS**
- ◆ Most endangered species—**DEDICATED LEADERS**
- ◆ Greatest natural resource—**OUR YOUTH**
- ◆ Greatest 'shot in the arm'—**ENCOURAGEMENT**
- ◆ Greatest problem to overcome—**FEAR**
- ◆ Most effective sleeping pill—**PEACE OF MIND**
- ◆ Most crippling failure disease—**EXCUSES**

- ◆ Most powerful force in life—**LOVE**
- ◆ Most dangerous pariah—**A GOSSIPER**
- ◆ World's most incredible computer—**THE BRAIN**
- ◆ Worst thing to be without—**HOPE**
- ◆ Deadliest weapon—**THE TONGUE**
- ◆ TWO MOST POWERFUL WORDS—**"I CAN"**
- ◆ Greatest asset—**FAITH**
- ◆ Most worthless emotion—**SELF PITY**
- ◆ Most beautiful attire—**SMILE!**
- ◆ Most prized possession—**INTEGRITY**
- ◆ Most contagious spirit—**ENTHUSIASM**
- ◆ Most powerful form of communication—**PRAYER**

Influenza Season



It happens every fall: influenza arrives in Alberta, and takes a serious toll on our communities.

Influenza is a real threat, but it's also preventable.

Influenza immunization will be made available in late October, free of charge, to all Albertans.

It's the single most effective means of reducing your risk of influenza, particularly when you receive it as early in the season as possible. By getting immunized early, you will give your body the opportunity to respond to immunization, and produce antibodies that will arm you against the influenza viruses you'll be exposed to again throughout the season. It takes about 2 weeks after vaccinations for the antibodies to develop.

Each year, the influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. Without immunization, Albertans will be completely at risk. Not some Albertans, but all Albertans. Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization, even healthy Albertans are at risk of severe illness and even death.

Alberta recorded in 2017/2018 one of its deadliest flu seasons in the previous two decades—86 patients who contracted the virus died over five months, and 2,800 Albertans were hospitalized with the virus. Let's do better this year.

Prevention is your protection. Get immunized this season.

FIRE PREVENTION WEEK 2018

"Look. Listen. Learn. Be aware. Fire can happen anywhere."



"LOOK" for places fire could start. Take a good look around your home. Identify potential fire hazards and take care of them.

"LISTEN" for the sound of the smoke alarm. You could have only minutes to escape safely once the smoke alarm sounds. Go to your outside meeting place, which should be a safe distance from the home and where everyone should know to meet.

"LEARN" two ways out of every room and make sure all doors and windows leading outside open easily and are free of clutter.

EVENTS in Leduc



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

*****NEW EVENT***Military Whist**
 2nd Tuesday of each month beginning
 September 13th - Telford House

Fung Loy Kok Taoist Tai Chi®
When: Mondays, starting September 10th
 6:30-8:00 PM.
Where: Leduc Recreation Centre (LRC) in the Myers Norris Penny (MNP) room.
 First Class is **FREE!**
 Try this gentle art of movement while improving your balance, strength and flexibility. Release stress. Explore the ancient Chinese understanding of health and well-being: body, mind and spirit working in harmony. FLK Taoist Tai Chi® is a volunteer-run, registered charity.
 For more information visit: www.taoist.org, or Phone: 780-489-4293
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Harvest Tea
 Dr. Woods House Museum
 Gingerbread Cake will be served
 September 28th: 2:00 –4:30 pm
 \$5.00 per person Call: 780-986-1517 for more info.

Growing Up and Old
 As older I get
 Not daring to grow old
 Yet aging surely as I grow
 Sometimes I wonder if I dare
 To be more wise
 To be ever watchful
 More astute
 To come to see things as they are
 And not the way they out to be
 The way the devil has us see
 Supposing that we believe
 Life is hard and worry fraught
 Things I learned I wasn't taught
 All thru life I learned to see
 Now that I'm old, I learned to be
 Content with years
 Through good and bad.
 ~Diane Olsen

CHANGES TO BENEFIT INCOME THRESHOLDS

The income thresholds for *Alberta Seniors Benefit* (ASB), *Special Needs Assistance* (SNA) and the *Dental and Optical Assistance for Seniors Programs* have increased effective July 1, 2018 for the 2018/2019 benefit year:

Alberta Seniors Benefit:

| | Threshold |
|--------|----------------|
| Single | \$0 - \$27,690 |
| Couple | \$0 - \$44,695 |

Special Needs Assistance for Seniors:

| | Primary/Secondary | Primary Only | No Funding |
|--------|-------------------|----------------------|---------------|
| Single | \$0 to \$23,290 | \$23,291 to \$27,690 | over \$27,690 |
| Couple | \$0 to \$36,765 | \$36,766 to \$44,965 | over \$44,965 |

Dental & Optical Assistance for Seniors


| | Maximum Coverage | Partial Coverage | Not Eligible |
|--------|------------------|----------------------|---------------|
| Single | \$0 to \$27,690 | \$27,691 to \$31,675 | over \$31,675 |
| Couple | \$0 to \$55,380 | \$55,381 to \$63,350 | over \$63,350 |

For the further Information Booklets and application packages and forms visit:
www.seniors-housing.alberta.ca

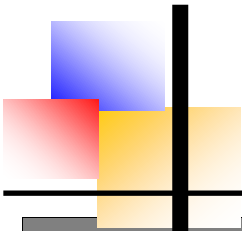
Submissions to the Panorama

If you would like to submit an article or have a suggestion please submit a copy to Lucrecia at FCSS by the following deadline: October 12, 2018 by 4:30 pm. Mailing Date for November/December 2018 edition: October 29, 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.



CITY OF Leduc
 Family and Community Support Services



SEPTEMBER 2018 EVENTS

| Mon | Tue | Wed | Thu | Fri |
|---|--|--|---|--|
| 3 | 4 | 5 | 6 | 7 |
| Labour Day | 9:00 Dup. Bridge (TH) 10:00 Sight Seekers (TH) 1:00 Crib (TH) 1:30 Choir Practice (TH) 7:00 Music Fest (TH) | 10:00 Qigong (TH) 1:00 Fun Painting (TH) 1:00 Guitar (TH) 7:00 Dup. Bridge (TH) | 9:30 LDSC Board Mtg. 9:30 Knitting Group (TH) 11:30 Lunch (TH) 12:30 LDSC General Mtg. 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH) | 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00-3:00 Guitar (TH) 7:00 Darts (TH) |
| 10 | 11 | 12 | 13 | 14 |
| 10:00 Exercises (TH) 10:00 Alzheimer Support Group (PL) 7:00 Guitar (TH) | 9:00 Dup. Bridge (TH) 1:00 Crib (TH) 1:30 Choir Practice (TH) 7:00 Stroke Recovery (TH) | 1:00 AGM Floor Curling (TH) 1:00 Guitar (TH) 7:00 Dup. Bridge (TH) | 9:30 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Military Whist (TH) **NEW PROGRAM** 1:00 Sturling (TH) 7:00 Crib (TH) | 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00-3:00 Guitar (TH) 7:00 Darts (TH) |
| 17 | 18 | 19 | 20 | 21 |
| 10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) | 9:00 Dup. Bridge (TH) 1:00 Crib (TH) 1:30 Choir Practice (TH) 7:00 Music Jam (TH) | 10:00 Qigong (TH) 1:00 Curling 1:00 Guitar (TH) 7:00 Karaoke (TH) 7:00 Dup. Bridge (TH) | 9:30 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH) | 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00-3:00 Guitar (TH) 7:00 Darts (TH) |
| 24 | 25 | 26 | 27 | 28 |
| 10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 6:30 Square Dancing (TH) | 9:00 Dup. Bridge (TH) 1:00 Crib (TH) 1:30 Choir Practice (TH) 6:30 Parkinson's Mtg. (TH) | 10:00 Qigong (TH) 9:00 Oil Painting (TH) 1:00 Curling (TH) 1:00 Guitar (TH) 1:00 Fun Painting (TH) 7:00 Horticultural Club (TH) 7:00 Dup. Bridge (TH) | 9:30 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH) | 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00-3:00 Guitar (TH) 1:30 Choir Practice (TH) 7:00 Darts (TH) |
| | | <p style="text-align: center;"> Your face will change. Your body will change. The only kind of beauty that endures is the kind that lives in your heart. <i>...Lori Deschene</i> </p> | | |



OCTOBER 2018 EVENTS

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|--|---|
| 1 | 2 | 3 | 4 | 5 |
| 10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) | 9:00 Dup. Bridge (TH) 10:00 Sight Seekers (TH) 1:00 Crib (TH) 7:00 Music Fest (TH) | 10:00 Qigong (TH) 9:00 Oil Painting (TH) 1:00 Curling (TH) 1:00 Fun Painting (TH) 7:00 Dup. Bridge (TH) | 9:30 Knitting Group (TH) 11:30 Thanksgiving Dinner (TH) 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH) | 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00-3:00 Guitar (TH) 7:00 Darts (TH) |
| 8 | 9 | 10 | 11 | 12 |
| Thanksgiving Day 7:00 Square Dancing (TH) | 9:00 Dup. Bridge (TH) 1:00 Crib (TH) 7:00 Stroke Recovery (TH) | 10:00 Qigong (TH) 9:00 Oil Painting (TH) 1:00 Curling (TH) 1:00 Fun Painting (TH) 7:00 Dup. Bridge (TH) | 9:30 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 1:00 Military Whist (TH) 7:00 Crib (TH) | 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00-3:00 Guitar (TH) 7:00 Darts (TH) |
| FIRE PREVENTION WEEK (October 7th to 13th 2018) - "Look. Listen. Learn. Be aware." | | | | |
| 15 | 16 | 17 | 18 | 19 |
| 10:00 Exercises (TH) 10:00 Alzheimer Support Group (PL) 1:00 Curling (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) 9:00 Oil Painting (TH) 1:00 Curling (TH) 1:00 Fun Painting (TH) 7:00 Dup. Bridge (TH) 7:00 Karaoke (TH) | 9:30 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH) | 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00-3:00 Guitar (TH) 7:00 Darts (TH) |
| 22 | 23 | 24 | 25 | 26 |
| 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) 6:30 Parkinson's Mtg. (TH) | 10:00 Qigong (TH) 9:00 Oil Painting (TH) 1:00 Curling (TH) 1:00 Fun Painting (TH) 7:00 Dup. Bridge (TH) 7:00 Horticultural Club (TH) | 9:30 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH) | 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00-3:00 Guitar (TH) 7:00 Darts (TH) |
| 29 | 30 | 31 | | |
| 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) | 10:00 Qigong (TH) 9:00 Oil Painting (TH) 1:00 Curling (TH) 1:00 Fun Painting (TH) 7:00 Dup. Bridge (TH) | | <p style="text-align: center;">Leduc Eco Station Toxic and E-Waste Roundup 2018 Saturday, October 13th 8:00am to 5:00pm ***Note temporary location: 6102-46 Street</p> |