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# Preparing or Updating Your Will



Vilma Mydliar, LLB

It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an *Enduring Power of Attorney* (EPA) and a *Personal Directive* (PD).

To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a

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### Connect with Kincora Community Association – KCA

KCA is a non-profit organization run by volunteers from Kincora. We have many ways of engaging with you. You can also communicate with us! Take a moment to connect to your community, receive regular updates, and have your voice heard.

### Our Website

Go to [www.kincora.org](http://www.kincora.org) to register for a free account. You can access information about upcoming events, becoming a volunteer, paying your membership fees, and other useful community links. For assistance with your website account, please contact [members@kincora.org](mailto:members@kincora.org).

### Emails

Once you create an account on our website, you can choose to receive emails from us. You must choose to get them. To do this, simply log in, go to the “Members” tab; click “Profile”, then “Email Options”. Emails are typically sent once a month, or to announce event info.

### Our Newsletter

Our official newsletter – “Kincora News” will provide meaningful information that your family will find useful. All your editorial submissions will be considered for printing and must be submitted by the first day of the month for the following month’s publication.

### Social Media

We can also be reached on our Facebook pages @KincoraCommunity and @KincoraResidents, on Twitter @Kincora\_YYC, or on Instagram @kincora\_art. There you will be able to interact with us, receive regular updates, and connect with other engaged residents of Kincora.

## PRESIDENT’S MESSAGE

Hi Kincora,

We have a very exciting February ahead for you! We are going to start with our marquee cold weather event, the Winter Festival! The event is February 12 from 1:00 to 4:00 pm in the Kincora fields. We will be hosting this completely free celebration of the season. This will include, of course, skating, however if you or someone you know doesn’t have skates and helmet, we will have the Skate Shack on site to provide free helmet and skate rentals to any age group. We will have refreshments provided at no charge from Home Sweet Home Realty and TELUS. Our annual hit is back: the horse drawn sleigh rides through the fields. Along with all of that, our fire pits and music will be going; it’s just a great time to come out and have some fun with family and friends, meet some neighbours, and enjoy our winter season in Kincora.

This same weekend (February 10, 11, and 12) we will also be having night skating for the first time! We have arranged to have lighting for the weekend so we can provide light until 11:00 pm Friday and Saturday night and 9:00 pm Sunday night. As long as we have volunteers, we are going to try and have the Skate Shack open during these evenings as well.

February 11, we are also offering tickets to the Calgary Roughnecks game at a reduced rate. If you’ve never been to a lacrosse game, this is a great way to check it out at a lower ticket price for KCA members. It’s a really fun night of sport, music, and entertainment. Please check out [Kincora.org](http://Kincora.org) or our Facebook page for ticket details!

Two last notes, we do have firewood available for sale at \$10 per bundle for use at our fire pits. All proceeds go right back to the KCA. The firepits are for public use and you can head out and use them anytime you like. Please just ensure that you only burn wood. Contact me to purchase wood.

I am very pleased to relay that our 55+ social events have returned at the Symons Valley United Church. These are just a drop-in meet and greet hosted in the Valley View room. Please check our website and Facebook page for date and times for our February event.

As always, feel free to reach out!

*Travis Merrick*

President

587-917-3125 | [President@Kincora.org](mailto:President@Kincora.org)

MPC Foundation

Meet other members in the community  
and join in fun activities together!



## Afternoon Tea & Social for Adults 55+

Meet & Greet!  
Thursdays at 1:30pm



Symons Valley United Church

Contact:

(587-480-7373)

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## A MESSAGE FROM THE KRA

Happy Valentine's Day and Family Day! Just as you're recovering from the holidays, here are a couple of occasions to celebrate with loved ones and treats.

For February 2023, The KRA board meeting has been changed to the first Tuesday of the month and not on the second as it falls on Valentine's Day. Please consider when planning for either of these occasions to support a family-run eatery or shop to help strengthen our local economy.

Community fees were due in January and interest has been updated on accounts with outstanding 2022 balances. A \$25 late fee charge for land title searches have been applied to accounts in their second year of arrears. The 2022 financials are being finalised and will be sent to our auditors before the 2023 AGM in June.

Our beautiful tower has had some difficulty with lighting. There have been issues with the programmable LED lighting hardware that will be corrected in the spring.

Keep warm and many smiles from your KRA members.

[kincoraresidents.org](http://kincoraresidents.org)

## LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!



## Friendships Matter.... A Lot



*by MPC Foundation*

The research on the effect of friendships on general well-being is pretty definitive.

It matters, a lot. In fact, research has consistently demonstrated that having friends is essential for maintaining optimal health, both physical and mental, especially as we approach the senior years.

According to Dr. Moore, a senior health specialist, "Seniors who are socially engaged tend to have better health outcomes, even for those with complex medical conditions." Regular socializing produces benefits in the form of strengthening the immune system, recovering more quickly from illness, lower blood pressure and the risk of heart disease, a sharpened memory, and improvement to sleep quality. According to one study, people with strong connections to family and friends have a 50% greater chance of outliving those with fewer social ties.

There are many ways to make new connections, no matter what stage of life you are at.

Volunteering is probably one of the best ways to meet like-minded people. Pitching in to help others isn't just good for your community, it's also particularly rewarding for your physical and mental health.

Join a class. Whether you've always wanted to learn how to draw or paint or learn line dancing for the first time, pursuing new hobbies or learning new skills can give your brain a workout and introduce you to new friends.

Get involved in the community. It is close to home and any friendships that you foster will be easier to maintain.

To foster the creation of community ties, the Kincora Community Association, in partnership with MPC Foundation and the Symons Valley United Church, will host weekly activity sessions at the church every Thursday afternoon for adults aged 55 and up in the community. Come and enjoy afternoon tea, make new friends, enjoy some games, and other creative activities. We would love to see you Thursdays at 1:30 pm. For more information, call 587-480-7373.

Nurturing friendships takes effort at any age. To keep yours in good order, it helps to make socializing part of your routine.

## To View Additional Kincora Content

### INCLUDING

- *News and Events*
- *Real Estate Statistics*
- *Crime Statistics*

and more...

SCAN HERE



# Symons Valley United Church



## An affirming congregation of the United Church of Canada.

Your church at the centre of the community.  
Welcome Home!

Services - Sundays at 10:30 am. Sunday School and Youth Group meet during the worship service.

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### KINCORA COMMUNITY ASSOCIATION MEMBERSHIP

[www.kincora.org](http://www.kincora.org) (Online Registration and Payment)

KCA Membership Fee: \$20

Cheque is payable to the Kincora Community Association (NO CASH)

Mail: P.O. Box 47146 Creekside, Calgary, AB T3P 0B2

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

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Are you interested in volunteer opportunities? ☐

Date (dd/mm/yy) \_\_\_\_\_

Registration confirmation is sent out from [wpadmin@kincora.org](mailto:wpadmin@kincora.org). Please contact [members@kincora.org](mailto:members@kincora.org) for inquiries.

Information is collected under the authority of the Freedom of Information and protection of Privacy Act, section 33(c). This information is used to record your Kincora Community Association membership household payment history. This information will only be used in whole or in part for internal statistical reporting. It will never be shared with a third party. If you have any questions or concerns regarding the use or collection of this information, please contact us.





## SYMONS VALLEY PARK UPDATE

Happy new year to all our community neighbours,

We hope that this message finds you all healthy and finding early success in this new year. Last year, we continued working to bring Symons Valley Park a centralized outdoor amenity for all our communities. Our project is planned to be a multipurpose/hockey rink, playgrounds, picnic area equipped with fire pits, tennis courts, bike track, and outdoor amphitheatre. It will be a community-based recreational destination for residents of Kincora, Nolan Hill, Sage Hill, and Sherwood to enjoy. If you aren't sure where our project will be built, you may recall we had a very successful Movie in the Park event in September at the open greenspace just south of Sage Hill Crossing. That's where we plan to build this amazing neighbourhood amenity!

For us to make this a reality, we need additional members for our board of directors and volunteer committees. We are looking for volunteers to help in areas of communication, fundraising, and finance stewardship. Last year, we operated the entire year with vacant board positions, including Vice-President, Secretary, and Director of Fund Development, which are critical roles within our society. We know there are some amazing people in our communities, and we're looking for some people who may have a little more time to give back to the community. If that sounds like you, please reach out to us so that we can connect and discuss how you can join a terrific team of dedicated volunteers.

### Volunteer roles/activities we are recruiting for includes:

- **Director Vacancies:** Secretary, Director of Fund Development, Vice-President, Director at Large
- **Fundraising:** Volunteers will help the Fund Development Director develop strategies and apply for funding from all levels of government, corporate and private donors.
- **Communications:** Volunteers will assist the Communications Director in providing information to our members and stakeholders, including marking materials and social media.
- **Finance and Audit:** Volunteers will assist the Treasurer with development of organizational policies such as charitable donations, audit, financial reporting, accountability, and investment.

If you'd be able to help in one or more of these areas, reach out to us on our website. We look forward to seeing you around the communities this year as we connect with you and bring more events to the neighbourhood.

*Kris McPherson, President – Symons Valley Park*

## Tai Chi – Gentle Exercise for All Abilities



*by MPC Foundation*

The Harvard Health journal describes Tai Chi as 'meditation in motion' and calls it the 'perfect activity for the rest of your life.' Over the years, this ancient form of martial arts has evolved into a hugely popular form of exercise that incorporates mind-body practices and has created legions of fans who attest to its health benefits, added to the fact that it is easy to get started and readily adaptable for all skill levels.

Indeed, the health benefits of embracing Tai Chi as part of an exercise routine are well documented. In Tai Chi exercise, its movements are low impact, slow-motion, relaxed, and never forced. When combined with deep breathing actions and the need to pay attention to each movement in order to maintain the flow and sequence of motions throughout the routine, practitioners of Tai Chi exercise are engaged in mindfulness while performing this routine. In addition, Tai Chi also improves muscle strength and flexibility, which makes it easier to recover from a stumble. The fear of falling can often induce the likelihood to fall and some studies have found that Tai Chi training helps reduce that fear.

According to another study published by the Harvard Medical school, Tai Chi appears to improve executive functions. This includes the ability to multitask, manage time, and make decisions, and the benefits are more pronounced in people without any cognitive decline. In those with mild cognitive impairment, Tai Chi slowed the progression of dementia more than other types of exercise and improved their cognitive function in a comparable fashion to other types of exercise or cognitive training.

The benefits of Tai Chi are generally greatest if you begin before the onset of a chronic illness or functional limitation. Tai Chi is safe, no fancy equipment is needed, and it is easy to get started.

The successful adoption of Tai Chi to your daily exercise routine requires good instruction to begin with, followed by the 3 Ps – Practice, Practice, and more Practice! Once you reap the physical and mental health benefits from this form of exercise, you can continue enjoying this well into your senior years. It is worth the investment of time and effort!



# Yoga For Sleep

by MPC Foundation

Yoga is a gentle and restorative way to wind down your day. Research has found that over 55% of people who did yoga discovered that it helped them get better sleep. Some 85% of those who practice yoga for sleep said that doing yoga regularly helped them reduce stress and achieve better sleep quality.

For those who are new to Yoga, having the right guidance and equipment will go a long way towards easing smoothly into this form and exercise. For example, you can use supportive props like bolsters, towels, and yoga blocks to make poses comfortable so that you can stay in the pose for longer and continue to breathe gently. You can also begin with fewer repetitions and gradually add more repetitions as you progress. The beauty about this form of exercise is that you can do as much or as little as your body can tolerate. When done properly, you will experience the wonderful sensation of having a good workout and without any pain or exertion.



There are several restorative yoga poses that relieve tension and stress, and thus, help promote restful sleep throughout the night. Additionally, deep breathing during yoga is key to be able to relax in these poses. Using a gentle and calming yoga breathing technique, this form of exercise will enhance meditative mindfulness that serves us well, not just at bedtime, but throughout the day as well.

As with all things worth doing, the more that you practice Yoga poses regularly, the more likely you can get a good night's rest. Start by learning the right techniques from a qualified practitioner, after which you can successfully embrace this exercise into your daily self-care routine.

MPC Foundation offers Yoga for Sleep for all seniors and older adult residents in the area. These classes are offered free of charge, thanks to generous support from the Calgary Foundation.

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### An Exercise in Building Intimacy

by Nancy Bergeron, RPsych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



The person we often crave to feel most known by is our partner. This is the person with whom we share the most intimate details of our lives. It's the person who sees us at our best and our worst. The one who knows our history and is a primary part of our future.

We want them to know us, to really know us, and these questions can help. Dr. Catron says, "Most of us think about love as something that happens to us, we fall and sometimes we get crushed. But what I like about this study is how it assumes that love is an action."

This activity should be done at a slow pace and should last at least 45 minutes.

Grab a couple of comfortable chairs and place them facing each other. Knees should be about a foot or so away from each other. Turn off phones and all other distractions.

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a "perfect" day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
7. Do you have a secret hunch about how you will die?
8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel most grateful?
10. If you could change anything about the way you were raised, what would it be?
11. Take four minutes and tell your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any one quality or ability, what would it be?
13. If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
15. What is the greatest accomplishment of your life?
16. What do you value most in a friendship?
17. What is your most treasured memory?
18. What is your most terrible memory?
19. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
20. What does friendship mean to you?

21. What roles do love and affection play in your life?
22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
23. How close and warm is your family? Do you feel your childhood was happier than most other people's?
24. How do you feel about your relationship with your mother?
25. Make three true "we" statements each. For instance, "We are both in this room feeling \_\_\_\_."
26. Complete this sentence: "I wish I had someone with whom I could share \_\_\_\_."
27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.
28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
29. Share with your partner an embarrassing moment in your life.
30. When did you last cry in front of another person? By yourself?
31. Tell your partner something that you like about them already.
32. What, if anything, is too serious to be joked about?
33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
35. Of all the people in your family, whose death would you find most disturbing? Why?
36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Now that you are done asking and answering questions, look into each other's eyes for four minutes (try not to giggle too much).

The formal activity is complete. Now, talk about how this exercise made you both feel.



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We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

*To discover more, please contact us!*

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