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HOUNSFIELD HEIGHTS – BRIAR HILL COMMUNITY ASSOCIATION MEMBERSHIP APPLICATION 2023-24

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First Name - Adults:

1. _____

2. _____

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\$20 per household

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Paid by: cash cheque

**Send cheques payable to Hounsfield Heights-Briar Hill Community Association
Box 65086 RPO North Hill, Calgary AB T2N 4T6**

Privacy Consent: By providing the personal information on this form you are consenting to HH-BH Community Association's collection and use of that information for the purposes of providing you a membership in the community association. This information will be stored in a database of community members for the sole use of the Association. The Association will not sell, barter or lease membership lists or information. We may retain this information until nine months after expiry date of the membership.

Let's Talk...

June 11, 2024

TIME: 2:00 pm

Come out meet Mr. Chester and his CNIB Ambassador handler Irene Burns on June 11th.

CNIB believes that everyone who would like to have a guide dog should have that opportunity. Irene will discuss the expansion of the CNIB Service Guide Dogs program and the many benefits this programs provides to people with sight loss.

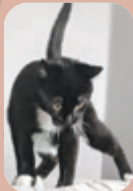
"The CNIB Guide Dogs program raises, trains and match dogs with Canadians who are blind or partially sighted."

HH-BH Community Centre 1928 - 14 Ave NW

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Hounsfield Heights – Briar Hill Community Association

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2nd Vice President	Wong, Kin	2nd.vp@hh-bh.ca	
Treasurer	Winkler, Kathryn	treasurer@hh-bh.ca	
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IT Director	Wong, Kin	it@hh-bh.ca	
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PROGRAM COORDINATORS			
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Outdoor Soccer	Vacant	outdoor.soccer@hh-bh.ca	
Youth Badminton	Vacant	badminton@hh-bh.ca	
COMMUNITY RESOURCES			
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CONTACT

Mailing Address: Box 65086, RPO North Hill Calgary, AB, T2N 4T6
Board Room / Gym - 1922 – 14 Avenue NW

Parking: West of the Louise Riley Library, accessed via the library driveway. Hall/Gym is located NE of our parking lot, just across the soccer field.

Phone: 403-282-6634

Email: admin@hh-bh.ca

Beacon Submissions: beacon@hh-bh.ca

Boardroom/Gym Bookings: bookings@hh-bh.ca

For the latest news, programs and events, please visit our Official HH-BH Community Association website at www.hh-bh.ca.



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Have an idea for a great community program or event? Send your ideas to events@hh-bh.ca.



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VISION AND MISSION



Vision

A peaceful, central, residential community with friendly neighbours connected through vibrant public space and activities.



Mission

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8-1-1 Health Link (24-Hour)	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
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3-1-1 City of Calgary (24-Hour)	403-943-1500 Access Mental Health
Information on all City of Calgary services. www.calgary.ca	Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. www.ab.211.ca	Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

Talking About Dementia

Chances are, you know someone who has dementia or is caring for someone who does. And with demographic trends toward an aging society, if you don't now, you soon will.

Recently, about a dozen local residents gathered at the HHBH community hall for a "Let's Talk" session about dementia and building dementia-friendly communities led by Catherine Laing, Executive Director of the Dr Barrie Strafford Centre for Learning, Innovation and Quality.

One of the most important take-aways for those of us in our "third act" of life is that it's very important to get early diagnosis of cognitive decline, so the next time you visit your GP, ask for a cognitive assessment that will give you a CPS score to serve as a baseline as you age.

Despite jokes that associate Alzheimer's with "Old-Timer's" disease, dementia is not a normal part of the aging process. Some memory slips do occur normally with age (where did I put my keys?), but early signs of a dementia process look more like the following:

- Problems with recent day-to-day memory.
- Forgetting the names of familiar people and objects.
- Getting lost or confused in familiar places.
- Trouble concentrating, following conversations, and simple directions.
- Changes in mood and behaviour.

Dementia in all its forms (Alzheimer's is just one; others include vascular, front-temporal, Lewy Bodies, and Parkinson's) is progressive and currently without a cure. However, the local resources for people with dementia and their caregivers are growing, and good places to start are the Alzheimer Society of Calgary (<https://www.alzheimercalgary.ca/>), Kerby Centre (now called Unison at Kerby Centre, <https://unisonalberta.com/>) and your GP supplemented by Alberta Health Services (<https://myhealth.alberta.ca/Health/pages/conditions.aspx?hwid=uf4984>).

Of note, the Brenda Strafford Foundation's (BSF) Cambridge Manor assisted and long-term care facility in the University District offers education programs for those with dementia and their caregivers. And, through its Centre on Aging in association with the University of Calgary, BSF is promoting ways for people to age in place with dementia.

Recently, BSF was part of pilot projects aimed at building dementia-friendly communities in Okotoks and Calgary Westhills and have produced a toolkit containing a roadmap for getting started. For more information, start here: <https://thebsf.ca/dementia-friendly-communities.html>.

If you're interested in being part of this kind of initiative in HHBH, contact Barbara Green at 2barbgreen@gmail.com.

And by the way, "Let's Talk" sessions which focuses on a wide range of subjects are held each second Tuesday of the month at 2:00 pm. Please come and see what everybody's talking about this month!

Ribbit



Frogs are amazing creatures! Though they have lungs that allow them to breathe just like humans, they are also able to absorb water and respire through their skin! It is quite permeable, so as long as oxygen levels in the water don't get too low, frogs can breathe on land and underwater!

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News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Creating Community One Encounter at A Time

by Barb Green

Hetty Roessingh says her “window on the world” is on the east wall of her house on 12 Avenue, kitty-corner to Briar Hill school.

From the dining table adjacent to the window, surrounded by books, papers and bits of memorabilia that reflect the many other windows on the world her curious mind investigates, Hetty notices things.

She notices the kids going to school each morning, some with parents, some with caregivers or grandparents. She can name them all and estimate their ages.

“The morning ‘parade’ of little kids passes by my window between about 8:15 and 8:40 am,” she says with the air of someone consulting a train schedule. “The doggie walkers on 21A Street start at around 7:45 am with Jerome showing up first with Scout - you can set your watch. Jerome. Tex comes by several times a day ... he’s the ‘old one’ across the street who doesn’t make it very far.”

“Cookie is old, too ... She’s out several times a day, but I have seen Sophie out with Cookie on my way home from work, around 5:30 pm or so. Barb (Finlay), Gerri (Finias), Sharon (Java) are unpredictable.”

“Beau is maybe my favourite ... he is the Shepherd dog who is so full of energy. Alan is his human, and they are out several times a day. You can catch him lazing on the front porch often ... he’s usually ready to welcome me home from work with a friendly wag of his tail,” she concludes.

Hetty officially retired a few years back but is still very active as Professor Emeritus in the Werklund School of Education at the University of Calgary, and she walks there and back most days. Along the way, she makes a point of chatting with the people and pups she encounters, and obviously, she never forgets a name or a shaggy little face.

“When I go walking, I’m not shy to say, ‘What’s your puppy’s name?’” she says, adding that having a dog to walk in the neighbourhood is a great way of increasing engagement with your neighbours.

Hetty’s noticing is another answer to the question, “How do we build community?” although she admits laughingly that there may be a thin line between “concerned citizen” and “nosey neighbour,” and that boundaries differ person to person and culture to culture.

It was an article about a woman who’d died in her home alone and was not discovered until the mail piled up outside her house that motivated Hetty to go beyond the casual interactions with her immediate neighbours and start the “Let’s Talk” series of presentations and discussions at the Hounsfield Heights-Briar Hill community hall last year (second Tuesday of the month at 2:00 pm). So far, topics have ranged from community crime and safety to healthy aging to making self-watering tomato buckets.

An upcoming session will reflect one of Hetty’s professional interests: the importance of handwriting in early education. She’s working with a local calligraphy association to build resources for educators about the importance of handwriting in building neural pathways in developing brains, but she also puts handwriting to good use in practical ways, as neighbours discovered when they woke to find handwritten Valentines and chocolate from Edelweiss in their mailboxes – Hetty had negotiated a discount on 200 remaindered chocolate letters with the local German food store and fully intended to remain the secret Valentine for her block.

“I was busted by a porch cam!” she laughs, adding that she received a lovely response from the neighbour who outed her, letting her know that the little bit of sweetness had come at just the right time.

But our community needs more predictable opportunities to come together, she says.

“When I walk into Louise Riley library these days, it’s buzzing. There are little kids in the children’s corner, people playing chess, others on computers,” she says. “Now we need to add a place to sit and have a coffee and chat.”

She’s begun a conversation with HHBH CA Chair Jeff Marsh about how to create a space like that in our neighbourhood. If you’re interested in being part of that discussion, email Hetty at hroessin@ucalgary.ca.



HH-BH LAP Phase 4

The city is continuing to develop a new Riley Local Area Plan (LAP) for our community. This will replace the Hounsfield Heights–Briar Hill Area Redevelopment Plan (ARP), which has guided the redevelopment of our neighbourhood since the 1980s. The city has circulated their Phase 4 LAP draft on May 14 – look for booklets in your mail.

The draft Riley Local Area Plan is similar to Phase 3 and still proposes fundamental changes to our community. There are some updates to the Building Scale and Urban Form maps – please look carefully at these maps and continue to let the city know what you think. A ‘Building Scale’ of ‘Low’ is six storeys, and a Building Scale of ‘Low-Modified’ is four storeys. Some Low-modified has been moved within Hounsfield Heights. An ‘Urban Form’ of ‘Neighbourhood Connector’ along with the ‘Low’ Building Scale will allow H-GO (extra dense row housing) to be built. Again, some areas of Neighbourhood Connector have been moved throughout the community.

The city does not have a formal comment period for Phase 4 – you can submit your thoughts to Riley.Plan@Calgary.ca. This plan will go to council in the fall. The Community Association is planning a community meeting in September to discuss the LAP proposal and the council hearing. Please watch for our next article in September. We are happy to discuss the LAP with the community and answer questions at land.use@hh-bh.ca.

Beth Atkinson

Land Use Director, Hounsfield Heights–Briar Hill Community Association



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