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April	24	21	19	\$430,000	\$430,000
March	24	22	31	\$434,900	\$432,500
February	24	38	32	\$404,944	\$404,013
January	24	21	28	\$412,339	\$418,500
December	23	22	21	\$429,900	\$427,500
November	23	25	18	\$397,400	\$394,900
October	23	21	27	\$449,900	\$449,900
September	23	29	18	\$448,450	\$444,500
August	23	19	18	\$411,000	\$410,375
July	23	21	16	\$397,400	\$394,700

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CONNECTING TO CREATE A VIBRANT COMMUNITY



With such a large team committed to working together and making Seton the best place to call home, it can be confusing to navigate who to connect with and how. See below on how to best connect with your community.

CITY OF CALGARY

- Maintenance of public spaces, (pathways, parks, ponds, streets, etc.)
- Tree care & replacement in public green spaces
- Snow removal on City streets
- Building, planning, and business
- Parks and recreation
- Taxes and property assessment
- Social programs and services
- Bylaws and public safety
- Calgary Fire Department
- Calgary Police Services
- Waste services
- Transportation
- Animal services

311 | calgary.ca

SETON HOA

- Operations of the future HOA facility & park
- Community programming & events
- Future maintenance of HOA owned land/ amenities in community
- Future seasonal lights
- Community engagement
- Future enhanced landscape maintenance & snow removal in key public (City of Calgary) green spaces & pathways
- Automatic Membership - encumbrance registered on Seton Homeowner's title
- Not for profit organization

info@setonhoa.ca | seton-connect.com

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- Planning
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- Park & green space construction & maintenance until turned over to City of Calgary (see map)
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FUTURE SETON CA

- Celebrating community
- Community advocacy for
 - Schools
 - Safety
 - Urban planning
 - Community issues
 - Civic issues
- Recreational sports leagues
- Community programming (minor sports) & events
- Future development of allocated CA land
- Optional membership
- Not for profit organization

If you are interested in being involved with setting up the Seton Community Association, email info@setonhoa.ca

Community by
Brookfield Residential

CONTENTS

- 8 KEY HIGHLIGHTS: CONSTRUCTION OF THE SETON HOMEOWNERS ASSOCIATION FACILITY COMMENCES
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**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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Meet Your New Seton Homeowners Association Board of Directors

Thank you to everyone that joined us at the Seton HOA Annual General Meeting in November. Please visit www.seton-connect.com/annual-general-meeting for draft meeting minutes and question and answer information.

BOARD OF DIRECTORS

Deb Glover	Brookfield Director
Karen Shopland	Brookfield Director
Kristine Aghajanova	Brookfield Director
Steven Phan	Returning Resident Director
Temi Bolaji	Returning Resident Director
Christopher Williams	Returning Resident Director
Adeniyi Ogunwusi	Returning Resident Director
Andrew Picklyk	Returning Resident Director
Abiodun Oduniyi	Returning Resident Director
Esther Adeoye	New Resident Director

Exciting Developments Underway at the Seton Homeowners Association: Ground Breaks on the HOA Facility and Park

We are thrilled to announce the groundbreaking of The Seton Homeowners Association facility, an exclusive lifestyle centre and park that strives to redefine community living for residents. This exciting construction project represents a pivotal moment in the evolution of our community and emerges as a cornerstone for community development and enhanced living experiences within the neighbourhoods of Seton and Seton Ridge.

SETON HOA

Contact Info

Email: info@setonhoa.ca

Website: www.seton-connect.com

Facebook: www.facebook.com/setonyyc

Instagram: www.instagram.com/seton_yc/



SETON HOA BOUNDARY MAP



Word of The Month

Mellifluous: adjective (muh-lif-loo-uhs)

Sweet or smooth sounding, as in a voice or string of words.

She believed Spanish to be the most mellifluous language in the world.

How to 'Hold Space' for Someone

by Nancy Bergeron, R.Psych. | 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.

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Key Highlights

Construction of the Seton Homeowners Association Facility Commences

Construction is set to begin on the facility and park. Spanning approximately 14,000 square feet and nestled on a strategically placed six-acre site, the facility promises to be a hub for resident interaction, recreation, and relaxation. From versatile multiuse rooms to outdoor amenities like a splash park, skating area, and playground, the facility and park aim to cater to diverse interests and ages within the community.

About the SHOA

The Seton Homeowners Association (SHOA) is professionally operated to oversee the operations, care, and maintenance of community assets. These include entry features, amenities, and the highly anticipated Seton HOA facility.

Board of Directors

At the helm of the SHOA stands a dedicated Board of Directors, currently comprising seven members from the community and three representatives of Brookfield Residential, the developer of the Seton neighbourhood. This collaborative board structure ensures that residents have a strong voice, community interests are upheld, and policies are implemented for the collective benefit.

Community Facility and Recreational Programming

The SHOA is planning a range of lifestyle and recreational programs, events, and drop-in activities to be offered when the HOA opens. Residents will have the opportunity to participate in these activities and even rent spaces and packages for their private events at member exclusive rates.

Looking Ahead

As Seton and Seton Ridge communities continue to flourish, SHOA remains committed to its mission of enhancing quality of life, fostering connections, and supporting the evolving needs of its residents. With the support of Brookfield Residential, SHOA is poised to navigate initial operational challenges and thrive as a cornerstone of community cohesion and enrichment.

For further information and updates, visit the SHOA website at www.seton-connect.com or contact info@setonhoa.ca.



Brookfield Residential

Park layout



Seton Building (1)



Seton Building (2)

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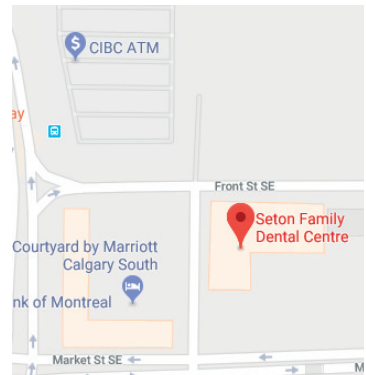
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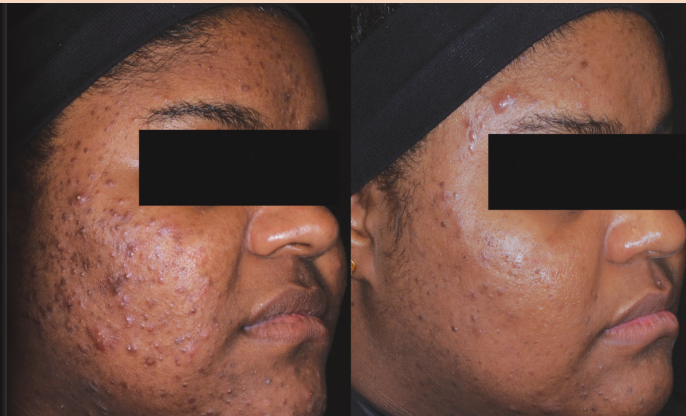
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SAFE AND SOUND

Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children.
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child.
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups.
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.
- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested.

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



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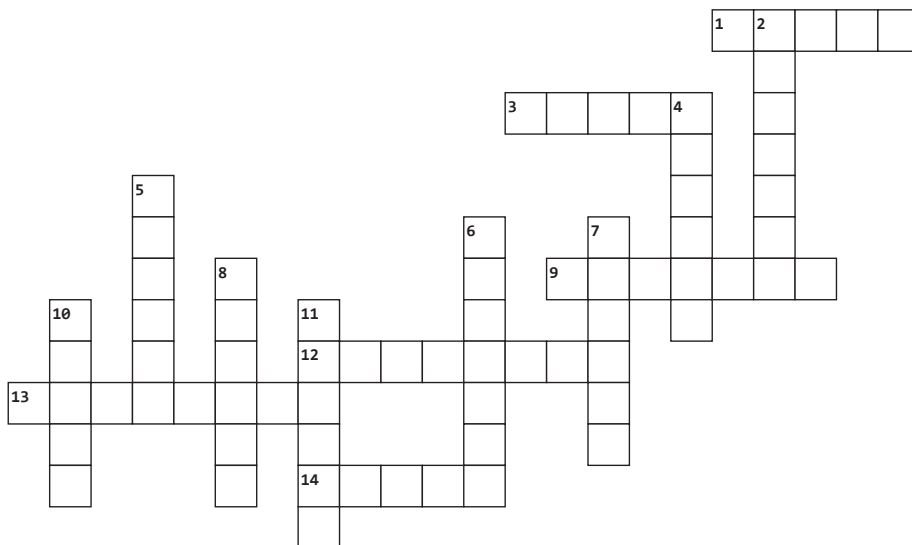
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August Crossword



Across

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

Down

- Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, _____.
- The fantasy novel *A Game of Thrones*, written by George R.R. _____, was first published in August of 1996.
- August is a popular name for boys in this Scandinavian country.
- 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".
- The Perseid _____ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
- The saying "The Dog Days of Summer" is linked to the rising of the star called _____, also known as the Dog Star.
- 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.
- Michael _____ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



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

by the City of Calgary

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.



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Celebrate, Elevate, and Enjoy: Nutrition for Older Adults

by Alberta Health Services

Let's celebrate getting older and aging healthfully. There are many aspects of aging that are out of our control, but food and nutrition research indicate there are many things that can be helped.

If you are, or if you know someone who is 65 years or older and lives independently or with others, this article may interest you. It will cover things we do in our life that can give us the best chance of maintaining good nutrition and health.

Weight loss is often seen as a positive topic that is promoted on social media and with family and friends. There are some medical conditions where weight loss is helpful in prevention or management like in Type 2 diabetes and fatty liver disease, but it can present a risk for older adults. When we lose weight, we don't just lose fat. We also lose muscle. People can start to lose muscle as early as age 30, but muscle loss increases quickly after age 70, independent of weight loss. Muscle is hard to regain in older adults. Generally, weight loss is not recommended in older adults. Maintaining weight and muscle is important to help you maintain your strength.

The Importance of Adding in Protein to Your Diet

Protein is a nutrient that helps you to keep the muscle you have. Many seniors do not get enough protein. Since your body can't store protein in your body, you need to eat higher protein foods, at least three times each day – every day – to maintain the muscle you have.

Try to consume protein foods at each meal. Here are some practical ways you can get more protein at meals and snacks:

- Add cheese, nut butter, or beans to toast.
- Make an omelet for breakfast.
- Mix one to two tablespoons of skim or whole milk powder or a scoop of protein powder into your cereal or yogurt.
- Add beans or meat (example wild game or fish) to pasta or vegetable dishes.
- Try adding a plant-based protein, like chickpea falafel or tofu to a stir-fry.



- Choose nuts, boiled eggs, Greek yogurt, or cottage cheese as a snack.

Elevate Your Eating Experience

Enjoyment of eating and quality of life are important for good health. If older adults have a health condition, such as diabetes or health disease, they may have been told to eat a special diet. If your heart healthy, low sodium, or diet for diabetes is affecting your appetite, it is important to talk to your healthcare team about making some changes to make your diet less restrictive.

Other ways to elevate the eating experience is to make the dining environment pleasant. Research shows that eating with others (like at work or with family, friends, or neighbours) makes it more likely to eat more food. Mealtime can be a time for nourishment and socializing. One way that can make having a meal together fun is hosting a potluck.

Visit ahs.ca and search 'Shift to Healthy Eating at Work' to find great potluck ideas for work or any gathering.

Emphasizing enjoyable, social mealtimes as well as nutritious foods are ways to age healthfully to maintain strength and vitality.

Mix It Up!

Adding activity into your day shouldn't feel like a chore or a punishment. It should be fun! Choose activities that you enjoy and mix it up with different types of exercise.

The goal of aerobic fitness is to increase the amount of oxygen that goes to the heart and muscles which allows them to work longer.

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