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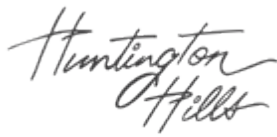
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Old Town Lunenburg, Nova Scotia, is one of 20 Canadian UNESCO World Heritage Sites. Founded in 1753, this historic port holds the world's best preserved "model town" – a pre-designed British colonial settlement plan. If you look at Old Town Lunenburg from above, you'll see that all streets are straight with all corners square!

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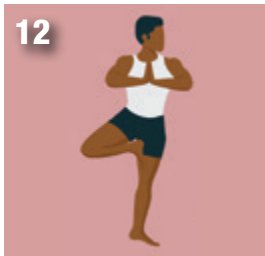
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How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | nancy@viewpointcalgary.ca

Adapted from Dr. David Burns



We understand that therapy can sometimes be challenging

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

Consistency will help you reach your goals

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

Providing feedback will help your counsellor know what is/isn't working for you

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

Mutually agreeing to end therapy when you are ready

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.

Get Caught up on Everything Happening at HHCA this Month!

We are so happy to be hosting our annual Stampede Breakfast once again this year! The city will soon be buzzing with Stampede events. Dust off those cowboy hats and boots and make your way to our annual Stampede Breakfast. It takes place on Saturday, July 15 from 9:00 am to 12:00 pm at the Huntington Hills Community Association. This year, we have many fun activities planned. We'll be having a horse and buggy, a petting zoo, live entertainment, and so many more fun activities. Not forgetting the delicious pancakes and sausages we'll be serving up to all our visitors. The event is free to attend and is open to the public. We look forward to seeing you there! Interested in volunteering? Contact us at reception@huntingtonhillscalgary.com.

Attention all HHCA members! Did you know that you get many perks and local discounts with your membership? Show off your membership this summer and get exclusive discounts at local spots. Boston Pizza Beddington, A&W Beddington, and Kung Fu Tea Huntington are all offering a 10% off discount for HHCA members! All you have to do is have your proof of membership handy when visiting. Make sure to check out their menus and plan your next visit soon!



Ever wanted to give yoga a try? Well now is your chance! The July to August sessions of evening yoga will be available for drop-in this summer! Join us on Tuesdays for Slow

and Strong Yoga and Thursdays for Flow Yoga; choose between the 6:30 pm or 7:45 pm session. Drop-in for evening yoga will be \$12 per session but registration for the full 5-week session is still available. If you can't make it to the evening yoga, drop-in on Friday mornings at 9:30 am. Friday yoga drop-in is \$10!

Does your garden make your neighbours green with envy? Watch out for the best garden nominations starting July 23 to July 29! We'll be going around the neighbourhood to find the best garden one can find. Prizes will be given out to the winners!



News from the Friends of Nose Hill

by Anne Burke

Guided Plant and Herb Walk

A guided plant and herb walk on Nose Hill taught attendees about local landscape and ecology (living things and habitat). The group identified plants, whether edible or poisonous ones, as well as invasive plants (weeds) and native species.

There is much interest in traditional medicine and modern uses. Agrology deals with the natural, economic, and social sciences related to environmental protection. The walk leader, as a member of the Alberta Institute of Agrologists, has studied the application of science to agriculture. It is important to understand that Calgary's Parks & Pathways Bylaw prohibits foraging as part of these events.

City Nature Challenge 2023

Here are the results for the City Nature Challenge 2023! Across Canada, 43 cities were in this year's challenge. Calgary was first for observers, with 9,185 who reported 775 species. Calgary came in fourth for 347 observations. Globally, there were 482 cities, with 66,394 participants who reported 57, 227 species, including 2,570 rare, endangered, or threatened ones.

World Migratory Bird Day

Light pollution remains a threat to migrating birds. To raise awareness in Canada, World Migratory Bird Day was on the second Saturday in May and, in South America, will be on the second Saturday in October.

Joke of the Month

What happened when the strawberry tried to cross the road?

A traffic jam!



Stampede Breakfast

At HHCA



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9 AM TO 12 PM**

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PHOTO GALLERY

Photo by Reza Moradi Fard



Proper Disposal of Smoking Materials

from the City of Calgary

Improper disposal of smoking material such as tobacco products is the leading cause of outdoor fires in Calgary. To help reduce outdoor fire risks, citizens should make an effort to properly dispose of smoking material. Remember to always call 911 to report a fire.

To Better Protect Your Homes, it is Recommended That You:

- Never put out cigarettes or smoking material in flower planters, peat moss, your lawn, or garden.
- Use a deep, wide, sturdy metal container with a lid, filled part way with sand or water that should be emptied regularly.
- Ensure that all butts and ash are out by soaking them with water prior to putting in the trash.

Smoking in Natural Areas

Extreme caution should be used in the city's natural areas and green spaces where extremely dry vegetation covering the ground provides readily combustible fuel if an ignition source is applied.

Reducing Risk

- Do not store propane tanks, firewood, or yard waste next to your house.
- Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.
- Assess potential fire hazards within 1.5 metres of your home, including natural debris, trees, and other structures.

Smoke Alarms

Having working smoke alarms saves lives – more than one-third of all fire fatalities are associated with having no smoke alarm.

Cigarette Litter

Did you know that cigarette litter is a major environmental concern and contributes to a disproportionate amount of litter in our city? Contrary to popular belief, those white sponge-like butts are not made from cotton or paper — instead, they're a

synthetic microfibre that takes years to break down and are unsightly around our city.

- Cigarette filters are one of the most littered items in the world.
- Chemicals that can leach out of cigarette butts include arsenic, ammonia, and lead. The chemicals found in one cigarette butt can leach out and contaminate approximately 7.5 litres of water within one hour. This contaminated water is lethal to aquatic life.
- Sunlight will degrade a cigarette filter and break it into very small particles. These small pieces do not disappear or biodegrade but wind up in the soil or swept in water, contributing to water pollution.
- The fines for the improper disposal of cigarette litter ranges from \$250 to \$500, with a maximum fine of \$750 for throwing a butt out of a car window.

If you're a smoker, consider buying a pocket ashtray available locally and from popular online retailers.



Calgary Summers are Getting Increasingly Hotter and Drier

from the City of Calgary



Extreme heat can put your health at risk, causing illnesses like heat stroke and even death. An extreme heat warning is issued when two or more consecutive days of daytime maximum temperatures are expected to reach 32 degrees Celsius or warmer and nighttime minimum temperatures are expected to be 16 degrees Celsius or warmer.

The following tips will help keep you safe during this extreme heat:

- Avoid working or exercising intensely in the heat or humidity when possible.
- Drink plenty of water to decrease your risk of dehydration.
- Have cool drinks in your vehicle and keep your gas tank full.
- Wear sunscreen.
- Never leave people or pets inside a parked vehicle.
- Close curtains and blinds during the day.
- Open windows for cooler air if safe.
- Avoid using your oven, if possible.
- Take cool showers/baths or go to an air-conditioned public space.
- Look at weather forecasts to know when to take extra care.
- Call 911 if you see an animal left in a hot parked vehicle.
- Look out for your pets. Avoid hot surfaces that might hurt to walk on and ensure that they have plenty of water.
- Heat stroke is a medical emergency. If you experience any symptoms, call 9-1-1 immediately.

To learn more about what you can do to protect yourself and your family, visit calgary.ca/getready.

Staying Healthy As We Age

from Alberta Health Services

Seniors Week in Alberta takes place the first week of June.

While we celebrate all that older adults have done for our society, let's talk about how to stay strong and healthy as we age.

Adults can start to lose muscle as early as age 30, but the loss increases quickly after age 70. Protein is a nutrient that helps you to build muscle and keep the muscles you already have. But many seniors do not get enough protein. Since your body can't store it, you need to eat protein at least three times a day, every day, to keep the muscle you have.

Often, adults tend to eat less protein at breakfast. Here are a few ways to increase your protein at breakfast:

- Have a glass of milk or fortified soy beverage with your meal.
- Add cheese or beans to toast.
- Mix one to two tablespoons of skim or whole milk powder or a scoop of protein powder into your cereal or yogurt.
- Make an omelette.

You can also try these tips:

- Add meat including wild game or poultry to pasta or vegetable dishes.
- Try a plant-based protein; for example, try chickpea falafel or tofu added to a stir-fry.
- Add canned beans or lentils to soups.
- Choose nuts, boiled eggs, Greek yogurt, or cottage cheese as a snack.

Protein alone does not build muscle. Movement helps older adults stay strong, mentally fit, and independent.

Here are some suggestions from the 24-Hour Canadian Movement Guidelines (csepguidelines.ca):

Try to get 2.5 hours (150 minutes) of moderate (example, brisk walking) to vigorous (example, cross country skiing) aerobic activity each week. You don't have to do it all at once. You can break up the time into smaller sessions of 10 minutes or more.



Engage in muscle and bone-strengthening activities at least twice a week. These activities include climbing stairs, gardening, and housework such as vacuuming or washing the floor.

Include activities that challenge your balance, such as Tai Chi or Yoga.

Limit time sitting to eight hours or less. That includes less than three hours a day of screen time (in front of a TV, computer, tablet, or phone.)

Get seven to eight hours of good-quality sleep each night.

If you would like more tips on staying strong and healthy as you age, search 'Staying Strong' at ahs.ca/NutritionWorkshops.



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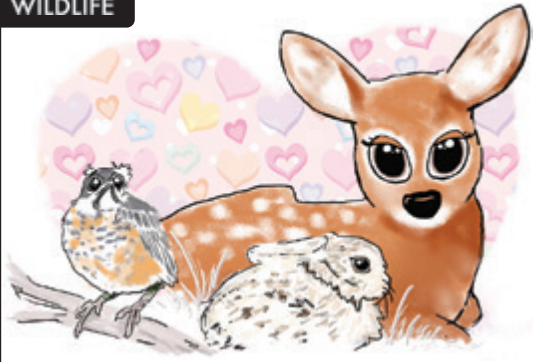
Fridays 9:30 a.m. \$10 drop-in

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Cute but not cuddly



Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.

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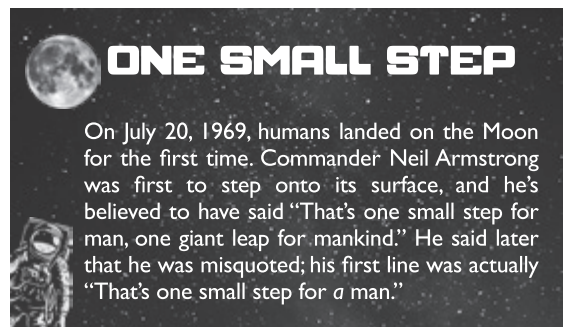
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