PROBUS Club of Central Edmonton
Newsletter

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Member news:

Ken Hoffman presented an updated slide show of events held by the club over several years. The presentation included a touch of history and photos from essentially 2015 to date. Most of the photos were copied from the newsletters starting in 2015, thus are available for viewing on our website. I also included our certificate of incorporation, list of founding members, acknowledgment of 25 years and words of our song. Here are the words:

THE PROBUS SONG

WORDS & MUSIC BY GEORGE MAIN

Now that our youth is long since passed,
Life is less urgent, not so fast
We've time to sit and think at last,
How best to serve our lives.

Join us at PROBUS, meet with your friends.
Relax and be happy as Nature intends,
With such good companions your life-style extends,
PROBUS – the Club for you.

Life does not end at sixty-five,
We aim to show we're still alive,
We'll prove that we've not lost our drive
Or our will to serve.

Join us at PROBUS, the time will speed by,
Revive your ambitions and reach for the sky,
You may not succeed but at least you can try,
PROBUS – the Club for you.

As for the music, I do not have that information. In the slide show I listed all the presentations and tours from 2015 to the most recent. A copy of the presentation will be stored in our archives. I am including a few pictures in this new letter which are not in the presentation. I stated that I did not have picture of the Meccano room at the Bodnar museum. Hal shared some he had taken (thanks Hal), here are some:

February 15 – Justin Anderson

The Search for the Holy Compounder (Bitcoin & cryptocurrencies) by Justin Anderson of the MAWER wealth Management Firm. Before I start, I have to say that after viewing the presentation for a second time, I am still not able to provide any more clarity on this subject. We started with some facts. The value of crypto has risen from 500 million to 1.5 trillion in 8 years. The markets for crypto is worldwide and growing quickly. He did note that people of our age tend to be less interested in buying bitcoin. Though overall the interest through all age ranges has increased dramatically. Question is why the rise?

One answer is the increase in government spending as a % of GDP. This has given rise to risks of inflation. People look at bitcoin because it is independent of the manipulations of government. A second reason to do with the trust and lowering of transaction costs. Transaction cost is one of the primary drivers of wealth creation. As society became integrated, these was more the need to trust another in a transaction, this increased transaction cost, which detracts from wealth creation. One underlying principle of Bitcoin is that is based on a decentralized network with no single authority controlling it.

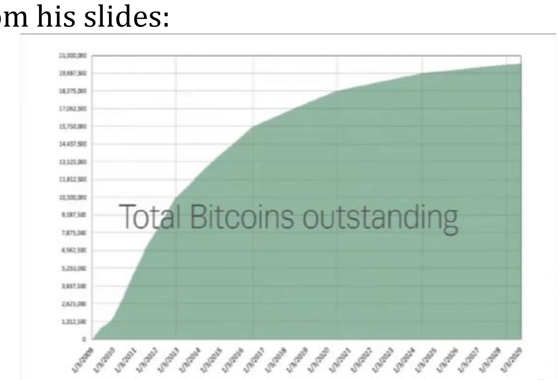
We then looked at the technology behind bitcoin, this included discussing:

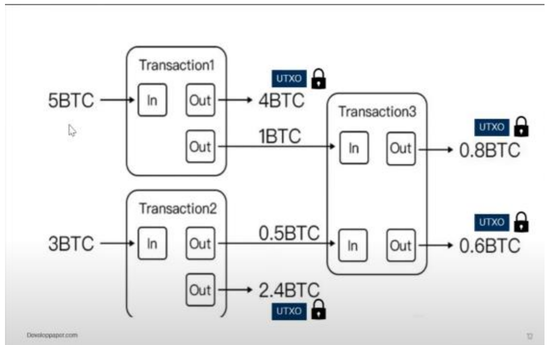
- Hashing function
- Encryption and the creation of a private key which allows decoding information.

One signs up for bitcoin by creating a private key. He then went on to explain how a transaction would look on bitcoin. He then started to introduce the concept of mining bitcoin. We then moved to the concept of the blockchain. And how the transaction is completed. Some points made were:

- Systemic security built in process, e.g., "Proof of Stake"
- There is a great need for power to drive all the mining
- It is virtually impossible to alter the past
- The bitcoin ledger is distributed across many computers
- There are many new markets implemented using the block chain concept
- The holder of the key is secret

This subject like many in the technologic world is swamped with jargon. We do appreciate Justin's speaking to us about the subject. But I think we will need several classes to truly penetrate the subject. Here are some pictures from his slides:





February 22 – Wendy King

Wendy King, CEO talked to us about the Canterbury Foundation. The Foundation is a charitable not-for-profit that operates an accredited seniors' residence in the Laurier Heights area of Edmonton. She spoke about:

- Strategic plan
- Provide brief history of Canterbury
- Discuss programs and care model
- About residents
- Covid plan
- Senior care as a whole

The strategic plan includes three strategic priorities

1. Expanding and sharing our knowledge
2. Clarifying who we serve best
3. Exploring the ways we Serve Our Community

History, in her years of experience she saw many changes in seniors care, from early models of institutional model to a continuing care approach. Canterbury was founded in 1972 by a group of parishioners from the Christ Church and St. Timothy's Anglican Church. The Court was completed in 1974 as 145 lodge style residents. Initially, residents were in 60's this changes to an older average age these days. The board added a 127 independent living apartment styles 1992. In 1998, a 20-bed secure dimension facility was added. All facilities are licensed.

The foundation continues to evolve services and facilities most recently adding a multimillion-dollar building. It is also renovating existing suits. The changes are to allow resident to move through a range of care, so people do not need to move out of the Foundation. The foundation implemented the plan by consultation with residents and families. Also, Canterbury entered a partnership with university researchers conducting study which helped inform the Foundation on senior's care and facility design. When the project is complete there will be room for over 350 residents in Canterbury.

The care model starts with the mission "to provide safety, comfort, independence and connection to support meaningful lives". It is accredited by Accreditation Canada. There is a full range of care provided with staff with a wide range of skills. Ratio of HCA to residents are 1 to 12 in court and 1 to 6 in the Lane. Care must comply with continuing care standards and is audited against these standards every 2 years. It is also audited every 4 years against the standards of accreditation by set by Accreditation Canada. She noted that a significant proportion of the residents are affected by dementia.

Covid as been a challenge. Staff are all vaccinated. Its first experience with an outbreak was with the omicron variant. This infection was contained with the quick implementation of steps to contain it. All residents' symptoms were mild and only one was hospitalized. The estimated cost of covid is $1.8 million over the past 2 years. She then spoke about the importance of advocacy and the various organization engaged in senior care advocacy. Canterbury is involved in these organization.
In future, she sees the increase in number of seniors, doubling from the current 700,00 Albertans to 1 in 5 Albertans by 2041. Today licensed supportive living represents 27,000 spaces in Alberta this is planned to increase. Canterbury is seeing average age of residents increasing. The majority of residents are female. The instance of dementia is increasing. The government is also looking at increasing supports for home care. After the presentation, Wendy shared a video about Canterbury and took questions.
We greatly appreciated this presentation on Canterbury seniors care, each of us will likely be faced with the need for greater care in the future and it is encouraging to see one organization's commitment to high quality care.

To get more information check the Canterbury's attractive website:
https://www.canterburyfoundation.com/

Stay Health and remember spring is actually on its way