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Stay Connected

October 1st
International day of older persons

October 1-9
Active Ageing Week in Calgary

Office Hours
Monday - Friday
9:00 am - 4:00 pm
(closed Saturday, Sunday and statutory holidays)

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September 30, 2021 marks the first National Day for Truth and Reconciliation
Canada's first-ever National Day for Truth and Reconciliation is September 30, coinciding with Orange Shirt Day. It’s a day for all of us to commemorate the residential school experience, to witness and honour the healing journey of the survivors and their families, and to commit to the ongoing process of reconciliation.

We at Parkdale Nifty Fifties Seniors Association endeavor to work alongside all Nations, Indigenous and non, who live, work, and play on this land to create spaces where all of us are recognized and supported to live our best and fullest lives. We recognize that this work does not end with acknowledgements but that it starts with each of us making the commitment to listen, learn, and act as called upon by the communities we live in and alongside.

Parkdale Nifty Fifties operates on land nearby the Bow river, covered by Treaty 7, on the traditional territory of the Blackfoot confederacy which includes the Siksika, Kainai, and Piikani, as well as the Tsuut’ina, and Stoney Nakoda which include the Bearspaw, Chiniki, and Wesley First Nations. This territory is also home to the Métis Nation of Alberta, Region 3 within the historical Northwest Métis homeland. This land is known by many names to many people, including Moh’kinsstis (Blackfoot), Wincheesh-pah (Nakoda), Otos-kwunee (Cree), Kootsisáw (Tsuu'tina) and Klincho-tinay-indihay (Slavey). We are grateful for the opportunity to work on this land and call it our home.
Rain Garden Being Installed Outside Nifty Fifties

If you have been by the club you have seen the construction in front of the building. The Parkdale Community Association and the Alberta Low Impact Development Partnership are building an ecologically functional demonstration garden for flood and drought mitigation in the space. The plan is below.
Living through the pandemic over the last year and a half has been a difficult and challenging time for all of us. As a community it’s shown us where we need to do better in how we care for one another. As individuals it’s provided an opportunity to better understand our own strengths and weaknesses. Our ideas on what is most important to us and our tastes may have changed over the pandemic.

At the Parkdale Nifty Fifties your opinion is important to us. Please take 5 minutes to complete the survey so we know what you’d like to do and what programs and services you’d like to see.

Click on the link here to start the survey.

We appreciate your time and thoughts.
Being partners means we help each other out. Last year during the shut downs, United Way Calgary helped Nifty 50s financially. Now we are returning the favour by holding a funding drive for United Way Calgary, from October 25 to the end of the month.

If you come into our center, please bring some spare change and keep an eye out for the donation buckets!

Every dollar donated will be used to support programs that benefit the Calgary community.

We thank you in advance
Voting is an important responsibility. It's how we shape our communities and choose which leaders will represent us. Voters can cast their ballot during the **Advance Vote (October 4 - 10, 2021)** or on **Election Day (October 18, 2021)**.

If you are unable to vote during the Advance Vote or on Election Day because of a physical disability, absence from the city or if you are working as an election worker, you can request a mail-in ballot. In addition, a short [How to Vote video](#) was created to walk you through the process. Visit [electionscalgary.ca](http://electionscalgary.ca) for more information and [sign up](#) for the Elections Calgary e-Newsletter.

**What’s on the ballot?**

This election Calgarians will receive a municipal and a provincial ballot.

- Voters will elect **City Council and school board members**.
- Voters will vote on **adding fluoride to our water**.
- Voters will select **nominees for the Senate of Canada**.
- Voters will vote on **referendums about equalization payments and Daylight-Saving Time**.

Information on Municipal Candidates can be found at this link: [calgary.ca](http://calgary.ca)

Information on Senate Candidates can be found at the link: [elections.ab.ca](http://elections.ab.ca)

**Municipal Referendum**

**Question:** Are you in favour of reintroducing fluoridation of the municipal water supply?  
Your answer choices: yes or no.

**Provincial Ballot**

**Question 1:** Should section 36(2) of the Constitution Act, 1982, Parliament and the government of Canada’s commitment to the principle of making equalization payments, be removed from the Constitution?  
Your answer choices: yes or no

**Question 2:** Do you want Alberta to adopt year-round Daylight-Saving Time, which is summer hours, eliminating the need to change our clocks twice a year?  
Your answer choices: yes or no
Kerby Centre and COBS Bread

Free Pop-Up Bread and Rescued Goods Market

First come, first serve

The 2nd Tuesday of each month at Parkdale Nifty Fifties Association

October 12, 11 - 12PM, 2021 | 3512 5 Ave NW, Calgary AB

For more details, visit www.kerbycentre.com or call 403-705-3176
Staying connected never gets old.

Discover opportunities to make social connections, so we all stay healthy.

There’s a difference between feeling lonely and being socially isolated — and both can be damaging. For those 55 and up, it’s vital to have social connections and to receive community support.

The older we get, the more we have to offer. These are lives that should be shared.

A look at older adults and social isolation

30% of Canadian seniors are at risk of becoming socially isolated.

According to the International Federation on Ageing, “the number one emerging issue facing seniors in Canada is keeping older people socially connected and active.”

56% of seniors with many close friends rated their physical health as very good or excellent, compared to just over 1/3 of seniors with no close friends.

Men are less likely to have social supports.

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3. www150.statcan.gc.ca - Social isolation and mortality among Canadian seniors
4. www150.statcan.gc.ca - COVID-19 and social support for seniors: Do seniors have people they can depend on during difficult times?
We’d like to take this opportunity to provide an update on the Social Isolation Awareness Campaign. As we revert back to restrictions and are faced with cooler temperatures, people will once again need access to supports and resources for themselves or for others. #Stayconnected promotes awareness and support of older adults who may be socially isolated. The campaign helps to educate Calgarians about the impacts of social isolation on older adults, and facilitates connections by providing resources and ideas to those who want to get involved. It also promotes how we can all play a role in making meaningful social connections, whether it’s you, a neighbor, a friend, or a family member who is at risk of social isolation.

Quick overview of the current work plan:

- Represent the campaign using red yarn or a red yarn Heart – the theme will be connection
- Reignite the campaign in conjunction with International Day of Older Person on October 1st with ongoing opportunities throughout the winter
- Promote volunteering because of increased need for peer to peer support or friendly check-in’s/phone calls

Develop key messages to get the word out

Here are some helpful links that you can use to amplify the campaign:

Check out the campaign Calgary.ca/stayconnected, especially How to Get Involved and the Partners Campaign tool kit

Attend an Event or explore Things to Do and invite someone else to attend too.

Like, Follow, and Share the #Stayconnected Facebook page https://www.facebook.com/stayingconnectednevergetsold

Share your plans for connecting with older adults on International Day of the Older Person (Friday, October 1) using the hashtags #stayconnected, #yycseniors, #agefriendlyyyc

Links that share ideas for celebrating seniors on International Day of the Older Person - October 1st, 2021

Celebrate and Support Alberta Seniors - Tip Sheet
On 14 December 1990, the United Nations General Assembly designated October 1 as the International Day of Older Persons. This was preceded by initiatives such as the Vienna International Plan of Action on Ageing, which was adopted by the 1982 World Assembly on Ageing and endorsed later that year by the UN General Assembly.

In 1991, the General Assembly adopted the United Nations Principles for Older Persons, to respond to the opportunities and challenges of population ageing in the 21st century and to promote the development of a society for all ages.

The composition of the world population has changed dramatically in recent decades. Between 1950 and 2010, life expectancy worldwide rose from 46 to 68 years. Globally, there were 703 million persons aged 65 or over in 2019. The region of Eastern and South-Eastern Asia was home to the largest number of older persons (261 million), followed by Europe and Northern America (over 200 million).

Over the next three decades, the number of older persons worldwide is projected to more than double, reaching more than 1.5 billion persons in 2050. All regions will see an increase in the size of the older population between 2019 and 2050. The largest increase (312 million) is projected to occur in Eastern and South-Eastern Asia, growing from 261 million in 2019 to 573 million in 2050. The fastest increase in the number of older persons is expected in Northern Africa and Western Asia, rising from 29 million in 2019 to 96 million in 2050 (an increase of 226 per cent). The second fastest increase is projected for sub-Saharan Africa, where the population aged 65 or over could grow from 32 million in 2019 to 101 million in 2050 (218%). By contrast, the increase is expected to be relatively small in Australia and New Zealand (84%) and in Europe and Northern America (48%), regions where the population is already significantly older than in other parts of the world.

Among development groups, less developed countries excluding the least developed countries will be home to more than two-thirds of the world’s older population (1.1 billion) in 2050. Yet the fastest increase is projected to take place in the least developed countries, where the number of persons aged 65 or over could rise from 37 million in 2019 to 120 million in 2050 (225%).

Due to the new restrictions to protect the population of Alberta from Covid-19 we are sorry to announce that this year’s art show is being Cancelled. We will keep you posted as soon as we know when we re-organize the new date for this event. In the meantime, we wish you to stay safe and healthy!
Things to do around town ...

Active Aging Week
October 4 – 10, 2021

Active Aging Week celebrates aging and the benefits of active living at any age. It showcases the capabilities of older adults as fully participating members of our community and spotlights the role models that lead the way.

Seniors' Week and Active Aging Week events
https://www.calgary.ca/csps/cns/seniors/seniors-week/active-aging-week.html

Calgary International Beerfest
October 15 & 16

The Calgary International Beerfest brings the beer world together at Canada’s largest beer festival. Rated as one of the best beer festivals in the world, with 700+ beers from 200+ breweries, and so many innovative destinations within the festival, your biggest challenge will be deciding where to start.

https://albertabeerfestivals.com/festivals/calgary-international-beerfest/

Heritage Park - Ghouls' Night Out
October 28 - 31, 2021

Ghouls’ Night Out returns to Heritage Park this October for some good old-fashioned Halloween fun! This family-friendly Halloween event is perfect for ghouls of all ages who are looking for a safe, spooky and fun night out. Dress in costume, bring your flashlights and your spirit of Halloween!

- Walk through the dark and decorated streets of Heritage Park and enjoy a variety of outdoor shows featuring some beloved characters!
- Take home spooky craft kits, play a monster sized game of Operation and walk- if you dare- through Tinkerman’s funhouse!

https://www.heritagepark.ca/plan-your-visit/event-calendar/ghouls-night-out
Foot Clinic

Offered by Nida’s Foot Care: An essential service and will be on site:

**Wednesday October 27, 2021**

9:00 AM—3:30PM

Please book your appointment with

Nida: 403 921-9077

Cost: $25.00 per visit

It is not necessary to be a member of Parkdale Nifty Fifties or to be a senior to access this.

*Please bring your own towel*

Good Food Box

**Order by Oct 12th**

**Pick up on Oct 20th**

Small box $25

Medium box $30

Large Box $35

Remember that we are open for drop in board games and floor curling.

The cost per visit per person is $2
Parkdale Nifty Fifties Seniors Association Donation Form

Please Print:

Name: _________________________________________________________________

Full Address: _____________________________________________________________

Donation Amount: ________________________________________________________________

A charitable receipt will be issued for all donations over $10.00. Please make cheques payable to Parkdale Nifty Fifties Seniors Association. Mailing Address 3512—5 Avenue NW Calgary Alberta T2N 0V7. If you wish to come into the office, you can use your credit card to make a donation.

You can also donate online by visiting our website and clicking on the Donate Now button. This will take you to the Canada Helps website where you can use your credit card or Interact. You will receive a tax receipt by email from Canada Helps.