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and more...

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FIND SOLUTION ON PAGE 10



Please allow us to introduce ourselves! We are
RAINBOW ELDERS CALGARY

A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

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!

email: rainbowelderscalgary@gmail.com

www.rainbowelderscalgary.ca

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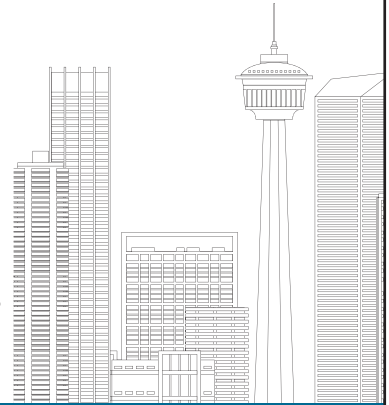


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Screen Time: Finding a Balance

Many families enjoy watching a favourite television show or movie together, but it is easy for children to spend too much time alone with a TV, computer, or video game. How do you know when it's time to cut back screen time?

The Canadian Pediatric Society recommends: no screen time for children under two years old, less than one hour of screen time daily for children between the ages of two and four, and less than two hours of screen time per day for older children.

Too much screen time can limit time for physical activity, reading, schoolwork, and talking with family and friends. But you can help your children develop healthy habits by monitoring screen time and teaching them to use media safely and wisely.

Keeping Track of Screen Time

- Have a central spot in your home to keep all your devices. This will help keep track of screen time.
- Make a family TV show schedule together and post it where everyone can see it (e.g., on the fridge).
- Make sure that you all agree on the plan. For example, agree on no screens during meals so everyone knows what's OK to watch and when it's OK to watch it.

Lead by Example

- When someone is talking to you, stop looking at the screen and look at the person. Encourage your children to do the same.
- When you play or read with your child, turn off the TV and other screens. Even a show playing in the background matters. It distracts you and your child from learning the most from the activities you share.
- Show your children how to lead a balanced life between screen time and other activities.
- Make screen time active—play during commercials and choose shows that get your family up and moving.

Focus On Family Time

- Make a list of other activities so your family doesn't rely on screens for entertainment. Include outdoor activities, playing, and reading in your family's daily routine.



- At mealtimes, put your media devices aside. Use the time to talk to each other.
- Make at least one night each week a family night. That means no screens. Play card or board games, read together, or go to an event.
- Go for a walk or bike ride as a family.
- Go to the library for a story time or to check out a book.

Use Screen Time to Learn

- Help your child learn by watching and talking about TV shows together.
- Choose TV shows that:
 - Repeat ideas to help kids learn.
 - Pause and ask kids to join in.
 - Teach only one message at a time.

Cutting back on screen time is very difficult to do, and while you may want to cut back, this may not be a good time for you. If you cannot start now, perhaps you can think about doing it later.

Remember that you can control how fast you make any changes. Making small, gradual changes to what and how much you watch on TV and other screens will help you and your child maintain the changes. The decision to change and how you do it are up to you. You can find a way that works for your family.

When you are ready to try, your doctor can give you information and support to help.

What Can Go in Your Blue Cart?

from the City of Calgary

Your blue cart is for acceptable household paper, cardboard, and container packaging. It is important to recycle the right things in your blue cart and community recycling depots, and properly prepare your materials.

When you put in items that don't belong, it can cause injuries to workers and costly shutdowns at recycling sorting facilities. Not sure where to put an item? Check out What Goes Where: <https://www.calgary.ca/waste/what-goes-where/default.html>.

Put These Items into Your Blue Cart:

1. Bundled Stretchy Plastic Bags and Cling Wrap

Bundle all stretchy plastic bags into a single plastic bag and tie closed before recycling. Acceptable bags include:

- Grocery bags
- Shopping bags
- Sandwich/lunch bags
- Resealable/Ziploc bags
- Freezer bags
- Bread bags
- Dry cleaner bags
- Plastic overwrap (wrapping on toilet or paper towel, water bottle cases)
- Plastic film wrap (saran wrap)
- Bubble wrap

Tip: If the plastic bag/wrap stretches (like a grocery bag) it's recyclable; if it does not stretch, is crinkly, or tears (like a chip bag or cellophane), it's not recyclable.

2. Paper and Cardboard

- Cardboard boxes (cereal, pizza, tissue boxes, etc.)
- Toilet and paper towel tubes
- Catalogues, magazines, and telephone books
- Newspapers, flyers, and brochures
- Letters and envelopes (remove plastic window)
- Paper coffee cups and fountain pop cups (no lid)
- Greeting cards
- Non-foil paper gift wrap
- Paper bags
- Soup and beverage cartons (e.g. Tetra Pak® packages)
- Milk cartons and juice boxes
- Shredded paper (in a see-through bag and tied closed)
- Paperback and hardcover books (separate hardcovers from pages)



3. Container Packaging

Your blue cart is for containers – bottles, jugs, jars, cartons, cans, and other rigid containers.

3a. Containers made of plastic

- Milk jugs
- Yogurt tubs
- Pop bottles
- Takeout containers
- Laundry detergent container
- Body lotion containers (no tubes)
- Beverage and juice bottles
- Mouthwash bottles
- Shampoo and conditioner bottles (no hand pumps)
- Molded plastic packaging
- A plastic holder with a cardboard backing – separate each item for recycling
- Clamshell packaging
- Divided food trays like cookie trays or party trays

Tip: Once you have determined that your plastic item is a container, then look for a recycling symbol from 1 through 7. If your plastic item is not a container, do not recycle.

3b. Containers made of tin – food cans and tin foil

- Tin food cans
- Clean tin foil (crumple up)
- Foil takeout containers and pie plates
- Tin containers (e.g. cookie tins)
- Pop cans

3c. Containers made of glass – food jars and bottles

- Glass food jars – baby food jars, salsa jars
- Glass bottles – pop bottles, condiment bottles

Lids and Caps

- Metal lids must be larger than 5 cm (two inches) in diameter
- Plastic lids must be larger than 7.5 cm (three inches) in diameter

Tip: If the lid is about the size of the palm of your hand, it's okay to recycle. Please note that all coffee cup lids belong in the garbage. They are too light to be sorted properly at the recycling facility.

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.

CRIME STATISTICS

Richmond-Knob Hill Crime Activity was Unchanged in November 2022

The Richmond-Knob Hill community experienced 12 crimes in November 2022, in comparison to 12 crimes the previous month, and 5 crimes in November one year ago. Richmond-Knob Hill experiences an average of 13.6 crimes per month. On an annual basis, Richmond-Knob Hill experienced a total of 163 crimes as of November 2022, which is up 17% in comparison to 139 crimes as of November 2021. To review the full Richmond-Knob Hill Crime report visit rich.mycalgary.com.

How To Report Crime In Richmond-Knob Hill: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

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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!

What is Bronchiolitis?

by Alberta Health Services

Bronchiolitis is an infection caused by a virus. It affects the lower part of the lungs. Bronchiolitis is common in babies, but it can happen in children up to age two. Bronchiolitis makes the small airways that carry air to the lungs (bronchioles) swell and make more mucous. The bronchioles become narrow, which causes wheezing, lots of coughing, and trouble breathing.

What Causes It?

The most common virus that causes bronchiolitis is RSV (respiratory syncytial virus). Your child can get an RSV infection more than once. In older children and adults, RSV causes a common cold rather than bronchiolitis.

What are the Symptoms?

At first, your child may have common cold symptoms such as:

- A runny nose
- A mild cough
- A fever
- Low energy
- Eating less than normal

About one to three days after cold symptoms start, the infection can cause bronchiolitis symptoms such as:

- A cough that's getting worse
- Lots of coughing
- Wheezing
- Fast breathing
- Indrawing (when the skin gets sucked in at the neck, collarbones, or between the ribs with each breath)
- Throwing up after coughing
- Trouble feeding (breast or bottle), especially for babies younger than six months
- Fewer wet diapers

Bronchiolitis can be more serious in some children, especially if they:

- Were born early (premature, before 34 weeks)
- Are younger than 3 months
- Have a history of asthma or lung problems
- Have a history of heart problems

Take your child to a doctor if they have any symptoms of bronchiolitis.

How is it Diagnosed?

A doctor may diagnose bronchiolitis by asking for your child's medical history and checking their symptoms. Your child probably won't need tests if they have typical bronchiolitis symptoms.

How is Bronchiolitis Treated?

Bronchiolitis happens the same way in most children. Symptoms tend to get worse until day four or five, and then they slowly get better. Most children feel better in one to two weeks. Some children have a cough that lasts a few weeks. If your child has bronchiolitis, you can usually take care of them at home. There is no medicine for bronchiolitis. Antibiotics do not work because bronchiolitis is caused by a virus.

Care at Home

Coughing

- Keep your child sitting or propped up instead of lying down, because it's easier to breathe in this position. A cool-mist humidifier in your child's room can help with their cough. Follow the directions for using the humidifier and keep it out of reach of children.
- Cough medicine isn't good for young children. Do not give cough medicine to children younger than six years.

Stuffy Nose

- Clean out your child's nose to make breathing and feeding easier.
- Try saltwater nose sprays to help loosen mucous in the nose. Spray or drop salt water into each nostril then suck out the mucous with a nasal aspirator. Talk to your pharmacist to find the right products for your child. Don't make your own saltwater solution at home.
- Clean your child's nose before feeds and bedtime, and as often as they need during the day.

Eating and Drinking

- Encourage your child to drink fluids. Your child may not want to drink like they usually do but keep offering small amounts of fluids throughout the day so that they stay hydrated.
- Babies younger than six months should continue to feed (breast or bottle) as usual. Keep track of how many wet diapers they make.
- Your child may not want to eat food when they're sick, and that's okay.



Fever and Discomfort

- You may give acetaminophen (Tylenol or Temptra) or ibuprofen (Advil or Motrin) to keep your child comfortable. Follow the directions on the package or the directions from your healthcare provider.
- Do not give aspirin to anyone younger than 18 years because of the risk of Reye syndrome, a serious illness.

How Can You Prevent It?

Bronchiolitis spreads easily through close contact with someone who's sick and is coughing or sneezing around you. Touching toys or sharing food with someone who's sick can spread the virus. Children with bronchiolitis are contagious for almost a week after they first get sick.

Keep your child at home if they're coughing a lot. To prevent bronchiolitis:

- If your child has bronchiolitis, keep them at home until they feel better.
- Keep a child with bronchiolitis away from young babies (under three months).
- Wash your hands often to stop the virus from spreading. Teach your child to wash their hands before and after eating, coughing, or sneezing.
- Don't smoke, use other tobacco products, or vape around your child. Second-hand smoke can put children at higher risk of infections.



Richmond-Knob Hill Real Estate Update

Last 12 Months Richmond-Knob Hill
MLS Real Estate Sale Price Update

	Median Asking Price	Median Sold Price
December 2022	\$699,900	\$700,000
November 2022	\$774,950	\$753,500
October 2022	\$599,850	\$570,000
September 2022	\$725,000	\$700,000
August 2022	\$729,900	\$718,000
July 2022	\$674,950	\$672,250
June 2022	\$784,900	\$778,500
May 2022	\$634,450	\$612,500
April 2022	\$799,950	\$792,500
March 2022	\$837,400	\$851,500
February 2022	\$824,900	\$825,000
January 2022	\$699,900	\$695,000

Last 12 Months Richmond-Knob Hill
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2022	8	7
November 2022	12	8
October 2022	8	6
September 2022	19	11
August 2022	13	11
July 2022	14	12
June 2022	22	21
May 2022	20	14
April 2022	25	22
March 2022	31	24
February 2022	36	27
January 2022	19	15

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

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6	1	5	9	7	4	3	2	8

MLA Calgary-Currie
Nicholas Milliken
Minister of Mental Health & Addiction
#211, 1608 17th Avenue SW, Calgary, AB
T2T 0E3
📞 403-246-4794
✉ calgary.currie@assembly.ab.ca



Dear Neighbours,

I am pleased to report that help is on the way for Albertans needing emergency health care.

As part of the Healthcare Action Plan, Alberta's government is working with Alberta Health Services to improve EMS response times and open acute care beds in emergency departments faster.

Your government values and recognizes Alberta's paramedics. Government aims to ensure their skills are being used in the best way possible, while also ensuring Albertans are not left waiting after a call to 911. The plan proposes only using ambulances for patients who require medical support during transport. For patients who do not require medical support during transport, AHS will arrange for alternative transportation options like community shuttles and wheelchair accessible taxis. This means more ambulances on the road and available for emergency calls instead of being needlessly tied-up when medical care is not needed.

This new program is one of several actions underway designed to better serve Albertans. AHS has an aggressive plan to reduce pressures and improve system performance. This also includes reducing wait times for surgeries and improving overall patient flow and capacity.

Government is also working with AHS for additional action. This includes adding a triage physician to emergency department waiting rooms to support patient offloads and allowing paramedics to assess and treat patients without having to transport them to hospital.

I would also like to provide some good economic news. A new TD Economic report projects Alberta's economic growth will lead the country in 2023 with Alberta outperforming all other provinces. In 2023, oil production is still expected to grow, as well as oil patch spending, driving optimism among banks and businesses. Further, the \$21.4 billion Trans Mountain pipeline expansion project is expected to be completed later in the year.

Job numbers reveal that 88,800 new jobs were created in December alone! Since 2021, Alberta has created 221,000 jobs. Policies matter, and we are putting the right policies in place to grow and diversify the economy.

Your government is taking action on healthcare and the economy, and I am working to make sure my constituents of Calgary-Currie are supported.

Sincerely,

MLA Nicholas Milliken

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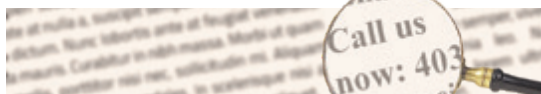
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