

MAY 2020

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HILLHURST SUNNYSIDE VOICE

PRESERVING AND ENHANCING THE QUALITY OF LIFE FOR RESIDENTS OF HILLHURST SUNNYSIDE

**WE CAN
DO THIS
CALGARY
LOVE TO
YOU ALL**

**HCSA CLOSED UNTIL FURTHER NOTICE
HCSA'S AGM POSTPONED – NEW DATE TBD
CLEAN HANDS – CLEAR HEADS – OPEN HEARTS**

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Good Food Box May Update

Please note that due to the mandatory closure of HSCA, we will not be taking Good Food Box orders until further notice. You can visit the following website for a full list of depots, some of which are still operating during the COVID-19 pandemic. <https://www.ckpcalgary.ca/program-services/good-food-box>

Good Food Box will be returning to HSCA in May. Please visit our website and follow us on social media for updates and information for signup.

**UPCOMING
EVENTS**
Due to the mandatory closure of HSCA,
all programs and events are cancelled
until further notice.

Program Phone Numbers

*Art Classes		
*Badminton	Allison	403-283-0554 ext. 232
Capoeira		403-827-7917
*Chair Yoga	Debbie	403-283-0554 ext. 224
*Drop In ESL Classes	Norman	esl@hsca.ca
*Farmers' Market		
*Fresh Food Basket	Heather	403-283-0554 ext. 248
*Flea Market	Bonnie	403-283-0554 ext. 231 (Drop in on Sundays or leave a message. Calls returned on Wednesdays and Sundays only)
Karate	Richard	403-203-8710
Karma Yoga*	Lisa K.	403-270-0995 (no texting please)
*Neighbour Night	Sarah	403-283-0554 ext. 247
*Seniors' Knitting/Morning & *Seniors' Drop In	Debbie	403-283-0554 ext. 224
Spanish Lessons	Guilliana	403-835-2650
Sportball		403-700-7994



Your Message Here

Have you ever noticed the sign outside of Framed on Fifth and the Remax office on 5th Avenue? The sign is currently on-loan to the community so that during this time of physical distancing we can still have a connection point to share some words with each other. If you have something to say to the community, perhaps it's a message of hope, a joke or a thank-you to everyone on the front lines, now is your chance! Please email your short message (approximately 40 characters) to hannah@framedonfifth.com for your chance to be featured. Messages will be updated frequently to allow all to be featured. **All ages welcome!**

HSCA's Annual General Meeting Postponed Until Further Notice

Due to the COVID-19 Pandemic, HSCA has made the decision to postpone our AGM until a time when it can be held in person with our membership. A new date will be communicated at our earliest opportunity and no less than 21 days prior to the meeting.

Renew Your HSCA Membership to Vote

While HSCA's facility is closed, memberships can still be renewed online: <https://www.hsc.ca/membership> (please follow the step-by-step renewal instructions).

HSCA Board of Directors Voting and Nominations

Resident participation in the Board of Directors vot-

ing and nomination process is highly encouraged. Our HSCA Board of Directors are actively involved with numerous programs, events and activities within our community. The Board also operates critical task forces and committees. Hillhurst Sunnyside Residents with a valid HSCA Membership are encouraged to run for Board positions. We are a diverse group of motivated professionals working on interesting and engaging projects for a forward-looking community association.

If you are interested in finding out more about joining the Board or nominating someone for the Board, contact our Executive Director, Kate Stenson at kate.s@hsc.ca

Disclaimer: Published articles, reports or submissions reflect the opinions of the author and should not be considered to reflect the opinions of Great News Media (GNM) and the Hillhurst-Sunnyside Community Association (HSCA). The information contained in this magazine is believed to be accurate but is not warranted to be so. GNM and HSCA do not endorse any person(s) advertising in this newsletter. Advertisements are not an endorsement of any goods or services.

5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
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- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
- 4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
- 5. Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

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Email sales@greatnewsmedia.ca

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Community Centre

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BOARD OF DIRECTORS

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Kristin Chow	Director-At-Large
Ximena Gonzales	Director-At-Large
Kathleen Kenny	Director-At-Large
Ryan Morstad	Director-At-Large
VACANT	Director-At-Large

All of our staff can be reached at the extensions listed through our main reception number at 403-283-0554 Monday through Friday from 9:00 am to 3:30 pm.

STAFF LISTING

Kate Stenson	Executive Director Ext. 221	kate.s@hsca.ca
Allison Harrison	Front Office & Rentals Ext 232	rentals@hsca.ca
Lisa Chong	Community Planning Ext. 229	lisa.c@hsca.ca
Stephanie Corbett	Communications Coordinator Ext. 226	stephanie.c@hsca.ca
Sophie Bandula	Daycare Program Manager	403-270-9703, sophie.b@hsca.ca
Taiya Colonel	OOSC Program Manager	taiya.c@hsca.ca
Karl Kingsley	Facility Services Manager Ext 223	karl.k@hsca.ca
Debbie Olson	Seniors' Connection Coordinator Ext. 224	debbie.o@hsca.ca
Bianca Zhou	Controller Ext. 225	accounting@hsca.ca
Hillhurst Sunnyside Daycare	Sunshine and Rainbow Rooms	403-270-9703
Bonnie Constable	Flea Market Coordinator Ext. 231 (drop in on Sundays, or leave a message - calls returned on Wednesdays and Sundays only)	
Heather Ramshaw	Community Programs Coordinator Ext. 248	heather.r@hsca.ca
Sarah Howden	Community Connections Coordinator Ext 247	sarah.h@hsca.ca

ON MAY 20TH HSCA'S WEDNESDAY FARMERS' MARKET WILL BE RETURNING AT A LIMITED CAPACITY.

Please check our website for important updates and changes to the Farmers' Market, including new health and safety protocols.



Over the last two months, HSCA has implemented voluntary and mandatory actions to help slow the spread of COVID-19. This has included closing our doors entirely on March 17, 2020. As our revenue has been severely impacted, and will continue to be, with all of our operations on-hold indefinitely, we have had no choice but to make the very difficult decision of implementing temporary layoffs.

This decision will help HSCA to ensure that it can reopen when this crisis passes and that, at that time, we can continue offering programs and services to residents of Hillhurst Sunnyside and beyond. When we are able to resume operations, we have every intention of bringing back our full team of passionate and hard-working individuals.

During this time of very limited capacity, all HSCA programs and services will be on hold and you will see a decrease to our social media presence, content in newsletters will be minimal and most HSCA phone lines and email will not be monitored. If you have an urgent matter, please contact Executive Director Kate Stenson at kate.s@hsca.ca.

This is an uncertain time for HSCA, and we know it is for the community around us too. This will be a test to the community, and we know that the communities of Hillhurst and Sunnyside can step up to the challenge. For most, this simply means staying home and limiting all contact with anyone outside of your immediate family. While this may not feel like an act of community and may feel isolating, please remember that by staying in, you could be saving a neighbour's life. And while you're home, there are ways you can get involved and support those around you. This may be as simple as picking up the phone to check on someone, participating in window scavenger hunts or leaving a note in a neighbour's mailbox letting them know they can call on you if they need to. This pandemic is forcing us to re-think what an act of community looks like, but the meaning behind these acts has not changed, so let's not stop acting. Everyone has a part to play and the roles we choose to play now will affect the community we are during and on the other side of this crisis.

Thank you for doing your part. In solidarity,

Kate Stenson

Executive Director

Hillhurst Sunnyside Community Association



HSCA
Hillhurst Sunnyside Community Association

COMMUNITY BINGO

RULES: Only mark off a square once you have completed the task (be honest), each square has to be a separate activity.

PRIZE: BRAGGING RIGHTS!

Visit the Riley Park Fairy Tree	Tidy up like KonMari	Make a chore coupon book	Call a neighbour	Learn a new skill
List 5 things you are thankful for today	Visit a local business	Write a letter to a friend	Shovel a walk or walk a dog	Yoga for at least 30 minutes
Tabagoning, skateboarding, or rollerblading (weather dependent)	Unplug from your mobile device	FREE	Cook a new dish	Read a book
Build a snowman	Decorate your street facing window or door	Practice meditation	Do something to make yourself happy	Video chat with a friend or family member
Do something to make someone else happy	Bake Something	Take a walk outside (respect the 2m rule)	Leave a nice review for a local business you love	Write out your goals for the summer

How many did you check off?
Tag us with your photos on social media at [#hsca_yyc](https://www.instagram.com/hsca_yyc)

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NEEDKIDNEY.CA

Kidney Health Awareness

A gracious request for a kidney donation, tips on kidney health, and items to fight kidney disease. Email info@needkidney.ca if you wish to donate.

Website
NEEDKIDNEY.CA

Welcome to Safety News

by Tom McNair

This is a monthly newsletter and contains information and tips on safety related matters. Please note that I do not test, or are paid to advertise, support any items, products or services shown in these newsletters. Readers must form their own opinions, do their own testing and or research and are responsible for their own security, safety etc.

First Aid courses

All First Aid and CPR courses have been postponed until further notice. Your Instructor should notify you when they will restart. If not, please continue to read my update, I will have information about start ups as and when I get them

Coronavirus – True or False

Claim: Saltwater Can “Flush Out” the Virus True or False

“Saltwater may make your sore throat feel better, but it won’t do anything to the virus,” Adam Berman, an ER doctor at Long Island Jewish Medical Center

Claim: The Coronavirus Will Go Away in the Summer When It’s Warm

True or False

As tempting as it may be to self-isolate somewhere warm and tropical, that won’t protect you from the coronavirus.

“Previous pandemics didn’t follow weather patterns,” wrote Faheem Younus, MD, chief of infectious diseases at the University of Maryland. “Plus, as we enter summer, there will be winter in the Southern Hemisphere. Virus is global.” Officials say we could still be seeing the effects of this illness through July.

Clean Up to Prevent the Spread of Coronavirus.

What’s the Difference Between Cleaning and Disinfection?

Cleaning is physically removing organic matter such as germs and dirt from surfaces. Disinfection means using chemicals to kill germs on surfaces. Cleaning is very important because organic matter may inhibit or reduce the disinfectants ability to play to kill germs.

How Long Can the Coronavirus Survive in My House?

It is now reported that it may live up to nine days on certain surfaces

What Are the Most Contaminated Areas in Your Home?

Items may include fridge doors, kitchen cupboards, kitchen services toilets and sinks. Door handles and stair rails are also very used as are phone, I- pads and TV remotes.

What Should I Use to Clean and How?

Due to the present circumstances, it would be a good time to do a complete clean up. This means that every room be emptied out and disinfected. Carpets professionally cleaned. All toys washed and or disinfected. Sand pits should also be cleaned out and fresh sand put in.

Is Your Evacuation/Emergency Plan Up to Date?

- Do you have one?
- Has your staff been trained in it?
- Have you checked the dates on your Fire extinguishers? Do you have the right type?
- Have you checked your ‘GO BAG’ lately?
- Are the information sheets on Staff and children up to date?

Having it done correctly may save you later.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

LOCAL MORTGAGE BROKER: Your mortgage may be costing you thousands more than you need to pay! As a local mortgage professional, I have helped your neighbours navigate their purchase, refinance, and renewal options. Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Verico Avenue Financial Real Estate Solutions.

THE GUTTER DOCTOR! Eavestrough repairs, cleaning, and replacements. Fascia, soffit, cladding, roofs, and siding. For over 17 years and 30,000 projects we have done the job right – and it’s always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Calgary’s top award winner! www.gutterdoctor.ca, 403-714-0711.

Connecting with Neighbours in a Time of Physical Distancing

During these challenging times, you may be wondering what you can do to support your neighbours and while many of the ways you usually connect with and support your community may not be possible right now, there are some simple actions you can take that will have a big impact. Remember that even staying home, washing hands and maintaining physical distance are all ways of supporting your community right now.

Whether you need support or have support to give, you can post a simple image in your window to let your neighbours know. Find a print-out on the next page, fold it in half and post it in your window. Yellow means I need support and Green means I can give support. If you see a yellow poster in someone's window, consider

dropping a #ViralKindness postcard in their mailbox. It's simple: wash your hands, print and fill in the template and pop it into your neighbour's mailbox. Find the postcard print-out on the following pages.

Here are just some of the ways you might be able to help:

- Picking up and delivering groceries or medications
- Making daily phone calls to check on individuals
- Helping with dog walking
- Making DIY masks

Thank you for doing your part for our community and looking out for one another during this difficult time.

You can find more information at <https://www.hsca.ca/covid19>.

HELLO! If you are self-isolating, I can help.

My name is
.....

I live locally at
.....

My phone number is
.....

If you are self-isolating due to COVID-19 I can help with:

<input type="checkbox"/> Picking up shopping	<input type="checkbox"/> Posting mail
<input type="checkbox"/> A friendly phone call	<input type="checkbox"/> Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

#ViralKindness



FOLD HERE





Finding Gratitude in a Changing World

by Lisa Chong (@hillhurstsunny)

Most of my adult working life has been with non-profit, charitable organizations. These places are extraordinary community-serving hubs. Back in the olden days (pre-March), collabs included meeting at coffee shops, backyard patios, living rooms and of course, at the buildings themselves.

Our world changed with the World Health Organization declaration of the COVID-19 global pandemic on Wednesday, March 11, 2020. Organizations in the face of uncertainty pivoted swiftly in response. With the mandated closure of our building the following week, on March 17, our close-knit team worked quickly to tie up any loose ends. That meant reaching out to our networks and creating resources for our community. We did our best to ensure that our isolated and vulnerable people are taken care of, to make way for volunteers to take the charge and that there was continuity in our physical absence.

It was easy to internalize this worldwide crisis at the personal level. I felt grateful for the things I have when so many people lack basic needs. I felt disheartened not being able to support the local businesses and charities that are struggling. I mourned for those affected and their family members. I became fearful of the harmful rhetoric from south of the border. Will it be safe for me outside my home? For ethnically Asian people and communities? And I wondered how we might be able to resume our lives post-pandemic.

This is not a unique situation. Like so many of us facing the challenge of our times, we are overwhelmed by uncertainty and the amount of information. Across the country, there has been a sudden paradigm shift from individual economic pursuit to *stay home and save lives; flatten the curve; reduce the stress on our health systems and protect the vulnerable*: our parents and grandparents. It became our civic and moral obligation to stay home, practice social distancing, hygiene, and other healthy preventative measures for the collective good.

"Look for the helpers," a neighbour posted the full quote on their window, words of comfort during scary times from the mother of legendary children's television innovator, Fred [Mister] Rogers. Our helpers are on front lines: the medical professionals, caregivers, the grocery store staff, the utility

and municipal services sector, the non-profits, shelters, custodial staff, delivery personnel, truck drivers, food industry and even our own designated household errand runner.

Through this time of self-isolation, I've had time to step back and think about the things that matter. I learned it is okay to speak up and admit to ourselves and others where we are at in terms of our mental capacity. It is a pause for breath to look after personal health and well-being, family and community – in that order. With more time, I have the chance to be more deliberate with healthy choices, creating art, reading (how am I going to get through the million tabs open in my browser?) and even sitting tight and reminding myself it's okay to be sad. We are small units that make up the whole.

I feel somewhat comforted by the consistent updates through local and national officials and watch their address and updates each day. I am proud to live in a country where governments have committed to helping its citizens navigate this difficult time. I am grateful for universal health care and trust in professional expertise. I am uplifted by the stoicism, knowledge and compassion conveyed by the Chief Medical Officers, the statesmanship on part of many of our leaders and the animated passion of the sign language and bilingual interpreters. Throughout the crisis, the messaging from our officials has been clear that we will get through this state of emergency together: physical distancing – and not socially isolating. This experience has been a test of our collective resilience. It is also a time for kindness and a time for expanding our social capital. I am appreciative to have witnessed the small gestures of community:

Hearing about community members in self-quarantine whose neighbours clamored over who is awarded the responsibility to help out.

Inspired by the window walk campaign, we posted a couple of window signs and noticed other neighbours follow suit with words of encouragement.

Our small family is connected digitally, more than ever.

Together we stand. The world can still learn from Mister Rogers; live well, be kind and be a good neighbour.

Window and Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches)
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure

Flood Protection Update

Good news about the Sunnyside flood barrier height!

By the time you read this we expect that approval will have been obtained for a flood barrier capable of protecting the Sunnyside community in a 1:100 flood. This means a barrier about 1m higher than the current berm. The HSCA EPARC Infrastructure Group applauds this city-recommendation on barrier height.

Following the results of an evaluation that included a full social, economic and environmental assessment, Water Resources intended to recommend to Council in mid-April to move forward with design and construction of a 1 in 100-year flood barrier for the Sunnyside community.

The 1 in 100-year option is the recommended barrier height for Sunnyside because it's reflective of the best balance between social, environmental and economic considerations. It's an investment that enhances the safety of residents and our ability to protect those most vulnerable, while being the least disruptive to the community look and feel.

The 1 in 100-year option meets the federal and provincial flood protection standards. When constructed, it will immediately reduce Sunnyside's risk from a 2013-level flood. This option this will be further enhanced by current and future upstream reservoirs on the Bow River, allowing us to manage even larger floods.

In anticipation that more protection might be needed in the future, the barrier will be designed with features for (relatively) easy expansion.

For more information, visit the project website (search for "Sunnyside Flood Barrier").

Our work is not done. Groundwater protection for Sunnyside has been approved by Council previously and we look forward to working with the City as this aspect of the project is developed. In addition, we will support the construction of all approved projects, we will not lose sight of the other projects on the City priority list, and we will continue to advocate to the province for appropriate upstream mitigation on the Bow River.



Now Available: HSCA 2020 Memberships

When you purchase an HSCA Membership, you earn discounts at some great local businesses & make a difference in our community!

While the HSCA's facility is closed, memberships can still be purchased online at <https://www.hsc.ca/membership> (please follow the step-by-step renewal instructions).

HSCA Membership benefits:

- 10% discount on HSCA facility rentals with a family membership
- Reduced rates for some HSCA programs, drop- in sports, some special event admissions
- \$5 discount per swimming lesson set; discounted monthly pass at Bowview Pool for members only (open during the summer only)
- Free use of the tennis court

You can also use your HSCA membership card to receive discounts with the following local businesses:

- **NEW- Good Trade Coffee Co:** HSCA Members receive 10% off all beverages
- **NEW- Bailey Nelson- Kensington:** HSCA Members will receive a Free Blue Light Filter (\$50 Value)
- **Sunnyside Natural Market:** Save 5% with your HSCA Card (case discounts not included)
- **Swizzlesticks Salon & Spa:** 15% discount on all services at the Salon & Spa.
- **Vine Styles Kensington:** 10% off total purchase. Show your HSCA membership to Vine Styles staff to create your customer profile with built-in discount. Not applicable to already existing discounted items and/or case discounts.
- **Midtown Kitchen & Bar:** 10% off regular priced orders
- **Flippn' Burgers:** 10% discount on all purchases
- **Marathon Ethiopian Restaurant:** save 10% on all regular priced purchase with your HSCA card
- **Cadence Chiropractic Sport & Health:** 20% off your first 60- or 90-minute massage. 20% off your initial Acupuncture Assessment and Treatment
- **Kensington Auto Pro:** 10% off on parts & labour
- **Framed on Fifth:** 10% discount on all framing
- **Rejuve your Body:** Get a 30 minute massage FREE when you book the next 30 minutes for \$49.00 for 1st visit clients only. Also 15% off on all other services at Rejuve.
- **Beagle 14 (formerly the Regal Beagle):** 10% off your order (excludes daily specials)
- **Kensington Fitness:** \$15 off your first massage treatment
- **MYo Lab Sports Therapy + Personal Training:** 20% off all retail supplies + supplements (for as long as you hold an active HSCA membership).
- **Pho HouZ Vietnames:** 10% off regular priced orders (excludes alcohol)
- **Tania MediSpa:** Family & Individual members receive 20% off facials & body wraps, 10% off massages, botox, fillers, permanent makeup and fillers. Senior Members receive 20% off facials, nails and massages, 10% off product
- **Dignity Memorial Funeral Services:** 10% savings on all preneed or at-need funeral or cremation products and services, cemetery interment rights, products and services* [*On already discounted Dignity Memorial plans, the employee or member is entitled to the greater of the two discounts.] National Transferability on prearranged services at no additional charge, Thirteen (13) months of unlimited access to the 24-Hour Compassion Helpline®. Access to the Dignity Memorial Bereavement Travel Program
- **The Mat's Diner:** 10% off your meal
- **Macleod Optometry and Tamas Eyecare** - \$125 off prescription glasses or sunglasses. Must have a valid prescription.
- **Sunny Cider:** 10% off to all HSCA Members
- **Canary Refillery & Zero Waste Market - NEW:** 10% off purchases
- **Wheels Training Centre - NEW:** HSCA Members will receive \$50 off any course. Use coupon code community50 when registering for the course through the website.
- **Hotel Arts Kensington:** 10% discount on guest room accommodation
- **OXBOW:** 10% discount on breakfast / brunch or dinner.

Visit our website www.hsc.ca for news and updates about this program

In this time of social
distancing...

...we are here
to help keep
your community

connected.

GREAT NEWS MEDIA

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BY TREVOR RAMAGE



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As our global community continues to be impacted by COVID-19, my thoughts are with those affected as well as healthcare professionals, government officials, and organizations working tirelessly on containment and caring for those in need. I would also like to extend my gratitude to ALL essential service workers.

Amidst the daily routines of preventing the spread of COVID-19, taking care of your emotional health is also important. Remember, if you are struggling, you are not alone. There are supports in place to help you.

Addiction Helpline – 1-866-332-2322
Community Resources – 211
Family Violence Information Line – 310-1818
Income Support Line – 1-866-644-5135
Kids Help Phone – 1-800-668-6868
Mental Health Helpline – 1-877-303-2642

Stay safe and be well.

WE ARE ALL IN THIS TOGETHER.

Not intended to solicit buyers or sellers currently under contract with a broker.

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