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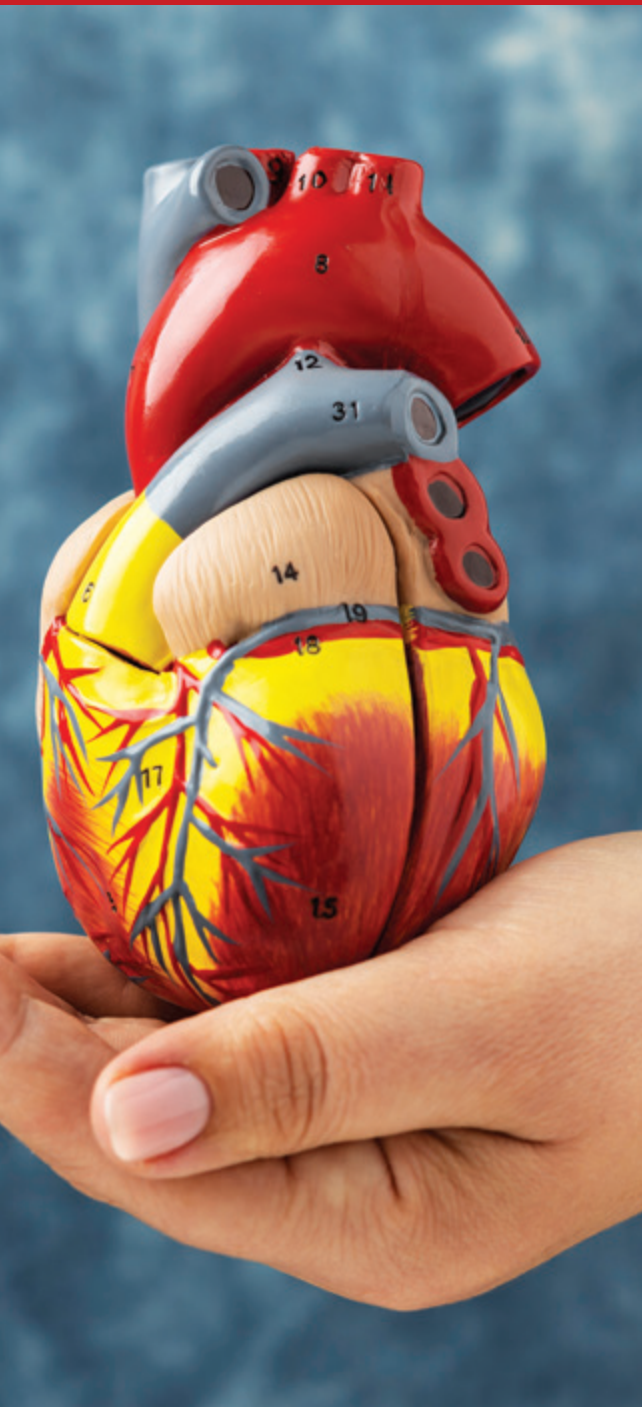
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February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Because you value your community, be sure to purchase your Cranston Community Association annual membership!

Benefit from sports, activities and partner discounts. Gain preferred access to youth and community events and programs. Secure a vote at public meetings, or make a difference by joining the Board, and more.

Memberships are \$20 per family for Cranston residents and \$30 per family for non-residents.
Memberships are valid for 1 year from date of purchase.



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Did You Know?

Cranston has two separate organizations working to make our community the best it can be!

Cranston Community Association (CCA)

cranstonca.com • cranstonca@gmail.com

- Membership is voluntary (\$20/household within Cranston, \$30/household outside Cranston).
- Protects and advocates for the interests of the neighbourhood; is the community voice.
- Past hot topics have included cell phone tower placement, congested intersections and zoning.
- Direct contact with our City Councillor, MLA, Calgary Police Liaison Officer, Federal MP and others on a monthly basis.
- Run events such as the Community Clean-Up, Festival of Lights, and organizes the Cranversations newsletter.
- Partner with grass roots minor soccer programs.
- Run solely by volunteers; generally meet at 7:00 pm on the fourth Tuesday of each month (excluding July/August) at Century Hall and all are welcome!

Cranston Residents Association (CRA)

www.cranstonra.ca • 403-781-6614

- Membership is compulsory for all households in Cranston; fees are collected each April.
- It is a not-for-profit company that is professionally managed and operated.
- Operates, maintains and manages amenities within Cranston including Century Hall and its indoor and outdoor facilities including gymnasium, tennis courts, splash park and hockey rink (as well as utilities, insurance, programs administration, landscaping, and so on). They also maintain the Windmill, Art Park, Direct Control Corners and various medians and boulevards in the community!
- Responsible for Century Hall's extensive list of programming! Families and individuals can take part in all sorts of wonderful activities including dance, yoga, taekwondo, basketball, and much more.
- Additional events such as Family Movie Nights, Ice Cream Socials, Puppy Play Dates and more are also organized by the CRA with help from a variety of generous sponsors.

Cranston Community Association Board Listing

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Self-Care O'Clock

Taking care of your whole self, mentally, emotionally, physically, and spiritually, is important. Bringing our body and brain into harmony can bring upon improvements in all areas of our lives.

As humans, we are programmed to help others. However, to do this in an effective and sustainable way, we need to take care ourselves. As the saying goes “you cannot help others if you do not help yourself first.” So, when is the last time you truly focused on you?

Self-care looks different for everyone. It is a journey to find what you need to prioritize as actions for yourself to feel relaxed, energized, and strong! Here are some ways you can take care of your whole self:

Eat: Bake some treats, make a tasty salad, or cook your favorite meal. Say “yes” to what you want and enjoy every bite. You need to nourish to flourish!

Make Space: Have a space in your home that you can call your own and where you can reset. This could be a beanbag chair in a cozy corner, or a window with a view.

Heart Health: Take a deep breath and let it out slowly. Breathing exercises power our nervous system, helping us push away distractions and make decisions with a clear mind.

Connect: Surround yourself with people who support and uplift you. Focus on face-to-face interactions and connecting with a meaningful community.

Unplug: Limit daily technology use. Try to shut down screens an hour before bed and set up healthy boundaries with use during your day.

Most importantly, listen to what your body and brain need and meet those needs in ways that make sense for you!

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An Exercise in Building Intimacy

by Nancy Bergeron, RPsych | 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.

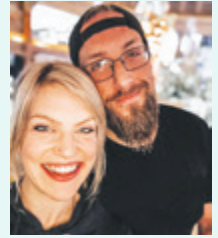
Grab a couple of comfortable chairs and place them facing each other. Knees should be about a foot or so away from each other. Turn off phones and all other distractions.

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?

Eating for Aging Bodies

by Kyle Johnston and Nina Wilder

As we age, many changes occur in our body and, predictably, these changes demand we eat a bit differently to maximize our health and well-being. All populations benefit from a diet that prioritizes fresh whole foods but for older bodies, certain nutrients become especially important.



First, we need to consume enough protein. Why? Because it builds and repairs muscle and tissue. If the body does not have enough protein, it tends to consume muscle and tissue! This can make us weaker and more susceptible to illness - something we definitely don't want in our older years.

So how much do we need?



For the average older adult, we should consume around 0.8 grams per kilogram of bodyweight per day (i.e., An 180 lbs person should have around 66 grams of protein a day). If you are active or doing any kind of resistance training, then protein should be a little higher.

We also need to emphasize Vitamin D and calcium as they are essential for rebuilding and supporting healthy bones. As we age, our bones tend to become more brittle and susceptible to fracture (making falls that much more treacherous), so these two micronutrients are vital to slowing this process down.

For ages 51 and older, aim for about 1,200 mg of calcium and 10 to 15 mcg of vitamin D a day. We can get these nutrients from whole foods such as broccoli, salmon, or fortified milk. It may be tricky to get our recommended daily intake of Vitamin D from food, so supplementation would be a good idea for this one.



by Christopher Aziz

Happy healthy eating!

Referenced:

Food and Nutrition Board, Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrates, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and amino Acids (Macronutrients). Washington, DC: The National Academies Press; 2002.

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.



CRANSTON RESIDENTS ASSOCIATION

CONTACT INFORMATION

Telephone:
403-781-6614
Fax: 403-781-6655
Email: info@cranstonra.ca
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gm@cranstonra.ca

Cranston Residents

Do you have your membership cards for Century Hall? All residents over the age of 10 are now required to have a membership card for entry to Cranston Century Hall Park and facility. Membership cards will also allow you to register for programs offered by the Cranston Residents Association (CRA).

Century Hall Updates

Did you know as a Cranston resident you have access to the Century Hall Tool and Equipment Library! Here you will find a variety of tools and outdoor sports equipment that you can borrow and enjoy for free! We have paddleboards, snowshoes, kayaks, lifejackets, skateboards, games bins, drills, ladders, saws, tools, you name it! Inquire today to learn more!

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Heritage B 850 sq. feet	34 ft. by 25 ft.	40 dinner	\$48.00	\$54.00	\$60.00
Heritage C 765 sq. feet	34 ft. by 22.5 ft.	35 dinner	\$48.00	\$54.00	\$60.00
Heritage A & B 1887 sq. feet	34 ft. by 55.5 ft.	90 dinner	\$68.00	\$77.00	\$86.00
Heritage B & C 1615 sq. feet	34 ft. by 47.5 ft.	80 dinner	\$63.00	\$71.25	\$79.50
Vista 639 sq. feet	18 ft. by 35.5 ft.	30 dinner	\$50.00	\$56.75	\$63.50
Legacy (Board Room) 369 sq. feet	18 ft. by 20.5 ft.	15 meeting	\$30.00	\$33.75	\$37.50
Riverside 534 sq. feet	17.5 ft. by 30.5 ft.	25 dinner	\$50.00	\$56.75	\$63.50
Gym 5159 sq. feet	57 ft. by 90.5 ft.	200	Party Package Only	Party Package Only	Party Package Only

Weekday rentals between 9:00 am and 4:00 pm (excluding holidays) receive 10% discount. Minimum two hour rental for Heritage Room(s).

Additional Charges

- After Hours Security fee applies for rentals ending between 9:00 pm and 1:00 am.

- After Hours Teardown fee applies for rentals ending between 8:30 pm and 1:00 am.
- SOCAN and Re:Sound fees apply for bookings with music and/or dancing.
- \$500 damage deposit and proof of insurance is required for all rentals.

Revised February 2022 - prices subject to change



South Health Campus (SHC) Wellness Centre

South Health Campus Wellness Centre offers free, quality health and wellness programs. Visit our 2023 Online Winter Program Guide for program descriptions and registration information at www.ahs.ca/shcwellness.

Upcoming Free Programs in February 2023

Cooking Your Way to Wellness in Pregnancy (Cook Along)

When: Thursday February 2, 2023, 6:30 to 8:00 pm

Need help with meal planning and preparation?

"Cooking Your Way to Wellness in Pregnancy" is an interactive virtual class designed to provide you with the hands-on experience to create healthy eating habits during your pregnancy to help ensure you and baby are as healthy as possible. Learn about nutrition for pregnancy while preparing dishes to stock your fridge for the week.

Please Note: You will be provided a grocery list, equipment list, and the recipes ahead of time. You will need to obtain the groceries and have your space set up and ready to go in time for the cook-along (some advanced prep is required).

Registration: www.birthisbabies.com

Program Provider: SHC Registered Dietitians and the Wellness Kitchen in partnership with Birth & Babies

Eating Well When Fatigued (Demo)

When: Thursday February 9, 2023, 12:00 to 1:30 pm

Do low levels of energy impact your ability to cook? Is it difficult to prepare healthy meals? Is meal preparation

difficult because it is more challenging to use your hands? Intended for people who experience fatigue and physical or cognitive limitations related to health conditions such as neurological conditions or arthritis, this fun virtual cooking demonstration will teach you strategies to be successful in the kitchen and to make healthier food choices.

Registration (visit program guide): www.ahs.ca/shcwellness

Program Provider: SHC Registered Dietitians, Allied Health and the Wellness Kitchen

Low Sodium: Tasty Tips and Tricks (Demo)

When: Part One (Meal Ideas): Tuesday, February 21, 2023, 12:00 to 1:00 pm

and/or Part Two (Dips and Sauces): Tuesday, March 21, 2023, 12:00 to 1:00 pm

Are you struggling with how to implement a lower salt (sodium) diet?

Come learn practical ways to lower sodium in your diet with a cooking demonstration by AHS Nutrition Services Registered Dietitians. This two-part series will feature label reading, lower sodium substitutions, and preparing healthy, lower sodium foods that taste great. Part one will demo lower sodium meal ideas and Part two will demo dips and sauces. Join us from the comfort of your home for this virtual cooking demonstration.

Registration: https://redcap.link/LowSodiumTastyTips_andTricksWinter2023

Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen



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June 22	64	64	\$466,700	\$464,000
May 22	74	80	\$490,000	\$492,500
April 22	101	80	\$484,450	\$510,750
March 22	91	94	\$567,400	\$567,500
February 22	84	63	\$525,000	\$560,000
January 22	43	36	\$519,450	\$565,000

To view more detailed information that comprise the above
MLS averages please visit cra.mycalgary.com

Overcaffeinated?

Many people don't realize that caffeine is a drug. It's a stimulant that's found in many types of pain and cold medicine, as well as in foods and drinks, including coffee, tea, chocolate, some energy drinks, and some painkillers.

What Are the Short-Term Effects?

The effects of caffeine usually start within five to 30 minutes and can last from eight to 12 hours.

Larger amounts of caffeine can:

- cause shaking
- make you have trouble sleeping
- make you very agitated
- cause a fast, irregular heartbeat (might feel like your heart is racing)
- make you feel irritable, restless, and nervous

People who have panic attacks shouldn't use large amounts of caffeine. It can trigger nervousness and anxiety, and they might be more sensitive to its effects.

It's rare for adults to die from a caffeine overdose. However, children can die from as little as one gram of caffeine. A single cup of coffee contains between 40 and 180 mg.

Caffeine doesn't decrease your appetite so there's no point in using it to diet or decrease your hunger.

Caffeine doesn't help you sober up if you are drunk.

As your body gets used to caffeine, it needs more and more of it to get the same effect. As the amount of caffeine goes up, so does the risk of side effects.

You can become mildly dependent on caffeine from regularly drinking 350 mg (about two to four cups of coffee) a day. If you suddenly stop drinking caffeine, you might have withdrawal symptoms such as:

- headaches
- problems sleeping
- feeling irritable, tired, and depressed
- lack of energy
- feeling down
- having trouble focusing or concentrating

Withdrawal symptoms begin 12 to 24 hours after you stop caffeine. Most symptoms go away within a few days.



What Are the Long-Term Effects of Caffeine?

More than 300 mg of caffeine (about two to three cups of coffee) in a day may be linked to miscarriages and low-birth weight babies. Caffeine is passed through breastmilk, which might make your baby irritable or have trouble sleeping. If you're pregnant or breastfeeding, you may want to limit or avoid all caffeine.

Some women who drink more than three cups a day may be at risk of bone fractures as they get older.

Regular use of more than 600 mg of caffeine might cause long-term effects including chronic insomnia, constant anxiety, depression, and stomach problems. It can also cause high blood pressure or make high blood pressure worse.

Caffeine and Young People

Because their bodies are smaller, caffeine may have a stronger effect on a child than on an adult. Children who drink pop or energy drinks with caffeine might feel anxious, be irritable, have trouble sleeping, or wet the bed.

Some teens and young adults who use a lot of caffeine may have health problems like an increased or abnormal heart rate or chest pain. If this happens, they may need to go to the hospital or need an ambulance.

For more information on caffeine and health, call the 24-hour Addiction Helpline at 1-866-332-2322.



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