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- **Exercise to activate the immune system.** Moving the body is essential in maintaining good health and fitness. You can keep it as simple as a walk in the park or a dance party in your kitchen.
- **Good night's sleep.** Getting 10 to 12 hours of sleep is vital for keeping your immune system strong. Have the same bedtime every night and incorporate a healthy routine.
- **Natural remedies to boost the whole family's immune system.** The use of herbal and natural remedies can be an effective way of stopping germs in their tracks before infection takes hold.



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Triwood Writers



What stories have you lived?

You can become part of Triwood Writers! Join us at the community centre in the Foothills Room (downstairs) from 1:20 to 4:00 pm on the first Thursday of each month, October through December.

This group is designed for individuals who are interested in sharing their personal experiences and memories through the art of writing. Members provide friendly, helpful suggestions to help you become a better writer – take them or leave them! We all learn together. Whether you're a seasoned writer or a novice, our group provides a welcoming environment for all.

Bring your stories told in 500 to 1,500 words. You'll circulate your story by email to our small group a week before each get-together. Then we'll meet to discuss every submission. You'll also get feedback on your writing emailed from each member after each meeting.

It's not a writing course! It's an exploration. It's fun!

Each month through our story sharing, our group dives into collaborative feedback, creating community connections and personal growth.

Interested? Contact Colleen Tobman at tobman@tobman.ca and try something new.

Volunteering in Triwood

We have counted over 1,500 volunteer hours contributed since January 2024, so a huge thank you is due! Volunteers have spanned beyond event helpers and are crucial to us for essential fundraising, renovations help, administrative work, social group facilitators, and board members. Volunteering is empathy in action and builds the fantastic community culture we live in. If you're interested in learning more about the volunteer opportunities in Triwood, please visit triwoodcommunity.com/ volunteer and sign up for more information.



Confederation Park 55+ Activity Centre

Activity Centre for all adults 18 years of age & older
Located in the Triwood Community Centre



Our Fall programs have started this month! Register in person, online or by phone. Please note that **all events must be registered and paid at least one week prior to the event date** and are for those **18 years and over**.

Upcoming Events

TO REGISTER: call 403-289-4780 or visit yycseniors.com/events

FALL REGISTRATIONS for classes & clubs: fitness, dance, art, music, language & special interest classes. Crafts, woodcarving, cards & mahjong clubs. yycseniors.com/fall2024

- **Tuesday, Sept 17 - Free Presentation: Planning Your Senior Journey, 10 AM - 12 PM:** Sponsored by Chartwell. Complimentary tea, coffee & snacks. Free: registration required.
- **Friday, Sept 20 - Free Presentation: Cognitive Health (Dementia): 12 PM - 1:30 PM:** Presented by ComForCare. Complimentary tea, coffee & snacks. Free: registration required.
- **Tuesday, Sept 24 - Acrylic Painting Workshop: Moraine Lake, 10 AM - 12 PM:** Follow easy step-by-step instructions with Carol Marasco and amaze yourself by painting beautiful Moraine Lake, a scene so close to all of our hearts. \$40 Members, \$75 Non-Members. Includes all supplies. Registration required.
- **Thursday, Sept 26 - Free Bread Market for 50+, 12:15 PM - 1:15 PM** in Collingwood Room.
- **Friday, Sept 27 - Welcome Back Lunch, 11:30 AM - 2:30 PM:** Join us for a Wine Tasting complete with Charcuterie sponsored by Scenic Acres Retirement Living. \$15 Members, \$25 Non-Members. **Register by Sept 13th.** Please provide seating preference when registering. 403-289-4780, in person or online.
- **Monday, Sept 30 - Free Presentation, Falls & Fall Prevention in Seniors' Populations, 12 - 1:30 PM:** By InHome Physiotherapy. Complimentary tea, coffee & snacks. Free: registration required.
- **Thursday, Oct 3 - Confederation Park 55+ Gala, 11:30 AM - 2:30 PM:** Who doesn't love a Gala?! Bring a guest and join us as we celebrate Fall in style! Enjoy a scrumptious Roast Beef Dinner and be entertained by the Popowich Singers from Lacombe (well known for their very fun shows on the Alberta Prairie Tourist Train at Stettler). \$40 Members, \$50 Non-Members. **Register by Sept 19th.** Please provide seating preference when registering. 403-289-4780, in person or online.
- **Friday, Oct 4 - Free Presentation: Heart Health for Older Adults, 12 PM - 1:30 PM:** Sponsored by ComForCare. Complimentary tea, coffee & snacks. Free: registration required.
- **Tuesday, Oct 8 - Free Presentation: Cognitive Health (Dementia): 10 AM - 2 PM:** Presented by Origin at Home. Complimentary tea, coffee & snacks. Free: registration required.

NOTE: Tickets are non-refundable & non-transferable. Registration required; no tickets at the door. Menu may change without notice.

Email info@yycseniors.com to join our email list!

Confederation Park 55+ Activity Centre, 2244 Chicoutimi Dr NW, T2L 0W1
info@yycseniors.com | 403-289-4780 | yycseniors.com | [FB @yycseniors](https://www.facebook.com/yycseniors)

**JOIN US AND STAY ACTIVE, STAY ENGAGED
AND ENJOY EVERY MOMENT!**

How to Deal with Resentment: A Better Way to Process the Poison We Drink, Expecting the Other to Die

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

In the recovery community, resentment is a hot topic. It's often referred to as "drinking poison hoping the other person will die." Psychologist Susan Albers, PsyD, shares some of the signs you might be harbouring resentment, along with ways you can pull yourself out of it.

Resentment is a complex emotional reaction to being or feeling mistreated or wronged by another person, situation, or series of circumstances. Resentment can feel like a mix of anger, bitterness, disgust, or disappointment toward the person or events from your perception. It can be triggered by several things:

- Being taken advantage of by others.
- Being put down, dismissed, or ignored.
- Feeling inadequate, overlooked, or unheard.
- Having unrealistic expectations of others or the world around you.
- Maintaining relationships with people who insist their needs are more important than your own.
- Having interactions with people who undermine your authority.

The challenge with resentment is that if you hold onto it tightly, it becomes harder to forgive or let go and move on from the situation. When you've been mistreated or wronged, it's common to experience an overlap of negative emotions that continue to resurface and return whenever you're confronted with these individuals, situations, or memories. These emotions may include anger, hostility, hate, bitterness, discomfort, or disgust. Suppressing these emotions over time, can lead to resentment, which can have significant negative effects on your mental and physical health. "In the short-term, suppressing feelings may seem like a way of coping. However, in the long run, pushing down or ignoring emotions can be an entry into mental health issues like PTSD, trauma, depression, and anxiety," warns Dr. Albers.

Resentment can make it difficult to let go of your anger. You find yourself hyper-focusing on these feelings,

especially whenever you're confronted by the person or situation that caused them in the first place. You might even be enraged or experience strong urges to seek revenge. These things can take a significant toll on your mental and physical health. "Emotions are not solely confined to our minds; they can also take residence in our bodies," clarifies Dr. Albers. "Anger, if left unaddressed, can manifest physically by increasing your heart rate and blood pressure, causing muscle tension and headaches, digestive issues, weakening your immune system, and causing sleep disturbances. These can all put you at higher risk for cardiovascular issues like high blood pressure and heart disease or chronic conditions like diabetes and autoimmune disorders."

When emotions like resentment linger, we tend to associate it with other feelings like regret, shame, guilt, or remorse, especially if we're made to feel like we're at fault. When you're resentful, you're on guard. Why would you ever surround yourself with the same people or situations that hurt you again from the start? We see this often in relationships. If you've been wronged in the past by a previous partner, you might resent them and anyone else who reminds you of them or presents that kind of behaviour because it triggers your fears and anxiety around betrayal and lack of commitment. On the surface, resentment may appear to offer you the ability to have power and control over the situation. But internally, it can cause real, long-lasting damage to your mental health. "At first, it may seem like avoiding the situation is a way of coping. However, by engaging in avoidance behavior, we inadvertently fuel the flames of resentment, allowing it to fester and intensify inward," says Dr. Albers.

When you're ready to let go, and leave resentment in the past, these steps are useful:

- Do a personal inventory of what's important to you. What would it take for you to "settle the score"? Are you looking for an apology? Are you looking for an explanation? Or are you looking to make amends?
- Acknowledging where you stand on the issue, what you need in order to heal, and what your expectations are for yourself and the other party involved are the keys to handling any unresolved conflict.
- "Empathy plays a vital role in putting a stop to resentment, as it allows us to step into the shoes of others and understand their perspective," says Dr. Albers.

"Coming to terms with the person or situation that caused resentment can open the door to healing and closure, as it enables us to find empathy towards ourselves and create space for forgiveness and growth."

- When you're steeped in doubt and negativity, lean on the people, places, and things that bring you peace and positivity by practicing gratitude. Try keeping a gratitude journal of all the things that make you happy and serve as a positive step toward improving your well-being.

"It's OK to seek support because navigating resentment alone is not easy," reaffirms Dr. Albers. "Working with a therapist can help you to see the situation from a new perspective and access self-compassion, which becomes key to making a manageable journey of healing and growth."

Finding ways to practice self-love and compassion will not only set you up for success in the future. It will also help you recognize that when you feel like you're caught in the throes of resentment, you can stop drinking the poison hoping the other person will die.



New hours:
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News from the Friends of Nose Hill

by Anne Burke

The BiodiverCity Advisory Committee advises the City about urban biological diversity in the natural world in all its forms. The aim is to advance a Plan based on The Durban Commitment: Local Governments for Biodiversity. The City must work toward better protection of natural area biodiversity and has introduced targeted grazing, naturalization, and the elimination and prevention of invasive plant species. While the City has developed certain policies and procedures, the Advisory Committee continues reviewing City initiatives impacting biodiversity and measures their progress against the City's strategic plan.

The Advisory Committee reports to the Community Development Committee and to City Council when it provides an annual progress report. The Committee has 15 members appointed by Council, ten from the public with specialized knowledge and relevant experience, including one youth (18 to 30) and five staff from specific departments who meet regularly in person (or join online). Meetings are open to the public. However, despite many accomplishments, the mandate to engage Council as citizen scientists who make recommendations has proven to be difficult.

The Committee struggled in past years to gain their attention and staff time is limited. Now even the status of the Committee is in doubt. With the end of the Calgary ten-year Biodiversity Strategic Plan (2015-2025), City Council voted to dissolve the Committee next year on what will be its 10th anniversary. ("2024 Annual Update from Boards, Commissions, and Committees") An option to collaborate with the Anti-racism Committee, regarding access to natural areas, was put on hold to explore the merger of the BiodiverCity Advisory Committee with the Climate Advisory Committee. Nevertheless, the members are preparing a full and final report for 2025. Past reports are available at www.calgary.ca/committees/biodiversity-advisory.html.

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CHARLESWOOD



COLLINGWOOD



TAKE ON WELLNESS

Smile More: Simple Habits for More Happiness

by Calgary and area Primary Care Networks

If you are looking for ways to boost your happiness, there's reason to smile. Research shows simple habits can help you improve your mental and physical health, energy levels, and even reduce pain.

Daily Mindfulness

Being mindful involves focusing your thoughts on the present moment. Taking a few short breaks each day to practice mindfulness can lower stress and make you feel happier.

"Mindfulness can be as simple as going for a walk. Try to breathe slowly and pay attention to your five senses – for example, notice the sun on your face or the sound of your feet on the pavement. Being aware of the present moment is a great way to check-in with how you're feeling," says Tracy Mullen Primary Care Network Health Management Nurse.

Focus on the Positives

Happiness research looks at ten positive emotions – joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and love. Studies show we need more positive emotions to balance negatives.

"Doing positive activities, like volunteering or spending time with friends and family, can help us tip the emotional scale from negative to positive and make us feel happier," says Mullen.

Get Moving

Being physically active can improve your mood, energy levels, and overall well-being. Try to make time every day for movement you enjoy. Activities like gardening, yoga, or taking a short walk are great ways to be active.

Learn Happiness Habits

Alberta Primary Care Networks offer a free 'Happiness Basics' workshop where you can learn strategies to be happier. Sign up to attend online or in-person at www.albertapcns.ca. You can also talk to your family doctor about your mental health.

Upcoming Social Club

Welcome Club Committee



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Constituency Office New Location
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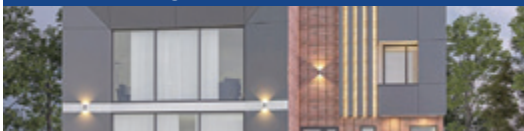


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ON THE MARKET



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