

Last year in the November/December edition I published an article very similar to the one that follows. Much of this article bears repeating again as the topic is so timely. I hope you don't mind.

Another year has gone by and I am enthusiastic about the upcoming year ahead. As 2020 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



Today I am thankful for...

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.

“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

Very often we encounter people who seem to be determined to see the ugly side of life. Such a negative attitude causes one's attention to be focused on specific details, at the expense of information in the periphery. For example, instead of looking into someone's eyes and seeing the inner beauty and kindness behind them, all that is seen are the wrinkles. These feelings disempower people to feel happy and content - to feel grateful. A negative attitude almost certainly guarantees that life will be more difficult than it needs to be. Negative feelings often arise from inner dissatisfaction or anger,

insecurity or low self-esteem.

Positive emotions, on the other hand, broaden the width of our visual field, leading to an increased range of attention. In other words, negative feelings lead us to see only the trees, while positive feelings help us to see the forest. Attitude is everything. The way one sees and perceives the world has a powerful effect on how happy a person feels.

My favorite Latin American writer Isabel Allende said:

“Happiness is not exuberant or noisy, like pleasure and or joy; it's silent, tranquil, and gentle; it's a feeling of satisfaction inside that begins with self-love.”

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.

Oprah Winfrey said:

“Be *thankful* for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.”

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 2020 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 2019 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



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 aids; 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. It may be too embarrassing for them.
- 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.

What to do if you suspect abuse:

- ◆ If you or someone you know is in 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

Willy Nelson said:

“When I started counting my blessings, my whole life turned around.”

EVENTS at Telford House and in Leduc

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.
 Great gift ideas with the holidays just around the corner!



★Admission **FREE**

November 16th (Saturday) 10 am to 4 pm

November 17th (Sunday) 11 am to 3 pm

TELFORD HOUSE

4907-46 Street, Leduc

Sponsored by Leduc & District Senior Centre

2019 Santa Claus Parade & Family Festivities
Santa Claus is Coming to Town!

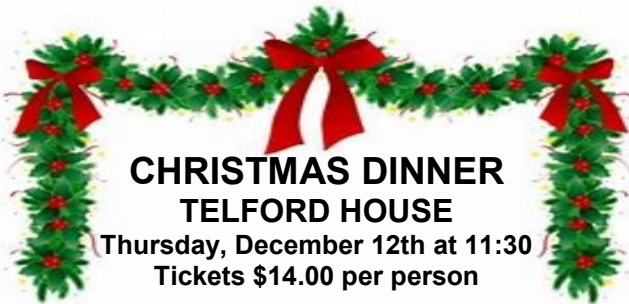


When: November 30th

Where: Route starts at Bank of Montreal, goes West, turns North on 50th Street, and ends at 52 Ave.

Time: 7pm

Each year the Santa Claus Parade runs down Main Street Leduc and is paired with hot chocolate and family fun entertainment! Brought to you by the Leduc Downtown Business Association.



CHRISTMAS DINNER
TELFORD HOUSE

Thursday, December 12th at 11:30
 Tickets \$14.00 per person

Dr. Woods House Museum
 4801 49 Ave, Leduc



Candlelight TEA

One of our most enjoyable teas!

December 12th: 2:00 –4:30 pm

Ice Cream with Hot Mincemeat Sauce

Assorted Homemade Pastries

Hot Apple Cider, Tea and Coffee

\$5.00 per guest

Call: 780-986-1517 for more info.

DAYLIGHT SAVINGS TIME

Officially ends at 2:00 am



Sunday November 3rd
 Set clocks back 1 hour



Can you Guess
 What This Is?



Photo: Derrick Mercer '2005

ANSWER: See Page 4

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 13, 2019 by 4:30 pm. Mailing Date for January/February 2020 edition: December 23, 2019

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

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Family and Community Support Services

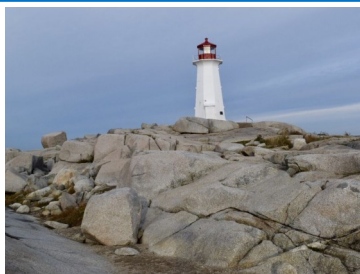
Answer to picture on Page 3: Can You Guess What This Is?

For 3 weeks in September and October I was indeed fortunate to visit the East Coast of Canada. The time



I was able to spend in Newfound was the highlight of my trip. The people, the culture, the history, the architecture and the geography were all unique to Canada and so very special. After a breathtakingly beautiful hike along the North Shore of Conception Bay we attended to a 'Kitchen Party' held in a shed along the trail where to our delight we were able to listen to some traditional music of Newfoundland while enjoying a sample of the local fare: toutons (bread dough fried in rendered fatback pork), schruncheons (crunchy little cubes of diced, fried fatback pork), served with molasses for dipping, along with wild blueberry jam, and partridge berry Jam.

Not only were our taste buds tingling but our toes were also tapping to the music which was played on 2 accordions, a guitar, a fiddle and an **Ugly Stick**. What is an 'Ugly Stick' you may ask? That is what is pictured on the previous page or what I am playing. The Ugly Stick is a traditional Newfoundland musical instrument fashioned out of household and tool shed items. Items typically used are: a mop handle or stick with bottle caps and/or washers screwed to the handle. There may also be tin cans, small bells and other noise makers affixed to the stick. The bottom of the stick is encased in an old shoe or boot. A drum stick is used to play the instrument. To play the Ugly Stick, the stick is held in one hand and lifted and dropped on the floor in a rhythm while the drumstick is used to strike the attachments to create other sounds. Often the drumstick is notched along the upper surface and is rubbed back and forth along the stick, much like a bow of a violin. Yours truly attempted to play the Ugly Stick for one song. What fun!



Was there a Peggy of Peggy's Cove?

Most of us have heard of **Peggy's Cove**, about 45 km south of Halifax. Naturally Peggy's Cove was on my itinerary as a *must visit* while I was in Nova Scotia, but I must admit that I put this destination into my itinerary only because I felt I 'must' include it, rather than because I really was anxious to go there. I thought that it would be overcrowded with tourists and basically a 'tourist trap'. Well, was I in for a surprise! There were indeed plenty of tourists as the morning wore on, but we arrived very early in as the sun was rising, so we were basically one of the first visitors.

There are almost no words to adequately describe the rugged beauty. The beauty almost takes one's breath away.

The lighthouse (originally built in 1868 but rebuilt in 1915) is at the end of a tongue of granite jutting out into the ocean. There are giant boulders scattered all over. These boulders add to the mystical atmosphere. The wind blows relentlessly and there are no trees and only small shrubs and sea weed thrust up into the boulders by the waves. The village hugs the cliffs above the Cove - only 30 or so people call this wonder home. The sea is wild, with waves crashing up onto the granite boulders. All of this casts an eerie spell over the breathtaking scenery.

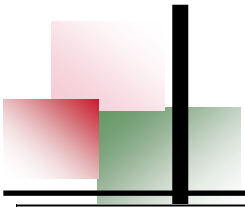


Exactly who was Peggy? There is no historical evidence who Peggy was, but there is a legend. In the early 1800's legend has it that in October a schooner from England was shipwrecked just off the cove one dark and stormy night. It is held that everyone on board was lost, except for a young girl, who was able to swim ashore, and was rescued by the people living in the fishing village. Her name was 'Margaret'. The villages called her 'Peggy'. Margaret stayed in the village, eventually marrying a young man from there. People from the area would say: "Lets go visit 'Peggy of the Cove', and before long the name of the area became: **Peggy's Cove**.

Peggy's Cove is different than the myriad of other fishing villages that dot the coastlines of Nova Scotia. One might be tempted to describe the location as 'desolate' because of the boulders and grey granite. But it is this harsh landscape that reminds us of the challenges that face the residents who have in the past, and still do today, eke out a living from the sea. This environment a testament to the human spirit that is able to overcome many challenges in order to survive.



What an ideal and special place Peggy's Cove is for contemplation and quiet reflection.



NOVEMBER 2019 EVENTS

Mon	Tue	Wed	Thu	Fri
				1 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH)
4 10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	5 9:00 Bridge (TH) 10:00 Sight Seekers (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH) 7:00 Music Fest	6 9:00 Oil Painting (TH) 10:00 Qigong (TH) 1:00 Telford PM Painters (TH) 1:00 Curling (TH) 7:00 Bridge (TH)	7 9:00 Knitting (TH) 11:30 Lunch (TH) 12:30 LDSC Board Mtg. 1:00 Sturling (TH) 1:00 Fun Bridge (TH) 7:00 Crib (TH)	8 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH)
11 STATUTORY HOLIDAY for REMEMBRANCE DAY 7:00 Guitar (TH)	12 9:00 Bridge (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH) 1:00 Choir (TH)	13 9:00 Oil Painting (TH) 10:00 Qigong (TH) 1:00 Telford PM Painters (TH) 1:00 Curling (TH) 7:00 Bridge (TH)	14 9:00 Knitting (TH) 11:30 Lunch (TH) 1:00 Sturling (TH) 1:00 Fun Bridge (TH) 7:00 Crib (TH)	15 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH) Don't forget the Craft Sale happens this weekend! 16th and 17th
18 10:00 Exercises (TH) 10:00 Alzheimer's Support Group (PL) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	19 9:00 Bridge (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH) 1:00 Choir (TH) 7:00 Music Jam (TH)	20 9:00 Oil Painting (TH) 10:00 Qigong (TH) 1:00 Telford PM Painters (TH) 1:00 Curling (TH) 7:00 Bridge (TH) 7:00 Karaoke (TH)	21 9:00 Knitting (TH) 11:30 Lunch (TH) 1:00 Sturling (TH) 1:00 Fun Bridge (TH) 7:00 Crib (TH)	22 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 1:00 Choir (TH) 7:00 Darts (TH)
25 10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	26 9:00 Bridge (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH) 1:00 Choir (TH) 7:00 Parkinson's Mtg. (TH)	27 9:00 Oil Painting (TH) 10:00 Qigong (TH) 1:00 Telford PM Painters (TH) 7:00 Bridge (TH) 7:00 Horticulture Club (TH)	28 9:00 Knitting (TH) 11:30 Lunch (TH) 1:00 Sturling (TH) 1:00 Fun Bridge (TH) 7:00 Crib (TH)	29 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)



DECEMBER 2019 EVENTS

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Bridge (TH) 10:00 Sight Seekers (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH) 7:00 Music Fest	9:00 Oil Painting (TH) 10:00 Qigong (TH) 1:00 Telford PM Painters (TH) 1:00 Curling (TH)	9:00 Knitting Group (TH) 9:30 LDSC Board Mtg. 11:30 Lunch (TH) 12:30 LDSC General Meeting 1:00 Sturling (TH) 1:00 Fun 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)
9	10	11	12	13
10:00 Exercises (TH) 1:00 Curling (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) 1:00 Curling (TH)	9:00 Knitting Group (TH) CHRISTMAS DINNER 1:00 Sturling (TH) 1:00 Fun Bridge (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
16	17	18	19	20
10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	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 Curling ENDS (TH) 1:00 Telford PM Painters (TH) 7:00 Karaoke (TH)	9:00 Knitting Group (TH) 1:00 Sturling (TH) 1:00 Fun 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: 9:29 pm MST in Edmonton Saturday December 21
23	24	25	26	27
	CHRISTMAS EVE 	CHRISTMAS DAY A Very Merry Christmas To Everyone!	BOXING DAY 	
30	31			
	1:00 Crib (TH) NEW YEAR'S EVE Best Wishes for a Happy and Healthy 2020!			