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Photo by Brandon Thomson



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8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
3-1-1 City of Calgary (24-Hour)	403-943-1500 Access Mental Health
Information on all City of Calgary services. www.calgary.ca .	Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
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Community Resources for Vulnerable Citizens

Calgary Alpha House Society provides support to men and women whose lives have been impacted by alcohol and other drug dependencies. Their work positively impacts Calgary communities by providing help to vulnerable citizens. In doing so, we divert individuals away from unnecessary uses of health care, criminal justice, and emergency systems by building relationships and connecting clients to more appropriate resources. Some of Alpha House's resources are listed here. We encourage you to use them where appropriate.

Join us in creating community for everyone.

HELP (formally the DOAP Team)

403-998-7388
24/7

Non-emergency number for individuals on the street needing assistance.

Needle Response Team

403-796-5334

Monday to Friday, 8:00 am to 6:00 pm

Mobile unit cleaning up needle and needle debris on public and private property.

Encampment Team

403-805-7388

Monday to Friday, 8:00 am to 4:00 pm

Mobile unit assisting individuals who are sleeping in camps outside.

OUR VISION: We will be a safe community with established programs and facilities, committed volunteers, and we'll be financially stable.

OUR MISSION: To enhance the quality of life in Deer Ridge for today and the future by establishing and fulfilling the common goals, needs and interests of our community.



Community Association

Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7

Membership Request / Renewal Form

Deer Ridge Community Association memberships are available online at www.DeerRidgeCA.com/Membership/ or you may send this form along with a cheque payable to: **Deer Ridge Community Association.**

The Deer Ridge Community Association membership fee is \$15.00 per household and two membership cards will be mailed to you upon receipt of payment. Your membership also grants you Deer Ridge CA voting privileges at the AGM. We invite all Deer Ridge residents to actively participate in the decisions that shape our community. For volunteer opportunities, please visit www.DeerRidgeCA.com/volunteer/



Deer Ridge Community Association Membership 2025 – 2026

First Name: _____ Last Name: _____

Additional family members: _____

Address: _____

Postal Code: _____ Phone Number(s): _____

Email: _____

** Please note that your email address will be added to our electronic mailing list and used for notifications of upcoming community events, information, and volunteer opportunities. We use Mailchimp.com to manage subscriber email.*

Thank you for your support!

Deer Ridge Community Association
Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7
Tel: 403-606-7331 | Email: DeerRidgeCA@gmail.com | Website: DeerRidgeCA.com
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MESSAGE FROM THE BOARD

Spring is just around the corner, which means an exciting new year of gardening or trying out some new sports like soccer, baseball, or tennis! Whatever the warmer season brings for you, now is the time to get out and enjoy some fresh air!

Family Day Skate

Many thanks to everyone who joined us for the Deer Ridge Community Association's Family Day Skate! It was a fun afternoon of skating, hockey, snow and ice painting, along with hot dogs, coffee, and hot chocolate.

This event wouldn't have been possible without the wonderful volunteers who made it happen. From maintaining the ice, mixing the paints, and cooking the hot dogs, to putting together the goodie bags, your dedication is what makes these events a success!

Deer Ridge Rink Season Ends

It's been a wonderful season at the Deer Ridge rinks! From shinny games in the hockey rink to kids learning to skate for the first time at the pleasure rink, the Deer Ridge rinks have been a great way to enjoy winter activities. This winter has proven to be challenging with fluctuating temperatures and warmer weather, but thanks to Bob Hall and his team of volunteers, we were able to maintain the ice throughout the season.

Daylight Savings Time

On Sunday, March 8 at 2:00 am (or before you go to bed on Saturday night), remember to spring forward and turn your clocks ahead by one hour! Sunrise and sunset will be about one hour later on March 8 than the day before. There will be more light in the evening and less light in the morning.

311 App

Is there a bad pothole on your street? Do you want to report a damaged city tree? Or do you have questions about your taxes? The 311 app makes it easy to request city services!

- Effortless reporting: describe your concern, snap a photo, pinpoint the location, and submit in just a few taps.
- Close to real-time updates: track the status of your requests.
- User-friendly interface: navigate through the app with ease and find the services you need quickly.

Through 3-1-1, Calgarians and city employees can work together in keeping Calgary at its best. The information and photos you provide allow city employees to efficiently identify issues and concerns in your community, including repairs and improvements, as well as provide city services and support.

No app, no problem! You can also call 311 by phone or go online at: <https://www.calgary.ca/content/www/en/home/311.html>.

Upcoming Board Meetings

The Board of Directors meet monthly on the third Tuesday of each month. Our next meeting is Tuesday, March 17, 2026, at 7:00 pm. Please contact us at DeerRidgeCA@gmail.com if you are interested in attending, volunteering on the Board, or if you have anything you would like the Board to discuss at the meeting.

Membership

Deer Ridge Community Association's annual membership drive is ongoing. If you have not yet purchased your 2025-2026 membership, we invite you to add your voice to determining the direction of your community by becoming a member today. We invite Deer Ridge residents to actively participate in the decisions shaping your community. Residents of the community with memberships are encouraged to vote at the Annual General Meeting. Your membership contributes directly to the community. The Deer Ridge Community Association is a volunteer run non-profit group. Memberships are still only \$15 per household. All memberships expire annually August 31. You may purchase your membership:

- Directly online on our website: DeerRidgeCA.com/Membership/,
- By downloading the membership form and returning it by mail with payment, or
- By returning the membership form from this newsletter by mail with payment. If you are already a member, we sincerely thank you for your participation and commitment to your community.



Burns and Scalds

by Alberta Health Services



Emergency Health Services (EHS) – Alberta routinely responds to emergencies involving children who have sustained burns or scalds. These incidents often occur inside the child’s own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stove, iron, etc.), or making contact with electrical outlets. Incidents such as these can be mitigated by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect from infection.

- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C/140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access, if not already built in.
- Try to keep children away from areas where appliances are in use (kettles, irons, hot stoves, etc.).

Winter Family Skate



Thank you to everyone who attended the Deer Ridge Community Association's Winter Family Skate on Saturday, January 10. We were blessed with wonderfully warm weather while enjoying hot dogs, coffee, hot chocolate, and skating fun with family and friends! Many thanks go out to the volunteers who helped put this event together and to Starbucks Deer Valley for your donations. A lot of fun was had by everyone who attended!



Nathan Fillion Civilian Pavilion

Edmonton-born actor Nathan Fillion celebrates his birthday on March 27. Edmontonians are so proud of their hometown hero that they created the Nathan Fillion Civilian Pavilion, and they painted it in vermilion no less!



Being Water Wise Starts at Home

by *The City of Calgary*

Calgarians have shown that when we work together, conserving water can make a real difference. That shared effort matters year-round, to protect our water supply and the two rivers that flow through our city.

Everyday choices at home help support a reliable water supply now and into the future. Small, simple habits, repeated across the city, add up. Fixing leaks as soon as you notice them prevents water from being wasted day after day and saves you money. Running full loads in your dishwasher and washing machine makes the most of each cycle. Being mindful about how long taps run or how much water we use for daily routines helps conserve water year-round.

These actions do not require major changes or extra cash. They are practical steps many of us already take, and they work best when we all do our part. Winter is a good time to practice these habits, since staying indoors more often can mean higher water use without realizing it.

Our actions today help protect Calgary's water supply for current and future generations who will depend on it too. Calgarians have demonstrated that conservation is possible, effective, and meaningful.

For practical tips and reminders to help you get started or stay on track, visit calgary.ca/indoorwaterwise.



Good Food Box

Do you find yourself cringing every time you go through the checkout line with fresh fruits and vegetables? Wondering how to keep your table stocked with healthy, fresh produce without breaking the bank? The Good Food Box might be exactly what your family needs!

The Good Food Box (GFB) is a local initiative that makes it easy and affordable for anyone - regardless of income level - to purchase a variety of fresh, high-quality produce on a regular basis. The food is sourced straight from farmers and wholesalers, ensuring top-notch freshness.

Each box includes a mix of in-season fruits and vegetables, which means you'll receive fresh, flavourful produce at its peak—and the contents change with the seasons, offering variety with every order. For more details, visit: Good Food Box - Community Kitchen Program of Calgary at ckpcalgary.ca.

To place your order, just call Emma at 403-278-8263 before the monthly order deadline and choose the box size that fits your needs. Your order will be delivered to the Fish Creek United Church (77 Deerpoint Road SE) for pickup.

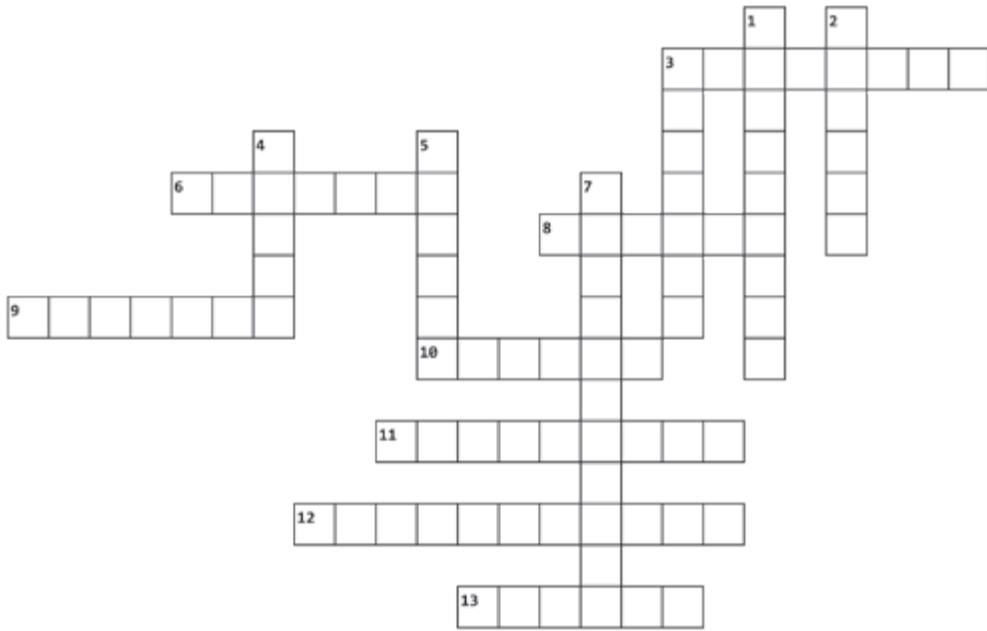
Need a little inspiration for your fruits and veggies? Check out quick, family-friendly, and delicious recipe ideas here: <https://www.ckpcalgary.ca/recipes>.

Small Box	\$35	20 to 25lbs* of fruits and vegetables
Medium Box	\$40	25 to 30lbs* of fruits and vegetables
Large Box	\$45	35 to 40lbs* of fruits and vegetables

*Please note weights are approximate and will vary depending on produce size and density. Each box contains the maximum content to ensure every client gets the most value for the price.

Order By Date	Pick Up Date
March 10	March 19
April 14	April 23

March Crossword



Across

3. The prestigious piano manufacturer _____ & Sons was founded by Heinrich Steinweg on March 5, 1853.
6. *The Sound of Music* starring Julie Andrews and Christopher _____ premiered on March 2, 1965.
8. This equinox takes place on March 20 in the Northern Hemisphere.
9. The sports romance novel, *Heated _____*, by Canadian author Rachel Reid was originally published on March 25, 2019.
10. The _____ Harbour Bridge officially opened in Australia on March 19, 1932.
11. Ernest Shackleton's sunken ship, _____, was rediscovered after 107 years in the Weddell Sea on March 5, 2022.
12. On March 16, 1521, Portuguese explorer Ferdinand Magellan reached this archipelagic country in Southeast Asia.
13. World _____ Day is celebrated on March 21 honouring this form of literary work.

Down

1. On March 6, 1869, Dmitri _____ presented his periodic table of the elements to the Russian Chemical Society.
2. Turkish cities Constantinople and Angora officially changed their names to Istanbul and _____ on March 28, 1930.
3. Canadian actor William _____ was born on March 22, 1931, in Montreal.
4. In March 1997, the horror drama series _____ *the Vampire Slayer* premiered.
5. On March 13, 1781, William Herschel discovered this planet believing it to be a comet initially.
7. One of the most famous and fastest racehorses of all time, _____ was born on March 30, 1970.



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

Why “Someday” Is the Most Expensive Word in Rightsizing

by Chris Matlashewski, Residential Real Estate Advisor



Most families don't make the wrong housing decision for their aging parents.

They make the decision too late.

And almost every time, it starts with one word: someday.

“Someday we'll talk about it.”

“Someday we'll figure out what makes sense.”

“Someday, when we really have to.”

If you're an adult child with aging parents, this probably feels familiar. And to be clear—this hesitation is completely human. No one wants to rush their parents.

No one wants to feel like they're taking something away. No one wants to force a conversation that feels emotional, uncomfortable, or premature.

But here's what experience teaches: timing isn't about urgency—it's about options.

The longer families wait, the fewer good choices they usually have. Not because anyone did anything wrong, but because life has a way of stepping in. Moves are rarely triggered by calm, well-planned decisions. They're triggered by events: a fall, a health scare, a diagnosis, a sudden change in mobility, or even something quieter—the stairs feel steeper, the yard feels heavier, the house feels bigger and lonelier than it used to.

By then, the conversation feels rushed. Emotional. Stressful.

That's why timing is such a critical step in the rightsizing process. Not selling. Not buying. Not packing. Timing.

The biggest mistake families make is waiting for certainty. Waiting until everyone is “absolutely ready.” But clarity doesn't come before the conversation—it comes from the conversation.

A healthier way to think about timing is this: The right time to start planning is when the move still feels optional.

That's when parents have the energy to explore choices, the health to decide for themselves, and the ability to move forward with dignity and control—rather than pressure.

For adult children, this matters deeply. Helping your parents plan early isn't pushing them. It's protecting them. It gives them agency. It reduces fear. And it dramatically lowers the risk of a rushed, emotional decision later.

I hear one sentence more than almost any other: “I wish we had talked about this sooner.”

Not because families regret the move—but because they realize how much easier it could have been.

Rightsizing doesn't mean acting today.

It means stopping the belief that someday is a plan—and starting the right conversations while choices still exist.

How to Call a Family Meeting About Caring for Aging Parents

by Nancy Bergeron, R.Psych | info@nancybergeron.ca



As parents age, families often find themselves facing new responsibilities and having to make practical decisions. Without open communication, caregiving can become stressful, unevenly shared, and full of unspoken expectations. A family meeting can help create clarity, reduce conflict, and ensure everyone is working together with compassion and shared understanding.

Why a Family Meeting Matters

Aging is gradual—until it isn't. A sudden health event can force families into crisis mode. A proactive family meeting allows siblings and parents to talk about preferences, responsibilities, and concerns before decisions become urgent. It also helps prevent one person from carrying the caregiving burden alone.

How to Invite Everyone

Keep the invitation collaborative and future focused. For example: "I've been thinking about how we can best

support mom and dad as they get older. I'd really like us to talk about planning ahead so we're not scrambling later. Could we set aside some time to meet?"

Setting the Tone

Begin with reassurance and shared purpose. Acknowledge that this can be emotional and that everyone has different capacities. Helpful guidelines include listening without interrupting, avoiding blame, and keeping parents' dignity and wishes at the centre of the conversation.

1. Parents' Wishes and Values - If possible, include your parents in the conversation. Discuss where they want to live, what independence means to them, and preferences for in-home care, assisted living, or long-term care. Clarify how they want medical decisions handled if they cannot speak for themselves.

2. Current Needs and Observations - Talk about what is happening now, such as memory changes, mobility issues, driving safety, medication management, emotional wellbeing, and home safety concerns. This is about noticing patterns, not diagnosing.

3. Roles and Responsibilities - Caregiving often becomes uneven by default. Discuss who lives nearby, who has flexible schedules, and who can help with appointments, finances, technology, or emotional support. Focus on realistic capacity and willingness, not obligation.

4. Financial Planning and Boundaries - Money can be sensitive, but avoiding it often leads to resentment. Discuss who manages finances, power of attorney, how care costs will be handled, and whether siblings will contribute financially. Setting clear boundaries helps prevent one person from quietly subsidizing care.

5. Medical and Legal Planning - Consider advance directives, living wills, medical and financial power of attorney, emergency contacts, and end-of-life preferences. Frame these conversations as preparing for peace of mind, not anticipating loss.

6. Communication and Decision-Making - Decide how updates will be shared, who will be the primary contact with healthcare providers, and how decisions will be made. Clear communication reduces misunderstandings and family conflict.

7. Supporting the Caregivers - Caregiving can lead to burnout and resentment. Discuss respite care, taking breaks without guilt, and how siblings can support the primary caregiver.

You do not need to solve everything at once. Summarize key points, identify a few next steps, assign follow-up tasks, and schedule another check-in. End with appreciation for everyone's willingness to engage in this important conversation.

Family meetings about aging parents can bring up old family dynamics and strong emotions. This is normal. The goal is not perfection—it is clarity, shared responsibility, and compassion. Starting the conversation early is one of the most loving steps a family can take.

Cats, Canines, & Critters of Calgary



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And the Oscar Goes To...

The famous Academy Award gold statuette was first called an "Oscar" in print by Hollywood columnist Sidney Skolsky on March 16, 1934, when he reported about the sixth Academy Awards. The name stuck and the rest is history. Cue the applause.

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Spring session has officially begun at the Legislature!

I was fortunate to spend January and February in the constituency, where I had the pleasure of visiting several local schools. I enjoyed speaking with Grade 6 classes about the Legislature and the role of an MLA, and I'm grateful to the schools for welcoming me with tours and meaningful conversations with teachers.

Earlier last month, I hosted a successful Pints and Politics event—thank you to everyone who came out and contributed to such engaging discussions!

As always, please feel free to contact my office if you have any questions or would like to connect. I truly value every opportunity to speak with constituents.



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Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, life-threatening, and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

This GoFundMe, created in partnership with her family, is being established to help ease the inconceivable financial hardship they are facing.

The initial \$100,000 fundraising target will help cover immediate expenses, including lodging in Edmonton for Victoria's mother, Colleen (Cousens) Fortuna, and 16-year-old sister, Ariana, both from Calgary. This will also allow Colleen to take necessary time away from work during this period of immense hardship and profound change to focus on Victoria's medical journey and to help her daughters through the unimaginable grief of the sudden, tragic loss of their father.

In the days, months, and years ahead, Victoria will require additional surgeries, extensive rehabilitation, specialized leg prosthetics, intensive mental health support, and enduring general medical care. The financial impact will be significant and ongoing, with future fundraising goals evolving as a result of these needs.

The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.

Scan to donate or visit gofund.me/31fdeef6f

Any help is appreciated ❤️

