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Please allow us to introduce ourselves! We are
RAINBOW ELDERS CALGARY
A support group for 2SLGBTQ+ seniors



- Friendships*
- Social Events*
- Picnics*
- Role Models*
- Companionship*
- Coffee & Cookies*
- Movie Nights*
- Connecting with Youth*
- Making a Difference*
- Being Proud*
- Celebrations*

Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com

www.rainbowelderscalgary.ca



Decluttering? Tips for Selling Your Used Items Online

from the Better Business Bureau

The start of a new year is a great time to clean out your home and organize your living spaces. But what should you do with the gently used clothing, furniture, home items, or electronics that you aren't using anymore? Fortunately, online marketplaces, such as Craigslist, Facebook Marketplace, Ebay, and Poshmark, make it easy to sell without even leaving your home.

That said, there are a few perils to selling used items online. To avoid the dangers and to successfully make sales, BBB recommends the following tips.

How to Stay Safe When Making Online Sales

Choose an appropriate platform

Nerdwallet recommends that "before you sell stuff online to make extra money, determine the ideal venue for your goods." There are dozens of online marketplaces to choose from, but many of them focus on a specific kind of used goods, such as electronics or designer clothing. Before you create an account with a marketplace, make sure it is a good fit for the kind of goods you want to sell.

Know the worth of your items and price appropriately

To determine the value of an item you want to sell, Consumer Reports suggests searching for similar items on the site where you plan to list. If you are selling an item that was never used and is still in its original packaging, remember that technically it is still coming to the buyer second-hand, so you'll need to charge a little less than the original retail value if you want to make a sale.

Watch out for shady buyers

Con artists often pose as buyers in scams. Sometimes they offer to overpay for an item, but that's not their only tactic. Beware of buyers who ask you to make transactions outside of the selling platform or those who ask for personal information, such as your banking information.

Be extra cautious when making local sales

Some platforms allow you to meet up with people in your local area to exchange your item for cash in person.



While this can be an effective way to sell big items and avoid marketplace fees, use caution when meeting up with strangers. Don't be quick to give them your home address, instead ask buyers to meet you in a safe place, such as outside your local police department. Never meet up with a buyer you don't know alone. Always bring your partner or a friend to make the transaction.

Always protect your personal information

As you sell items online, keep your sensitive personal information under lock and key. Avoid communicating with buyers outside of the online platform you are using to make the sale and don't give out your home address, phone number, or email address.

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(FR) Denotes French Immersion Program

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Sir Winston Churchill Senior High
St. Dominic Fine Arts
St. Jean Brebeuf Junior High
St. Francis Senior High
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Madeleine d'Houet Junior High (FR)
École Terre des Jeunes (FR)
Ste-Marguerite-Bourgeoys (s)(FR)
École de la Rose sauvage (FR)

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What is Bronchiolitis?

by Alberta Health Services

Bronchiolitis is an infection caused by a virus. It affects the lower part of the lungs. Bronchiolitis is common in babies, but it can happen in children up to age two. Bronchiolitis makes the small airways that carry air to the lungs (bronchioles) swell and make more mucous. The bronchioles become narrow, which causes wheezing, lots of coughing, and trouble breathing.

What Causes It?

The most common virus that causes bronchiolitis is RSV (respiratory syncytial virus). Your child can get an RSV infection more than once. In older children and adults, RSV causes a common cold rather than bronchiolitis.

What are the Symptoms?

At first, your child may have common cold symptoms such as:

- A runny nose
- A mild cough
- A fever
- Low energy
- Eating less than normal

About one to three days after cold symptoms start, the infection can cause bronchiolitis symptoms such as:

- A cough that's getting worse
- Lots of coughing
- Wheezing
- Fast breathing
- Indrawing (when the skin gets sucked in at the neck, collarbones, or between the ribs with each breath)
- Throwing up after coughing
- Trouble feeding (breast or bottle), especially for babies younger than six months
- Fewer wet diapers

Bronchiolitis can be more serious in some children, especially if they:

- Were born early (premature, before 34 weeks)
- Are younger than 3 months
- Have a history of asthma or lung problems
- Have a history of heart problems

Take your child to a doctor if they have any symptoms of bronchiolitis.

How is it Diagnosed?

A doctor may diagnose bronchiolitis by asking for your child's medical history and checking their symptoms. Your child probably won't need tests if they have typical bronchiolitis symptoms.

How is Bronchiolitis Treated?

Bronchiolitis happens the same way in most children. Symptoms tend to get worse until day four or five, and then they slowly get better. Most children feel better in one to two weeks. Some children have a cough that lasts a few weeks. If your child has bronchiolitis, you can usually take care of them at home. There is no medicine for bronchiolitis. Antibiotics do not work because bronchiolitis is caused by a virus.

Care at Home

Coughing

- Keep your child sitting or propped up instead of lying down, because it's easier to breathe in this position. A cool-mist humidifier in your child's room can help with their cough. Follow the directions for using the humidifier and keep it out of reach of children.
- Cough medicine isn't good for young children. Do not give cough medicine to children younger than six years.

Stuffy Nose

- Clean out your child's nose to make breathing and feeding easier.
- Try saltwater nose sprays to help loosen mucous in the nose. Spray or drop salt water into each nostril then suck out the mucous with a nasal aspirator. Talk to your pharmacist to find the right products for your child. Don't make your own saltwater solution at home.
- Clean your child's nose before feeds and bedtime, and as often as they need during the day.

Eating and Drinking

- Encourage your child to drink fluids. Your child may not want to drink like they usually do but keep offering small amounts of fluids throughout the day so that they stay hydrated.
- Babies younger than six months should continue to feed (breast or bottle) as usual. Keep track of how many wet diapers they make.
- Your child may not want to eat food when they're sick, and that's okay.



Fever and Discomfort

- You may give acetaminophen (Tylenol or Tempra) or ibuprofen (Advil or Motrin) to keep your child comfortable. Follow the directions on the package or the directions from your healthcare provider.
- Do not give aspirin to anyone younger than 18 years because of the risk of Reye syndrome, a serious illness.

How Can You Prevent It?

Bronchiolitis spreads easily through close contact with someone who's sick and is coughing or sneezing around you. Touching toys or sharing food with someone who's sick can spread the virus. Children with bronchiolitis are contagious for almost a week after they first get sick. Keep your child at home if they're coughing a lot. To

prevent bronchiolitis:

- If your child has bronchiolitis, keep them at home until they feel better.
- Keep a child with bronchiolitis away from young babies (under three months).
- Wash your hands often to stop the virus from spreading. Teach your child to wash their hands before and after eating, coughing, or sneezing.
- Don't smoke, use other tobacco products, or vape around your child. Second-hand smoke can put children at higher risk of infections.

February Is Heart Month

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 911, 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.

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Our Winter Olympic Legacy

by Karen Paul, a Director of the Calgary Heritage Initiative Society and contributor to Heritage Inspires YYC. All photos courtesy of Calgary Heritage Initiative, 2022.

You don't have to know who Hidy and Howdy are to appreciate the legacy of Calgary's 1988 XV Winter Olympic Games. Thirty-five years later, it may surprise you to know that three of the four most enduring sites are listed on our city's Inventory of Evaluated Historic Resources.

The games' motto, "Coming Together in Calgary" with the five interlocking Olympic rings, are as relevant today as they were then. Anyone growing up in the post-Olympic era will appreciate the winter recreation opportunities that these world-class facilities continue to provide – from public skating to downhill and alpine sports and, of course, spectator events like hockey.

Honouring our Olympic heritage, goes well beyond nostalgia. It demonstrates how historic properties can and should continue to adapt to be relevant and useful to future generations, while sharing stories of the community spirit that made them happen.

By the way, Hidy and Howdy, the games' first couple mascots, were named to represent the region's hospitality by a citizens' jury following a contest organized by the Calgary Zoo that attracted almost 7,000 entries. Wearing western-style outfits, sibling polar bears, a symbol of Canada's north, typified winter activity as they do not hibernate.



Calgary Olympic Plaza was the site of the Medal Presentation Ceremonies. The design included an amphitheatre surrounded on three sides by terraces with stairs, a fountain, flooding of the plaza for a reflective pool in summer and skating in winter, and a Legacy Wall for Olympic plaques. The Plaza was paved with 22,000 bricks inscribed with the names of donors to Olympic events. Today it remains a significant civic gathering place.



The Olympic Speed Skating Oval was designed in the modernist Expressionist architectural style. Constructed in 1985-87 on the University of Calgary Campus, it was the first fully enclosed facility to be built in North America. Its water purification system produces superior ice quality, resulting in over 150 world records. Today, it is the official training centre for the Canadian National Speed Skating team and Speed Skating Canada. It also has two ice hockey surfaces and indoor running tracks.



Construction of the Saddledome, the home of the Flames, began before the Olympics were awarded in 1981, adding credibility to Calgary's bid for the games. With its iconic hyperbolic paraboloid roof form, it was the principal venue for ice hockey and figure skating competitions. The building is near the end of its safe and useful lifespan and will likely be replaced with a new arena and concert venue in the near future.



Canada Olympic Park on the former Paskapoo Ski Hill, was the primary venue for ski jumping, bobsleigh, and luge. Today it has evolved into WinSport, a comprehensive recreation, elite training, competition, and event centre with arenas and summer mountain biking tracks.



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Ward 2 Bus Tour

This coming spring, our office will conduct a Ward 2 Bus Tour with the Community Association Presidents, Community Resource Officers, and the GMs/Directors from various business units: Mobility, Parks, Bylaw, Recreation, and Calgary Transit.

If you would like to submit a concern in your community, please email ward2@calgary.ca and we will add the location on our tour to assess. Once the tour wraps up, a complete summary of findings will be posted on our website, so please stay tuned!

Snow and Ice Road Conditions Map

With snowy conditions here to stay, there is always a potential for heavy snowfall in the city. The Snow and Ice Road Conditions map shows the process of snow clearing operations, locations of snowplows, priority routes, and visuals of road conditions from traffic camera images. Plan your commute safely by visiting <https://maps.calgary.ca/RoadConditions/>.

2023 Customer Review Period

Residents should have received their 2023 Property Assessment notices in the mail. Please check the property details and review the property value. Your property assessment reflects the market value of your property on July 1, 2022, and the characteristics and physical condition of the property on December 31, 2022. Your property is used to calculate your annual property tax bill, which is mailed in the spring.

To help you review your property assessment, general resources are available on calgary.ca/assessment and property specific tools through the secure logon feature of Assessment Search at calgary.ca/assessmentsearch. By logging onto your property specific account, you can:

- Check the property details used to determine the assessed value of your property.
- Update your residential property details.
- Compare your property's assessed value to other similar properties in your area to ensure fairness.
- Review real estate market trends and learn how your property was assessed.

If you have questions about your 2023 property assessment, please contact my office during the 2023 Customer Review Period, which runs until March 13, 2023.

Help is on the way for Albertans calling 911 and for those needing emergency health care.

As part of the Healthcare Action Plan, Alberta's government is working with Alberta Health Services to improve EMS response times and open acute care beds in emergency departments faster.

Paramedics are highly skilled health professionals who are trained to respond in times of crisis. Our government wants their skills to be used in the best way possible, while also ensuring Albertans are not left waiting after a 911 call. Instead of using ambulances for patients who do not require medical support during transport, AHS will arrange for alternative transportation. Options like community shuttles and wheelchair accessible taxis can transport patients back home.

This means ambulances will be on the road and available for emergency calls instead of being needlessly tied-up when medical care is not needed.

This new program is one of several actions underway to better serve Albertans. AHS has an aggressive plan to improve four priority areas which include: improving EMS response times; decreasing emergency department wait times; reducing wait times for surgeries; and improving overall patient flow and capacity.

Our government is also working with AHS to take further action, including adding a triage physician to emergency department waiting rooms to support patient offloads, and allowing paramedics to assess and treat patients without having to transport them to hospital.

I was pleased to be part of the ceremony that turned over control of the new Calgary Cancer Centre to AHS for final commissioning and staffing. During my time as Infrastructure Minister, I was very proud of the efforts of our team to keep this important project on time and on budget. I look forward to 2024 when the Centre will begin providing patients with the best quality in Cancer treatment.

Polar Bear Capital of the World

In Churchill, Manitoba, locals leave their cars and houses unlocked. Dubbed the 'polar bear capital of the world,' unlocked doors in this town are meant to give pedestrians safe refuge from polar bears in the streets. Churchill even has a Polar Bear Holding Facility, AKA 'polar bear jail,' for troublesome bears who spend too much time in the town!



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LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!

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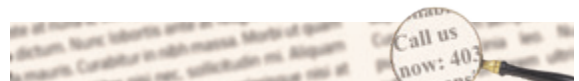
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