

SEESA Shares

Our Mission: To empower and enhance the quality of life of people in our community as they age.

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December, 2020

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Greetings from your Board

Welcome to SEESA's newly designed newsletter now called "**SEESA Shares**"!

SEESA Shares is a way for SEESA members to share their stories - passions, complaints and suggestions for improvement through articles, poetry, pictures and other publishable art forms.

SEESA's members range from 50 to 100+ years of age – a half-century of diverse life experience waiting to be shared.

SEESA Shares offers a way for members to express memories, thoughts and feelings about things important to us – politics, places, people, inventions, the past, the future, the realities of aging, nature – whatever suits the writer's fancy.

Our newsletter also works to achieve our 2021 - 2025 goals, with an emphasis on becoming more community focused. Specifically, we want to deepen our connections with each other and with others in our community and make sure that all individuals coming to SEESA feel welcome.

Throughout this newsletter you'll find opportunities to communicate directly via email with the newsletter editor, Betty Dean at bettydean@telus.net.

Betty Dean, SEESA Shares Editor, is keen to hear from you and discuss your ideas about what you would like to share. I encourage you to think about sharing your thoughts and memories with the rest of us, through this forum. Contact Betty directly at bettydean@telus.net.

Watch the calendar of activities on SEESA's new website; there will be lots of zoom events going on throughout Christmas and the New Year. I know this is not how we would normally choose to connect with our friends, but this year, it is the only safe way to do so.

SEESA's 2021 Budget has been posted on the website, along with some background information about key factors that went into its preparation.

Background

Like many other not-for-profit organizations right now, SEESA is experiencing challenging times. In 2021 this means that we will operate with a deficit budget using funds being transferred from our reserves, ensuring that we can open the doors as planned in January.

Rest assured that we're all working to ensure that we will

have a future without running a deficit. Our new five-year Strategic Plan sets the stage for this transformation, as does the 2021 Budget.

What we know now

Following this year's comprehensive financial review, it became evident that government funding was subsidizing a year-over-year \$224,000 deficit associated with rising staffing costs, un-sustainable membership and program fees, and operating a facility without fully understanding the cost (heat, lights, insurance, etc.) for a total of \$105,000 per year or an average of \$8,700 per month.

Funding realities

All not-for-profit organizations including SEESA need to acknowledge the reality that funding from governments can no longer be assumed and that we need to move toward being self-sustaining. We believe strongly that government does have an important role to play in supporting seniors and we will continue advocating for this support. But this should not, in any way, relieve organizations such as ours of the responsibility to raise a significant portion of our own operating funds.

Continued from pg. 1

Moving forward

Board and staff are working hard to improve our organization's infrastructure by building on the past while recognizing the financial realities that we, and all other not-for-profit organizations, must overcome in order to survive. This means that we will have to seek new sources of income on the one hand but be efficient with our expenses on the other.

The Board of Directors believes this is absolutely doable and that it is the right move for SEESA at this time.

We will be hosting a series of ZOOM Town Hall sessions on Dec. 17 at 9 a.m. and again on Dec. 22 at 1 p.m. to provide opportunities for discussion and questions regarding the year ahead. Your participation is important and encouraged.

On behalf of the Board of Directors thank you for your patience and understanding as we work toward making sure that SEESA continues to be an important and vital part of all our lives.

Merry Christmas,



JudyLynn Archer,
Acting President



Board Recruitment Campaign

In preparation for the spring AGM, SEESA will seek to fill eight (8) positions on the SEESA Board of Directors. As per SEESA Bylaws, positions may be filled by SEESA members and/or members of the public.

SEESA seeks individuals who have a background, depth of experience and contextual knowledge in areas such as governance, human resources management, capacity building, risk management and financial management. See Board Competencies here <https://seesa.ca/wordpress/wp-content/uploads/2020/12/SEESA-Board-Core-Competencies.pdf>

SEESA's 2021 - 2025 Strategic Plan <https://seesa.ca/> will require all hands on deck. The upside, and it's a big one - you will be joining an amazing team. Please send your letter of interest and resume to jarcher@board.seesa.ca

Our intention is to have a full slate of qualified individuals along with their biographical information, to present to the membership at the AGM.

Due to COVID the facility is closed but all online activities continue.

Staff are currently working from home but checking messages throughout the day. Do leave a message and someone will call you back.

Letters to the Editor

This is your opportunity to provide feedback about *SEESA Shares*. Let us know what you like and dislike. Give us some ideas for other features or submit your own articles. Contact Betty directly at bettydean@telus.net.

I'd love to hear from you!

Betty Dean



Newsletter Editor

Betty, SEESA's new newsletter editor, is a retired school principal with a world of experience that she shares through her art and the written word. You can learn more about her at <https://www.art-by-betty.com/>.



To The Writers Amongst Us

Writing for SEESA Shares

We want *SEESA Shares* to be **BY** members, **FOR** members!

You can submit short stories or articles about things, places, people, or nature - whatever suits your fancy! Think birds, art, photography, hope, botany, rocks, politics, food, Alberta's history, the ancient world, sports, favourite drives in the country, loss of hearing or other realities facing seniors - any topic that members would like to write about and share.

When you submit, think about including a photo that goes with your writing and/or a photo of you! We are adding 'head shots' as often as we can to help us recognize each other when we finally get back together in person!

Submit your entries to me, Betty Dean, our new *SEESA Shares* editor. I'll be happy to help with editing, etc. Submit

or ask questions to Betty at bettydean@telus.net.

Sharing Your Life Story

There is interest growing with this project!

Stay tuned and don't forget to contact SEESA if you are willing to share your story and/or if you are willing to serve as a 'cub reporter' to interview and document life stories.

info@seesa.ca

Ph 780.468.1985

Donations Policy

In January we will be contacting all members who made donations to SEESA this year and last.

We will be asking for your input on a new Donation Policy that will serve to direct how donated funds are used.

SEESA's New Code Of Conduct

The Board of Directors has approved a new Code of Conduct. The Code forms a revised, consolidated policy statement to guide the behaviour of all participants engaged in SEESA activities onsite and online.

The Code provides a mechanism for the Board of Directors to consider the suspension or termination of any participant who breaches the Code of Conduct.

See the Code at <https://seesa.ca/wordpress/wp-content/uploads/2020/12/Confidentiality-Agreement.pdf>

SEESA thanks Drive Happiness for providing SEESA members with safe, affordable and accessible transportation for appointments, programming, grocery shopping and more.

Call 780.424.5438 to book a ride!

Renew your Membership!

Still only \$30 for 2021

Please support SEESA! Purchasing your 2021 membership!

As of THIS WEEK we have 552 renewed/new memberships and 136 gift memberships for a total of 688!

Let's keep it going...let's call that friend or neighbour who has mentioned an interest in joining!

No Lessons for Aging

By Ronna Jevne

No one gives lessons in aging.
There is no manual for retirement.
No Youtube for growing old.
No clear path forward.

It's like the rest of life.
We muddle through
Sometimes with the illusion
That we have a plan.

Then along comes COVID
Or arthritis
Or a drop in the markets
And there go the travel plans.

The up side is
We have walked the path
Of adversity
And know it well.

We know how to laugh
When fate spits in our soup.

We know where the road is
When the fog is thick.

We have said hello
And goodbye
To dreams
And to people we love.

We know how to say hello
To the gift of each day
Despite uncertainty
And the politic of the day.

It's a wisdom only years can bring.
No need to be dismayed
That youth must learn their own lessons
Despite our counsel.

Being invisible
Is not a sentence.
It's a front row seat
At the finish line.

Dr. Ronna Jevne is a SEESA member with a world of experience that she shares through workshops, writings (including poetry) and other forums, and is a founding member of the Hope Foundation of Alberta. Ronna will be providing some SEESA ZOOM sessions on Hope.

Check on line, e-mail or call the SEESA office for more information.

<https://www.seesa.ca/> email: info@seesa.ca Ph 780.468.1985

To learn more about Ronna and enjoy more of her writing, go to prairiewindwritingcentre.ca



Can You Help?

There are lots of ways SEESA will be better with YOUR help!

Check out these opportunities:

Friendly Callers

If you find yourself feeling frustrated or lonely over the holidays, please remember that SEESA Friendly Callers would love to speak with you – just call 780.468.1985 extension #225 and leave your name and telephone number.

One of the callers will call you back. Friendly Callers are checking the extension regularly. If you are experiencing a crisis situation please call 211 or 911.

Can you help share our newsletter?

We want *SEESA Shares* to get to more people. If you have a printer and wouldn't mind helping, perhaps take one to a friend or neighbour who might be interested – members or non-members!

Spread the word about SEESA!

Online Course Enrolment & Zoom Chats

will continue throughout 2021.

Check on line, e-mail or call the SEESA office for more information.

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Seniors Home Supports Program (SHSP)

Could you use some help around the house? SEESA can refer you to screened, reliable service providers that charge a fair price for their work.

Services include:

- snow removal
- home repair and maintenance such as painting, roofing, odd jobs, window cleaning
- yard maintenance such as grass cutting and tree care or removal
- housekeeping including laundry, cleaning and meal preparation
- help downsizing and/or moving, junk removal
- personal services: haircare, footcare, nursing care.

Also, if you have hired someone who has provided excellent service, please give me their name and number so I can interview them for our registry.

Deborah Miville

Home Supports Service Coordinator

780.468.1985 ext. 260
deborah@seesa.ca

Shout Out To Volunteers

There have been and continues to be a wide variety of initiatives on the go, with many SEESA members and friends volunteering to help.

It is testament to what can happen when a group of like-minded individuals join together to pull on the same rope, in the same direction, at the same time.

Thank you, everyone.

Remember to let us know whether or not we can publish your name and/or photo on our website or in our newsletter. This can help us get to know one another, but will only be done with your permission.

Help make us more inclusive

We're saying **Merry Christmas**...but how do you celebrate? Share your celebrations and traditions with us. Send photos and stories to Betty, *SEESA Shares* newsletter editor bettydean@telus.net.

