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WORD OF THE MONTH

Acumen: noun (uh-kyoo-muhn, ak-yuh-)

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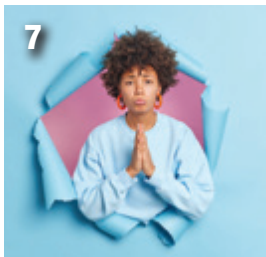
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Our MCA Logo

The MCA logo symbolizes all the road roundabouts in our community of Mahogany, and the colours represent the diversity in our community. Designed by Liz Araujo.



Mahogany Community Association Objectives

The objectives of the Society are:

- To promote and foster community spirit and resident relations within the community and across communities at large.
- To facilitate the recreational, cultural, social, athletic, and educational activities of the residents of the community.
- To provide a forum for interactions between the Association, local businesses, and the City of Calgary that promote healthy community growth within our geographic boundary.
- To maintain and operate amenities for various activities for the residents of the community.
- To raise funds in any way to achieve the objectives of the Society, which includes accepting gifts, donations, and grants.
- To liaise with local non-profit agencies to help those in need where appropriate to the community vision.
- To help facilitate and encourage dialogue to enhance both the process and the outcome of projects in the community.
- To promote volunteerism in Calgary.
- Otherwise, generally serve and promote the interests of the community as appropriate.



Joke of the Month



Why was the cellphone scared to go to the dentist?

He didn't want him to remove his blue tooth.

Stop Apologizing Already

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

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."



Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.



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Community Association Mission

- Foster Community Cohesion
- Enhancing Quality of Life
- Celebrate Diversity and Promote Inclusivity
- Environmental Stewardship within Mahogany
- Education and Growth
- Advocacy
- Celebrate and Honour our Diverse Traditions.



Buy a Mahogany Community Association Yearly Membership Today!

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payments@mahogany.community.ca.



Register to Vote in Calgary's General Election in October

by The City of Calgary

Calgary's General Election will take place on October 20, 2025, and eligible voters can check if they are registered, update their information or add themselves to the Permanent Electors Register until August 1, 2025.



Visit www.voterlink.ab.ca or call Elections Alberta toll free at 310-0000 then dial 780-427-7191.

If you miss the opportunity to register or update your information in advance, you can register at the voting station during Advance Vote (October 6 to 11) or on Election Day (October 20). Information about Calgary's upcoming General Election, including voter eligibility can be found at www.electionscalgary.ca.

Property Tax Is Due Monday, June 30, Pay or Join TIPP By Then to Avoid Late Payment Penalties

by The City of Calgary



Property tax bills were mailed out on May 14, with a payment due date of Monday, June 30.

New this year, property owners will also be able to access online their current year's tax bill, and four previous years, through the City of Calgary's secure website, calgary.ca/mytax.

The City's Tax Instalment Payment Plan (TIPP) is the most popular payment method. You pay the same amount as your annual property tax bill, but instead of one large lump sum payment in June, you pay smaller monthly instalments. TIPP makes budgeting easier, and you reduce the risk of late payment penalties.

Signing up for TIPP is easy and you don't need to re-apply each year. The easiest and fastest way to join is using TIPP Online. It's easy, safe and secure. Through TIPP online, your customized agreement will be processed automatically. Once you submit, you will receive an email confirming your enrolment. To access TIPP Online, go to calgary.ca/TIPP and click on the 'Join TIPP' box.

You can also request a TIPP agreement by calling 3-1-1. If calling from outside Calgary dial 403-268-2489.

Plan enrolment must be completed by the due date shown on your tax bill to avoid a late payment penalty.

If you're already on TIPP, you can visit calgary.ca/TIPP to learn how your monthly TIPP instalments are calculated and adjusted.

Musical Stamps

In June 2007, Canada Post hit all the right notes by celebrating iconic musicians—Joni Mitchell, Anne Murray, Gordon Lightfoot, and Paul Anka—with their very own stamps! The "Canadian Recording Artists" series showcased striking portraits of each musician, turning mail into mini tributes to Canada's musical royalty. Snail mail never sounded so good!





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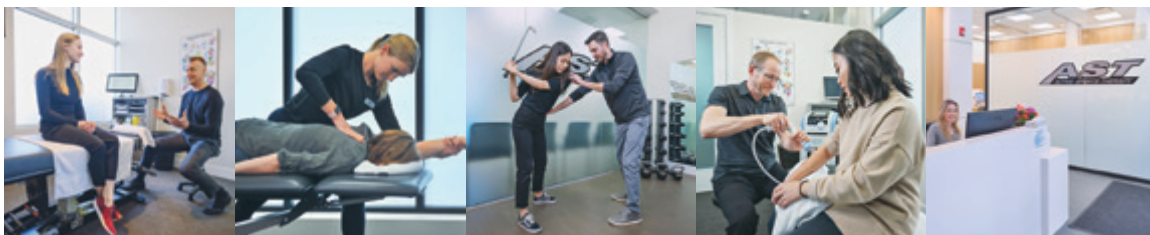


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The Art of Finding Work: Which Candidate Would You Hire? A or B?

by Nick Kossovan



Speaking from personal experience, a bad hire isn't a good look. The last thing you want is to hear, "Who the hell hired Bob?" and have your hiring judgment questioned.

The job seeker who's empathetic to the employer's side of the hiring desk, which controls the hiring process, is rare.

One of the best things you can do to enhance your job search is to practice perspective-taking, which involves seeing things from a different perspective.

It's natural for employers to find candidates who have empathy and an understanding of their challenges and pain points more attractive. Candidates like these are seen as potential allies rather than individuals only looking out for themselves. Since most job seekers approach employers with a 'what's in it for me' mindset, practicing perspective-taking sets you apart.

"If there is any one secret of success, it lies in the ability to get the other person's point of view and see things from that person's angle as well as from your own."
- Henry Ford.

Perspective-taking makes you realize that from an employer's POV hiring is fraught with risks employers want to avoid; thus, you consider what most job seekers don't: How can I present myself as the least risky hiring option?

Here's an exercise that'll help you visualize the employer's side of the hiring process.

Candidate A or B?

Imagine you're the Director of Customer Service for a regional bank with 85 branches. You're hiring a call centre manager who'll work onsite at the bank's head office, overseeing the bank's 50-seat call centre. In addition to working with the call centre agents, the successful candidate will also interact with other departments, your boss, and members of the C-suite leadership team; in other words, they'll be visible throughout the bank.

The job posting resulted in over 400 applications. The bank's ATS and HR (phone interview vetting, skill assessment testing) selected five candidates, plus an employee referral, for you to interview. You aim to shortlist the six candidates to three, whom you'll interview a second time, and then make a hiring decision. Before scheduling the interviews, which will take place between all your other ongoing responsibilities, you spend five to ten minutes with each candidate's resume and review their respective digital footprint and LinkedIn activity.

In your opinion, which candidate deserves a second interview?

Candidate A: Their resume provides quantitative numbers—evidence—of the results they've achieved. (Through enhanced agent training, reduced average handle time from 4:32 minutes to 2:43 minutes, which decreased the abandon rate from 4.6% to 2.2%.)

Candidate B: Their resume offers only opinions. ("I'm detail-oriented," "I learn fast.")

Candidate A: Looks you in the eye, has a firm handshake, smiles, and exudes confidence.

Candidate B: Doesn't look you in the eye, has a weak handshake.

Candidate A: Referred by Ariya, who's been with the bank for over 15 years and has a stellar record, having moved up from teller to credit analyst and is tracking to become a Managing Director.

Candidate B: Applied online. Based on your knowledge, they did nothing else to make their application

more visible. (e.g., reached out to you or other bank employees)

Candidate A: Well-educated, grew up as a digital native, eager and energetic. Currently manages a 35-seat call center for a mid-size credit union. They mention they called the bank's call centre several times and suggest ways to improve the caller experience.

Candidate B: Has been working in banking for over 25 years, managing the call center at their last bank for 17 years before being laid off eight months ago. They definitely have the experience to run a call centre. However, you have a nagging gut feeling that they're just looking for a place to park themselves until they can afford to retire.

Candidate A: Has a fully completed LinkedIn profile (picture, eye-catching banner) packed with quantifying numbers. It's evident how they were of value to their employers. Recently, they engaged constructively with posts and comments and published a LinkedIn article on managing Generations Y and Z call centre agents. Their Facebook, Instagram, and Twitter/X accounts aren't controversial, sharing between 'Happy Birthday' and 'Congratulations' messages, their love of fine dining, baseball, and gardening.

Candidate B: Their LinkedIn profile is incomplete. The last time they posted on LinkedIn was seven months ago, ranting about how the government's latest interest rate hike will plunge the country into a deep recession. Conspiracy theories abound on their Facebook page.

Candidate A: Notices the golf calendar on your desk, the putter and golf balls in the corner, and a photograph of Phil Mickelson putting on the green jacket at the 2010 Masters hanging on your wall. While nodding towards the picture, they say, "Evidently, you golf. Not being a golfer myself, what made you take up golf, which I understand is a frustrating sport?"

Candidate B: Doesn't proactively engage in small talk. Waits for you to start the interview.

Which of the above candidates presents the least hiring risk? Will likely succeed? Will show your boss, upper management, and employees you know how to hire for competence and fit?



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Roasted Chickpea Salad

by Jennifer Puri

Chickpeas are often considered a superfood due to their high nutritional value and have been enjoyed by humans for over ten thousand years.

Grown in over fifty countries, chickpeas are a type of legume and in the same family as peanuts and kidney beans.

The high plant-based protein and fiber of chickpeas may also promote healthy ageing and assist in retaining our skin's elasticity and firmness.

Roasted chickpea salad is delicious on its own or can be served with pita bread or as a side salad.

Prep Time: 30 minutes

Cook Time: 30 minutes

Servings: 4

Ingredients:

- 1 540 ml can of chickpeas
- 2 tbsp. olive oil
- 1 tsp. paprika or hot pepper sauce
- 1 tsp. salt
- ½ tsp. ground black pepper
- 4 cups of chopped head lettuce
- 4 cups of cooked quinoa
- 1 cup Kalamata olives
- 1 cup sliced radishes
- 1 cup cucumber chopped
- 1 cup chopped tomatoes
- 1 small container of store-bought red pepper hummus

Dressing:

- ¼ cup extra virgin olive oil
- ¼ cup almond butter
- 3 tbsp. fresh squeezed lemon juice
- 2 tsp. Dijon mustard
- 2 tsp. maple syrup
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper
- 5 to 6 tbsp. cold water

Directions:

- Preheat oven to 450 degrees Fahrenheit.
- Rinse, drain, and pat dry the chickpeas and place in a small bowl, then combine with the olive oil, salt, black pepper, and paprika or hot pepper sauce.
- Spread chickpeas on a foil lined baking tray and bake in the oven for about 25 to 30 minutes until brown and crisp. Remove from the oven and allow to cool.
- In a screw top jar place the olive oil, salt, pepper, Dijon mustard, lemon juice, and maple syrup, and shake until combined. Next add the almond butter and 5 to 6 tbsp. of cold water and stir until you get a smooth consistency.
- To serve divide the quinoa among the bowls and top with lettuce, olives, radish, tomatoes, cucumber, roasted chickpeas, red pepper hummus, and some dressing. Serve with pita bread if desired.

Bon Appétit!



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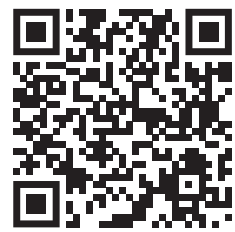
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A central white oval balloon with the text 'HAPPY Father's DAY' and a blue mustache icon. Surrounding the balloon are various Father's Day-themed cutouts: a black fedora, a black bow tie, a black mustache, a black necktie, a pair of black-rimmed glasses, and two gold 'HAPPY DAD' and 'HAPPY DAY' signs. Purple and blue streamers are scattered around the items.

**HAPPY
Father's
DAY**



SCAN ME

The Roles of the Mahogany HOA and the Mahogany CA

In Calgary, both Homeowners Associations (HOAs) and Community Associations (CAs) play important roles in our communities, however, they serve distinct purposes. HOAs are organizations created and established by developers to oversee shared community-owned

park and facilities, and uphold community amenities and standards through fees paid by homeowners. CAs are voluntary, resident-led organizations focused on community-building activities such as advocacy work with the City of Calgary to ensure better community infrastructure.

The Mahogany Community Association is a new organization that has evolved from the Copperfield Mahogany Community Association at the end of 2024.

<div>MAHOGANY HOMEOWNERS ASSOCIATION (MHOA)</div> <div>reception@mahoganyhoa.com www.mahoganyhoa.com</div>	<div>MAHOGANY COMMUNITY ASSOCIATION (MCA)</div> <div>info@mahoganycommunity.ca www.mahoganycommunity.ca (in progress)</div>
Primarily oversee community-owned parks, lakes, and facilities created by the developer.	Formed by the residents of a community.
The MHOA is managed by a team of paid employees and overseen by a volunteer Board of Directors.	Overseen by a volunteer Board of Directors.
Host community and public events, provide recreational programming and facility rental spaces, build community opportunities and relationships, and invest resources in Mahogany to better enhance the community.	May host community and accessible events.
Collect annual encumbrance fees that are on property titles.	Voluntary annual memberships available.
Built on community-shared lands by the developer.	Access to City of Calgary public lands for public amenities.
Guaranteed source of revenue via encumbrance fees and other revenue sources. Some developers provide financial support.	Reliant on grants, rental of community facilities (if applicable), programs, sponsorships, and casinos for funding.
HOA amenities are in place when residents buy, so they can be enjoyed immediately.	CA amenities are built through fundraising on City of Calgary public lands and operated by the CA.
HOAs are a Not-for-Profit organization registered under the Alberta Societies Act.	CAs are registered as a Not-for-Profit under the Alberta Societies Act.
Accountable to the Board of Directors, who in turn answer to the membership of homeowners.	Accountable to their membership.
Private non-profit organizations with primary focus on the management and high-level maintenance of community-owned assets, and most invest in externally maintaining City of Calgary owned greenspaces and amenities.	Advocacy and representative role to the City of Calgary of the needs and issues in their community and often regionally.

Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Water Hazards

- Drowning contributes to unintentional injury-related death among young children.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres* high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.



- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

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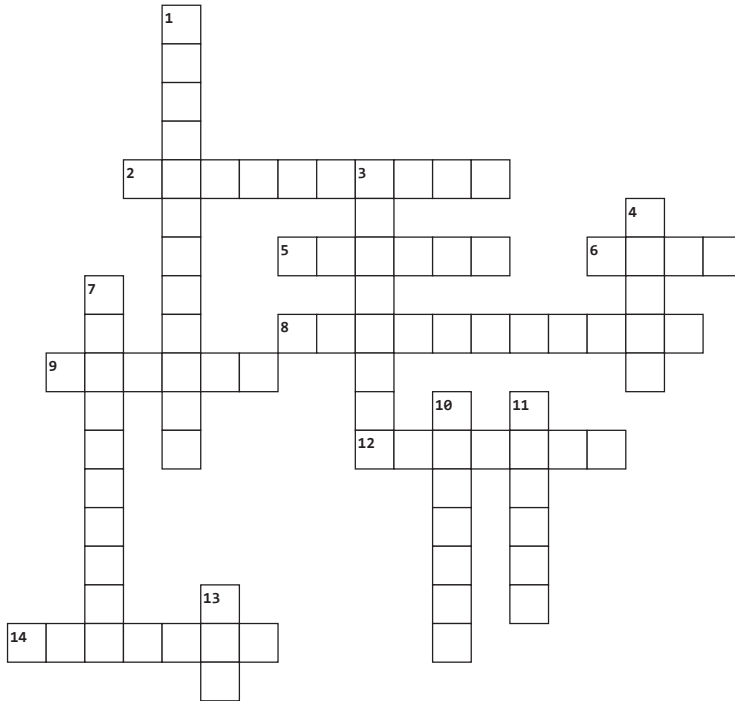


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June Crossword



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answers or scan
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Across

2. The harvest season for this juicy, red fruit typically starts in mid-June in Canada.
5. This solstice occurs in June in the Northern Hemisphere.
6. On June 21, 1970, _____ made history by becoming the first player to win the FIFA World Cup three times.
8. Along with the rose, this fragrant plant, popular with bees and hummingbirds, is the birth flower for June.
9. The dystopian novel *Nineteen Eighty-Four* by George _____ was first published on June 8, 1949.
12. Charles Blondin crossed _____ Falls on a tightrope on June 30, 1859.
14. On June 23 in the year 930 the world's oldest parliament was established in this Nordic Island nation.

Down

1. Canadian actor Dan Aykroyd starred in this spooky comedy which premiered in June 1984.
3. Known for his role as Marty McFly in *Back to the Future*, Michael J. Fox was born in _____, Alberta on June 9, 1961.
4. Hockey Hall of Fame inductee, Cam _____, was born on June 6, 1965, in Comox, BC.
7. Famous for songs such as "Ironie" and "Hand in My Pocket", Alanis _____ celebrates her birthday on June 1.
10. Avril _____'s debut album *Let Go* was released on June 4, 2002.
11. This superhero movie, directed by Tim Burton, premiered in June 1989.
13. The first broadcast of this 24-hour news channel occurred on June 1, 1980.



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Overcoming the Barriers of Fruit and Vegetable Intake

by Alberta Health Services



Did you know that since 2015, intakes of vegetables and fruit by Canadians have been steadily decreasing? Only 16 percent of Albertan men consume vegetables and fruit five times or more per day.

Most people know that vegetables and fruit are good for their health.

Research has shown that men identified the following barriers to getting enough vegetables and fruit daily: lack of time, taste, and cost. Read more to find out about these obstacles and tips on how to incorporate more fruit and vegetables in your daily life.

Lack of Time

Having a busy schedule, whether it is due to work, family, or other daily activities, may make it difficult to plan, shop for, and prepare healthy meals and snacks. The following tips provide ways to add vegetables and fruits into your daily diet, without making meal preparation too overwhelming.

• Plan Ahead

Look at your schedule at the beginning of the week and brainstorm meal and snack ideas for the week.

Choose vegetables and fruits that can be used for multiple meals in that same week to reduce waste. Try filling half of your plate with vegetables and fruits at every meal.

Feeling like you have no time to cook? Try preparing your meals in bulk on your days off for the week ahead. This way, you can come home after a busy day to a completed meal full of vegetables.

• Grocery Shop with Ease

Make a grocery list and stick to it. This may reduce food waste and additional grocery trips.

Buy vegetables, fruits, and other ingredients needed for your meals and snacks ahead of time so you have enough for the week ahead.

To reduce food preparation time, try pre-cut or pre-washed vegetables such as baby carrots and spinach or frozen mixed vegetables.

• Prepare

Place washed and cut up vegetables in containers to always have options ready to go.

Add it to your breakfast: berries on cereal/oatmeal, vegetables to omelets, spinach to smoothies.

Add it to your lunch or dinner: broccoli to macaroni and cheese, peppers and mushrooms on pizza, extra vegetables in stir-fries.

Choose fruits that come in their own “package.” Bananas, oranges, and apples are foods that require no cutting or to be put into containers.

Texture and Taste

Flavours and textures of some vegetables and fruits may not be appealing to all people. However, with some various preparation and pairings, these suggestions might influence you to retry your least favourite vegetable or fruit:

• Try New Cooking Methods and Textures

Roasted: Roasting is a slow cooking process that uses dry heat (like an oven) at high heat to cook and create browned edges on the food. Try roasting broccoli and topping it with parmesan cheese or thinly slicing sweet potatoes into fries.

Pureed: Pureeing changes the textures of solid foods by turning them into a smooth texture with no lumps. Use a blender or food processor to puree berries into a sauce or squash into a soup.

Steamed: Steaming uses indirect heat from hot steam to cook food. Try steaming frozen or fresh corn and add it into a dish.

Grilled: Grilling is a quick cooking method that uses direct heat at a high temperature. Try placing mushrooms and peppers on a skewer and placing them on your BBQ or even place them directly onto the grill.

Sautéed: Sautéing uses a hot pan with a small amount of fat over high heat while constantly stirring the food.

Use chopped onions, broccoli, and carrots with some olive oil to add into your next meal.

• **Add Some Flavour**

Drizzle olive oil or lemon juice and add herbs or garlic to vegetables.

• **Pair with Foods You Enjoy**

Add bananas, apples, or berries into pancakes.

Add carrots, zucchini, or apple into muffins and loaves.

Add mushrooms or peppers into your favourite omelets.

Add tomato and lettuce to a burger.

Cost

With grocery prices rising, it can be difficult to incorporate vegetables and fruit into your diet. Check what you have at home in your pantry, fridge, and freezer before going out to buy more vegetables and fruit. See if you can use what you already have.

Plan your shopping trips and compare prices with different grocery stores to find the cheapest products. Some stores will even match a lower price product found at a competitor's store. Compare brand names, as some popular brands may be more expensive than a generic brand. Look for grocery stores with discount days, where you can save money off your total grocery bill. Fresh, frozen, and canned vegetables and fruits are equally healthy options. Research fresh produce in season or choose frozen and canned options for lower prices of your favourite vegetables and fruits. Choose items with close best before dates if you can use it within the date, as they may price it lower.

Store food properly. Storing vegetables and fruit properly will reduce waste, prevent extra grocery store trips, and save you money. Some vegetables and fruit should be stored at room temperature, while others need to be refrigerated. Freezing produce can allow them to last longer and to be used at a later time. Visit Canada.ca/FoodGuide and search "Storing Vegetables and Fruits" to find out more information.

Find more resources on healthy eating including meal planning, recipes, and grocery shopping tips at HealthyEatingStartsHere.ca.

Find more tips on incorporating vegetables and fruits into your diet at Canada.ca/FoodGuide.

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Can Physiotherapy Help You?

by Alberta Health Services

Physiotherapy can provide many benefits for anyone of any age. The goal of this treatment is to make daily tasks and activities easier and can help with recovery after some surgeries. Your healthcare provider may suggest physiotherapy for injuries or long-term health problems such as arthritis or chronic obstructive pulmonary disease (COPD).

Physiotherapy may be used alone or with other treatments. It can help you move better and may relieve pain, along with improving or restoring your physical function and fitness level.

What Does a Physiotherapist Do?

Your physiotherapist will examine you and talk to you about your symptoms and your daily activity. Your therapist will then work with you on a treatment plan. The goals are to help your joints move better and to restore or increase your flexibility, strength, endurance, coordination, and/or balance.

First, your therapist will try to reduce your pain and swelling. Your physiotherapist also may use manual therapy, education, and techniques such as heat, cold, water, ultrasound, and electrical stimulation.

Physiotherapy almost always includes exercise. It can include stretching, core exercises, weightlifting, and walking. Your physiotherapist may teach you an exercise program so you can do it at home.

Treatment may cause mild soreness or swelling. This is normal but talk to your physiotherapist if it bothers you.

What Should You Look for in a Physiotherapist?

You'll want a therapist who has experience with your health problem. Some physiotherapists are certified in areas such as orthopedics, sports, and neurology and may offer more specialized care. Physiotherapists can also specialize in certain types of care, such as:

- Back and neck pain
- Cardiac rehabilitation (rehab)
- Wound care
- Cancer-related problems
- Treatment of children or older adults

When Can Physiotherapy Help?

Physiotherapy and Recovery from Injury

Physiotherapy can help you recover from an injury and avoid future injury. Your physiotherapist can help you reduce pain in the soft tissues (muscles, tendons, and ligaments), build muscle strength, and improve flexibility, function, and range of motion. They can also evaluate how you do an activity and make suggestions for doing the activity in a way that is less likely to result in an injury.

Physiotherapy and Chronic Health Conditions

Physiotherapy can help you live more easily with chronic or ongoing health conditions such as spinal stenosis, arthritis, and Parkinson's disease. Your physiotherapist will work with you to establish your goals. Then they will create a program of educational, range-of-motion, strengthening, and endurance activities to meet your needs.

Physiotherapy and Health Conditions Requiring a Rehabilitation Team Approach

Some conditions involve several body systems and can lead to significant disability. These conditions—such as stroke, spinal cord injury, and major cardiopulmonary (heart and lung) problems—are usually addressed by a team of health professionals through programs such as cardiac rehab and stroke rehab. The team can include doctors; nurses; physiotherapists, occupational therapists, and speech therapists; psychologists; and social workers, among others.

Physiotherapists are a critical part of this team. They address the issues of range of motion, strength, endurance, mobility (walking, going up and down stairs, getting in and out of a bed or chair), and safety. The physiotherapist may also get you the equipment you need, such as a walker or wheelchair, and make sure you can use the equipment appropriately.

Physiotherapy and Significant Health Conditions of Childhood

Physiotherapists also work with children who have major injuries or health conditions, such as cerebral palsy. They address the usual issues of range of motion, strength, endurance, and mobility. Also, the therapist considers the child's special growth and developmental needs.

Treatment is often provided in school or in a facility just for children. The way physiotherapy and other services are delivered in schools varies among the provinces. Talk to your child's doctor, school, or your local health unit if you think your child may qualify for evaluation or treatment services.



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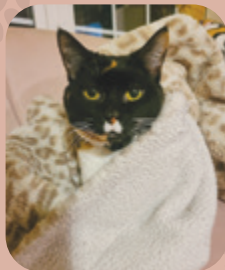
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We Dream in June

by Garth Paul Ukrainetz

The month of June can't come too soon
The saying goes inside the staff rooms
Most teachers' tanks are running empty
Low fuel within, they're all teached out

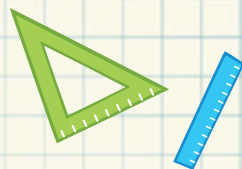
Ignition sequence slowly starting
Young astronauts awaiting lift off
Dreaming, gazing out the windows
The students now in countdown mode

Long year it was for sharpened minds
10 months of grinding education
The pencils short, good patience shorter
Toss learning's shavings to the wind

Yes, summer's here, it's time to fly
Fold lesson plans like paper airplanes
Let's rocket launch to outer space
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Deep down it's true we're all the same
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That blow the cares of school away





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December	24	18	19	\$699,900	\$680,000
November	24	32	30	\$704,900	\$693,750
October	24	37	46	\$704,950	\$692,500
September	24	44	29	\$699,900	\$690,000
August	24	38	29	\$679,900	\$680,000
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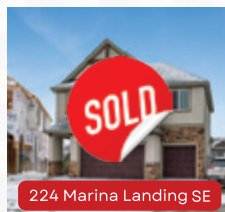
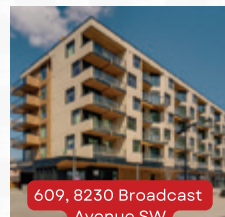
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