

Alzheimer's Awareness Month



September marks *Alzheimer's Awareness month*, a time designated to raise awareness of the effects and signs of Alzheimer's disease in our loved ones and what we can do to support them.

Alzheimer's disease is the most common type of dementia, a syndrome that affects memory, thinking, orientation, judgment and ability to carry out everyday tasks. It is estimated that by 2038, about one in 10 Albertans over the age of 65 and nearly half over the age of 90 will be living with some form of dementia.

Dementia has certain warning signs. Contact your doctor if you notice a loved one having increased difficulty with any of the following:

- Learning and retaining new information
- Handling complex tasks, like balancing a cheque book
- Knowing what to do when problems come up
- Finding his or her way around familiar places, driving to and from places he or she knows well
- Finding the right words to say what he or she wants to say
- Understanding and responding to what he or she sees and hears
- Acting more irritable or suspicious than usual, or withdrawing from conversation and activity.

Finally, here are some tips in communicating with anyone who may have dementia:

- First, make sure the person does not have a hearing or vision problem. Sometimes a person may not respond to you because he or she cannot hear you. Not being able to see well may make the person more confused, agitated, or withdrawn. If you suspect a problem, have a health professional evaluate the person's hearing and vision.
- Don't argue. Offer reassurance, and try to distract the person or focus his or her attention on something else.
- Use short, simple, familiar words and sentences. Present only one idea at a time. And avoid talking about abstract concepts.
- Explain your actions. Break tasks and instructions into clear, simple steps, offered one step at a time.
- Pay attention to your tone of voice. Be calm and supportive. A person with dementia is still aware of emotions and may become upset upon sensing anger or irritation in your voice.
- Maintain eye contact and use touch to reassure and show that you are listening. Touch may be better understood than words. Holding the person's hand or putting an arm around his or her shoulder may get through when nothing else can.
- Pay attention to the person's tone of voice and gestures for clues as to what the person is feeling. Sometimes the emotion is more important than what is said.
- Do not confront the person about his or her denial of the disease. Arguments will not help either of you.
- Continue to treat the person with dignity and respect.
Allow choices in daily activities. Let the person select his or her clothing, activities, and foods. But too many choices can be overwhelming. Offer a choice of two to three options, not the whole range of possibilities.

In Alberta, services are readily available for both those suffering from any form of dementia and their caregivers. The *Alzheimer Society of Alberta and the Northwest Territories* provides education and ongoing support.

Albertans can also call Health Link at 811 for advice. Health Link will assess the needs of the person and provide immediate advice for their concerns, 24 hours a day, seven days a week. When needed, callers can be referred to Dementia Advice, which is staffed by specialized dementia nurses.

For more information visit the Alzheimer Society of Alberta and the Northwest Territories website:

<https://alzheimer.ca/en/ab>

Their telephone # is: Tel: (780) 761-0030 or Toll-free: 1-866-950-5465

The **Leduc Care Partner Support Group** meets in Leduc monthly, on the second Monday of each month at: Peace Lutheran Church, 4606 - 48A Street, Leduc, AB, at 10:00 am. The Care Partner Support Group is designed for family members who want to meet others to share experiences, to learn new information, to receive peer support and to help each other cope more effectively. All Care Partner Support Groups are on a drop-in basis. No registration is required.

SENIOR DROP-IN ACTIVITIES AT THE LRC THIS FALL

There are exciting new programs for the Older Adult going to be happening at the Leduc Recreation Centre this Fall.



Location: MNP Room

Time: 3 - 4 p.m.

Check online Drop-In Schedule.

With purchase of a Daily Admission- a wristband is needed to participate. Please see Guest Services.

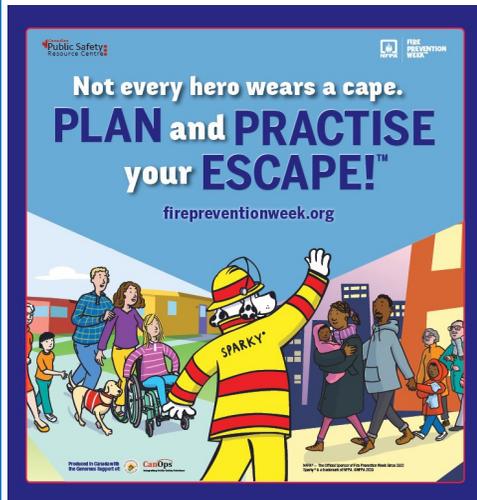
- **Chess & Checkers** - Sept 24, Oct 22, Nov 26
Join in on some just for fun card and board game action. Learn a new game or enjoy an old favourite each week.
- **Bridge & Skipbo** – Oct 29
Join in on some just for fun card and board game action. Learn a new game or enjoy an old favourite each week.
- **Craft Social** – Sept 26, Oct 24
Do you love crafting and also getting together with other like minds? Bring your creative project and join us for a social afternoon. No crafting supplies provided.
- **Floor Curling & Shuffle Board** – October 3, Nov 7
Let's enjoy a new spin on some old favourite games.
- **Guest Speaker** – Oct 17, Nov 21, Dec 19
Join us for an informational presentation from a field expert. You will have the opportunity to learn something new, ask questions and take home some beneficial information.
- **Hearts & Blackjack** – Oct 15, Nov 19, Dec 17
Join in on some just for fun card and board game action. Learn a new game or enjoy an old favourite each week.
- **Needles & Thread** – Oct 10, Nov 14, Dec 12
Join in for an afternoon of merriment sharing projects, patterns and techniques on all things needle and thread. Whether you are a beginner or long time crafter this opportunity is for you to rediscover your love for craft. Bring your project and supplies with you, supplies will not be provided.
- **Potluck Snack Social** – Oct 31
Bring your favourite snack to share with the group while you connect, share stories and mingle. Water, coffee and tea will be provided.
- **Scrabble & Mahjong** – Oct 8, Nov 12, Dec 10
Join in on some just for fun card and board game action. Learn a new game or enjoy an old favourite each week.
- **Texas Hold'em & Cribbage** – Oct 1, Nov 5
Join in on some just for fun card and board game action. Learn a new game or enjoy an old favourite each week.

Drop-In Fitness Classes:

- **Active & Ageless** - Wednesdays 10 - 10:45 a.m. Aspenleaf Studio This class is for the older adult or someone new to fitness and will focus on your health and wellness using the spin bikes, walking track and other types of equipment.
- **Barre for Boomers**- Thursdays 1:15 - 2 p.m. Aspenleaf Studio This class is a lower intensity beginner barre class that emphasizes the foundations of a typical barre class with a strong focus on postural strength, alignment, breath and muscle action.
- **Badminton** - Tuesdays & Thursdays 8 a.m. - 4:30 p.m.; Saturdays 12:30 - 4:30 p.m.; and Sundays 8 a.m. - 3 p.m. LRC Field House Bat a birdie back and forth with family and friends, or rally a little competitive game with other members.
- **Matinee Yoga** - Tuesdays 2 - 2:45 p.m. Aspenleaf Studio This is a gentler yoga class where participants can develop greater flexibility, balance, strength, and much more ease in their bodies. Practiced correctly, yoga can help ease the discomfort of arthritis and the general aches and pains of aging.
- **Matinee Zumba-1** – 1:30 p.m. Aspenleaf Studio This is a gentle dance class that is exercise in disguise. Easy to follow moves in fun form designed for those requiring a lower intensity than our regular Zumba class.
- **Pickleball for Beginners**- Wednesdays 7 - 9 p.m. & Saturdays 5 - 9 p.m. LRC Field House This is an opportunity for participants that are looking to build their confidence and abilities with new and beginner pickleballer's. Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis into one.
- **Touchtennis**- Tuesdays & Thursdays 8 - 11:30 a.m. LRC Field House Played on a smaller court with foam balls and shorter (21 inch) rackets. touchtennis is a compact form of the traditional game. It's fast, fun and incredibly energetic while easy to pick up.
- **Seniors AquaFit** - Thursdays 2 - 2:45 p.m. LRC Indoor Pool For anyone looking for a gentle Aquatic exercise experience. Tailored to be easy on your bones and joints. Sponsored by Healthy Hearts Leduc and is FREE (no daily wristband required).
- **Walk With a Doc**-Thursday 7 – 7:45 p.m. Join a local physician for a 45-minute walk outside or on the track and improve your health, one step at a time. Sponsored by Healthy Hearts Leduc and is FREE (no daily wristband required).
- **Zumba**-Fridays 7 - 7:45 p.m. MNP Room Join this fun dance class that is exercise in disguise. Easy to follow moves in fun form will burn calories and help tone your body!

SENIOR'S ACTIVE AFTERNOONS

FIRE PREVENTION WEEK 2019-October 6th to 12th
"Not Every Hero Wears a Cape. Plan and Practise Your Escape!™"



The campaign works to educate everyone about the small but important actions they can take to keep themselves and those around them safe.

In Canada, most fire deaths occur in the home, where people believe they are most safe. In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. Escape planning and practise can help you make the most of the time you have, giving everyone enough time to get out.

Plan and Practise your Escape! Remember to make a home escape plan with all members of your household and practice it!

Leduc ECO STATION GRAND RE-OPENING CELEBRATION

WHEN: Sept. 18 • 10:00 a.m.
WHERE: 6102 - 46 St

NEW SERVICES

- ◆ Scrap metal disposal
- ◆ Glass recycling
- ◆ Propane tank disposal (<20kg)
- ◆ Clothing/ textiles donation
- ◆ Cooking oil disposal
- ◆ Book swap (coming soon!)
- ◆ Fluorescent bulbs/tube recycling
- ◆ Mulch giveaway

LEDUC FARMERS MARKET - Just a Reminder!

Last market days for 2019
 Thursday September 26 & Saturday
 September 28th



Culture Days is a celebration of arts and culture in

CULTURE DAYS

communities across Canada. Culture is more than music or theatre. Culture is the story we tell about ourselves. It is everyone we know and everything we say, do and think.

Experience Leduc's culture during Culture Days on September 27 & 28. Check out immersive cultural activities at hubs around Leduc.

For more information visit:

<https://www.leduc.ca/culture>

CANADA ELECTION DAY 2019

October 21, 2019

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.

Seasonal influenza is the annual influenza that affects people in Canada during the winter, typically between November and April. One of the best ways to prevent seasonal influenza is by getting the influenza vaccine each year. This is because the influenza virus changes each year. You should also wash your hands often.

Beginning in October of each year, Albertans 6 months of age and older are able to receive influenza vaccine, free of charge, at public health clinics and doctor's offices. Pharmacies are also able to administer the vaccine to Albertans 5 years of age and older.

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.

Prevention is your protection. Get immunized this season.

EVENTS in Leduc



Dr. Woods House Museum
 Upcoming Teas
 \$5.00 per person
 Call: 780-986-1517 for more info.

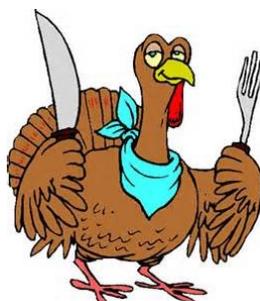
Harvest Tea

Homemade Apple Dessert will be served
 September 27th: 2:00 –4:30 pm

Candlelight Tea

December 12th: 2:00-4:30
 Ice Cream topped with Hot Mincemeat Sauce
 Assorted Homemade Pastries
 Hot Apple Cider and Tea and Coffee

Telford House Thanksgiving Dinner



October 10th at 11:30am.
 Tickets: \$14.00 per person
 (available until Oct 1st)



LOOKING for NEW ARTISANS and FOOD VENDORS for the 2019 Mistletoe Crafts & Food Sale held at Telford House

Date of Sale: Saturday, November 16 - 10:00am to 4:00pm
 Sunday, November 17 - 11:00am to 3:00pm

- ◆ All craft items must be HAND MADE. Every effort will be made to limit vendors selling the same items to 2-3.
- ◆ Food items must be MADE FROM SCRATCH, and all ingredients must be listed on final packaging
- ◆ NO knitted or crocheted items accepted in Craft Category, with exception of the LDSC-Telford Knitters.
- ◆ Once vendors have identified the items that they will be selling it is asked that they do NOT add additional products to their list. For example, if you identify that you are selling jewelry, please do not bring in another type of craft or food product.
- ◆ Limit of 2 tables (8'x 2 1/2') per vendor
- ◆ Set-up: Friday Nov 15 (6:00 - 8:00pm) or Saturday Nov 16 (8-9:30am)
- ◆ **Cost for 2 days: \$70.00 Per Table.** Payment due by September 1, 2019
- ◆ FREE coffee/tea/goodies all day for vendors and a concession will run both days.
- ◆ Contact: Diane Sims for more information at 780-986-6160 or by email: telfordhouse@shaw.ca

IMPORTANT INFORMATION REGARDING REGULARLY SCHEDULED EVENTS AT TELFORD HOUSE

During the months of September and October renovation work will be underway at Telford House so scheduled activities may be disrupted. Please call Diane for more information to see if your favorite events will be disrupted (780-986-6160)



6th annual Chil-Eh Cook-Off



Main Street Leduc
 September 29th,
 from 11-2pm

This event will feature fresh Chilli, a live band, vendors and more! Plenty of fun and food!
 \$5.00 per bowl or \$2 for a taster



Leduc Public Library Adult Programs

The following are a couple of the many adult programs you can find at your Library. Phone: (780) 986-2637 to learn about the many other interesting programs available or visit:

<https://leduclibrary.ca/programs/fall-adult-programs-with-registration>

Medical Cannabis 101 – Drop-in -Wednesday, Sept. 25 6:30 - 7:30 p.m. Get educated on this hot topic by professionals from Natural Health Services. Learn about the medical properties of the cannabis plant, the general rules under the cannabis act specific to the medical market and have time for questions and answers!

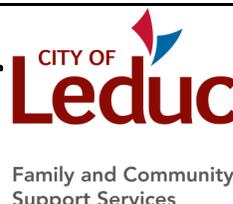
You're Never to Old to be Bullied - Drop-In -Thursday, Oct. 17 2 - 3 p.m. 1 in 5 Canadians say they know of a senior possibly affected by elder abuse and bullying. Elder abuse and bullying range from emotional, physical, psychological, financial, neglect or a combination of all. Do you know how to protect yourself, your elderly relative or someone you care for? Join Karen Yong for an informative session to learn practical tips for you and those you know.

Henry Ford said: "Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." There's plenty of opportunity to learn new things in Leduc.

Submissions to the Panorama

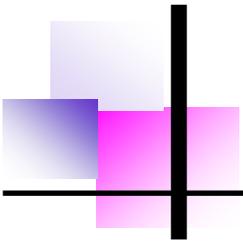
If you would like to submit an article or have a suggestion please submit a copy to Lucrecia at FCSS by the following deadline: October 18, 2019 by 4:30 pm. Mailing Date for November/December 2019 edition: October 30, 2019. **We welcome your Views and Input!** Call Lucrecia at: 780-980-7115

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.



SEPTEMBER 2019 EVENTS

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">2</p> <p style="text-align: center;">Labour Day</p> <p>7:00 Guitar (TH)</p>	<p style="text-align: right;">3</p> <p>9:00 Bridge (TH) 10:00 Sight Seekers (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH) 1:00 Choir Practice(TH) 7:00 Music Fest (TH) ***Stroke Recovery Cancelled this month Due to Renovations</p>	<p style="text-align: right;">4</p> <p>10:00 Qigong (TH)</p>	<p style="text-align: right;">5</p> <p>9:00 LDSC Board Mtg. 9:00 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)</p>	<p style="text-align: right;">6</p> <p>10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH)</p>
<p style="text-align: right;">9</p> <p>10:00 Exercises (TH) 10:00 Alzheimer Support Group (PL) 7:00 Guitar (TH)</p>	<p style="text-align: right;">10</p> <p>9:00 Bridge (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH) 1:00 Choir Practice(TH)</p>	<p style="text-align: right;">11</p> <p>10:00 Qigong (TH) 1:00 AGM Floor Curling (TH)</p>	<p style="text-align: right;">12</p> <p>9:00 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH)</p>	<p style="text-align: right;">13</p> <p>10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)</p>
<p style="text-align: right;">16</p> <p>10:00 Exercises (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)</p>	<p style="text-align: right;">17</p> <p>9:00 Bridge (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH) 1:00 Choir Practice(TH) 7:00 Music Jam (TH)</p>	<p style="text-align: right;">18</p> <p>1:00 Telford PM Painters (TH) 7:00 Karaoke (TH)</p>	<p style="text-align: right;">19</p> <p>9:00 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH)</p>	<p style="text-align: right;">20</p> <p>10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)</p>
<p style="text-align: right;">23</p> <p>10:00 Exercises (TH) 7:00 Guitar (TH) 7:00 Square Dancing</p>	<p style="text-align: right;">24</p> <p>9:00 Bridge (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH) 1:00 Choir Practice(TH) ***Parkinson's Mtg. Cancelled this month Due to Renovations</p>	<p style="text-align: right;">25</p> <p>7:00 Horticultural Club (TH)</p>	<p style="text-align: right;">26</p> <p>9:00 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH)</p>	<p style="text-align: right;">27</p> <p>10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)</p>
<p style="text-align: right;">30</p> <p>10:00 Exercises (TH) 7:00 Guitar (TH) 7:00 Square Dancing</p>	<div style="border: 2px solid purple; padding: 10px;"> <p>“Elderly people are like plants. Whereas some go to seed, or to pot, others blossom in the most wonderful ways. I believe beauty competitions should be held only for people over seventy years of age. When we are young, we have the face and figure God gave us. We did nothing to earn our good looks. But as we get older, character becomes etched on our face. Beautiful old people are works of art. Like a white candle in a holy place, so it the beauty of an aged face.” ~James Simpson</p> </div>			



OCTOBER 2019 EVENTS

Mon	Tue	Wed	Thu	Fri
1	1	2	3	4
	9:00 Bridge (TH) 10:00 Sight Seekers (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH) 1:00 Choir Practice (TH) 7:00 Music Fest (TH) 7:00 Stroke Recovery (TH)	9:00 Oil Painting (TH) 10:00 Qigong (TH) 1:00 Telford PM Painters (TH)	9:00 Knitting Group (TH) 11:30 Lunch (TH) 12:30 LDSC Board Mtg. 1:00 Fun Bridge (TH) 1:00 Stirling (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
7	8	9	10	11
10:00 Exercises (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Bridge (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH)	9:00 Oil Painting (TH) 10:00 Qigong (TH) 1:00 Telford PM Painters (TH)	9:00 Knitting Group (TH) Thanksgiving Dinner 1:00 Fun Bridge (TH) 1:00 Stirling (TH) 7:00 Crib (TH)	Advanced Poll Federal Election Telford House
FIRE PREVENTION WEEK (October 6th to 12th 2019) <i>"Not Every Hero Wears a Cape. Plan and Practise Your Escape!™"</i>				
14	15	16	17	18
Thanksgiving Day Advanced Poll Federal Election Telford House	9:00 Bridge (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH) 7:00 Music Jam (TH)	9:00 Oil Painting (TH) 10:00 Qigong (TH) 1:00 Telford PM Painters (TH) 1:00 Curling (TH) 7:00 Karaoke (TH)	9:00 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Stirling (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
21	22	23	24	25
10:00 Alzheimer Support Group (PL) 1:00 Curling (TH) 7:00 Guitar (TH) FEDERAL ELECTION	9:00 Bridge (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH) 6:30 Parkinson's Mtg. (TH)	9:00 Oil Painting (TH) 10:00 Qigong (TH) 1:00 Telford PM Painters (TH) 1:00 Curling (TH) 7:00 Horticultural Club (TH)	9:00 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Stirling (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
28	29	30	31	
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