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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](http://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](mailto:info@setonhoa.ca) | [seton-connect.com](http://seton-connect.com)

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## BROOKFIELD RESIDENTIAL

### Communities Division

- Planning
- Underground services
- Road & sidewalk construction
- Park & green space construction & maintenance until turned over to City of Calgary (see map)
- Tree Planting
- Architectural controls
- HOA support

### Homes Division

- Sales
- Construction
- Customer care

### Commercial Division

- Planning
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- Leasing

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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](mailto:info@setonhoa.ca)

Community by  
Brookfield Residential



## 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](http://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       |

### When will the HOA Facility and Onsite Amenities Commence?

The development permit and development site servicing plan have been approved by the City of Calgary. The Brookfield team is working diligently through the building permit process with our consultants, contractors, and the City approving authority. Construction delays have resulted from the HOA facility being deemed a High Importance Structure, inflationary pressures, and overbudget tender bids.

Construction start and timing: Underground servicing to commence in 2023/2024, building and site construction to commence in spring 2024, construction completion is anticipated in early 2025.



## SETON HOA

### Contact Info

**Email:** [info@setonhoa.ca](mailto:info@setonhoa.ca)

**Website:** [www.seton-connect.com](http://www.seton-connect.com)

**Facebook:** [www.facebook.com/setonyyc](https://www.facebook.com/setonyyc)

**Instagram:** [www.instagram.com/seton\\_yc/](https://www.instagram.com/seton_yc/)



### SETON HOA BOUNDARY MAP



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Starr, Lake Chaparral



Violet, Seton

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# Making The Most of Your Doctor's Appointment

by Alberta Health Services



Working closely with your doctor is one of the most important things you can do to help you get – and stay – as healthy as you can.

Have you ever caught yourself saying the following things ...

"Doctors are so busy. I don't want to bother them."

"The doctor's the expert, not me. I just listen."

"I'm afraid of saying something that isn't right."

"I'm actually a little scared of my doctor. He intimidates me."

Partnering with your doctor shouldn't have to be a struggle. Doctors are experts on medical care, but you are the expert on yourself. And, together, you can find a solution that best fits your values, beliefs, and lifestyle.

## Things To Do Before Visiting Your Doctor

- Be prepared. Write down what you want to say, how you feel, and any symptoms you are having.
- You can also write down the three most important questions you have; what means the most to you.
- Don't be afraid to say what you think.
- Bring someone with you, especially if you have trouble remembering or would like some support.
- Always asks questions to ensure you understand. Some examples of questions you can ask when talking with your doctor about treatments and tests are:

1. What is the name of the test, medicine, surgery, or other treatment?
2. Why is it needed?
3. What are the risks?
4. What are potential side effects?
5. Are there alternatives?
6. How much does it cost?
7. What will happen if I decide not to have treatment?
8. How do I prepare for each test or treatment?
9. Is the cost of the medicine covered by my provincial health plan or private health insurance?
10. How do I take this medicine?
11. How will this medicine react with other medicines I am taking?

## After Your Doctor's Visit

It's a good idea to make notes following your doctor's visit. Those can include:

- What your health professional thinks the problem might be.
- What you might expect to happen next.
- What you can do to manage your problem at home.

Follow the instructions your doctor gave you, including filling a prescription, scheduling tests, or making another appointment. Call your doctor if you still have questions or if there is anything you do not understand.

Watch closely for changes in your health and be sure to contact your doctor if you have any problems or symptoms that concern you. Follow-up care is a key part of your treatment and safety.

Update the medical records that you keep at home, including new test results and medicine changes.

## How Can You Partner with Your Doctor?

Here are some tips for being a good partner with your doctor:

- Build a relationship with your doctor – Let your doctor know that you want to be a partner in your health care. Tell the doctor what your expectations are.
- Be an active participant in each appointment – Listen carefully to what your doctor says. If you do not understand a diagnosis or treatment, ask questions. And tell the doctor if you think that following the prescribed treatment will be hard for you.
- Have a family member or friend with you during your appointment, if possible – He or she can take notes, ask questions to clarify information, and help you remember what your doctor says.
- Bring your medicines to your appointment – If you take prescription or over-the-counter medicines, including natural health products, bring all of them with you to any appointment with a doctor. If you cannot bring the medicines, bring a list of the medicines that you take.
- Ask for instructions – Before you leave the doctor's office, make sure you know what you are supposed to do to care for yourself. Ask for written information, links to videos and websites, and any other instructions.
- Be sure to make and go to all appointments – Call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.
- Prepare your child for tests and examinations – Let your child know why he or she is seeing a doctor and what will be done during the visit. Your child's age and developmental level will determine how best to prepare him or her. And ask your older child if he or she would like to speak to the doctor alone. Teens may be more willing to talk about topics such as sexuality, mental health, and drugs or alcohol if they know they can have time on their own with their doctors.

A strong partnership between you and your doctor is key to getting great care. A primary care physician such as a family doctor should know your medical history and understand what is important to you. They may be the resource you need most when you face a major health care decision.

## Guess The Day in May!

1. On May 3, musicians who play the largest, lowest-pitched, brass musical instrument are recognized.
2. This day celebrated on May 4 is a play on words from an iconic line in an epic space movie created by George Lucas.
3. This day is observed on the second Sunday of May and honours the maternal figures in our lives.
4. On Florence Nightingale's birthday, May 12, hardworking healthcare workers are honoured.
5. World \_\_\_\_\_ Day, observed on May 20 this year, acknowledges the role of our favourite yellow pollinators.
6. On May 24, a date dedicated to this magnificent, jewelled crown, everyone can feel like royalty.



## BRAIN GAMES SUDOKU

|   |   |   |   |  |   |   |   |   |
|---|---|---|---|--|---|---|---|---|
| 9 | 4 |   | 1 |  | 3 |   |   | 2 |
|   | 5 |   |   |  |   | 6 | 4 | 3 |
| 2 |   | 3 | 7 |  |   |   | 1 |   |
|   |   | 9 | 8 |  |   |   |   | 4 |
|   | 2 |   |   |  |   |   | 6 |   |
| 6 |   |   |   |  | 7 | 2 |   |   |
|   | 1 |   |   |  | 9 | 4 |   |   |
|   |   | 5 |   |  |   |   | 2 |   |
| 8 |   |   | 6 |  | 1 |   | 5 |   |

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*continued on next page*

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## continued

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*by the City of Calgary*

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Using your meter to check your home for leaks is easy:

1. Turn off all taps and water-using appliances – inside and outside your home.
2. Watch the flow register on the face of the meter. The register could look like a gear or a needle depending on the model of meter you have.
3. If it keeps turning, you have a leak somewhere in your house.
4. Check all water devices, such as your toilet, taps, humidifier, hot water heater, and water softener.

To learn more about common sources of household water leaks, including some helpful repair tips, visit [calgary.ca/waterguide](http://calgary.ca/waterguide).

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|-----------|----|------------|------|--------------|-----------|
|           |    | Listed     | Sold | Listed       | Sold      |
| March     | 24 | 24         | 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 |
| June      | 23 | 26         | 26   | \$432,450    | \$430,000 |
| May       | 23 | 24         | 30   | \$387,250    | \$384,750 |
| April     | 23 | 26         | 24   | \$406,150    | \$402,300 |

To view more detailed information that comprise the above  
MLS averages please visit [seto.mycalgary.com](https://seto.mycalgary.com)

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