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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.

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

Information and referrals for community and social services. 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.

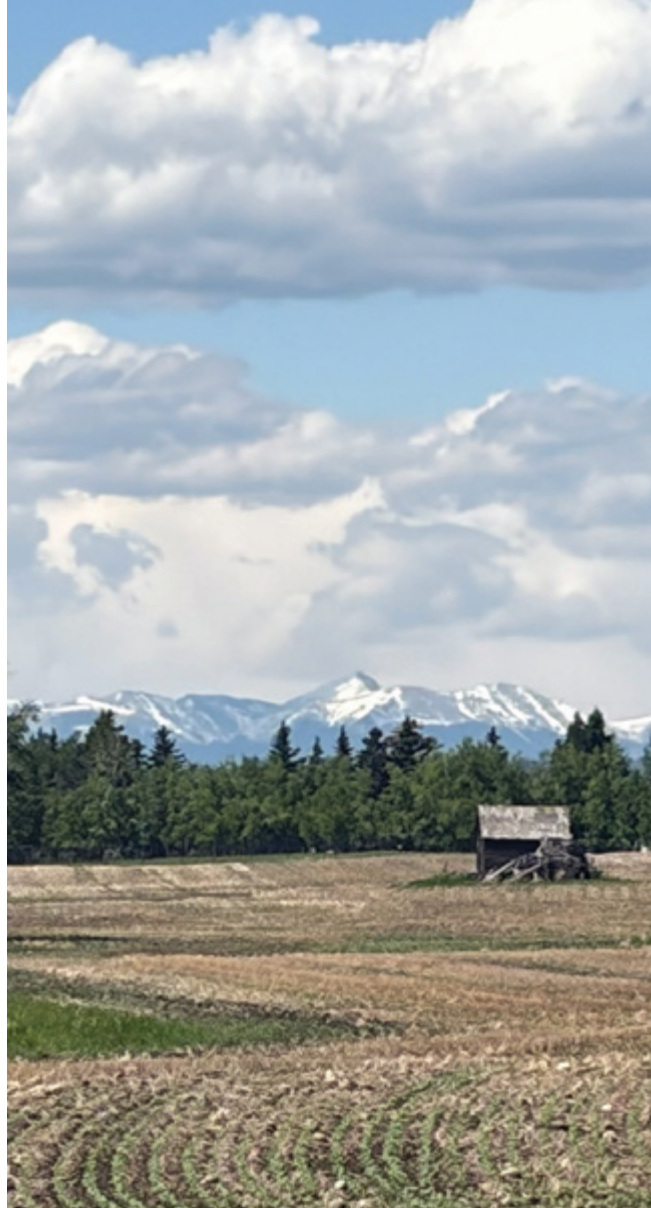
CALGARY
POLICE
SERVICE

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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FRIENDS *of* Fish Creek

Making Your Calgary Garden More Drought Tolerant

In partnership with the City of Calgary, we're expanding our Grow with Us program to include native plant plug giveaways starting this September. Thank you to the City and to our partner, the Alberta Native Plant Rescue Foundation (ANPRF), who this wouldn't be possible without. Read on to find out more about native plants, the ANPRF, and how you can sign up to get free native plant plugs.

Why Native Plants?

Native plants are not only beautiful and great for native pollinators and all our other native wildlife—they're also highly drought tolerant. Since Alberta often has long stretches without much precipitation, and these plants evolved alongside its dry climate, they have ways of making it through long dry periods that other, non-native species don't have. A great example is long roots that can tap into water reserves deep below the ground's surface.

This means that once native plants are established, whether in their native grasslands or in your garden, they're extremely resilient. Perennial native plants can not only weather our hot and dry summer conditions; they make it through our winters to pop back up in spring to show off beautiful foliage and flowers each year. I'm sure many of the gardeners reading this have

lost a perennial or two (or more, with some of the particularly frosty winters we've had here) to the cold Southern Alberta climate. While native species aren't totally immune to the effects of the cold, their deep roots are often safe from the deep freeze, and you'll see them coming back strong in spring after some of our colder winters.

Looking For Free Native Plant Plugs?

Sign up for our Grow with Us mailing list at www.friendsoffishcreek.org/gwu. We'll email you letting you know when we're running giveaways and provide a registration link for each giveaway.

When you register for a giveaway, we'll ask you to complete a short survey about your experience with native plant gardening and why you're interested in getting free native plants. We'll be in touch later in the year with a follow-up survey.

Show up, grab your plugs, and get them into your garden! Once you've claimed your plugs, you'll need to wait until our next round of giveaways in 2027 to participate again. If you're interested in sourcing more plugs or mature plants than what were giving away, you can follow our partner, the Alberta Native Plant Rescue Foundation and sign up for their email list to go out to a plant rescue! Follow @albertanativeplantrescue on Instagram for more information.



Sticky Purple Geranium (Geranium viscosissimum)

A Small Act of Kindness Can Change a Day

by Rebecca Pink, Registered Provisional Psychologist



Kindness may seem like a simple gesture, but I believe that it's one of the most powerful things we can offer another human being and ourselves.

We live in a world that moves quickly. We are often rushing from one responsibility to the next, reacting instead of pausing, making assumptions instead of asking questions. It's easy to forget that every person we encounter is carrying a story that we know nothing about.

The person that seems impatient may be overwhelmed. The friend who's been quiet may be grieving or dealing with things privately. The parent who appears distracted may be carrying worries they haven't shared with anyone. Even the people who seem to have it together may be quietly fighting battles no one else can see. The truth is that we are all living complex realities. That is why kindness matters so much.

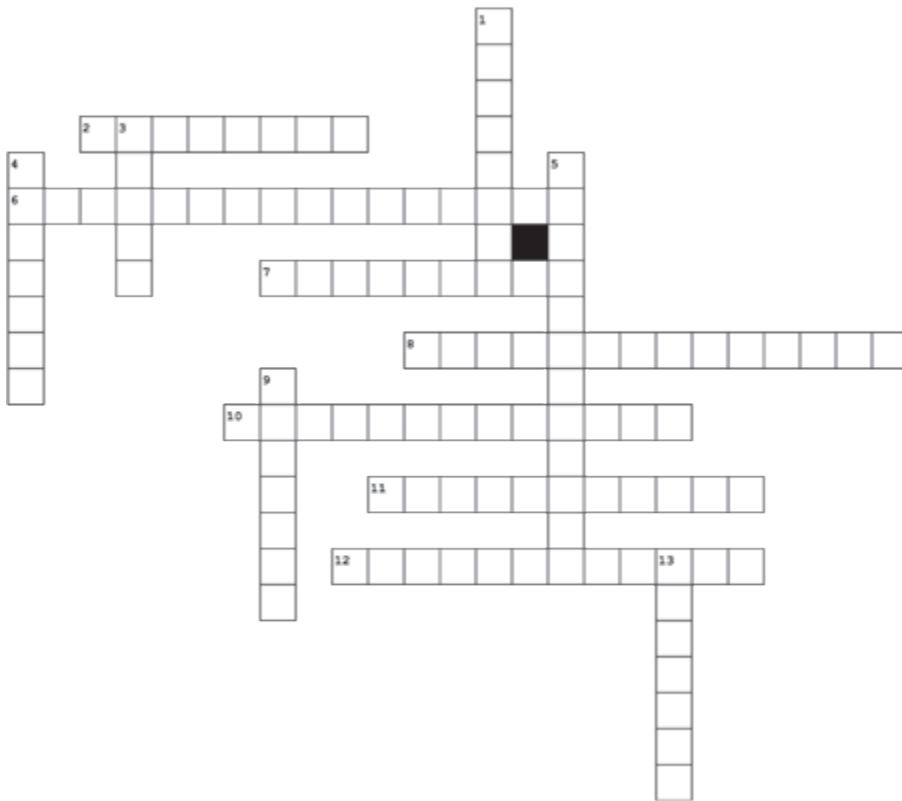
Kindness isn't about having the perfect words or fixing someone else's problems. Sometimes it's a smile, a

little extra patience, a warm greeting, a great big hug, or choosing compassion over criticism. Sometimes it's simply giving someone the benefit of the doubt and being open to their perspective and being aware of subjective realities. Perhaps the person who needs that kindness today is you.

We can be incredibly generous with others while being our harshest critic. What if we extended ourselves the same grace we so willingly offer those we love, respect, and care for? Imagine what could happen if each of us choose kindness first. Every person is carrying a story and lived experiences that we may never fully understand. We may not know what someone else is carrying, but we can always decide how we show up. Kindness, no matter how small, has a way of reaching further than we realize. Sometimes the smallest moments of compassion are the ones that stay with us the longest.

Take good care.

September Crossword



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

Across

2. Used for carrying textbooks and other school supplies, this item is a back-to-school essential.
6. This American band is known for their classic songs, "Let's Groove" and "September."
7. These bears are the smallest variety found in Canada.
8. First airing in 2013, this fun kid's cartoon follows a young boy with his gem companions across the galaxy.
10. Make a stop here in September and you will find a variety of apples, pears, and figs for sale.
11. *The Long Walk*, a film starring Copper Hoffman, is an adaptation of the novel by this famous author.
12. *The Rise and Fall of a Midwest Princess*. The album released September 22, 2023 was written by this up-and-coming pop singer.

Down

1. This vibrant blue stone representing loyalty and the divine is also the birthstone for September.
3. This bright purple flower is considered September's primary birth flower.
4. Born September 4, 1981, in Houston Texas; this famous singer got her start in the girl group Destiny's Child.
5. This English author wrote *Animal Farm* and *1984*. These novels are typically assigned reading in schools even 80 years after their release.
9. In the world of theatre, speaking the name of this Shakespearean play is considered bad luck. Instead, they refer to it as, "The Scottish Play."
13. This mythical beast is sometimes called, "Canadian Nessie."

Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play—road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean a bus is slowing down to stop—motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights—unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

The American Mink—*Neogale vison*

by Kristina Quapp



The American Mink is a small, amphibious weasel that inhabits wetlands throughout Canada. Weasel refers to slender, small, carnivorous mammals belonging to the family Mustelidae. While the American Mink is most abundant along the coastline of British Columbia, you may have spotted them around Calgary as well!

Minks appear in varying shades of brown and black, often with patches of white on their chest and abdomen. Like beavers, minks have two layers of fur; a dense, insulating underfur that keeps them warm, and an outer layer of fur covered in an oily sheen that prevents water from soaking through to their skin. Unlike other varieties of weasel, the American minks' coat does not turn white in the winter. While their coat grows thicker in the colder months, it remains a dark shade to help them blend into the vegetation along streams, ponds, and riverbanks. Given their habitat, the minks' paws are partially webbed, allowing them to remain dexterous on land and in the water. Minks' can range in size from 1 to 1.8 kg in weight, and roughly 60 cm in length.

During the summer months, the mink's diet shifts to take advantage of warm-weather prey. This often includes crayfish, frogs, fish, and ducks. As the weather cools down, the minks' diet relies heavily on small land mammals including voles, mice, muskrats, and rabbits. Since the mink often resides in the water, thick brush, or on rocky river edges, it has few natural enemies. On occasion, minks will be preyed upon by coyotes, bobcats, large snakes, and birds of prey.

While predators aren't considered major threats to the mink, human activity, habitat loss, and environmental

contaminants can affect the population. The minks' unique and luxurious fur remains in high demand in the fur trade. 47 American states and all Canadian provinces currently conduct limited trapping seasons on the mink, with the length of the season varying from place to place. The minks' habitat also plays a crucial role in their conservation. They rely heavily on streams, wetlands, and shores with dense vegetation to provide safe burrows, and prey to feed upon. The expansion of infrastructure development and pesticide application can impact their reproductive success and long-term health.

Mindful Mink Spotting

To see an American mink for yourself, head to densely vegetated waterways and riverbanks, particularly along the Bow River, the Elbow River, and local wetland ponds. Prime spots include the McKenzie Meadows area, Fish Creek Provincial Park, Lafarge Meadows, Inglewood Bird Sanctuary, Carburn Park, Weaselhead Flats, and Lafarge Meadows. Keep an eye on the water's edge, rocky shores, and amongst the brush. Keep in mind these key points while looking for our furry amphibious friends:

- **Maintain distance:** Use binoculars or a phone lens instead of approaching.
- **Keep waterways clean:** Pack out all trash, including food scraps.
- **Stay on marked trails:** Avoid trampling riverbank vegetation. Walking off trail can degrade the shoreline and damage hidden dens.
- **Never feed wildlife:** Feeding minks can disrupt their natural diet and may teach them to associate humans with food.

Photo Gallery

Images by Syed Adeel Hussain



Widowmaker Eh



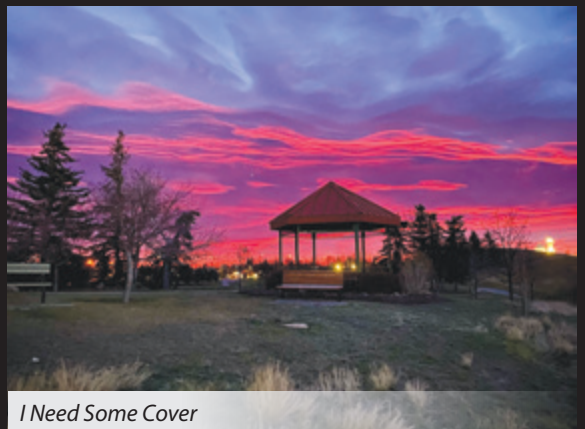
Bow River



Clouds in the Forest



The Ice Caves



I Need Some Cover

Changing Your Financial Narrative

Karen Boudewyn | Senior Wealth Advisor



In the earlier parts of this series, we explored how beliefs, cognitive biases, and emotions shape financial behaviour. Now we arrive at a pivotal step; changing the narrative.

Awareness is powerful, but transformation happens when we begin to rewrite the beliefs that no longer serve us. Many of the financial patterns people experience like hesitation, avoidance, lack of confidence are not simply about knowledge or income. They are often rooted in long-standing beliefs that quietly influence decisions over time.

The encouraging reality is this: beliefs are learned and they can be changed.

Recognizing Your Financial Story

Everyone has a financial story. It is the internal narrative that shapes how you think and feel about money.

This story is often formed early and reinforced through experience:

- Messages from childhood about money.
- Past financial successes or mistakes.
- Cultural or family attitudes toward wealth.
- Experiences during economic uncertainty.

Over time, these experiences form beliefs that feel factual even when they may be incomplete or outdated.

Common examples include:

"I'm not good with money", "Investing is too risky", "I'll never get ahead", "It's too late to start."

These beliefs don't just sit in the background, they actively influence behaviour.

From Fixed Mindset to Growth Mindset

One of the most important shifts in rewriting your financial story is moving from a fixed mindset to a growth mindset, a concept popularized by Carol Dweck.

A fixed mindset assumes abilities are static:

- "I've always been bad with money."
- "I don't understand investing."
- "This is just how things are."

A growth mindset, on the other hand, recognizes that skills and understanding can be developed:

- "I can learn how to manage money effectively."
- "I can improve my financial knowledge over time."
- "Small steps can create meaningful progress."

This shift doesn't change your situation overnight, but it changes how you respond to it.

Reframing Limiting Beliefs

Rewriting your financial story begins with identifying and reframing limiting beliefs.

This doesn't mean ignoring reality — it means challenging assumptions and creating more constructive perspectives.

Examples of reframing include:

"I'm bad with money" → "I haven't learned the right strategies yet"
"It's too late to invest" → "Starting now is better than not starting at all"
"I'll never have enough" → "I can make consistent progress over time"
"Investing is too risky" → "Not investing may carry its own risks"

These small shifts in language can significantly influence behaviour and decision-making.

Building Evidence Through Action

Beliefs don't change through thinking alone they change through experience.

One of the most effective ways to rewrite limiting beliefs is by creating small, positive financial actions that build evidence over time.

This can include:

- Setting up automatic savings contributions.
- Reviewing your finances regularly.
- Making gradual increases to investment contributions.
- Tracking progress toward specific goals.

Each small win helps reinforce a new narrative: "I am capable of managing my financial life."

The Role of Consistency

It's important to recognize that changing beliefs is not a one-time event — it's a process.

Old patterns may resurface, especially during times of stress or uncertainty. This is normal.

What matters most is consistency:

- Returning to your plan.
- Continuing small, positive actions.
- Reinforcing new ways of thinking.

Over time, consistent behaviour begins to reshape belief systems.

Creating a More Empowering Financial Identity

As beliefs begin to shift, something deeper starts to change — your financial identity.

You begin to see yourself as:

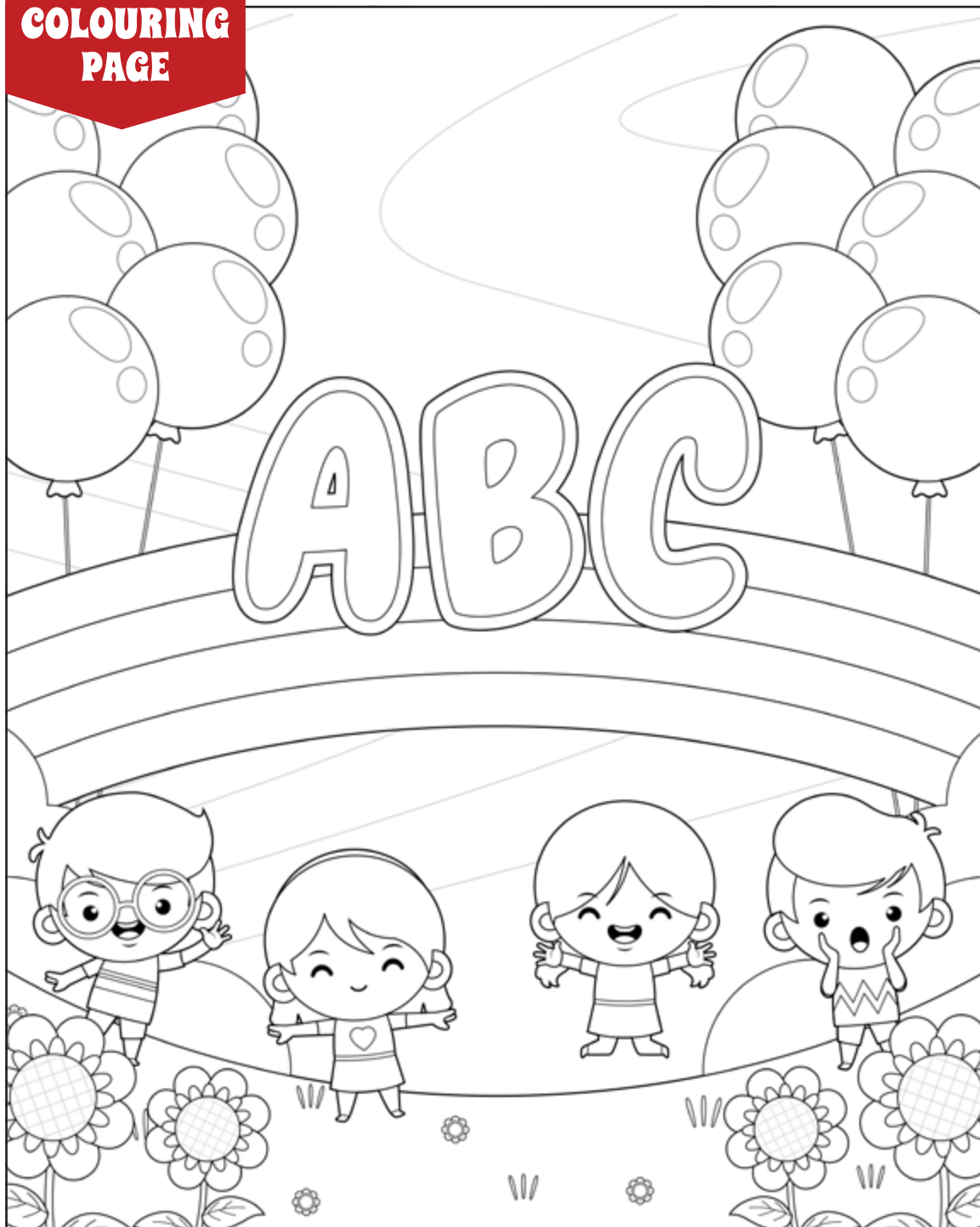
- Someone who is learning and improving.
- Someone who takes thoughtful financial action.
- Someone who is building long-term stability.

Bringing It All Together

Rewriting your financial story doesn't require perfection or dramatic change. It starts with awareness, followed by small, intentional shifts in thinking and behaviour.

Over time, these steps create meaningful and lasting change.

Your financial story is not fixed. It evolves with your experiences, your decisions, and your willingness to challenge old assumptions. Own Your Financial Mindset





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