

JANUARY 2023

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Abiodun Oduniyi New Resident Director

The SHOA is a not-for-profit company, which is incorporated and professionally operated, managed, and maintained. The SHOA will be responsible for the operations and maintenance of community assets, such as: entry features, amenities, and the Seton HOA facility (an exclusive lifestyle centre for Seton residents) for the lasting enjoyment of its membership. In addition to supporting healthy living and enhanced quality of life, your HOA will create opportunities to meet your neighbours and develop connections.

The development permit and development site servicing plan have been approved by the City of Calgary. The Brookfield team is working diligently through the building permit process with our consultants, contractors, and the City approving authority. Supply chain, labour, and material costs are being monitored to ensure the project is most successful. The anticipated construction commencement is summer 2023.

Instagram: https://www.instagram.com/seton_yyc/



A map showing the Seton Urban District and the Future Brookfield Community. The Seton Urban District is a large, irregularly shaped area in the center, shaded in light gray. It is bounded by a dashed line. The Future Brookfield Community is a smaller, irregularly shaped area to the south of the Seton Urban District, also shaded in light gray and bounded by a dashed line. The map includes several street names: SETON BOULEVARD SE, SETON DRIVE SE, 212 AVENUE SE, 72 STREET SE, and REMINGTON TRAIL. A legend in the bottom left corner identifies the Seton Urban District, Seton HOA Boundary, and Community Boundary. A north arrow is located in the bottom right corner.

Seton Urban District

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	22	16	13	\$415,000	\$415,000
September	22	13	15	\$435,000	\$433,000
August	22	17	9	\$349,900	\$339,900
July	22	13	12	\$339,950	\$332,500
June	22	15	13	\$309,900	\$302,500
May	22	14	10	\$337,450	\$330,750
April	22	22	13	\$349,900	\$349,900
March	22	16	15	\$375,000	\$369,000
February	22	21	27	\$364,999	\$360,000
January	22	17	15	\$368,445	\$360,000
December	21	11	13	\$329,900	\$315,000
November	21	3	10	\$339,900	\$316,250

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

The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | info@nancybergeron.ca

The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefiting ourselves, others, and cultivating better patience within ourselves.

3. Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being.

6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.

8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!

SCAN HERE



To View Additional
Seton Content

INCLUDING

► News and Events

► Real Estate Statistics

► Crime Statistics

and More...



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 January 2023

Mediterranean Style Eating for Health (Demo)

When: Thursday January 19, 2023, 12:00 to 1:30 pm

Learn how to eat Mediterranean! The Mediterranean may be far away, but the delicious and healthy foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for neurological health, cardiovascular health, or general well-being. Come discover the great flavours and many health benefits! Join us from the comfort of your home for this virtual cooking demonstration.

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

Program Provider: SHC Registered Dietitians and the Wellness Kitchen

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 be able 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.birthandbabies.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

CONNECTING TO CREATE A VIBRANT COMMUNITY



With such a large team committed to working together and making Seton the best place to call home, it can be confusing to navigate who to connect with and how. See below on how to best connect with your community.

CITY OF CALGARY

- Maintenance of public spaces, (pathways, parks, ponds, streets, etc.)
- Tree care & replacement in public green spaces
- Snow removal on City streets
- Building, planning, and business
- Parks and recreation
- Taxes and property assessment
- Social programs and services
- Bylaws and public safety
- Calgary Fire Department
- Calgary Police Services
- Waste services
- Transportation
- Animal services

311 | calgary.ca

SETON HOA

- Operations of the future HOA facility & park
- Community programming & events
- Future maintenance of HOA owned land/amenities in community
- Future seasonal lights
- Community engagement
- Future enhanced landscape maintenance & snow removal in key public (City of Calgary) green spaces & pathways
- Automatic Membership - encumbrance registered on Seton Homeowner's title
- Not for profit organization

info@setonhoa.ca | seton-connect.com

@setonyyc | @seton_yc

BROOKFIELD RESIDENTIAL

Communities Division

- Planning
- Underground services
- Road & sidewalk construction
- Park & green space construction & maintenance until turned over to City of Calgary (see map)
- Tree Planting
- Architectural controls
- HOA support

Homes Division

- Sales
- Construction
- Customer care

Commercial Division

- Planning
- Construction
- Leasing

info.calgary@brookfieldrp.com | (403) 231-8900

FUTURE SETON CA

- Celebrating community
- Community advocacy for
 - Schools
 - Urban planning
 - Civic issues
 - Safety
 - Community issues
- Recreational sports leagues
- Community programming (minor sports) & events
- Future development of allocated CA land
- Optional membership
- Not for profit organization

If you are interested in being involved with setting up the Seton Community Association, email info@setonhoa.ca

Community by Brookfield Residential

Families Matter – Family Resource Network offers your family FREE services.



OUR FREE SERVICES INCLUDE:

- Parent and child activities and drop-in play
- Parenting classes (online/in-person)
- Postpartum depression support
- Parent classes and playtime for dads
- Home visitation
- Programs for parents under 24

Call to learn what services and supports we can offer to your family at
403.205.5180 | 403.205.5194 or check out our website at **www.familiesmatter.ca**
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For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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SETON MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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ACTIVE SPORTS THERAPY: Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Seton? Our unified team of expert practitioners have one common goal – to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit activesportstherapy.ca to book a free consultation.

HURTING? We're here for you. Grief Support: Thursdays starting January 12; Divorce Care: Wednesdays starting January 18; Celebrate Recovery: Tuesdays year-round; Marriage 911: Sundays starting January 22; Living Within Your Means (financial) and Renewing Hope (mental health) starting March 6. For locations, times, and to register, call 403-252-7572 or visit faccalgary.com.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

IS THERE MORE TO LIFE THAN THIS? ALPHA: Ask anything about life, faith, and God, Thursdays, 6:30 to 8:30 pm starting February 2, 2023 at the Deerfoot Campus of First Alliance Church (12345 40 St SE). To learn more and register (free) call 403-252-7572 or visit faccalgary.com.

INCOME TAX TIME IS COMING, BE PREPARED: Professional CPA with more than twenty years' experience in personal and corporate tax services. I prepare financial statements, T4, T5 and GST returns. Payroll and bookkeeping services are also available. Call Janice at 403-617-8956 or email jawilcpa@telus.net for a free consultation.

CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

**9 PM
ROUTINE**



CALGARY
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Learn More About Property Assessment at Ask the City Assessor Q&A Session

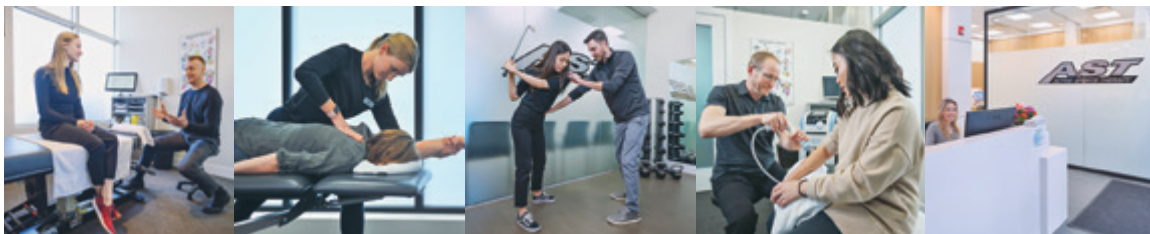
from the City of Calgary

Learn more about how The City determines property assessments at Ask the City Assessor Q&A session. This virtual information session is free and open to Calgary home and commercial property owners, who may have questions about the 2023 Property Assessment process. During this session, City Assessor Eddie Lee will answer questions on how property assessments work. There will be a short presentation followed by a question-and-answer period. Property owners are encouraged to ask general questions.

Note: Due to privacy concerns, Mr. Lee will not answer property specific questions during this session. Citizens are invited to call 403-268-2888 to ask questions specific to their Property Assessment.

When: Tuesday, January 17, 7:00 to 8:00 pm.

Where: Virtual on Microsoft Teams. Register via calgary.ca/assessment.



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SHC Wellness Centre

Program Guide



Check it out **FREE PROGRAMS** for all Albertans

Winter 2023

Active Lifestyle

Emotional Wellbeing

Employment, Finance, & Computers

Cancer (Health Management)

Chronic Conditions (Health Management)

Food, Nutrition, & Cooking (Health Management)

Kids, Tweens, and Teens

Parents and Parents To-Be

Seniors

Support Groups

Try one of these Free Winter Classes:

- Mediterranean Style of Eating for Health (*Demo*)
- Eating Well When Fatigued (*Demo*)
- Cooking Your Way to Wellness in Pregnancy (*Cook Along*)
- Low Sodium: Tasty Tips & Tricks (*Demo*) **New**

For class & registration info visit
www.ahs.ca/shcwellness
or email wellness.shc@ahs.ca



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