

	<p>Fall Registration Aug 4 to Aug 14 Watch for the Fall Brochure</p>	<p>Writers' Club Call Out For Poetry</p>	<p>Gardening</p>	<p>Mental Health</p>
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## Confederation Park 55+ Activity Centre

# THE LOBBY NEWS

### SINGLE MOTHER IN NEED

Bunk beds, single beds, double bed NEEDED  
Linens  
Nancy 403 819-1230  
nthomas1@shaw.ca



### AGM ZOOM

The COVID-19 pandemic has caused meetings to go virtual. And so are we. Although it will never replicate the personal interaction offered by the face-to-face meetings it will be an adventure in electronic and computerized joint co-operation. Conducting a virtual or semi-virtual AGM will help ensure the comfort and safety of all participants even after social distancing restrictions has ended. Though a virtual AGM may pose a few challenges we have a wealth of knowledge and technical tools at our disposal.

Details will follow as we set forth in this technological adventure.

### COVID-19 CREATIVE CALLS FOR POETRY SUBMISSION

Confederation Park Writers' Group is extending an invitation to submit your pandemic poetry. Writing and creating poetry in response to current events can be a powerful antidote to anxiety and uncertainty. The writers' club will select from the submitted poems for publication in the book: Poems of the Pandemic.

Deadline: July 31, 2020

Publication: September, 2020

Gardening is sometimes looked upon as just a "hobby" but it is much more than just that. Did you know that gardening is an activity that promotes your overall health and wellbeing? So, you may ask "What are those benefits?" These benefits include: therapeutic benefits, maintaining physical fitness, improving flexibility, coordination and strength, enhanced physiological and psychological relaxation, improved self-esteem and depression symptoms, and encouraging creativity and social bonds.

Gardening can improve your level of autonomy and quality of life. As a group exercise gardening can promote social interaction and community support.

Before you start taking out your shovels and rakes assess your garden and landscape for potential risks for falls and protect yourself from the sun all the time. Have you considered installing raised beds to help reduce the physical demand associated with gardening? Remember, nothing is better than sharing the fruits of your labours with others. Source: <https://www.mcmasteroptimalaging.org/>

### "Dos cervezas por favor?"

Are these the only words you know in Spanish? Then this beginner fun Spanish class is for you. You will be introduced to every day related vocabulary and basic phrases. Join Cristina, born and raised in Buenos Aires, Argentina. Cristina studied physics and has taught students from elementary to grad school.

Equipment: notebook and pen

Homework: YES!!!!

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*To us, it's personal.*



June's book choice, "The Other Einstein" by Marie Benedict resulted in a lengthy and lively discussion in which all members were fully engaged. There is a fine line between fact and fiction and the question was raised as to whether the author had taken too many liberties with her depiction of the part Mileva, Albert Einstein's first wife, played in the development of his various theories particularly that of the theory of relativity.

Marie Benedict describes herself as "an exhaustive researcher who prefers to use original source material" but admits that there was very little research material available regarding Mileva which made the writing of this book challenging. The main sources she used were existing letters between Mileva and Albert and also letters between Mileva and her friend, Helene who was also enrolled at the Polytechnic for a degree in History.

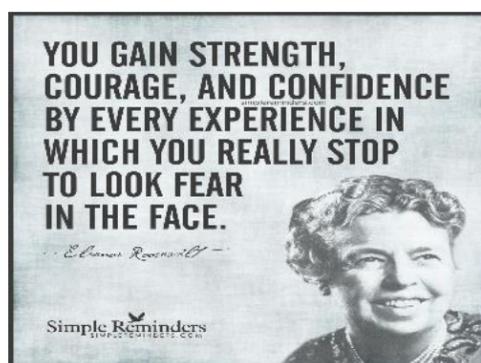
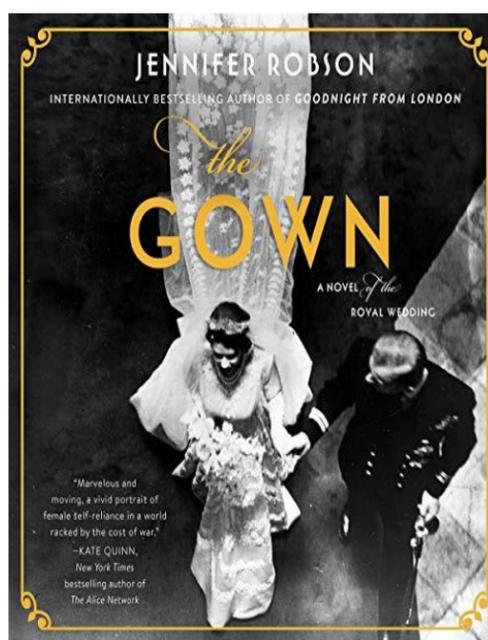
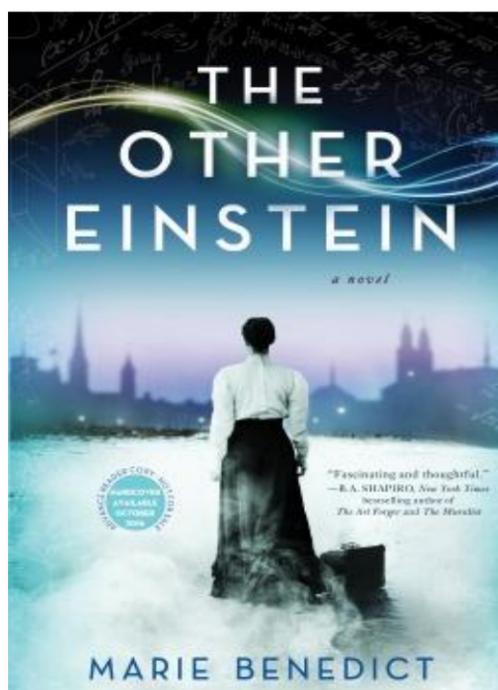
There is no doubt that Mileva (affectionately known as Mitza to family and friends) was a brilliant physicist and mathematician since she was accepted as a student into the Swiss Federal Polytechnic; no mean feat for a woman in 1896. Not only was she a woman entering a man's domain but she was born with a malformed hip resulting in a limp and as a native Serbian was looked down upon as being racially inferior.

Many members felt that the novel was more fiction than fact and that Albert Einstein's contribution to Science was undermined and his character unjustly portrayed while others believed Albert Einstein abused his wife by stealing her ideas and not giving her the credit. He is also portrayed in the book as being a neglectful husband and father.

Marriage to Albert Einstein, in Mileva's mind, will be an equal partnership but sadly, she is left behind in the traditional role of raising the children. The marriage ends, not surprisingly, in divorce. An interesting note is that Mileva, in the divorce settlement, is awarded the prize money from the Nobel Prize in Physics obtained by Albert in 1921. The Book Club was divided in their opinion as to whether this was given to Mileva out of guilt for his neglect and passing off her work as Albert's own or whether it was the generosity of a loving father in order to provide for his children.

We tried to keep in mind that an historical fiction is just that, fiction and not a biography but it was difficult to see where fact and fiction began and ended in this particular novel.

Our zoom book club meetings have been so successful and such fun that we have decided to extend for one further month so that on Tuesday, July 7th we shall be discussing, "The Gown" by Jennifer Robson.



**GRIEF AND PET LOSS RESEARCH STUDY**

Have you had a pet die? Are you able to talk about your grief? Researchers at the University of Alberta and University of Calgary invite you to participate in a research study if:

- You are a woman aged 55 or older
- Your pet died between January – December 2019, and
- You were living alone at the time

Please contact Professor Cary Brown at the University of Alberta ([cary1@ualberta.ca](mailto:cary1@ualberta.ca)) for more information about the study. (Study reference number Pro0010778).



UNIVERSITY OF CALGARY



**MENTAL HEALTH**

In unprecedented times such as these during the COVID-19 pandemic, it can be difficult to process so much information coming in on precautionary measures to stay safe. The evening news delivers a half hour minimum of constant Coronavirus information and stories in attempt to keep you informed and up to date on the latest developments. This may seem like a guiding light in uncertain times however, just like that third piece of chocolate cake on a bad day, what brings us reliable comfort isn't always good for our health. The constant reminder that there is looming fear and concern can have a serious impact on our mental health. This is not to say to ignore the concerns and outcomes, it's just that in hard times we need as much resiliency as we can get to carry on with our daily activities, attempting to make the best of a truly traumatic situation. It has been studied that too much bad news can cause psychological distress, and constant states of fear can weaken our immune systems and cause long term health effects including PTSD. (<https://www.apa.org/pubs/highlights/spotlight/issue-181>)

COVID-19 has presented us with much worry than ever before. We are even more socially isolated, some of us having no visitors at all, confined to our homes. We are all in fear for our own health and for the health of our loved ones, and having to live through terrible stories and situations we hear about the vulnerability of seniors in long term care is heartbreaking at best. So even though we may use the news as a means of staying connected, too much news is proving to be not helpful in giving us the courage to face uncertainty and can wash out our good faith to replace it with hopelessness. It important to remember that as a member of Confederation Park 55+, we are a supportive community and you are not alone. If you are experiencing hopelessness and do not know where to begin, please reach out. The staff may not be available at the time you call, but assure you that you are not a burden. We care. You matter. It is OK to not feel courageous and strong. A simple suggestion in reducing the amount of news that you take in, can be a mental health benefit for all of us to take to heart. Maybe have some of that chocolate cake instead!

AHS provides their comprehensive resource list for "Help In Tough Times" here:

[CLICKHERE](#)

- Shauna