

MARCH 2024

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epilepsycalgary.com

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**News, Events,
& More**



**Crime
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WHAT'S HAPPENING AT HHCA

Check out what's happening at HHCA this month!

Thank you to everyone who attended our Family Day Skate last month. It was an amazing day filled with fun and laughter. Thank you to all the families who came out for a fun day of skating! We were thrilled to see so many eager skaters. We also want to extend a huge thank you to the Honourable MLA Amanda Chapman for attending and helping with the event! Thank you for all the memories and we can't wait to see you again next year!



Spring is just around the corner! Which means sports will now be moving outdoors! HHCA is excited to announce that Timbits Soccer is now open for registration. The program is perfect for children aged 3 to 8 to learn the fundamentals of soccer in a fun, safe, and supportive environment. The program will be seven weeks in duration and will run twice a week. Starting May 2! Secure your spots today! Looking to volunteer for the program? Timbits Soccer is currently looking to fill the following positions: coach, contact, field setup, and equipment manager. If you are interested in volunteering, please contact carrie.williams@huntingtonhillscalgary.com.



We have exciting news to share! Our Out of School Care program's Summer Camp registration will be opening on May 1! The Summer Camp offers fun activities, field trips and so much more for grades K to 6. The Youth Summer Camp is also available for youth aged 12 to 16. Fall childcare programs will also be available for registration on May 1. These programs are quite popular, and spots fill up quickly so make sure to mark your calendars and make this a memorable summer!



Attention skaters! The last day for ice at HHCA is March 31! We hope you had fun this season skating around in our arena, and we can't wait for the next season of skating. Make sure to seize the opportunity and visit us at our drop-in times for Public, Stick and Puck, and 50+ skating! All of our drop-in times are listed on our website and make sure to check out some of our other drop-in activities!

Make sure to follow us on Facebook and keep up to date on all things HHCA! We announce programming, community opportunities, events, and more!

Preventing Cumulative Stress

by Alberta Health Services

Imagine running a marathon. Now imagine running another marathon immediately after with zero recovery time. Then another. Then another.

Cumulative stress is a bit like running consecutive marathons, except in this case there is little to show for it. Instead, chronically stressful situations with no reprieve have a harmful impact on your body and mind.

Cumulative stress has been defined as a common experience for people who work in chronically stressful situations. It can be the result of an accumulation of a heavy workload, poor communications, multiple frustrations, coping with situations in which you feel powerless, or the inability to rest or relax. It can be experienced in both work and personal lives and exacerbates stress levels in both areas of your life.

Moderate and contained stress can be a source of motivation, inspiration, and energy. However, prolonged, and negative stress stimulates the level of stress hormones that can impact your emotions, thoughts, and physiological responses.

Possible Cumulative Stress Reactions

If you are experiencing cumulative stress, here are possible reactions you may notice:

- Difficulty concentrating
- Feelings of hopelessness, powerlessness, and cynicism
- Sleep disturbances and chronic exhaustion
- Irritability and angry eruptions
- Chronic criticism and blaming of others
- Withdrawal from others
- Depression and anxiety
- Increased substance use/abuse

What Can You Do?

There are many things you can do to improve your stress levels. Keep in mind that resilience should be a key part of a well thought out self-care plan that supports your ongoing personal and professional wellness needs.

Here are some suggestions or ways of reframing your thoughts:

- If possible, can you spot the silver lining? Researchers suggest that perception plays a key role in how we manage stress.
- Manage your stress levels by regularly putting time aside through your day to relax your nervous system (i.e. by using breathing exercises, taking your breaks or a walk at lunch, etc.)
- Re-assess any self-blaming or negative thoughts patterns and instead, look for one or two positive aspects of your day that you have control over.
- Connect with your family, friends and/or coworkers. Human connection has been shown to be a key factor in supporting resiliency.
- Get some physical exercise. Exercising stimulates the release of stress-relieving chemicals (such as dopamine and endorphins) into our system.
- Find something that will help distract you from intrusive thoughts. Some people find it helpful to be engaged in leisure and social activities. Returning to daily routines can also be helpful.
- Maintain good sleeping habits. Avoid using electronics (i.e.: cellphone, tablet, laptop, etc.) at least one hour prior to bed. Having healthy sleep patterns will support your recovery.
- If you find yourself re-experiencing distressing thoughts or images, it's recommended to use grounding techniques and diaphragmatic breathing to keep you in the present moment. Information on these topics can be found on credible and well-known websites.
- Avoid comparing your recovery to that of your coworkers. We all recover differently based on our connection to the event, our interpretation of the incident and our life experiences.
- Connect with your leader at work to discuss your source of stress: they might be able to help and accommodate your needs during that time.

Reducing Cumulative Stress

Experiencing Cumulative Stress for a prolonged duration of time can have a negative effect on your wellbeing, impacting everything from decision making to your immune system. Fortunately, there are several options you can choose from to bring yourself to a better and more positive head space and find your

healthy balance. The key is implementing your chosen strategies consistently, and to review your self-care plan on a regular basis to ensure it is working.

If you are struggling, you are not alone. AHS has resources and services available to help you. For information on supports in place to help, visit our support site at AHS.ca, or call the Mental Health Helpline at 1-877-303-2642.



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News from the Friends of Nose Hill

by Anne Burke

As many of you are aware, there is an annual global community science competition which documents urban diversity in 460 cities.

Find Wildlife. Take a Picture or Record. Share! Public bioblitzes are held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organisms in urban areas. Since parks are for everyone, use only designated pathways and trails. Respect wildlife and keep your distance. Use designated garbage bins. Keep dogs leashed and pick up after them. Respect other visitors.

The 2023 City Nature Challenge involved taking pictures from April 28 to May 1, and then identifying them. In all there were over 1.8 million observations, nearly 58,000 species, and 66,394 participants. For example, Urban Bee Flies were among one of the species identified and they are important pollinators in Calgary. One of Calgary's most observed butterflies, in spring and fall, was the Mourning Cloak. Common Greenshield Lichen and Red-stemmed Feather Moss were also observed in Calgary. A Water Strider was observed in Bowness Park. A Boreal Chorus Frog was also observed in a threatened wetland of Calgary. The Canada Goose in Calgary's urban ecosystem was also observed. An Orange-Crowned Warbler in Weaslehead Natural Area was also identified. Find pictures of all these species and more at www.citizenblitz.ca/.

Yes, the City Nature Challenge will take place again this year. The dates for the event are April 26 to April 29: Taking pictures of wild plants and animals. April 30 to May 5: Identifying what was found. Canadian and global results will be announced on Monday May 6, 2024. This will be the sixth year for Calgary Region participation and there are awards for the top cities. It can be any plant, animal, or any other evidence of life found in the City. Take a picture of what you find or record a sound. Be sure to note the location. Share your observations. The set up for the project page, working with the global organizer team for materials, and more can be found at: www.inaturalist.ca/projects/city-nature-challenge-2024-calgary-metropolitan-region.



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World Optometry Day: The Vital Role Optometrists Play in Defending Us from the ‘Silent Thief of Sight’

by Dr. Clark Tardiff, Optometrist



March 23 is World Optometry Day, serving as a yearly reminder for Canadians to prioritize their eye health and celebrate the important role optometrists play in protecting our vision. This year, let us focus on how the ‘silent thief of sight’, glaucoma, is impacting Canadians across the country and how optometrists support in the early detection and monitoring of the condition.

There are many different types of glaucoma, but all cause damage to the optic nerve. The optic nerve plays a critical role in sending images to our brain and without proper treatment and management of the disease, those impacted can experience irreversible vision loss.

Recent Specsavers surveys, conducted by Leger, show the majority of Canadians (71%) expect at least one early warning symptom of glaucoma. This is concerning as in its early stages the condition progresses without noticeable symptoms – hence the name “silent thief of vision.” Most don’t notice the symptoms until irreversible damage to vision has already occurred, and if early signs do occur, you may notice subtle changes in vision, such as blurriness, difficulty focusing, and light sensitivity.

Regular visits to an optometrist and early detection through 3D eye scans are crucial for treatment and

ongoing monitoring of glaucoma. A 3D eye scan – optical coherence tomography (OCT) – helps optometrists see what is going on beneath the surface of the eye, spot any abnormalities, and identify eye diseases in their earliest stages. The Canadian Association of Optometrists recommends that adults have their eyes tested every one to two years, or as advised by your eyecare professional.

Although the exact cause of glaucoma is unknown, certain risk factors may increase the likelihood of developing the condition, such as family history, increasing age, certain ethnicities, and ocular hypertension.

If you are diagnosed with glaucoma, your optometrist will work closely with you on monitoring and treatment, ensuring you receive personalized care in order to slow the progression and preserve your eyesight where possible.

As we recognize World Optometry Day, let us commit to prioritizing our eye health by visiting our optometrist for a comprehensive eye exam.

Get Ready to Spring Forward

DST kicks in on March 10 at 02:00 am! And yes, it's 'Daylight Saving Time' but we won't judge if you say 'savings' as it has become a popular variant in conversations. However, the perfectionists out there will likely remind you that the dictionary says the word saving is singular because it refers to saving time.



Cats, Canines, & Critters of Calgary



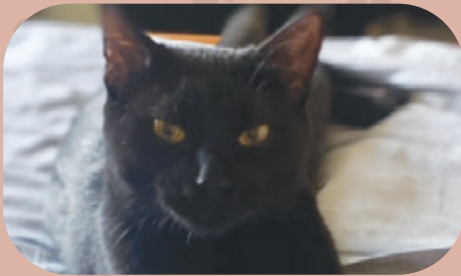
Chile Mango Bean, *Sundance*



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Huntington Hills Real Estate Update

Last 12 Months Huntington Hills
MLS Real Estate Sale Price Update

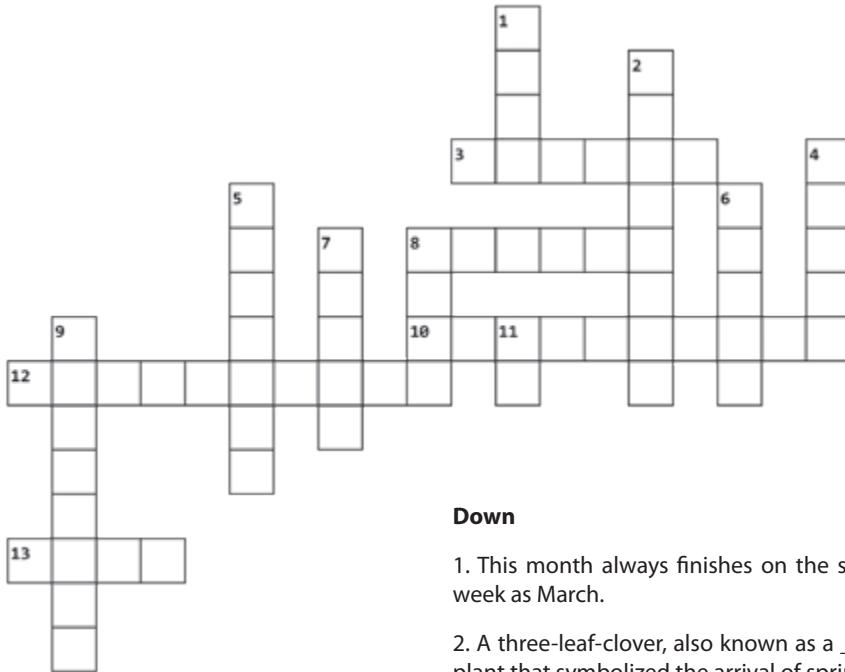
	Average Asking Price	Average Sold Price
January 2024	\$ 1,699,900	\$ 1,699,900
December 2023	\$ 2,500,000	\$ 2,432,000
November 2023	\$ 1,999,900	\$ 1,950,000
October 2023	\$ 1,535,000	\$ 1,482,500
September 2023	\$ 1,972,500	\$ 1,950,000
August 2023	\$ 962,450	\$ 1,067,500
July 2023	\$ 1,059,616	\$ 1,012,500
June 2023	\$ 1,695,000	\$ 1,650,000
May 2023	\$ 1,507,500	\$ 1,472,500
April 2023	\$ 2,599,999	\$ 2,400,000
March 2023	\$ 1,825,000	\$ 1,750,000
February 2023	\$ 1,015,000	\$ 880,000

Last 12 Months Huntington Hills
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2024	6	3
December 2023	3	3
November 2023	4	3
October 2023	3	6
September 2023	8	8
August 2023	8	2
July 2023	4	8
June 2023	10	7
May 2023	7	8
April 2023	11	7
March 2023	7	3
February 2023	4	2

To view more detailed information that comprise the above
MLS averages please visit hhil.mycalgary.com

March Crossword



Across

3. The _____ Equinox is observed this year on March 19, and is one of only two moments in the year when day and night are almost equal in duration.
8. This Canadian pop sensation, Justin _____, was born on March 1, 1994, and turns 30 this year.
10. This mythical creature is often associated with St. Patrick's Day celebrations.
12. March Madness, an annual NCAA college tournament, is associated with this sport.
13. The _____ of March is well-known as the day Julius Caesar was assassinated.

Down

1. This month always finishes on the same day of the week as March.
2. A three-leaf-clover, also known as a _____, is a plant that symbolized the arrival of spring for the Celts.
4. International _____'s Day is annually celebrated on March 8, with this year's theme being "inspire inclusion."
5. Now known as X, this social media platform was first introduced on March 21, 2006, in San Francisco.
6. This novel, *Cloud _____* by David Mitchell was released in March 2004 and subsequently made into a film starring Tom Hanks, Hugh Grant, and Halle Berry in 2012.
7. March was originally the first month in the ancient _____ calendar.
8. Alexander Graham _____ made the first telephone call on March 10, 1876.
9. This flower, which symbolizes new beginnings, is the official birth flower for March.
11. Rajveer Meena holds the record for reciting the most digits of this mathematical phenomenon at 70,000 digits.



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

Spicy Chicken Curry

by Jennifer Puri



Spice it up! Spices improve the natural flavour and appearance of food. There are over 300 spices but the most popular are Black pepper, Mustard, Cumin, Turmeric, Cloves, and Cinnamon.

Spices have been used for centuries for their medicinal and preservative qualities. In addition to their antibacterial and antifungal properties they are also a good source of vitamins, calcium, iron and antioxidants.

Saffron often referred to as “red gold” is the most expensive spice in the world and because of its distinctive yellow colour is used in everything from liquor, cheeses, curries, meat and rice dishes and soups.

Generally used in small amounts spices are probably the easiest way to create a great tasting meal.

Prep Time: 15 minutes

Cook Time: 40 minutes

Servings: 5 to 6

Ingredients:

- 3 lbs boneless, skinless chicken breasts
- 2 small onions finely sliced
- ¾ cup Canola oil
- 1 ½ tbsps minced ginger
- 1 ½ tbsps minced garlic
- 3 tbsps curry powder
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1 ½ tsps powdered red chilli peppers

- 2 bay leaves
- 1.5 tsps salt
- 1 cup plain yoghurt
- ½ can (398 ml) crushed tomatoes
- 1 ½ cups water
- 1 tsp sugar
- ¾ cup coconut milk
- 1 ½ tsp Garam Masala
- 3 to 4 tbsps chopped cilantro

Directions:

- Cut chicken breasts into bite size pieces. Heat oil in a large pot or skillet, add onions and sauté until onions are lightly brown. Add ginger and garlic and sauté for a minute then add chicken and continue sautéing until the chicken is no longer pink on the outside about two to four minutes.
- Add curry powder, cumin, turmeric, red chilli peppers and the bay leaves and stir fry for two to three minutes. If the mixture is sticking to the pot sprinkle a little water and reduce heat.
- Next add the yoghurt and blend in followed by the water. Cover the pot and allow the curry to simmer for approximately 15 to 20 minutes or until chicken is tender.
- You can now add the crushed tomatoes, sugar and coconut milk and simmer for two to three minutes.
- Remove the curry from the heat and garnish with garam masala and chopped coriander leaves.
- Serve Spicy Chicken Curry with a tossed salad, steamed rice or naan bread.

Bon Appétit!



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