



OGDEN HOUSE 50+ ACTIVITY CLUB OCTOBER 2018



OGDEN HOUSE 50 + ACTIVITY CLUB
2102 - 69th Avenue S.E., www.ogden50plus.org

FAX # 403-279-1009 PHONE: 403-279-2003
CALGARY, AB T2C 3Y4





VISION STATEMENT

We are an organization that gives purpose to our lives by keeping us involved socially, emotionally, physically and intellectually.

BOARD EXECUTIVE

2018

CHAIR Marlene Phillips
1ST VICE Shirley Bullough
2ND VICE Walter Klimuszko
TREASURER Mary Ellen Dunphy
SECRETARY Dave Swanson

PAST CHAIR Margaret Moffat

DIRECTORS Brenda Oswald
 Carol Finlay
 Oscar LaRocque
 Gerry Sylvester
 Bill Townshead

CENTER HOURS

Monday to Friday
 8:30 am – 4:00 pm

Office Closed Weekends
 & Statutory Holidays

Club open after hours including weekends for programs and activities for members only.

STAFF & PHONE EXTENSIONS (403)2792003

CEO #5	Alexandra Witczak	alexandra@ogden50plus.org
BOOKKEEPER #1	Renata Michalski	renata@ogden50plus.org
PROGRAMS & VOLUNTEERS# 2	Erika Rodriguez	erika@ogden50plus.org
FILLING THE GAP #4	Jenny Thompson	jenny@ogden50plus.org
MOW/SNOW #3	Rick Scott	rick@ogden50plus.org

IMPORTANT PHONE NUMBERS

POLICE	403-266-1234
FIRE	403-269-0442
BUS ROUTE INFO	403-262-1000
OGDEN HOUSE	403-279-2003
MOW/SNOW	403-236-8139
DISTRESS CENTER	403-266-4357

MESSAGE FROM MARLENE

Hi again everyone. For those of you who attended the General Meeting on September 11th, most of what I am going to say, you will have already heard. For those of you who didn't attend, I will summarize the material below:

- The majority of members attending the meeting were in favor of the Club hosting the TGIF steak dinner next June and they were happy with the meal.
- The vast majority of members were also in favor of your Board hosting another pancake breakfast next July and thought having the band was a must.
- There have been two new security cameras installed, one in the cloak room and one in the gallery.
- The new sound system has been installed at a cost of \$2,200 and it is a vast improvement.
- We will be purchasing an outside sign to replace the rented one. This should be done within the next month.
- The September newsletter had a couple of new articles and I want to thank those who took the time to write and submit them.
- At our September board meeting, a board member brought up the question of offering the newsletter electronically to those who would like to receive it that way. It turns out that over 60 members already receive the newsletter electronically. If you would like to be among them, please let Erika know and she will add you to the list.
- Our FCSS grant application has been sent to the City for their consideration. We know from our meeting with them on August 28th that the representatives we met with are going to recommend that Ogden House be given funding for three years. We also know that there will be no increase in the amount of funding we will receive from the City. This is understandable considering the economy today. We are fortunate that our grant will stay the same so I am very grateful.
- A new calendar project is being planned for 2019. As you know, we have \$12,800 to spend on another project and the members attending the General Meeting were in favor of doing another calendar. There is a list on the bulletin board for those wishing to commit to provide much needed help with this undertaking. This project will require volunteers to help complete it, so please put your name on the list if you can help in any way.
- At the General Meeting we had a discussion regarding the food that comes from the Food Bank. Actually, there are two facets to the Calgary Food Bank. The first is the distribution of food to individuals from the Food Bank facility. The second is an initiative called Food Link. This initiative distributes food to non-profit organizations like ours so that we can supply food to the needy seniors in the Ogden area. This is the reason there is sometimes food sitting out for members to take home if they require it to help fill their requirements.
- Ogden House has a large sum of Casino money that will need to be spent within the next 18 months or so. I am asking members to let the Board know what is on their wish list for upgrades or additions to Ogden House. We are looking at things like a new fridge for the bar, more supplies for the craft room, upgrades to the bathrooms and repair or replacement of the kitchen cupboard doors. These are just a few suggestions. We are looking for more.

- Finally, at the June General Meeting, member requested that the sign above the reception desk be removed and replaced with something more positive. I presented an alternative to the members at the September General Meeting. It is focused more on the benefits of good behaviour as opposed to the consequences of bad behaviour, and the majority of members liked it. I will have the new sign made and hung as soon as possible. The new sign will look like this:

At Ogden House we believe that

TRUTH

ACCEPTANCE

COMPASSION and

TOLERANCE

Make our Club a better place

Finally, I want to comment on the September TGIF. We had approximately 50 people attend and would really like to see more support for this program. The night was a great success. The meal was especially good and the music was so good that we had quite a few dancers again. We gave away a \$25 Sobey's gift card to the winner of the Can You Guess Who I Am?? Contest that was in the September newsletter and we had a second contest that everyone enjoyed. TGIF is a great opportunity to sit back, relax, enjoy the company, food and entertainment for only \$13 per person. It is worth every penny. I hope to see more participation in the months to come.

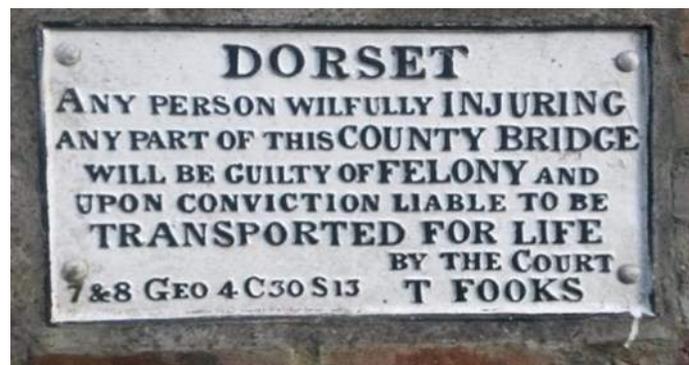
Until next time.....**Marlene**



CAN YOU GUESS WHO I AM????



I was born in England shortly after WW2 and spent my early life there. It seemed an idyllic life on the farm but I yearned for places farther afield. I worked hard and achieved a spot on the British Track team competing in various towns and cities all over Europe. In late teens striving to travel farther afield I attempted to gain free passage to Australia or Canada by kicking the town bridge in the presence of the police.



Unfortunately the law was taken off the books in the 1800s and I had to pay for my own passage to Canada!

I have been a member of Ogden House for over twenty years – so who am I?

Please fill in the entry form if you wish to enter the contest. Fill in the month of the newsletter that the article appeared, your guess of who wrote the article and your name and phone number. Erika will go through all the entries and pick out the ones that answered correctly. Those entries will be put in a hat and a winner will be drawn at the October TGIF. The prize will be a \$25 gift card to Safeway. Deadline for entries is October 17^h. Good luck.

UPDATE FROM EXECUTIVE DIRECTOR.

I'm not sure where September went, it was so busy that the time just flew by.

We had a Volunteer Appreciation day and thank you all for coming, not only for appreciation but also on every other day and taking care of big or little things at Ogden House. Your presence and involvement are priceless!

As some of you might already know, Jenny is leaving us, she already left in a way because right now she is only working two days per week. She found a better paid job. On this occasion I want to thank her for a great job that she did at the Ogden House.

We have Salsa lessons so if you are into dancing or practising dance, please join us. If you are not so much into dancing but like to exercise your brain, please join Spanish class. Both are fun and at the same time good for the body and mind.

First time in the Ogden House history we have over 300 members. We are becoming more and more popular. Average age is also very good, we are at the top compare to the other centers.

Pretty soon Rick (Mow/Snow) will start fall clean-ups. Please let him know if you need a help with it.

As for Fair Entry, Renata is now responsible for that, so if you have any questions regarding that please contact her. Erika has other tasks that she needs to focus on.

The nights are getting cooler and darker so if you feel like stopping by on Friday at "Happy Hour" here, you are more than invited. There is always good crowd of very friendly people.

Alexandra Witczak

THANK YOU

As most of you know, I have a new hip, which is working very well. I want to say "Thank You" to everyone who helped me prior to the operation on July 23rd and after. I could not have done what I did without your help. Thank you for the card (a keeper) with all your well wishes.

Hopefully I may be able to help someone else when needed.

Ellen Appleyard.

WHO I AM??????

THIS MONTH'S FIND THE ITEM WINNER
\$25.00 Safeway Card

NAME: _____

PHONE: _____

Who I am : _____

Please fill in the entry form . The entries will be put in a hat and a winner will be drawn at the September TGIF. The prize will be a \$25 gift card to Safeway. Deadline for entries is September 18th. Good luck.

JUST FOR FUN

Somewhere in the newsletter we have hidden this image:



Now it's up to you to find it!
When you do, fill out the form and drop it off at Ogden House 50+ Activity Club or email it to: erika@ogden50plus.org for a chance to win a \$10.00 Tim Horton's Gift Card.

There is a box near the front desk for your submissions. Include your name, phone number and the details of where you found it.



WINNER'S FOR SEPTEMBER

HIDDEN OBJECT: **Martha Beisel**
CLUB 50/50 WINNER'S: **Marlene Phillips**
TOONIE 50/50: **Eileen Meierhofer**
FREE DINNER: **Vicki Miller**
WHO AM I, CONTEST: **Jim Bullough**

PIZZA LUNCH

OCTOBER 3, 2018 AT NOON \$4.00



HIDDEN ITEM

THIS MONTH'S FIND THE ITEM WINNER
\$10.00 Tim Horton's Card

NAME: _____

PHONE: _____

PAGE & ARTICLE: _____

Ogden House Senior's House

TGIF DINNER

October 19, 2018

PLEASE COME AND JOIN US FOR AN EXCELLENT DINNER, LIVE MUSIC, FRIENDLY PEOPLE AND LOTS OF FUN....

\$13.00



Filling the Gap

I am looking forward to the Senior's Information fair on the 22nd of October and hope to see many of you there. Please support us by inviting your friends and neighbors to come too, its not only for members. Come and meet people that are service providers for the area. The event is put on to support the United Way of Calgary and Area. One hundred percent of the proceeds will be donated to them. There is no cost to attend, have a bite to eat or a beverage, however, donations of any size are appreciated. Bid on items at the silent auction, enter the 50/50 draw or sign up to win the door prize. Good luck!

It's a great opportunity to have an informal, no pressure chat with a lawyer, denturist, home support service provider as well as learn about accommodation options, there also will be a gift basket business demonstrating what they do. Craig, a member of the Calgary Fire Department will be present to chat with you about fire safety and what the department can offer to seniors in their homes.

Please do come out, visit, learn, have a snack and a drink and hopefully take home some giveaways, information and hopefully one of the prizes. If you have any questions at all, please don't hesitate to ask.

Thanks,

Jenny Thompson

Outreach Worker – Filling the Gap

Ogden House Senior's Information Fair

October 22nd

9:30 – 12:00

Supporting the United Way.

Meet and learn about local businesses and services available.

50/50 draw, raffle prize a and silent auction

Snacks and refreshments available for purchase

Giveaways and a door prize

FUN!

Spread the word to support our fair and the United Way!





Created by
Sue Lindlauf
Grand Forks Herald
2010

HAPPY THANKSGIVING WORD SEARCH

P	C	O	W	X	Y	W	O	C	O	W	X	Y	W	W
U	H	K	E	A	U	L	U	F	K	N	A	H	T	E
M	V	O	I	S	T	U	F	F	I	N	G	F	D	D
P	M	J	L	W	M	C	K	Y	J	T	W	A	C	B
K	T	A	U	I	K	N	J	T	G	U	D	M	N	R
I	N	M	H	C	D	G	M	U	M	Y	E	I	G	E
N	R	V	I	E	O	A	H	R	V	I	E	L	J	A
Q	E	B	O	R	L	D	Y	K	P	O	R	Y	D	D
F	R	I	E	N	D	S	A	E	I	P	F	P	K	D
S	Q	U	L	B	L	L	S	Y	U	L	B	L	L	O
W	A	Y	G	S	E	O	T	A	T	O	P	A	O	O
X	S	A	L	A	D	I	X	S	T	K	G	Q	I	F
D	Y	A	M	A	D	S	D	D	R	M	B	Z	U	U
F	L	T	H	A	N	K	S	G	I	V	I	N	G	Y
G	P	Q	C	H	S	E	L	B	A	T	E	G	E	V

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|-----------------|-------------|-------------|----------------|
| 1. THANKSGIVING | 5. THANKFUL | 9. STUFFING | 13. PUMPKIN |
| 2. HOLIDAY | 6. FOOD | 10. SALAD | 14. PIE |
| 3. FAMILY | 7. TURKEY | 11. BREAD | 15. VEGETABLES |
| 4. FRIENDS | 8. POTATOES | 12. YAM | 16. HAM |

OCTOBER BIRTHDAYS

Slim Weegar	October 1
Michael Romanuik	October 1
Lori Life	October 2
Ross– Duane Bumstead	October 3
Linda Zbryski	October 3
John Van Der Poel	October 3
Osvaldo G. Ripamont	October 3
Kevser Genc	October 4
Linda Leys	October 5
Sue Carscallen	October 6
Sherry Connor	October 6
Bob Cook	October 6
Sandra Housken	October 7
Michael Ravenhill	October 8
Rita Lohues	October 8
Dorothy Sanford	October 9
Marilyn Shaw	October 9
Gerald Shortt	October 12
Catherine Ripley	October 13

Richard Munn	October 13
Carmen Gallant	October 13
Grant Sartison	October 13
Lil Whiteside	October 13
Dot Rennie	October 14
Martha Beisel	October 14
Oscar LaRocque	October 15
Vera Telle	October 15
Suling Chung	October 15
Wayne Freeman	October 19
Louise Maclennan	October 20
Linda Letts	October 22
Lewis Collett	October 23
Pat Rodriguez	October 23
Jean Brien	October 23
Alma Curren	October 24
Mike Behrman	October 24
Bill Rae Rhe	October 27
Gayle Adams	October 28
Judy Locke	October 29

Thank you Note

I would like to say Thank You to the men's coffee group for filling the envelopes for the Make Believe Tea and to Marilyn Gorveatt for helping to put the addresses on envelopes.

A special thanks to Eileen Meierhofer for typing the addresses.

Members are now able to pick up the envelopes up the Make Believe Tea at Ogden House.

Gwen Hanna

VOLUNTEER APPRECIATION DAY AT OGDEN HOUSE

VOLUNTEERS THANK YOU VERY MUCH FOR EVERYTHING YOU DO EVERY DAY....



Managing Psoriasis Late in Life

Genetics play a significant role in psoriasis development. A person is 50% more likely to get psoriasis if both parents have it.

An Unwelcome Change

There are certain changes to our skin that we come to expect as we age. Whether it's looser skin, wrinkles, or spots, it's often understood that these changes represent part of our body's natural aging process. Thick, scaly patches, on the other hand, are not as expected. And yet, psoriasis – a condition which causes the body to accelerate skin cell production resulting in scab-like plaques – is noted as the most prevalent autoimmune disease in Canada. The Canadian Dermatology Association reports that there are 1 million Canadians who live with psoriasis. Although it tends to develop in those between the ages of 15 and 35, psoriasis is a lifelong ailment, and it's especially important that seniors with the condition properly manage it. Doing so will help lead to better overall physical health and greater quality of life.

What to Expect with Psoriasis

The scaly patches that begin to develop are only part of the equation when it comes to psoriasis. The condition can also increase the risk of lymphoma, non-melanoma skin cancer, low bone density, and even osteoporosis. What's more, older adults with psoriasis may often develop psoriatic arthritis, which causes swollen fingers/toes, foot pain, and lower back pain. Because of the numerous risks associated with psoriasis, it's vital for older adults to see a board-certified dermatologist to better understand the severity of the condition, recognize the triggers (e.g., stress, alcohol consumption, medications, and injury), and to determine the most appropriate treatment plan.

When considering treatment, it's important to know that it's not a one-size-fits-all approach. Guidelines from the National Psoriasis Foundation Medical Board recommend that older adults with mild psoriasis use only topical treatments, and for those with severe psoriasis, to receive phototherapy. The latter is often administered by dermatologists 2-3 times a week, using a booth that exposes the patient to either ultraviolet A or B light. Oral/injected medications are also an option, but they tend to have severe side effects, and are often prescribed only for short durations.

Older adults should include all of their doctors and medical care professionals in the conversation before any treatment plan is prescribed. Primary care physicians need to be informed of treatment to ensure that it doesn't interfere with medications or increase the risk of other health problems.

Steps for Managing Psoriasis

In addition to prescribed treatment, older adults can take steps to manage psoriasis and ease its associated symptoms.

- Check over-the-counter skin care products to ensure they aren't alcohol-based. Alcohol can irritate the skin further, so choose products that include ceramides, lipids, and hyaluronic acid – natural moisturizers that the body produces less of with age.
- Use a humidifier in the home to help distribute moisture and prevent dry skin.

- Avoid using fragrances, as they can inflame psoriasis.
- With physician/dietician approval, follow a healthy diet that includes cold water fish, omega-3 fatty acids, and nuts. Also consider adding turmeric to your diet. This natural supplement's anti-inflammatory properties are known to help reduce psoriasis flare ups.
- Avoid alcohol. Studies have shown that alcohol is a trigger for psoriasis, and frequent consumption can even increase the chances of developing the condition.
- Maintain a healthy weight through exercise and – as noted above – a healthy diet. Doing so will also help to reduce the risk of other psoriasis-related health problems, such as heart disease and diabetes. Remember to consult a physician before beginning any exercise regimen.
- Reduce stress whenever and however possible. Like alcohol, stress is a known psoriasis trigger – but unlike alcohol, stress can be harder to avoid in day-to-day life. To help keep it at bay, consider practicing yoga, meditation, or other activities that can bring a sense of peace.
- Maintain a strong support network. Late-onset psoriasis can lead to feelings of anxiety and depression, so whether it be friends, family, or an actual support group, having people to talk to about the condition can help improve emotional wellbeing.

Comfort Keepers® Can Help

Psoriasis can be very alarming, especially if it develops later in life, and managing it can be demanding on seniors and family caregivers. At Comfort Keepers®, we can help seniors and other adults with psoriasis maintain their health and wellbeing. Our caregivers can help prepare healthy meals, see that they're taking medications, and assist with physical tasks that may be difficult because of the condition. Learn more about Comfort Keepers' in-home care services by contacting your local office.

About Comfort Keepers Calgary – We are Accredited with Exemplary Standing by Accreditation Canada.

Lauren Meloney

Social Media Administrator

Comfort Keepers Calgary

403-228-0072 (Office)

socialmedia@calgarycomfortkeepers.ca

Website: <https://www.comfortkeepers.ca/calgary/>



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3	4	5	6
	9:00 Men's Coffee 9:00-Table Tennis 9:00 Quilting 11:00-Aerobics 1:00-Quilting 1:00 Men's Pool 7:00 Table Tennis	8:45-Table Tennis 9:00 Men's Coffee 9:30-Oil Painting 11:00-Move & Mingle 1:00 Crib 1:00-Crafts & Pool 7:00 Wood Carvers	9:00 Men's Coffee 10:00-Yoga 12:00 Pizza lunch 1:00 Carpet Bowling 1:00-Men's Pool 5:00 Spanish Lessons 7:00 pm Fit to Age	9:00 Men's Coffee 8:45-Table Tennis 11:00-Move & Mingle 1:00 - Crib, Crafts, Pool 3:00 Salsa Lessons 7:00 pm-Bid Euchre	9:00 Men's Coffee 10:00-Aerobics 1:00-Ladies Snooker 3:00-5:00-Happy Hour-Members & Guests	
7	8	9	10	11	12	13
	9:00 Men's Coffee 9:00-Table Tennis 9:00 Quilting 11:00-Aerobics 1:00-Quilting 1:00 Men's Pool 7:00 Table Tennis	8:45-Table Tennis 9:00 Men's Coffee 9:30-Oil Painting 11:00-Move & Mingle 12:00 What cha got lunch 1:00 Crib 1:00-Crafts & Pool 7:00 Wood Carvers 7:00 Lions Club	9:00 Men's Coffee 10:00-Yoga 12:00 Pot Luck lunch 1:00 Carpet Bowling 1:00-Men's Pool 5:00 Spanish Lessons 7:00 pm Fit to Age	9:00 Men's Coffee 8:45-Table Tennis 11:00-Move & Mingle 1:00 - Crib, Crafts, Pool 3:00 Salsa Lessons 7:00 pm-Bid Euchre	9:00 Men's Coffee 9:00 Fit 2 Age 10:00 Aerobics 1:00-Ladies Snooker 3:00-5:00-Happy Hour-Members & Guests	
14	15	16	17	18	19	20
	9:00 Men's Coffee 9:00-Table Tennis 9:00 Quilting 11:00-Aerobics 1:00-Quilting 1:00 Men's Pool 7:00 Table Tennis	8:45-Table Tennis 9:00 Men's Coffee 9:30-Oil Painting 11:00-Move & Mingle 1:00 Crafts & Pool 1:00 Crib 7:00 Wood Carvers	9:00 Men's Coffee 10:00-Yoga 12:00 Pot Luck Lunch 1:00-Carpet Bowling 1:00-Men's Pool 5:00 Spanish Lessons 7:00 pm Fit to Age	9:00 Men's Coffee 8:45-Table Tennis 11:00-Move & Mingle 1:00 - Crib, Crafts, Pool 3:00 Salsa Lessons 7:00 pm-Bid Euchre	9:00 Men's Coffee 9:00-Fit 2 Age 10:00-Aerobics 1:00-Ladies Snooker 3:00-5:00-Happy Hour-Members & Guests 5:30 TGIF Dinner	
21	22	23	24	25	26	27
	9:00 Men's Coffee 9:00-Table Tennis 9:00 Quilting 11:00-Aerobics 1:00-Quilting 1:00 Men's Pool 7:00 Table Tennis	8:45-Table Tennis 9:00 Men's Coffee 9:30-Oil Painting 11:00-Move & Mingle 1:00 Crafts & Pool 1:00 Crib 7:00 Wood Carvers 7:00 Lions Club	9:00 Men's Coffee 10:00-Yoga 12:00-Pot Luck Lunch 1:00-Carpet Bowling 1:00-Men's Pool 5:00 Spanish lessons 7:00 pm Fit to Age	9:00 Men's Coffee 8:45-Table Tennis 11:00-Move & Mingle 1:00 - Crib, Crafts, Pool 3:00 Salsa Lessons 7:00 pm-Bid Euchre	9:00 Men's Coffee 9:00-Fit 2 Age 10:00-Aerobics 1:00-Ladies Snooker 3:00-5:00-Happy Hour-Members & Guests	
28	29	30	31			
	9:00 Men's Coffee 9:00-Table Tennis 9:00 Quilting 11:00-Aerobics 1:00-Quilting 1:00 Men's Pool 7:00 Table Tennis	8:45-Table Tennis 9:00 Men's Coffee 9:30-Oil Painting 11:00-Move & Mingle 1:00 Crafts & Pool 1:00 Crib 7:00 Wood Carvers	9:00 Men's Coffee 10:00-Yoga 12:00-Pot Luck Lunch 1:00-Carpet Bowling 1:00-Men's Pool 5:00 Spanish lessons 7:00 pm Fit to Age	9:00 Men's Coffee 8:45-Table Tennis 11:00-Move & Mingle 1:00 - Crib, Crafts, Pool 3:00 Salsa Lessons 7:00 pm-Bid Euchre	9:00 Men's Coffee 9:00-Fit 2 Age 10:00-Aerobics 1:00-Ladies Snooker 3:00-5:00-Happy Hour-Members & Guests	
		* S.E.H.A. Sunday Services Church * Table Tennis Saturday * Saturday's 9:00 Men's Coffee				