

FEBRUARY 2026

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Dr. Charan Kahlon



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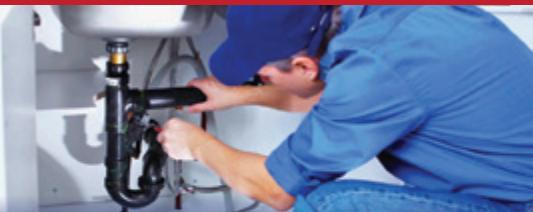


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Scan the QR code to register or visit: [cometryringette.ca](http://cometryringette.ca)



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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**

To report a scam in general, contact the Canadian Anti-Fraud Centre at **1-888-495-8501**

# CONTENTS

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- 7 FEBRUARY CROSSWORD**
- 8 MENTAL HEALTH MOMENT: STAYING IN RELATIONSHIPS THINKING THE OTHER PERSON WILL CHANGE, NOW WHAT?**
- 10 SAFE AND SOUND: FEBRUARY IS HEART MONTH**
- 13 RESIDENT PERSEPECTIVES: FAMILY DAY**
- 15 BUSINESS CLASSIFIEDS**



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Become a part in your Community! Join the Silverado Community Association

Family Name: .....

Date: .....

Applicant's First Name(s): .....

Home Phone: .....

Address: .....

Postal Code: .....

Email: .....

- The easiest way to become a member is by registering on our website.
- Memberships cost \$25 per year for each address and are renewable annually. You may alternatively mail an application form to: Silverado Community Association, 141 Silverado Creek Crescent SW, T2X 0C5, or send an email to [silveradoca.ca@gmail.com](mailto:silveradoca.ca@gmail.com). Cheques are payable to Silverado Community Association. Please allow three to four weeks for your membership to be delivered to your home address.
- Members of the community association are welcome to attend SCA-sanctioned events throughout the year. Not only will you be able to meet others within Silverado, but you will help build a better sense of community in our neighbourhood.
- Stay connected with what is happening within your community. Members are kept up to date on the developments within and around the community.
- Silverado Community Association is actively looking for volunteers to help out with community events and for board positions. If you are interested in volunteering your time to make Silverado a better community, please send inquiries to [silveradoca.ca@gmail.com](mailto:silveradoca.ca@gmail.com).
- Silverado Community Association updates can be found on our website at [silveradoca.ca](http://silveradoca.ca).



Follow Silverado Community Association on Facebook  
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## Silverado Community Association

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To contact the SCA, email [silveradoca.ca@gmail.com](mailto:silveradoca.ca@gmail.com)

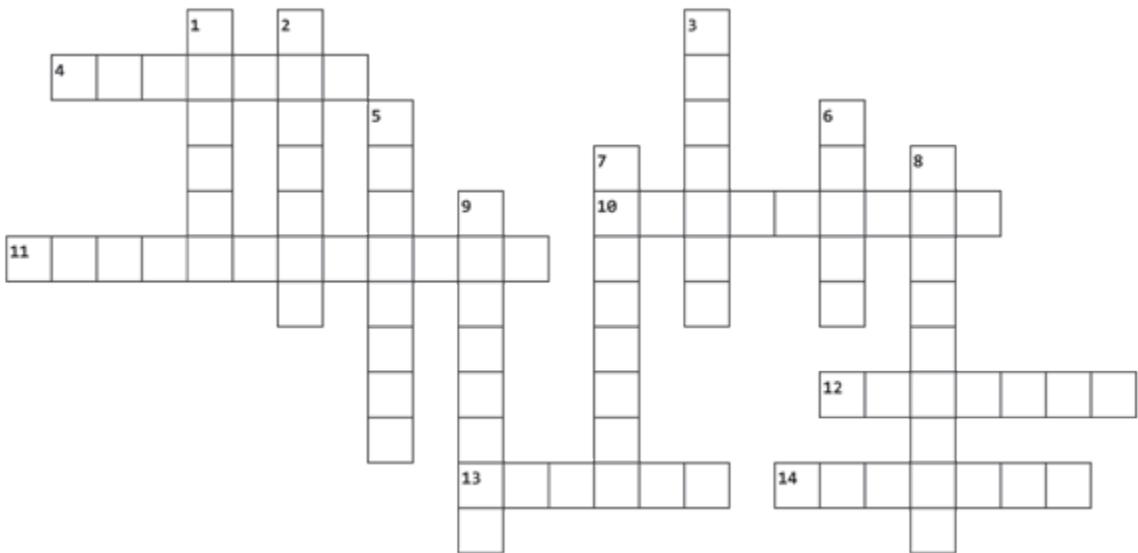
### COMMUNITY ASSOCIATION NEWS

All residents of Silverado, Belmont, and Yorkville are invited to attend our meetings. If you wish to join us or if you have any questions, please feel free to email us at [silveradoca.ca@gmail.com](mailto:silveradoca.ca@gmail.com).

Do you love to cook? Or want to learn? Have you come up with a yummy recipe? Or had one passed down through the generations? We would love to hear from you! We will be starting a Recipe of the Month section in our newsletter, and would love to include diverse items that represent our community! Please send any submissions to [silveradoca.ca@gmail.com](mailto:silveradoca.ca@gmail.com)!



# 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](http://bit.ly/mycalgaryanswers)  
or scan the QR code for the answers

# 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?”

## **Cats, Canines, & Critters of Calgary**



Ash and Bella, Cranston



Flair and Little Lady, Strathcona Park



Meatball and Cleo, Renfrew



Talbot and Scout, Queensland

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

# 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.

# 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).



## 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

Happy  
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.

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## SKIING SISTERS

At the Sochi Winter Olympics on February 8, 2014, Canadian sisters Justine and Chloé Dufour-Lapointe claimed gold and silver medals in the women's moguls freestyle skiing event. They stood together on the podium, marking the first time Canadian sisters had shared an Olympic podium at a Winter Games. What a special sister bond!



## BUSINESS CLASSIFIEDS

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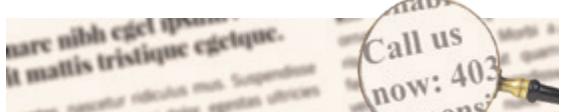
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**SILVERADO MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.





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### SILVERADO COMMUNITY REAL ESTATE ACTIVITY

|           |    | Properties |      | Median Price |           |
|-----------|----|------------|------|--------------|-----------|
|           |    | Listed     | Sold | Listed       | Sold      |
| December  | 25 | 5          | 5    | \$699,900    | \$677,000 |
| November  | 25 | 7          | 11   | \$619,000    | \$610,000 |
| October   | 25 | 13         | 16   | \$572,400    | \$560,000 |
| September | 25 | 14         | 7    | \$569,900    | \$560,000 |
| August    | 25 | 20         | 12   | \$564,950    | \$550,000 |
| July      | 25 | 12         | 14   | \$686,450    | \$679,375 |
| June      | 25 | 20         | 16   | \$617,400    | \$616,000 |
| May       | 25 | 18         | 19   | \$699,900    | \$690,000 |
| April     | 25 | 17         | 13   | \$759,900    | \$737,500 |
| March     | 25 | 20         | 13   | \$575,000    | \$585,000 |
| February  | 25 | 19         | 18   | \$589,900    | \$584,250 |
| January   | 25 | 21         | 18   | \$594,900    | \$582,500 |

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