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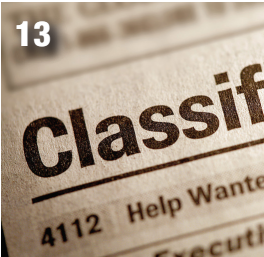
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## How to 'Hold Space' for Someone

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.


People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.


Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.

## RESEARCH PARTICIPANTS NEEDED






### We are studying how prenatal alcohol exposure impacts health in adulthood

Study Length: ~3 hrs  
Location: Calgary (in-person)  
Study Overview: Complete iPad games and health questionnaires, and have a small blood sample collected. Take a kit home to collect saliva and fecal samples.

Who can participate?  
 1) Adults (35+) with prenatal alcohol exposure *OR*  
 2) Unexposed healthy adults

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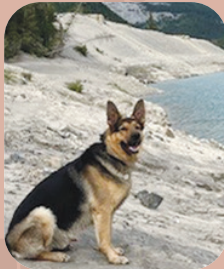


This study has been approved by the University of Calgary Conjoint Health Research Ethics Board (REB23-0795)

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## GAMES & PUZZLES

### Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria "gives you wings".



## BRAIN GAMES SUDOKU

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1			6					9

SCAN THE QR CODE  
FOR THE SOLUTION



## Creamy Potato Salad

by Jennifer Puri

Potatoes are normally used in place of bread, pasta, or rice. More than a billion people consume potatoes, and they are considered the third most valuable food crop around the world.

Potatoes contain several important vitamins and are 99% fat-free. They also contain half the number of calories of an equivalent portion of cooked rice or pasta as they have a high-water content.

To get the most antioxidants out of potatoes, leave the skins on and choose colourful varieties like red or purple. Baked potato skin is a good source of potassium, magnesium, and fiber which is beneficial for digestive health.

Raw potatoes contain a lot of water making them unsuitable for freezing so only cooked or partially cooked potatoes should be frozen.

Boiled, roasted, or mashed potatoes can be found in soups, casseroles, latkes, gnocchi, samosas, or curries to name a few, or as shown in this crowd-pleasing recipe below.

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Servings:** 4 to 6

### Ingredients:

- 2 lbs. mixed red, purple, or golden baby potatoes
- 1 cup thinly sliced celery
- ½ cup thinly sliced green onions
- ½ cup chopped dill pickles
- 1 cup mayonnaise or veganaise
- 2 tbsp. whole grain Dijon mustard
- ¾ tsp. salt
- ½ tsp. coarsely ground black pepper
- 4 hard boiled eggs, peeled and quartered
- 1 cup whole black or green pitted olives
- Juice of half a lime
- 1 tsp. paprika (optional)



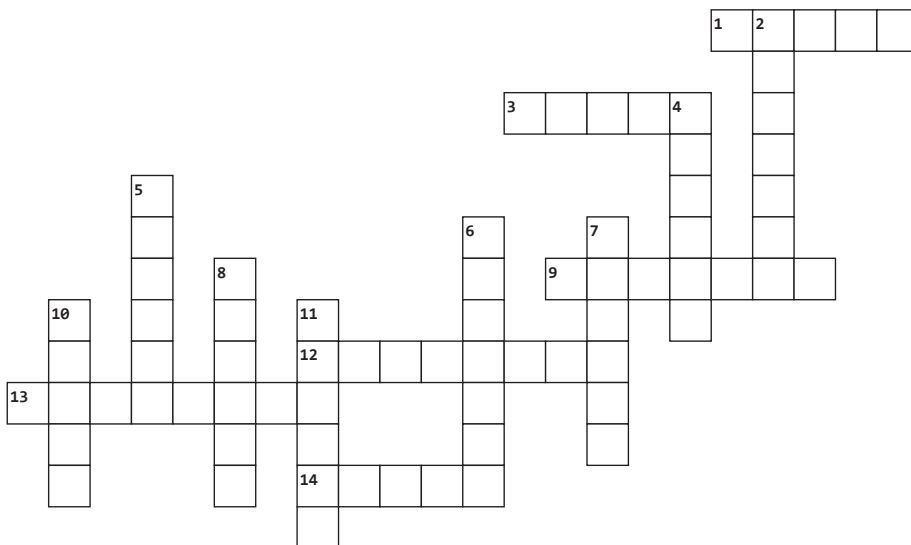
### Directions:

- Place potatoes in a large saucepan or pot and add enough salted water to cover. Bring to a boil and then reduce heat and simmer covered for about 15 minutes or until potatoes are tender. Drain and set aside to allow potatoes to cool.
- In a medium sized bowl, add mayonnaise or veganaise, mustard, dill pickles, salt, pepper, olives, celery, green onions, and the lime juice. Next slice the cooked potatoes in halves (leaving the skins on) and add to the dressing.
- Finally, gently stir in the cooked eggs until potatoes and eggs are nicely covered. Cover with saran wrap and allow potato salad to chill in the refrigerator for a minimum of six hours, preferably overnight.
- Prior to serving, garnish the creamy potato salad with green onions and smoked paprika if desired.

Bon Appétit!



# August Crossword



## Across

1. One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
3. On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a \_\_\_\_\_" speech.
9. This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
12. On the first Monday in August, Albertans celebrate \_\_\_\_\_ Day, which recognizes the multicultural landscape of the province.
13. In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the \_\_\_\_\_ Gold Rush.
14. The Summer Olympics takes place in which French city from July 26 to August 11 this year?

## Down

2. Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, \_\_\_\_\_.
4. The fantasy novel *A Game of Thrones*, written by George R.R. \_\_\_\_\_, was first published in August of 1996.
5. August is a popular name for boys in this Scandinavian country.
6. On August 8, 1969, The \_\_\_\_\_, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
7. The Perseid \_\_\_\_\_ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
8. The saying "The Dog Days of Summer" is linked to the rising of the star called \_\_\_\_\_, also known as the Dog Star.
10. Canadian actress, Evangeline \_\_\_\_\_, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
11. Michael \_\_\_\_\_ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



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# Sleep and Headaches

by Alberta Health Services

Headaches and sleep issues often go hand in hand, with one condition leading to the other or vice versa. Individuals with headaches are two to eight times more likely to have sleep disorders compared to those without headaches. This connection is especially common in people with chronic headaches, occurring 15 or more days per month, compared to those with episodic headaches, which occur 14 days or less per month.

Research indicates that similar brain regions control both sleep and pain, and that inadequate or excessive sleep can trigger headaches, particularly migraines. Sleep can potentially alleviate a headache attack, while poor sleep may exacerbate an episodic headache into a chronic pattern.

Migraines and cluster headaches often occur during rapid eye movement (REM) sleep and can lead to lower levels of melatonin. Conditions such as sleep apnea and depression are common in individuals who wake up with headaches or migraines and suffer from sleep problems.

### Common Sleep Problems for People with Headaches

There are several common sleep problems among people with headaches. Those include:

**Insomnia** – The most common sleep issue for people with headaches is insomnia. Insomnia occurs when an individual has a difficult time falling asleep and/or staying asleep, waking up too early and not being able to get back to sleep, or not feeling refreshed when waking up.

**Obstructive Sleep Apnea (OSA)** – The second most common sleep issue for people with headaches is OSA which is when a person stops breathing for short periods while they sleep. This happens because their airway doesn't stay open like it is supposed to. OSA is more common in men than women.

#### You may have OSA if:

- you snore
- you feel very tired during the day
- someone has noticed that you seem to stop breathing during the night



#### Some risk factors for OSA are:

- obesity
- long-term use of alcohol, sedatives, muscle relaxants, or medicine with codeine or morphine

When OSA is diagnosed and treated, both OSA and headaches can get better. OSA is usually diagnosed with an overnight sleep study. Many people with sleep apnea must use a continuous positive airway pressure (CPAP) machine at night. The CPAP machine helps keep the airway open. If you think you may have sleep apnea, talk to your doctor, who may refer you to a sleep specialist.

**Other breathing problems** – Other breathing problems at night such as snoring and upper airway resistance syndrome (UARS) have also been linked to headaches. With UARS, the airway narrows, and the lungs and diaphragm have to work harder. If UARS isn't treated, it may turn into sleep apnea. Treatments for UARS include mouth splints, surgery, weight loss, and sleeping on the side instead of the back.

## Managing Your Headache Could Affect Your Sleep

Headache researchers Ong and Park say other factors affect sleep according to the popular Biobehavioural Model. The model says that a person may already have issues (predisposing factors) like anxiety which, when combined with stress or daily hassles (precipitating factors), may cause short-term sleep problems. The person may then try to find short-term ways to cope (e.g., take naps, take sleep medicine at night, or use caffeine during the day). These ways of coping may become factors themselves (perpetuating factors), which can make sleep problems continue. This model may have special meaning for people with headaches. This is because some perpetuating factors are common ways to manage headaches, like:

- using caffeine to stop a headache
- napping during the day to sleep off a headache

If people aren't careful, regular use of these strategies might lead to chronic sleep and chronic headache problems. A better solution is to learn ways to manage stress and to use sleep hygiene strategies.

## Ways to Improve Sleep and Headaches

There are many ways to improve your sleep patterns and, potentially, alleviate headaches caused by sleep issues.

Some examples include:

- Using a headache diary to find your triggers. Notice any patterns that occur in correlation to your sleep or how rested you feel.
- Keep regular sleep patterns. Sleeping too much or too little can trigger headaches. If you do get a headache when your sleep pattern has changed, this may be a trigger that you can control.
- Manage stress. Exercise and eat nourishing food on a regular schedule.
- Seek treatment if you have depression or anxiety, which can both contribute to poor quality of sleep and headaches.
- Practice good posture to reduce neck strain. Reduce eye strain from computers at work and at home. Be mindful of jaw clenching, which can cause muscle tension in your face.

Visit 'Headache Management: Sleep Strategies' or talk to your healthcare provider for more information on the correlation between headaches and sleep.

## Prairie Winds 4-H Club August Update

by Prairie Winds 4-H Club Reporter, Abigail Dowler

Another busy and fun month of 4-H has gone by! The month started off with our final 4-H general meeting. Even though our general meetings are done, some of the club projects will continue through the next three months as our current 4-H year is officially done by the end of September. During the general meeting we did our Club Photos, which will be used in our record books and in the Club Historian Book. The canine members had an opportunity to show off what they did during the year with their dog. We started outside as two of the members were able to bring their dogs and demonstrate some commands, tricks, and one even used a mini agility course. The other two canine members pre-recorded a video to demonstrate some of their canine work. The canine members are one of the projects that will be continuing over the summer and members will be handing in their record books in September to their leader.



We did one Explore 4-H project during June, puppy yoga. During this unique project, members were taught yoga while puppies wandered around them. I am not sure how they were even able to concentrate with all that cuteness. As the end of the year crept up, we did an achievement day for all projects to show off what they did in the year. This day included trifolds and table displays, awards including medals for diary points and club participation, a taco bar lunch, and then bowling as a social. Bowling was lots of fun, especially with friends.

More to come next month, as we will be doing other club activities this summer.



## Thorncliffe Real Estate Update

Last 12 Months Thorncliffe  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2024	\$589,900	\$625,000
May 2024	\$614,500	\$612,500
April 2024	\$456,900	\$517,500
March 2024	\$635,000	\$630,000
February 2024	\$324,450	\$332,500
January 2024	\$569,900	\$578,888
December 2023	\$479,450	\$471,750
November 2023	\$589,000	\$586,000
October 2023	\$360,000	\$430,000
September 2023	\$425,000	\$430,000
August 2023	\$539,900	\$533,000
July 2023	\$437,000	\$423,500

Last 12 Months Thorncliffe  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2024	21	19
May 2024	13	8
April 2024	9	6
March 2024	8	7
February 2024	8	8
January 2024	5	5
December 2023	3	4
November 2023	8	10
October 2023	9	9
September 2023	11	15
August 2023	14	15
July 2023	15	12

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## Greenview Real Estate Update

Last 12 Months Greenview  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2024	\$287,450	\$294,250
May 2024	\$349,900	\$345,000
April 2024	\$312,400	\$336,400
March 2024	\$232,400	\$243,500
February 2024	\$259,900	\$254,600
January 2024	\$669,900	\$648,000
December 2023	\$330,000	\$361,000
November 2023	\$219,900	\$214,000
October 2023	\$199,900	\$237,276
September 2023	\$274,900	\$303,800
August 2023	\$205,000	\$197,000
July 2023	\$189,000	\$195,500

Last 12 Months Greenview  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2024	6	8
May 2024	7	3
April 2024	7	10
March 2024	8	10
February 2024	6	3
January 2024	3	3
December 2023	0	3
November 2023	9	7
October 2023	7	7
September 2023	9	9
August 2023	9	7
July 2023	9	9

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# A Dietitian's Guide: Tips for Making Back-to-School Lunches Your Kids Will Enjoy

by the Primary Care Network



Packing healthy lunches kids will actually eat can be a difficult task for parents and caregivers during the back-to-school season. While balanced meals are an important part of fuelling minds and bodies, it can be hard to juggle enjoyment with nutrition.

Dietitians from the Primary Care Network share their tips for making back-to-school lunches nutritious, delicious, and enjoyable.

## 1. Involve Your Kids

Involving kids in meal prepping is key to helping them discover their own preferences and teaching healthy eating habits. Giving kids the opportunity to make choices – like at the grocery store – helps to foster positive connections with food. When kids can be involved, there's more buy-in.

## 2. Presentation is Key

Presenting food in a fun and easy way can make healthy food more appealing – especially when faced with a short school lunch break. Instead of a sandwich, try a meat and cheese kebab or offer sliced apples instead of a whole apple. Opting for a bento-style lunch box can also make packing easier and allow kids to select from a variety of foods – proteins, carbohydrates, colourful fruits, veggies, and healthy fats.

## 3. Balance and Variety

Aim to add an assortment of fruits, vegetables, whole grains, and lean proteins. Pairing new foods with familiar favourites is a great way to help kids add variety to their diet. Don't be afraid to include a fun food, like a cookie or chocolate. Enjoyment is an important part of balanced eating and building a healthy relationship with food.



Hello, Ward 4 Residents,

## 25th Anniversary of the International Year of Older Persons: Call for Time Capsule and Friendship Quilt Contributors

In 1999, the City, in collaboration with community partners and citizens, created a time capsule and a friendship quilt to celebrate the International Year of Older Persons. This year, 2024, marks the 25th anniversary of that significant event, making it the perfect occasion to open the 25-year time capsule and reflect on the meaning of the friendship quilt crafted during the 1999 celebrations. We are set to commemorate this milestone on October 1, 2024, coinciding with the International Day of Older Persons.

As we prepare for this special event, we aim to reconnect with individuals who played a crucial role in 1999, particularly in creating the time capsule and the friendship quilt. We want to ensure that those who contributed their time and creativity 25 years ago have the chance to participate in the October 1 celebration.

If you were involved in any capacity with the time capsule or friendship quilt in 1999, we want to hear from you! Your stories, memories, and reflections are invaluable as we revisit and celebrate the legacy of that extraordinary year.

Your participation will enrich our celebration and help keep the spirit of community and connection alive for future generations. Join us in this journey of remembrance, gratitude, and celebration by emailing us at [agefriendlycalgary@calgary.ca](mailto:agefriendlycalgary@calgary.ca).

Enjoy the rest of your summer!

Warm regards,

*Sean Chu*

Ward 4 Councillor



*by Anne Burke*

Urban green spaces enhance our lives in cities. Parks serve as spaces for physical activity, mental health, social contact, and connection with nature across Canada. As sanctuaries, they strengthen our bonds with nature and promote biodiversity. According to the 2023 Canadian City Parks Report, parks had high use and reflected great value during the period studied. Indeed, 94% of cities reported increased use of parks in the last year. Parks were also used more in the winter for 50% of Canadians and 73% expected this use to continue. Of all park types, Canadians say they preferred to visit local neighbourhood parks (71%), natural areas (61%), and trails (60%) for nearby green spaces. Community Park groups continued to use their local parks across the country.

There were interviews with 44 senior parks staff from 30 municipalities, who shared challenges they are facing, the projects and people that inspire them, and the vision for the future of city parks. About 64% of city residents said they visit parks two to three times per week or more, including 29% who visit every day or almost every day; while 51% of city residents said they'd like to spend more time in parks than they currently do. Addressing impacts from climate change/extreme weather is one of the challenges for 94% of cities; 60% said they feel equipped with the knowledge and tools to address climate change through their work in parks. Only 57% of cities agreed that most parks are well-designed and planned to withstand the impacts of climate change, but 3% strongly agreed. When many informal parallel bike trails lead to the same place, "during certain periods of the year, maybe we close the park and allow wildlife to migrate through it." See: [ccpr.parkpeople.ca/2023/](https://ccpr.parkpeople.ca/2023/) for more on this report.





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