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there will be many  
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# Age-Friendly Calgary Essential Numbers for Seniors in Calgary

## 9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

## 8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

## 3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. [www.calgary.ca](http://www.calgary.ca).

## 2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services. [www.ab.211.ca](http://www.ab.211.ca).

## 403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

## 403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

## 403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

## 403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

# GRANDPARENT SCAM ALERT

## WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

## BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



**"Court appointed" couriers don't exist. If someone asks to come to your home to pick up payment, it's a scam.**



**If it has to be now, it has to be no. Using fear or high-pressure tactics are usually a red flag.**



**Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.**

CALGARY  
POLICE  
SERVICE

**If you have lost money or the scam is in progress, contact the Calgary Police Service at [403-266-1234](tel:403-266-1234)**

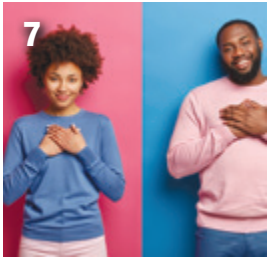
**To report a scam in general, contact the Canadian Anti-Fraud Centre at [1-888-495-8501](tel:1-888-495-8501)**



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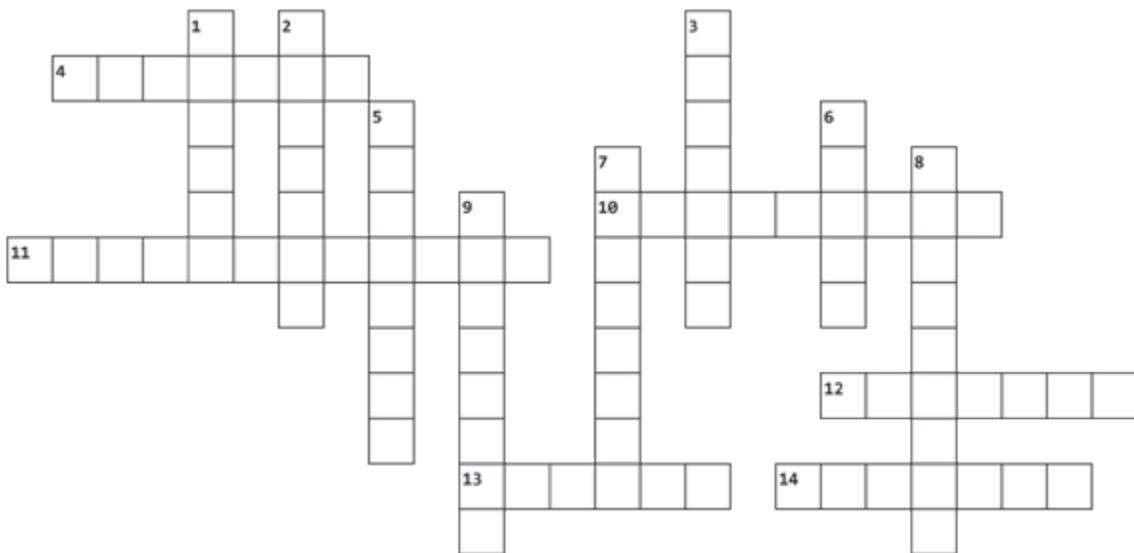
**Real Estate  
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# February Crossword



## Across

4. Islam's holy month of fasting, prayer, and reflection, called \_\_\_\_\_ starts on February 17 this year.
10. On February 2, 1653, what is now called New York City officially became a city, but it was known as New \_\_\_\_\_ at the time.
11. Comedian Leslie Nielsen was born on February 11, 1926, in Regina, \_\_\_\_\_.
12. Canada's twelfth Prime Minister, Louis St. \_\_\_\_\_, was born on February 1, 1882, in Compton, Québec.
13. The first volume of this English Dictionary was published on February 1, 1884.
14. The first documented street celebration of Mardi Gras in New \_\_\_\_\_ took place on February 27, 1827.

## Down

1. This North American country celebrates National Flag Day on February 15 annually.
2. During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
3. At the 26th Grammy Awards on February 28, 1984, Michael \_\_\_\_\_ won an astonishing eight Grammys!
5. Pope \_\_\_\_\_ XVI announced his resignation from the papacy on February 11, 2013.
6. The 2026 Chinese Zodiac is this equine beauty.
7. Min Jin Lee's New York Times bestselling novel, \_\_\_\_\_, follows a Korean family who immigrate to Japan and was first published on February 7, 2017.
8. The XXI Winter Olympic Games were held in this Canadian city in 2010.
9. On February 4, 2004, this social media platform was launched from a Harvard dorm room.



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers)  
or scan the QR code for the answers

# February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*

- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What To Do When Seconds Count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

# Staying in Relationships Thinking the Other Person Will Change, Now What?

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that



truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

### 1. Separate “preferences” from “deal-breakers”

Narration shift: “I don’t like this” to... “This is uncomfortable, but not unsafe or violating.”

### 2. Replace fantasy with reality statements

Narration shift: “They would be perfect if...” to... “This is who they are today, consistently.”

### 3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: “They’re the problem” to... “This brings up something important in me.”

### 4. Use compassion without justification

Narration shift: “They shouldn’t be this way” to... “I can understand why they’re this way, without agreeing or excusing.”

### 5. Practice present-tense acceptance language

Use phrases like: “This is what’s here right now.” or... “I don’t have to solve this today.”

### 6. Stop future-bargaining

Narration shift: “Once X happens, then I’ll be okay” to... “If nothing changes, how do I feel about this life?”

### 7. Name your choice clearly

Narration shift: “I’m stuck” to... “I am choosing to stay for now, with eyes open.”

Choice restores agency and reduces resentment.

### 8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: “This shouldn’t hurt” to... “Of course this hurts.”

### 9. Anchor acceptance in boundaries

Narration shift: “I have to accept everything” to... “I accept who they are and I choose how close I stand.”

### 10. Use curiosity over judgment.

Narration shift: “They’re wrong” to... “This is different from me—what does that mean for us?”



## Cupid and the Mighty Bow

by Garth Paul Ukrainetz

Cupid has a plan they say  
To change the world on Valentine’s Day  
The opposite of nuclear war  
Where love bombs fall forevermore

Projectiles full of love’s sweet glow  
These arrows need a Mighty Bow  
Creating new reality  
Great river flows thru Calgary

The arrows launch like missiles fly  
Around the world they’ll fill the sky  
London, Moscow, Houston, Seoul  
From Mighty Bow they’ll reach their goal

On city streets we’ll look above  
The mountains shall bring peace and love  
Descending to all jaded land  
From Mighty Bow and angel’s hand

Yes, all is fair in love and war  
A cherub stands on rivershore  
Lil’ Cupid has a plan they say  
To change the world on Valentine’s Day

### Family Day

by Danielle Robbertze



From big to small, blood related or chosen, family forms an important aspect in all our lives.

That is why Family Day, celebrated on February 16 this year, is a delightful honour to those we hold so near and dear in our lives. Family Day in Alberta was first celebrated in 1990 and introduced by then Premier Don Getty. In fact, Alberta was the first province to declare Family Day as a statutory holiday. Over the years, other provinces followed Alberta's example. They include British Columbia, New Brunswick, Ontario, and Saskatchewan.

The aim of the day? To highlight the importance of family values. Moreover, Family Day gives us a much-needed break during one of the coldest months of the year. Before Family Day there was a large gap between statutory holidays (New Year's Day to Good Friday).

So, what exactly is family? Family can be defined in many different ways depending on the person you ask. From nuclear to single-parent families, adoptive to chosen families, blended to extended families, and even work families—we all find a way to be part of a familial bond. With such a diverse population in this province, a single Albertan's family could be separated by five kilometres to 15,000 kilometres.

And with Family Day falling so close to Valentine's Day each year, February truly is solidified as the month of love in Alberta. Remember this Family Day to call that long-distance relative, hug the ones close by, and celebrate all the family memories created over the years, and while you do all that you can create even more long-lasting memories.

# Winter Tips to Keep Our Rivers Healthy

by The City of Calgary

When snow melts, water runs off our streets, driveways, and yards, and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, gravel, dirt, and other debris, washing it into our storm drains and our rivers.

The City of Calgary and Calgarians need to work together to manage our stormwater. In newer communities, The City uses storm ponds to help naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is so important. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

Together we can keep our rivers and creeks healthy by:

- Shovelling shortly after it snows to prevent ice and reduce salt, sand, or gravel use.
- Following the manufacturer's instructions if using salt on your driveway or sidewalks, so you're not using more than needed.
- Sweeping up excess salt, sand, and gravel from your driveway and sidewalks.
- Continuing to pick up pet waste and litter off the ground and dispose of them in the right disposal bin.

What ends up on our streets, ends up in our rivers. For more tips and information, visit [calgary.ca/stormwater](http://calgary.ca/stormwater).



## Switch

by Cheryl Dunkley

One last chore - today that make four!  
Yawn, oh what a bore  
That kind of week,  
Both my knees are sore...  
It's snowing! I don't want to go out the door.

But you know, Life is good.  
I'm grateful for my home, family and friends.  
The very best neighbours live on either side  
Everyone on this street takes great pride.  
There's good stuff every day  
Express my gratitude every time I pray



## Februum

The month we now call "February" has had many different names. Due to the wet conditions, "Solmonath" was used in Old English and means "mud month". The current name derives from the Latin term Februum (purification or to cleanse), and the Roman festival of purification called Februa.

# Happy Valentine's Day





Learn more about your Calgary Catholic School District Board of Trustees!

## Together We Belong: Honouring Family, Teachers and Community

February offers our Calgary Catholic School District (CCSD) community a meaningful opportunity to reflect on the relationships that sustain us—within our families, our schools, and the broader community we serve. Rooted in our shared commitment to dignity, respect, and care for one another, these values guide our work as a Board and shape the learning environments we strive to provide for every student entrusted to us.

Family Day reminds us that family lies at the heart of Catholic education. Families are a child's first teachers, nurturing faith, values, and a sense of belonging long before a child enters the classroom. It is a privilege for our schools to walk alongside families in this shared responsibility, strengthening partnerships that support the growth and well-being of every student.

February also includes the Alberta Teachers' Association annual Teachers' Convention, a time dedicated to professional learning, collaboration, and renewal. I am deeply grateful for the dedication of our teachers and staff, whose commitment to continual growth reflects their deep care for students. Each day, they do more than deliver curriculum—they inspire curiosity, build confidence, and help students discover their God-given potential.

This month, our schools recognize Black History Month, honouring the histories, contributions, and lived experiences of individuals whose impact continues to

shape our communities and our country. This learning encourages reflection, respectful dialogue, and a deeper understanding of the diversity that enriches our schools. Grounded in our Catholic belief that each person is created in the image and likeness of God, these conversations affirm human dignity and foster a sense of belonging.

February also marks Anti-Bullying Week, including Pink Shirt Day, a visible reminder of our shared responsibility to create safe, respectful, and welcoming school communities. In our Catholic schools, respect for the dignity of every person is foundational. Creating environments where students feel safe, valued, and heard requires the collective commitment of educators, families, and students to choose kindness, speak up for one another, and act with compassion. As Scripture reminds us, "Encourage one another and build one another up" (1 Thessalonians 5:11).

Together, these events invite us to reflect on what it truly means to be a faith-filled community—strengthened through partnership and sustained by mutual care and respect. As a Board, we remain committed to responsible stewardship, ensuring our decisions reflect our Catholic identity and support environments where students and staff can thrive academically, spiritually and socially.

May we continue to walk together as a district, guided by faith and united in our shared mission to grow in hope and compassion—Creating Calgary Catholic Together.

*Lory Iovinelli, Chair, CCSD Board of Trustees*



Be Water Wise Indoors This Winter

by The City of Calgary

When it's cold outside, most of the water we use is indoors—and small changes at home can help protect one of our most precious resources.

This winter, The City of Calgary is encouraging Calgarians to be water wise inside their homes.

Simple everyday habits can easily reduce your water use.

- **Fix leaks quickly.** A dripping tap or running toilet can quietly waste thousands of litres of water each year. If you hear or see a leak, don't ignore it.
- **Run full loads.** Wait until your dishwasher and washing machine are full before you press start—you'll save water, energy, and money on your utility bill.
- **Use water-saving settings.** Choose water-saving or eco cycles when available on dishwashers and washing machines.
- **Track your use.** Check your water bill or meter regularly so you can spot sudden increases that may point to a hidden leak.

By using water wisely today, we help keep our rivers healthy and ensure there's enough to go around as Calgary continues to grow. Together, we are water wise.

To learn more about indoor water-saving tips and find tools to help track your water use, visit [calgary.ca/IndoorWaterWise](http://calgary.ca/IndoorWaterWise).



Richmond I Knob Hill  
Real Estate Update

Last 12 Months Richmond I Knob Hill  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2025	\$925,000	\$889,000
November 2025	\$839,000	\$827,500
October 2025	\$898,000	\$870,000
September 2025	\$957,500	\$945,100
August 2025	\$879,940	\$847,500
July 2025	\$849,000	\$830,000
June 2025	\$879,450	\$868,500
May 2025	\$825,000	\$812,500
April 2025	\$749,900	\$740,000
March 2025	\$972,250	\$950,800
February 2025	\$789,999	\$788,888
January 2025	\$828,500	\$773,500

Last 12 Months Richmond I Knob Hill  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2025	3	5
November 2025	6	13
October 2025	23	19
September 2025	25	14
August 2025	13	16
July 2025	20	19
June 2025	21	12
May 2025	18	15
April 2025	15	11
March 2025	19	8
February 2025	10	9
January 2025	9	5

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

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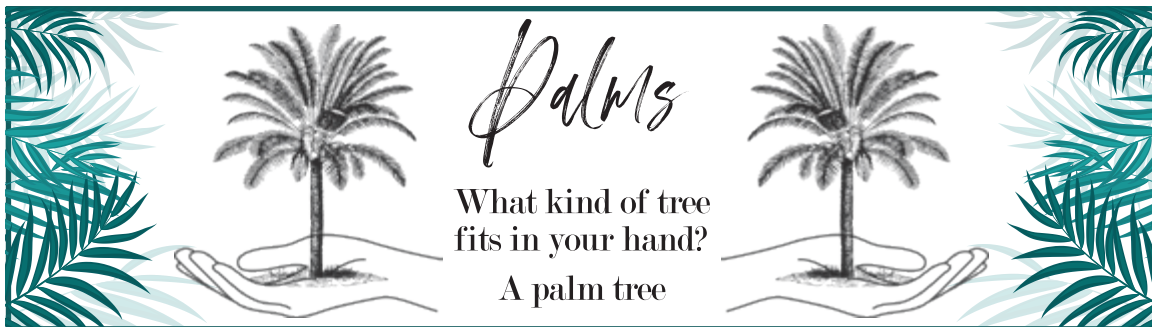
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