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Epilepsy Awareness Month

Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!



MARCH 26
Purple Day

Light up the Night in Violet Vibes! Light up your homes, offices, and public spaces in purple to show your solidarity.

Dress in Grape Glory! Show your support by wearing purple clothing or accessories on March 26th.



Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



epilepsycalgary.com



Share your purple moments using
#postyourpurple



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SCA UPDATE

Memberships and Volunteer Opportunities:

Please visit springbankcommunity.com to join as a household or individual resident.

If you see a role where you can help out Springbank Community Association as a volunteer, please email info@springbankcommunity.com. We need your voices to be heard!



Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

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Open

Please contact us at president@springbankcommunity.com if interested in working with the board.



Membership Builds Community

Membership in the Springbank Community Association is a \$5 yearly fee for individuals or \$10 for households – included in membership is such benefits as a vote at the Annual General Meeting, details will be sent out and communicated to members. The SCA is also working hard to develop more programs, events, and activities within the Springbank Community and look forward to partnering with you to do that.

Visit springbankcommunity.com/membership-join/ to learn more!

SCAN HERE
TO VIEW ADDITIONAL
SPRINGBANK CONTENT



UPCOMING CLASSES

EMAIL SPRINGBANKLTO@gmail.com TO REGISTER

Monday, March 4

Macarons with
Nathalie \$60

Pottery Class
Part 1 of 2 \$75

Reflexology with
Vicky \$50
9:15-10:45 am

Monday, March 11

Coffee 101 with
Crickle Creek
Coffee \$25

Chinook Skincare
Essentials
(DIY facial)
\$40

Reflexology with
Vicky \$50
9:15-10:45 am

Monday, March 18

Boring to Bold
Chicken Dishes
\$40

Pottery Class -
Part 2 of 2
(Paid before pt. 1)

Learn to Apply
False Lashes
(includes kit)
\$125

Reflexology with
Vicky \$50
9:15-10:45 am

Monday, March 25

Easter Cake with
Get Real Baking
\$75

Tea Cup Floral
Display
\$25

Pelvic Health
Information
Session
\$15

FAQ

Classes are held
from 9-11am (unless
otherwise listed) at
the Reception
Center at Eden
Brook Funeral Home

LTO membership fee
is \$25 paid once per
session which
includes access to
classes, coffee &
snacks, and a weekly
meet-up!

Find us on FB • Instagram @springbankLTO • SpringbankLTO.ca

Get Ready to Spring Forward

DST kicks in on March 10 at 02:00 am! And yes, it's 'Daylight Saving Time' but we won't judge if you say 'savings' as it has become a popular variant in conversations. However, the perfectionists out there will likely remind you that the dictionary says the word saving is singular because it refers to saving time.



World Optometry Day: The Vital Role Optometrists Play in Defending Us from the 'Silent Thief of Sight'

by Dr. Clark Tardiff, Optometrist



March 23 is World Optometry Day, serving as a yearly reminder for Canadians to prioritize their eye health and celebrate the important role optometrists play in protecting our vision. This year, let us focus on how the 'silent thief of sight', glaucoma, is impacting Canadians across the country and how optometrists support in the early detection and monitoring of the condition.

There are many different types of glaucoma, but all cause damage to the optic nerve. The optic nerve plays a critical role in sending images to our brain and without proper treatment and management of the disease, those impacted can experience irreversible vision loss.

Recent Specsavers surveys, conducted by Leger, show the majority of Canadians (71%) expect at least one early warning symptom of glaucoma. This is concerning as in its early stages the condition progresses without noticeable symptoms – hence the name “silent thief of vision.” Most don't notice the symptoms until irreversible damage to vision has already occurred, and if early signs do occur, you may notice subtle changes in vision, such as blurriness, difficulty focusing, and light sensitivity.

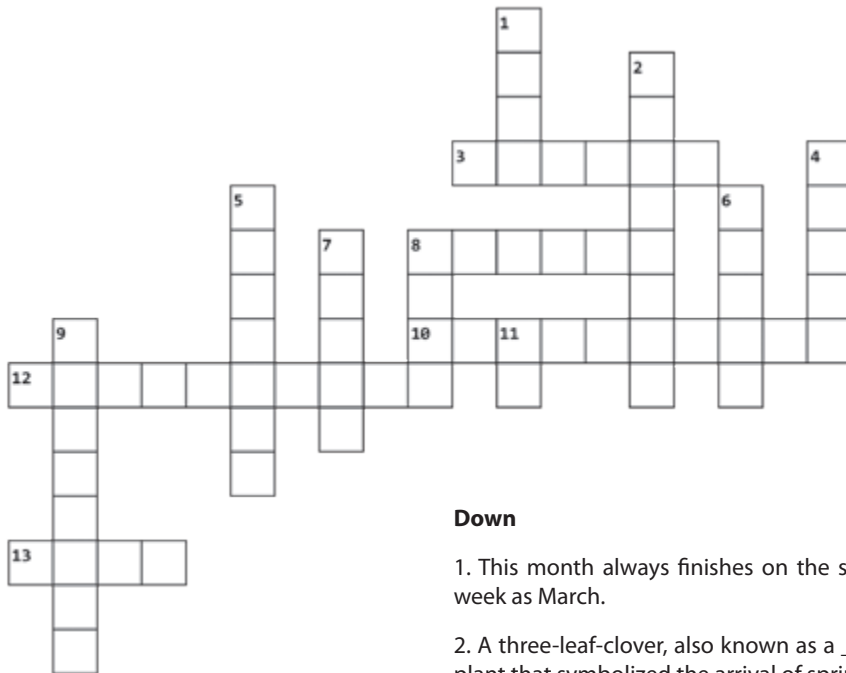
Regular visits to an optometrist and early detection through 3D eye scans are crucial for treatment and ongoing monitoring of glaucoma. A 3D eye scan – optical coherence tomography (OCT) – helps optometrists see what is going on beneath the surface of the eye, spot any abnormalities, and identify eye diseases in their earliest stages. The Canadian Association of Optometrists recommends that adults have their eyes tested every one to two years, or as advised by your eyecare professional.

Although the exact cause of glaucoma is unknown, certain risk factors may increase the likelihood of developing the condition, such as family history, increasing age, certain ethnicities, and ocular hypertension.

If you are diagnosed with glaucoma, your optometrist will work closely with you on monitoring and treatment, ensuring you receive personalized care in order to slow the progression and preserve your eyesight where possible.

As we recognize World Optometry Day, let us commit to prioritizing our eye health by visiting our optometrist for a comprehensive eye exam.

March Crossword



Across

3. The _____ Equinox is observed this year on March 19, and is one of only two moments in the year when day and night are almost equal in duration.
8. This Canadian pop sensation, Justin _____, was born on March 1, 1994, and turns 30 this year.
10. This mythical creature is often associated with St. Patrick's Day celebrations.
12. March Madness, an annual NCAA college tournament, is associated with this sport.
13. The _____ of March is well-known as the day Julius Caesar was assassinated.

Down

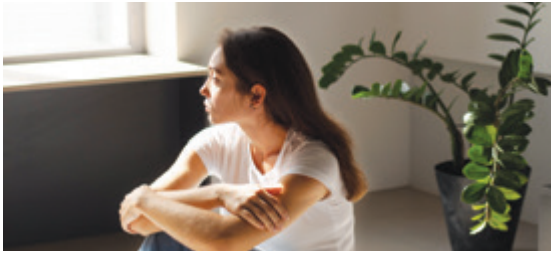
1. This month always finishes on the same day of the week as March.
2. A three-leaf-clover, also known as a _____, is a plant that symbolized the arrival of spring for the Celts.
4. International _____'s Day is annually celebrated on March 8, with this year's theme being "inspire inclusion."
5. Now known as X, this social media platform was first introduced on March 21, 2006, in San Francisco.
6. This novel, *Cloud* _____ by David Mitchell was released in March 2004 and subsequently made into a film starring Tom Hanks, Hugh Grant, and Halle Berry in 2012.
7. March was originally the first month in the ancient _____ calendar.
8. Alexander Graham _____ made the first telephone call on March 10, 1876.
9. This flower, which symbolizes new beginnings, is the official birth flower for March.
11. Rajveer Meena holds the record for reciting the most digits of this mathematical phenomenon at 70,000 digits.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Getting Help with Substance Use

by Alberta Health Services



One life lost to overdose is too many. The impacts are far reaching.

AHS is here to help. Support and treatment are available to individuals struggling with substance use, including help for family and friends left behind.

Resources and Treatment

- **AHS Addiction and Mental Health Community Clinics:** Services are available to serve children, families, and individuals. If you need to speak to someone, call the Mental Health Helpline at 1-877-303-2642 or the Addiction Helpline at 1-866-332-2322. Trained staff are available to offer support at those numbers 24/7.
- **Opioid Agonist Treatment Clinics in Alberta:** Provides treatment to people dependent on opioids and helps them access services they need to live healthy lives. Individuals can self-refer, or referrals can come from any healthcare professional or a community agency. Services are voluntary and confidential. For more information on how to access care, individuals can walk in or call any AHS opioid dependency program clinic.
- **Virtual Opioid Dependency Program:** Available anywhere in Alberta, VODP provides same-day access to addiction medicine specialists. There is no wait list. To access, call 1-844-383-7688, seven days a week, from 8:00 am to 8:00 pm daily.
- **The Digital Overdose Response System (DORS):** A free, discreet mobile app that can help prevent overdose deaths among people using opioids and other substances while alone.
- **Naloxone Kits:** Naloxone is a drug that temporarily reverses effects of an opioid poisoning.

Helplines

- **211 Alberta** – Information on community and social services.
- **Addiction Helpline** – 1-866-332-2322 for recovery-oriented care support.
- **Health Link 811** – 24/7 health advice and information.

Friends and Family

- People in need of support are encouraged to reach out to someone they trust. Talk to a family member, friend, or someone you can be honest with to talk through your concerns.
- If you notice people in your life who may be struggling, reach out to them. Offering support can include mentioning what you have noticed, listening to their concerns, and connecting them with some of the resources noted above. Starting a conversation does not require you to be a counsellor or an expert, just a caring person offering support and hope.



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JOKE OF THE MONTH



What do you call
two monkeys who
share an Amazon
account?

Prime mates!



Spicy Chicken Curry

by Jennifer Puri



Spice it up! Spices improve the natural flavour and appearance of food. There are over 300 spices but the most popular are Black pepper, Mustard, Cumin, Turmeric, Cloves, and Cinnamon.

Spices have been used for centuries for their medicinal and preservative qualities. In addition to their antibacterial and antifungal properties they are also a good source of vitamins, calcium, iron and antioxidants.

Saffron often referred to as “red gold” is the most expensive spice in the world and because of its distinctive yellow colour is used in everything from liquor, cheeses, curries, meat and rice dishes and soups.

Generally used in small amounts spices are probably the easiest way to create a great tasting meal.

Prep Time: 15 minutes

Cook Time: 40 minutes

Servings: 5 to 6

Ingredients:

- 3 lbs boneless, skinless chicken breasts
- 2 small onions finely sliced
- ¾ cup Canola oil
- 1 ½ tbsps minced ginger
- 1 ½ tbsps minced garlic
- 3 tbsps curry powder
- 1 tsp ground cumin
- 1 tsp ground turmeric

- 1 ½ tps powdered red chilli peppers
- 2 bay leaves
- 1.5 tps salt
- 1 cup plain yoghurt
- ½ can (398 ml) crushed tomatoes
- 1 ½ cups water
- 1 tsp sugar
- ¾ cup coconut milk
- 1 ½ tsp Garam Masala
- 3 to 4 tbsps chopped cilantro

Directions:

- Cut chicken breasts into bite size pieces. Heat oil in a large pot or skillet, add onions and sauté until onions are lightly brown. Add ginger and garlic and sauté for a minute then add chicken and continue sautéing until the chicken is no longer pink on the outside about two to four minutes.
- Add curry powder, cumin, turmeric, red chilli peppers and the bay leaves and stir fry for two to three minutes. If the mixture is sticking to the pot sprinkle a little water and reduce heat.
- Next add the yoghurt and blend in followed by the water. Cover the pot and allow the curry to simmer for approximately 15 to 20 minutes or until chicken is tender.
- You can now add the crushed tomatoes, sugar and coconut milk and simmer for two to three minutes.
- Remove the curry from the heat and garnish with garam masala and chopped coriander leaves.
- Serve Spicy Chicken Curry with a tossed salad, steamed rice or naan bread.



Bon Appétit!

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