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Long Live the Queen in White!

Ever heard of Victoria Day? It's an annual shindig in May celebrating Queen Victoria's birthday! Speaking of celebrations, did you know Queen Victoria revolutionized wedding fashion by strutting down the aisle in white. Before Victoria, brides would just wear their favourite dresses, no matter the colour, down the aisle.



Do you know a young person thinking about suicide?

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Rosscarrock Community Association



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Visit us at rosscarrock.org or [facebook.com/RosscarrockCommunityAssociation](https://www.facebook.com/RosscarrockCommunityAssociation)

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Director-at-Large	Gary	
Hall Manager	Terry	info@rosscarrock.org
Community Social Worker	Kellie Nixon	kellie.nixon@calgary.ca

Board Meetings

Board meetings are held on the last Tuesday of each month.

Memberships

Support your neighbourhood by joining our community association. Membership fees (\$10 to \$20) help pay for events, programs, and maintenance of the community hall.

Discover the benefits of a membership and sign up today at rosscarrock.org/membership.

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ROSSCARROCK SKILL SHARE OPPORTUNITY



Are you an artist? Do you love to paint? We are looking for a resident in RossCarrock who has a background in painting and would be willing to teach their skills to residents in RossCarrock. The art created would be placed in our community hall.

If this is something you are interested in, please reach out to our community social worker, Kellie Nixon, at Kellie.Nixon@calgary.ca.



RCA Corner Notes

For more updates, make sure to select your email preferences in your membership account to receive the monthly RossCarrock e-newsletter.

We've Partnered with SkipTheDepot!

What is SkipTheDepot? A door-to-door bottle collection service that makes refundable recycling and fundraising easier than 1,2,3.

1. Download the app and book a pickup using <https://app.skipthedepot.com/rosscarrock>
2. Place your bags outside
3. Receive a refund or donate to us!

SkipTheDepot will allow everyone to donate directly to our organization with ease. Spread the word by sharing our SkipTheDepot posts on social media!

RossCarrock Community Fridge

The community fridge and pantry are always in need of more donations. Learn how to get involved by visiting rosscarrock.org.

SAFE AND SOUND

Window and Balcony Safety

from Alberta Health Services

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

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Pick up is at Rosscarrock Community Association Office at 6:00pm to 7:00pm ONLY on the pickup date.

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It is your responsibility to pick up your box during the pickup window no phone calls or reminders are given on pick up day

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.

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.



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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.

Shrimp And Rice Noodle Stir Fry

by Jennifer Puri

Seafood has a variety of nutrients that contribute to our well-being and is also low in calories.

A great source of lean protein, seafood is good for our eyes, heart, brain, muscles, skin, and bones.

Generally, fatty fish such as salmon and mackerel are better as they contain fat soluble nutrients our bodies can absorb.

Raw shrimp should be firm, and their shells should always be translucent, greyish green, light pink, or a pinkish tan in colour.

Seafood is delicious, healthy, cost-effective, and easy to prepare as shown in the recipe below.

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 3 to 4

Ingredients:

- 225 g rice noodles
- 16 jumbo size shrimp
- ½ red pepper thinly sliced
- 16 snow peas
- 12 baby carrots, sliced
- 8 broccoli florets
- 4 green onions thinly sliced
- 4 tbsp vegetable oil
- 4 to 5 tbsp dark soy sauce
- 4 tbsp green curry paste
- 1 tbsp red chilli flakes



Directions:

1. Prepare rice noodles in accordance with package instructions, drain and set aside.
2. Heat 3 tbsp of oil in a wok or skillet, add green onions and sauté until they turn a light brown.
3. Add the sliced carrots, red pepper, broccoli, and snow peas. Stir fry for about five minutes or until tender, then add the green curry paste and soy sauce and sauté for another two to three minutes. Remove from heat while you cook the shrimp.
4. In a frying pan or wok, heat the remaining oil, add the shrimp, and sauté for three to four minutes or until the shrimp turn pink and are no longer translucent.
5. Add cooked shrimp and noodles to the veggies and return skillet to the stove allowing it to heat through before serving.
6. Garnish individual bowls with sliced green onion and some chilli peppers if desired.

Bon Appétit!



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ROSSCARROCK CONTENT**

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& More**



**Crime
Statistics**



**Real Estate
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Celebrate Neighbour Day 2024

by the City of Calgary

Celebrate Neighbour Day in your community on Saturday, June 15! You're invited to get involved in this year's event by organizing a block party with your neighbours. Block party and greenspace permits are free for Neighbour Day. Apply for your permits by May 31, 2024, at calgary.ca/NeighbourDay. Invite Mayor Gondek, your Councillor, a police officer, or book a fire truck to drop by your event. You can also enter to win one of several great prizes, including 30 minutes of live musical entertainment at your block party.



Neighbour Day is our city's annual celebration of community connection. Held on the third Saturday in June, Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and belong every day of the year. Good things happen when you get to know your neighbours. They can add a friendly visit to your day, and you can lend a helping hand when needed. Social connection with neighbours reduces loneliness and isolation and builds strong communities where people feel they belong.

If you're participating in Neighbour Day on June 15, show us how you celebrated! Post your event photos to social media with the hashtag #YYCNeighbourDay.

Visit calgary.ca/NeighbourDay to learn more.

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May is Mental Health Awareness Month. As a critic for Mental Health and Addiction, I want to make sure mental health isn't forgotten amidst Alberta's devastating drug poisoning crisis. We can't ignore the significant barriers to addressing mental illness and the opportunities for government to improve access and reduce stigma.

With Mental Health and Addiction becoming a separate health organization, I'm hopeful this oft-forgotten branch of our health-care system gets the attention and resources it deserves. Alberta funds just 13 adult psychiatric beds per 100,000 population, less than half the national average. Patients commonly stay in a hospital unit for six months or more because there is no space with proper support for them in the community.

Demand from post-secondary students is higher than ever. Nearly half of them have sought mental health services on campus where they are met with long wait times. A full 60% waited four weeks to see someone, while another 25% couldn't get an appointment at all.

To enhance early intervention and prevention, we need to finalize the regulation of counselling therapists. They're more affordable than psychologists but without regulation they can't work to their full scope nor is there proper oversight and consumer protection. It also means their services aren't recognized by insurance companies. It was recently announced that the College of Psychologists would regulate therapists, but there's no timeline for when this will be made official.

Despite the challenges, some amazing organizations have stepped up to meet the demand. The Calgary Distress Centre is available 24/7 by calling 2-1-1. The Calgary Counselling Centre provides a low-cost, in-person or remote counselling service. There is a new national suicide helpline at 9-8-8. And for youth who are struggling, check out The Summit, a new world-class site in Calgary. Both children – and families of children independent of them – can access the space for help and support.



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