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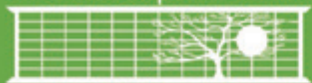
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 **Samaritan Club
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9:00am-1:00pm

Hillhurst-Sunnyside Community Centre

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The Samaritan Club of Calgary's
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samaritanclub.ca

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Do You Remember?

Do you remember the 21st night of September? Neither does Earth, Wind & Fire! The legendary band chose that date for their hit "September" simply because it flowed perfectly with the music. Even without a profound backstory, this funky disco anthem has endured, keeping dance floors alive and kicking!

De Winton Community Association

(Founded 1918 - Alberta Association Member 1962)

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About the De Winton Community Association

We were founded in 1918 and have been an Alberta Association Member since 1962.

Are you new to De Winton? On behalf of our amazing community, please allow us to welcome you and your family. We have a welcoming gift for you, along with some information about our local happenings, activities, and fabulous preschool. Please contact us directly at the Hall by phone or email. Also visit our website and sign up for our newsletter. Once again, welcome!



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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News, Events, & More



Real Estate Statistics



Crystal the Monkey

Did you know that Crystal the Monkey, the adorable Capuchin star from *Night at the Museum* and *We Bought a Zoo*, has her very own IMDb page? Yep, this talented lady has shared the screen with big names like Ben Stiller, Robin Williams, and Ken Jeong. Check out her page for more of her wild adventures in Hollywood!



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Get together with old or new
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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

Back-to-School Safety

from Alberta Health Services

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.

Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

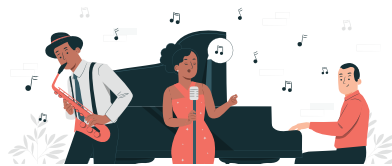
- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

Guess the Musician!

1. This individual holds the Guinness World Record for best-selling solo artist.
2. Before going solo, this world dominating musician was in a supergroup called 'Destiny's Child'.
3. On his debut album, this musician is said to have played 27 different instruments.
4. At 1,560 words, this artist has the most words spoken in a single song.
5. This famous musician's stage name came from a popular song by the band 'Queen'.
6. This incredible artist was the first woman to be inducted into the Rock and Roll Hall of Fame.



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