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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
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**News, Events,
& More**



**Crime
Statistics**



**Real Estate
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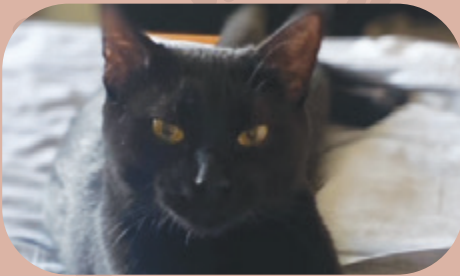
Chile Mango Bean, Sundance



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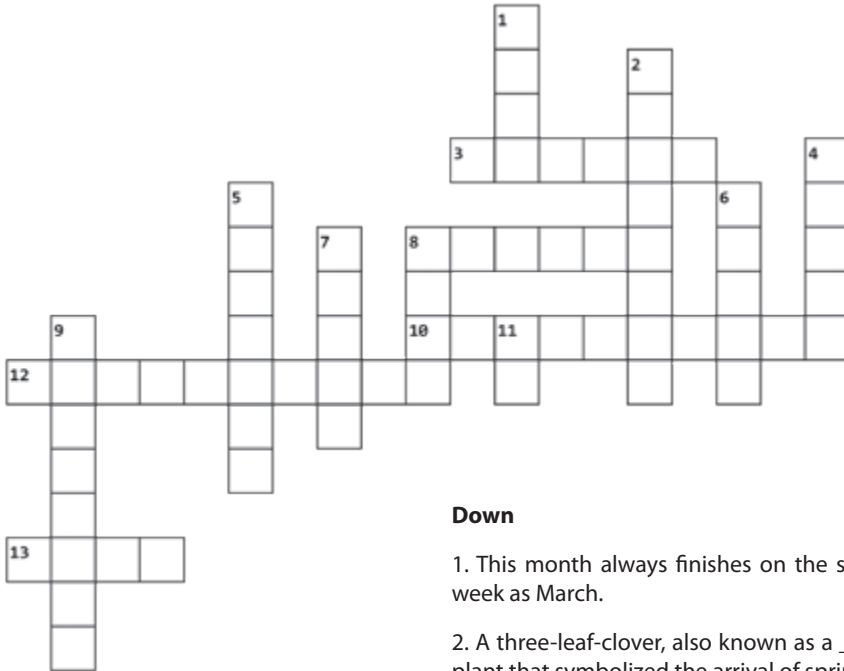


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March Crossword



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

Ten Tips for Dealing with Parental Estrangement

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Parental estrangement is emotional and physical distancing between a parent/s and their adult child, resulting in a strained or severed relationship. It can be triggered by various factors such as disagreements, misunderstandings, differing values, or more serious issues like emotional or physical neglect or abuse. The reasons behind parental estrangement are complex, and individuals may choose to distance themselves from a parent for their own wellbeing. The experience is emotionally challenging for both the parent/s and the adult child involved.

The following are tips which offer help for either person of the estrangement:

- 1. Acknowledge Your Feelings:** Accept and validate your emotions. Feelings of loss, anger, and confusion are valid responses to the situation.
- 2. Build A Support Network:** Surround yourself with friends or support groups who can offer understanding and encouragement.

3. Establish Healthy Boundaries: Clearly communicate and enforce boundaries that protect your emotional wellbeing.

4. Practice Self-Compassion: Be kind to yourself and avoid self-blame. Estrangement is a complex situation.

5. Focus On Personal Growth: Use the experience as an opportunity for self-discovery and personal development.

6. Journaling: Write down your thoughts and feelings to gain clarity and process your emotions.

7. Engage In Activities You Enjoy: Invest time in hobbies and activities that bring you joy and fulfilment.

8. Explore Forgiveness: Consider forgiveness as a personal process, recognizing that it doesn't necessarily mean reconciliation.

9. Give It Time: Healing from parental estrangement is a gradual process. Be patient with yourself and the situation.

10. Seek Professional Help: Consider therapy to help navigate and express the complex emotions that come with parental estrangement. Therapists can teach effective communication skills to navigate difficult conversations if your child wants to talk. Therapy offers a chance to explore the root causes of the estrangement, helping individuals gain insight into their own contribution to the misunderstanding. Therapists will teach you healthy coping strategies to manage emotions. Finally, therapy can help you understand, create, and enforce healthy boundaries for the repaired relationship moving forward.

Therapy is a personalized journey, and the specific benefits can vary depending on individual circumstances and goals. Remember, there is help and hope.

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"Beyond the Beats" The Healing Power of Frequency

by Jonni Fox



In a world increasingly aware of holistic wellness, the concept of healing through frequency is gaining traction. This idea isn't just a new-age belief; it's rooted in the scientific understanding of how life, at its core, is a complex symphony of patterns and vibrations. Every living being, from humans to plants and animals, is composed of fractals, intricate patterns repeated at different scales. These fractals thrive on frequency, the invisible yet powerful force that envelops us.

What if the key to wellness lies not in complex medical treatments but in the ancient and simple art of sound therapy? Healing modalities like crystal bowls, gongs, drum circles, music, and dance aren't just entertainment or relaxation tools. They are conduits of healing frequencies that resonate with our body's natural patterns. Exposing ourselves to these therapeutic sounds can have profound effects, aligning our inner vibrations to a state of harmony and health.

This isn't just conjecture. There are programs that delve into numerous scientific facts about fractals, frequencies, and their effects on the human body.

By understanding these concepts, we can unlock a powerful source of healing. As the world grapples with widespread health issues, often struggling to understand the root causes of unwellness, this knowledge becomes invaluable.

Integrating sound therapy into our lives is a gentle yet potent way to invite healing. Unlike many medical interventions, this approach bears no adverse side effects. The only 'side effects' one might experience are profound well-being, happiness, joy, vitality, and relief from suffering.

In this era of rediscovery, frequency-based healing stands out as a beacon of hope. It reminds us that sometimes, the most profound healing can come from the simplest sources. Let the rhythmic pulse of the universe be your guide to a healthier, more vibrant existence.



Word of the Month

Imponderabilia: *plural noun* (im-pon-der-uh-bil-ee-uh)

Experiences, ideas, and objects that are complex to explain.

In her poetry, Jane discusses the imponderabilia of life's milestones and hardships.

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Explore the City of Calgary Roadway Activities Map

by the City of Calgary

Curious about the ongoing road projects in your area? Wondering when the last time your neighbourhood roads were repaved? Plan your routes with ease by checking out the City of Calgary Roadway Activities Map. This interactive map compiles information on construction projects, repair work, and special events across Calgary. Visit <https://maps.calgary.ca/RoadwayActivities/> to stay informed and navigate the city hassle-free.

To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.



BRAIN GAMES

SUDOKU

		6					5	
7			6	4				
	1	8		5			7	
				6				7
1			4		8			2
3				1				
	3			2		8	4	
				3	1			9
	2					5		

SCAN THE QR CODE
FOR THE SOLUTION



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.





Councillor, Ward 4
Sean Chu
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ward04@calgary.ca
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www.seanchu.ca



MLA Calgary-Edgemont
Julia Hayter
juliahayter@albertandp.ca
@NDPjulia
@NDPjulia
@NDPjulia

Dear Residents,

Stay informed about the ongoing road projects in your area and ensure hassle-free navigation through the City of Calgary Roadway Activities Map. This interactive map consolidates details on construction projects, repair work, and special events across Calgary. Visit maps.calgary.ca/RoadwayActivities/ to plan your routes with ease.

For more City of Calgary maps, explore the Map Gallery at mapgallery.calgary.ca/.

Join us for Calgary Unplugged, an annual family-friendly Earth Hour event, on Saturday, March 23, 2023, at the Central Library (800 3 Street SE). From 7:00 to 9:30 pm, enjoy music and entertainment while learning about environmental actions in Calgary. Bring your personal lighting and dance to the DJ when the lights go down for the Earth Hour party!

If you can't make it to the event, participate in Earth Hour by turning off nonessential lights and unplugging from electronics at 8:30 pm. Take this time to reconnect with people, play games, or engage in hobbies. Share your Earth Hour participation on social media using #EarthHour and #EarthHourYYC.

Calgary Unplugged is hosted by The Arusha Centre's Climate Program, with support from The City of Calgary and community agencies.

Thank you for your attention.

Best regards,

Clrr. Sean Chu

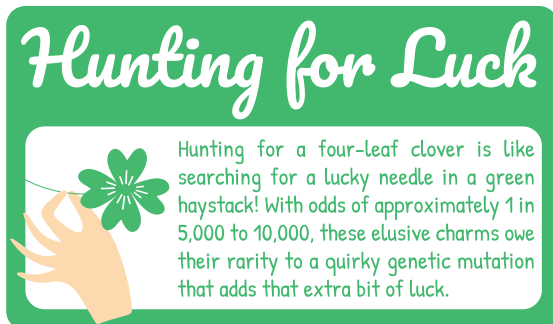
Can you believe it's March already? Spring is just around the corner, and our community has so much to be grateful for. Personally, I am grateful that soon it will be time to be in the garden again. But what truly fills my heart with gratitude is being able to represent this amazing riding and the generous people who live here.

Thank you to everyone who donated to our Period Poverty Drive. I am inspired by the generous spirit of our community! Raising awareness of an issue is the best way to bring about change. With your help, we can end period poverty.

Thank you to those who came out to celebrate Lunar New Year with me and my fellow MLAs. We were honoured to be part of the celebration of this lovely Chinese tradition. I was also touched by the warm welcome I received at the Dalhousie Community Association's Annual General Meeting. And is there anything better to warm a cold winter day than a Winter Festival? The Winter Festivals in Edgemont and Dalhousie are charming annual events that bring us together in what are frequently the coldest days of the year. There is nothing better than skating on perfect ice followed by a cup of hot chocolate and a chat with beloved friends and neighbours around a toasty fire.

As your MLA, I can provide services such as notarizing documents and letters of support. My office can arrange a scroll of congratulations on a life event such as a golden wedding anniversary or a milestone birthday. I also love attending community events and connecting with our community.

Please do not hesitate to contact my office if you have questions or need assistance related to provincial matters: calgary.Edgemont@assembly.ab.ca or 403-288-4453.





YOUR CITY OF CALGARY

Winter Cart Placement Tips

by The City of Calgary



Life or Death

Canadians will have access to medical assistance in dying (MAiD) when their only condition is mental illness. The only question is when.

In the past, I supported MAiD legislation because we need to have a legal framework around life and death choices and decisions.

This is a complex issue with strong opinions on both sides. It was important that my constituents were heard and so I quoted from the many letters I received during my House of Commons speech.

I am a big proponent of hospice and palliative care which must always be a viable and available option to someone contemplating MAiD. As a member of the House of Commons on Health, I worked on these palliative care issues across Canada. I strongly feel that Canadians should have access to the support and care that they need during the toughest times in one's life.

Advanced requests for MAiD are definitely something the federal government needs to consider. I look forward to a debate on this particular issue and am interested to know what safeguards are proposed to ensure any legislation would work as intended.

However, I do not support the expansion of MAiD to cases where mental illness is the sole eligibility reason. I spoke about this at length in the House of Commons and shared the very personal story of Anton and how he helped me come to this decision. You can read the speech at www.lenwebbermp.ca.

As I said in my speech, "We need to put vulnerable Canadians back in control of their lives. We want to see them get the help they need and provide them with the social and mental health supports they need. We must never give up on them and allow them to prematurely choose MAiD over access to mental health care."

Follow these winter tips to keep your cart collection safe and on schedule:

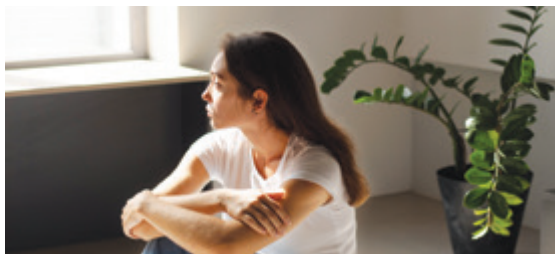
- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at calgary.ca/cartplacement.



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.

GAMES & PUZZLES

Guess the Country!

1. Over 80% of this Asian country is mountainous.
2. This European country is also known as The Emerald Isle.
3. Asmara is the capital of this African country.
4. It is mandatory in this South American country to play the national anthem twice on television and radio every day.
5. This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
6. This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



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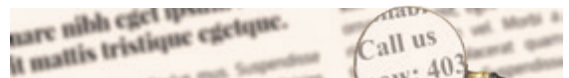
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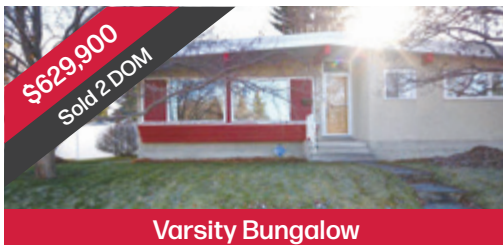
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