

SEESA Shares

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

May 2021

9350 82 Street NW Edmonton AB T6C 2X8

web site: seesa.ca

email: info@seesa.ca

The Accidental Drama Club

On March 11, 2006 we held our first drama production. It was called *The Duke's Descent* and came from a murder mystery game. (Check out the photo on page 10!)

Doug Gillette and Mary Anne rewrote the game and made it into a play. Susie prepared a roast beef dinner and the tickets were \$15. You may have called this production improv theatre because we didn't have many rehearsals – but we did have a lot of fun!

After the play a group of people got together and formed *The Accidental Drama Club*. This is when the productions reached excellence. Since then, and until COVID, we had at least one production a year; for a while it was bi-annual. Though our drama club kept meeting and practicing we did not have a production in 2020 so we're very excited to be having a show opening on June 7, 2021.

"Getting Old Ain't for Sissies" will show several times during Senior's Week. Tickets are on sale for this ZOOM presentation **NOW!**

Purchase your tickets [here](#).

SEESA's Accidental Drama Club
presents their 2021 Variety show on Zoom

Save the date!

*Getting Old
Ain't for Sissies!*

Join us *Senior's Week - June 7-12*
Monday-Thursday evening 7:00 pm
Tuesday, Thursday, Saturday Matinee -2:00 pm

Booking will open soon at Eventbrite.ca
Cost \$10/ticket + 1.25 Booking Fee
To be shown on SEESA's YouTube channel

Age gets better with wine.

A Menu For Joy

I want a menu for joy.

I want to skim a list of options

And order my joy for the day.

Someone, Someone, please someone

Bring me a menu for joy

Before I die of despondency.

I am on house arrest

Guilty of being old

A co-vid risk who needs protecting.

Thank you for three meals a day

And my medications

But what about joy?

I need laughter

And meaning

And to matter to someone.

I need stimulation

Not entertainment.

Meaning, not card games.

I need dialogue

about what's going on in the world,

not about the weather.

I want to learn something new

That's not easy

when you are deaf.

Please someone

Bring me a menu for joy

Or let me scream out loud.

by Ronna Jevne

prairiewindwritingcentre.ca



*Watercolour
by Fred Shreenan, member*

Do Ronna's poems reach out to you?

Ronna Jevne's poetry really touched me this month. I've been feeling a bit lonely, and like COVID restrictions might last forever.

I know I'm fortunate – I have people around me and ways of reaching out. My health is relatively good, as is that of my family and close friends. I've experienced loss, but not due to COVID.

Does this touch you as well? Do you turn your hand to writing? Please share – you don't know who you'll touch.

- [Betty](#)

Hurray! Summer Programs And Activities and Coming!

Staff are organizing a variety of jazzy summer outdoor programs, activities and patio food services to keep us going until we can fully reopen (all of which will depend on re-opening directives from Alberta Health Service, of course).

For the time being, we continue offering online programming. You can see the latest schedules in our new [Program Guide](#).

I am but a simple poet

I am but a simple poet,
not a sorcerer.

I can wave no wand,
deliver no potion,
mystically create no magic.

Join me.

Wrestle with me

As I venture to the land
of deep and quiet courage,
essential as it is.

We will listen
with open hearts
for the whispers of insight,
gifts from an unknown place -
that place of gentle wisdom
that is neither intellect or analysis.

Let us stand in the still point

And know this place of deep and quiet courage.

Come skeptic.

Bring your hurts and hopes,
your depth and your doubt.

But come now
and bring your empty page.

by Ronna Jevne
prairiewindwritingcentre.ca

From the Editor

We received such wonderful feedback after the last *SEESA Shares* - both in emails and verbally. With their permission, I've included several of the messages sent in spots throughout this month's edition. Thanks for letting us know you're reading it!

Remember – your comments, submissions and ideas are all welcome!

Betty

From our members:

- *Love what you are all doing with SEESA and where it has progressed to in the past year.*
- *The online classes (she is registered for 5 classes) have saved me from going crazy here. Melanie is doing a wonderful job making sure that they are easy to register for and to take. The instructors are also doing a great job online. So thankful that you have all adapted to this new way of doing things so seamlessly.*

Rock Garden

Use your markers or paint and design rocks with message of kindness for other SEESA



Members. Plant them in our rock garden south in the west parking lot, close to the muster point. Stroll by and enjoy our rocks but please don't remove them!

From Mary Anne

Dear SEESA friends,

I am excited to share some personal news with you.

I am leaving SEESA and looking forward to focusing my energies on growing my celebrant business **SHINE ON Memorials** which offers varied options for celebrating life. Please check out my website, shineonmemorials.ca and my business. As I am celebrating a life time, 20 years here at SEESA, I have opened a spot on my website for SEESA Members to share their memories with me.

As many of you know I have been offering celebrant services for a number of years. It is truly where my heart is and I feel that it's 'now or never' for me to build this business.

I also love SEESA so leaving is bittersweet, but I realize that I will continue being a member and seeing you in the hallways,

classrooms, Tillie's and at special events.

So in fact, I will have the best of both worlds.

I want to acknowledge and thank everyone for the many joyful years at SEESA. Working with you has given me a sense of belonging - you are my SEESA family.

I look forward to seeing you once SEESA is allowed to re-open; and telling you all about my business over coffee at Tillie's.

To quote Dr. Suess, "*Don't cry because it is over. Smile because it happened.*"

Thank you for 20 years of joy!
SHINE ON!

Friends forever...Mary Anne

Seniors' Week Lunch 'n' Learn Series

Seniors' Week is June 7-13. Pack your brown bag lunch and join Age Friendly Edmonton and friends on Zoom for a three-part series of talks on healthy aging.

- **June 7 Ways to Succeed in Aging in Place**

In this session, older adults will learn about creating plans to age in place successfully on their own terms.

- **June 9 Ageism and Aging: Upsides-Downsides**

This panel discussion will feature thought leaders for a rich discussion on 'Ageism' -- the new "-ism".

- **June 11 Building Connections in a Post-COVID World**

Volunteering in the community has always been a great way to give back and gain a sense of connectedness and wellbeing. In this session, learn more about how volunteering can provide a key avenue for impactful engagement as we age.

Get full details at: <https://seniorscouncil.net/seniors-week-2021>

Vaccine Appointment Transportation Support

Seniors who require support getting to vaccine appointments because of financial or other barriers, should contact 211 to be connected with community supports or financial assistance to cover transportation costs.

You can also access the 211 Alberta COVID-19 Vaccine Transportation for Seniors Database for services

available in the province. If you are providing transportation for seniors to get vaccinated, please contact 211 Alberta as soon as possible at database@ab.211.ca.

For mental health resources or other supports, contact 211.

Dial 2-1-1
Text INFO to 211
Chat Online at www.ab.211.ca

Congratulations



Congratulations
JudyLynn Archer on
your induction into
the AOE for 2020.
[The Alberta Order of
Excellence | Alberta.
ca](http://TheAlbertaOrderofExcellence|Alberta.ca)

Building Updates

As detailed in the budget notes posted on the website, SEESA has been busy updating some of our building while we are closed.

In 2020 we received our Facility Conservation Grant from the City of Edmonton. Because of the chaos of 2020 we did not have an opportunity to apply these funds to the building updates that were proposed in the grant application. By the end of 2020, as all things COVID settled down, we were able to focus some time on the projects that were covered under this grant.

Some of the funds were invested in our COVID safety supplies such as sanitizer and disinfectants, touchless paper towel dispensers, and an electrostatic sprayer which will allow us to disinfect a whole room at a time. These products are recommended under the Provincial guidelines.

One of the other projects that got completed under this grant was the installation of a “wave switch” on each of the bathroom doors. So instead of having to push or pull the doors you now just wave your hand in front of the switch and the doors open automatically without having to touch them. Not only does this apply to the COVID safety guidelines, it will be a huge benefit for those who use walkers and wheelchairs.

The last portion of the grant money we received was spent on updating the inside of the building with new paint on the walls. With the help of our volunteers, while practicing COVID protocols, we managed to get the main hallways, the cafeteria, and the Holyrood, Bonnie Doon,

SEESA Bottle Drive

SEESA is hosting a bottle drive on:

Wednesday, July 7 from 11am - 7pm and
Thursday, July 8 from 9:00 - 4:00 pm

Please start collecting your returnable bottles and cans for donation to your centre. Every little bit will help and the little bits will add up to quite a bit!

If you can't keep your bottles until July?
Call at 780-468-1985, bring them to SEESA and we'll store them - leaving you more room to keep collecting!
Give us a first, then come to the south parking lot door and unload them there.



Thanks for helping SEESA!

Ottewell and Edmonton rooms painted. It's amazing what a fresh coat of paint does for the building!

As noted in our grant application, we either use the money for what it was intended or we have to pay it back. The money from the 2020

Facility Conservation Grant has all been expended and we are on track to report back to the City of Edmonton that our obligation has been fulfilled.

*Peggy Hansen
Operations Manager*

From our members:

- *I can't wait until you are open again so I can come and spend the day there – classes, clubs, food and great company.*
- *I'm hoping to be able to volunteer once covid goes away. With being locked in I can't do it right now.*



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Travel costs may apply. Please call to discuss where the massage will occur.

Building Tomorrow Today

To help frame SEESA's future, we invited 40 members to join the Board and staff to sharing their thoughts and ideas on how we can continue to be a welcoming space while being flexible and responsive to membership and the community. Participants ranged from 55 to 85 years of age and came from a wide range of perspectives.

One of the key points brought up was that people come to SEESA for their physical and mental well-being. They come to learn, to talk and be connected, to bring more life to themselves and those around them. They come for shared experiences and for a dose of happiness.

Simply put, SEESA is a powerful force for good. We are seen as the place for joy, for fun, for learn-

ing and for sharing. We empower seniors to live well, to live life on their terms, and to embrace new opportunities, relationships and adventures.

Ours is an evolving organization for an ever-evolving world. Just like our members, there is an opportunity for SEESA is to grow. This can be achieved by pursuing inclusivity, new members, new connections to the local community, new sponsors, new supporters, and quite simply, an attitude full of gratitude. Through these efforts, SEESA becomes a magnet for positive change and possibilities, empowering seniors to be connected and live life to the fullest.

A key to SEESA's success is to remain forward thinking and respon-

sive. We don't settle. We listen. We act. We grow. We share. We innovate. The health of our members and our organization depends on it.

By opening our doors to more people and becoming an even more accessible, vibrant, and joyful place for our entire community, SEESA can build much needed new revenue streams to support programming.

So what are our next steps? Over the next few months SEESA will undertake a process of community engagement. Through this, we'll be seeking new partnerships and opportunities to help our organization grow and evolve.

Learn more about the Building Tomorrow Today initiative [here](#).

*JudyLynn Archer,
Acting President*

We Just Got Started!

Our first 2 weeks of the new SEESA Golf League were great - then cancelled for public health restrictions. We're hoping to start again May 27!



Flying Kids

Some of the most enjoyable and rewarding flying I did with my airplane was the annual COPA For Kids, or EAA Young Eagles event. This was where a number of pilots, with airplanes, gathered at the airport and took kids for a twenty-minute flight over the city. On that day, we usually carried over two hundred youngsters, in fact one year we carried over three hundred. With numbers like that, we considered our efforts a success. For a time, we operated out of Edmonton's City Center Airport. When that was finally closed down, we moved to the Villeneuve airport.

It was so much fun for the pilots, me included. The comment I heard most often, soon after take off, was "Wow, this is awesome!" Of all the youngsters that were my passengers over the years, I think it is safe to say, all thoroughly enjoyed the trip. I never heard of a pilot who didn't enjoy it as much as the kids.

One year, I think it was 2013, when we were still operating out of the City Center Airport, we seemed to have a great number of Black kids show up. Perhaps they were refugees from Syria, or someplace. After one of my flights, I unloaded my two young passengers, stood with them as they had their photos taken with the airplane and me, and went inside to find my next load. There was a little girl who was pestering her parents to let her go on a flight. Her elder siblings were lining up for flights, and she wanted to go for an airplane ride, too. Unfortunately for her, she was much



COPA For Kids Day – Aug 2013

too young to fit into the established age group. She may have been six, but I think she would have been a year or two younger than even that. Much younger than the 7 to 17 age group that we had advertised. But, she really wanted to go. One of the organizers came to me and asked if I would mind taking her up, even if she was underage. "Sure," I said, "I would be happy to." I have a soft spot for little girls, especially ones who want to go flying! Once she got signed up I guided her, along with two other youngsters, out to my airplane, and helped them get strapped in. I put the little girl in one of the rear seats, and did up her seatbelt, making sure she was comfortable and able to see out the rear window. She could, but just barely!

With everyone strapped in, I started up, got my taxi clearance from the tower, and proceeded to

the runway. Once the tower gave me my final clearance, I taxied onto the runway, and added the power for take-off. After I was off and well established in the climb out, I looked back to see how my youngest passenger was enjoying her flight. She was fast asleep! She didn't wake up again until twenty-five minutes later when we had landed, and I was unstrapping my passengers for their anxiously awaiting parents.

I don't know how much she remembered about her flight, but, just like her elder siblings, she left the airport that day with an official certificate with her name on it to show that she had flown in an airplane. Her older siblings had nothing on her!

W.H.B.
Dec 2020

Walt Butler, Author



Walt Butler, author, grew up in rural Alberta, much of that time on ranches, including the family ranch owned by his father. He left ranching to become a pilot, and then attended

university to become a civil engineer. As an engineer, he worked in the construction industry for 38 years on major construction projects all across Canada from the east coast to the west coast, and even the Arctic coast. He also worked in other countries such as the USA, South America, and China, where he lived for three years. Retiring in 2008, he continues to pursue his interests, including aviation, music, doing projects for his daughters and grandchildren, and, of course, writing. The author, along with his wife of 44 years, lives in Sherwood Park.

Tested Positive for COVID-19 and Need Support?

If you or someone you know has tested positive for COVID-19 and you need information and support in your home language, please contact the multi-lingual emergency response centre at 1-833-738-7727 (toll free). COVID-19 support and information is now available in 31 languages. Support for food, space for isolating, counselling and other basic needs is available.

Join the EPL Telephone Social!

Stories and fun events
You can listen live or to a replay afterwards

Live Events:

Wed, March 17 at 10 am

Wed, April 21 at 10 am

Wed, May 19 at 10 am

How?

Go to: https://www.crowdcast.io/epl_presents



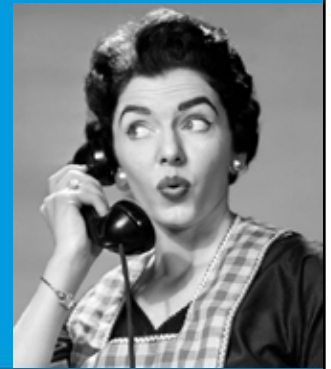
Questions?

Contact Meg at

meg.deforest@epl.ca

or by phone at

587-983-2195



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Food and Garden Issue?

JudyLynn Archer and I got started on a gardening issue - now it's YOUR turn!

We'd love to receive photos of your gardens, a favourite vegetable plant or a favourite recipe. It could be a favourite corner or pot? Or maybe a balcony garden?

Remember, we're publishing monthly, so keep things coming. We're all about sharing in *SEESA Shares*! Send photos with a couple of notes to [Betty](#). I'd love to hear from you!



JudyLynn's garden, 2020



The garden was created in 2018 as a way to stay sane after loss. The back yard was just lawn, a lot of very old trees and a very old fence. It's not everyone's cup of tea but having my hands in the dirt keeps me happy.



Betty in the greenhouse.

We keep many of these plants in our heated garage with grow lights all winter, then move them in here as soon as we can - using a small heater to keep the temperature up when the nights are too cold. Started scarlet runner beans, lettuce, spinach, peas, zucchini and sun flowers by seed for the first time. Fingers crossed!





Heather McPherson

Member of Parliament
Edmonton Strathcona

Contact my office for assistance with:

- Employment Insurance
- Old Age Pensions
- Canada Revenue Agency
- Citizenship and Immigration
- Canada Student Loans
- Celebratory Messages

780-495-8404
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Website: www.heathermcperson.ndp.ca
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Saying Goodbye

Jean Carol Dempsey

January 17, 1927 - April 7, 2021

Jean Carol Dempsey (nee Sheehan) passed away peacefully in hospital April 7 from complications following a fall three days earlier at her Edmonton home. She was 94.

Her family is thankful for the opportunity to share a lifetime of laughter with her.

Jean was born and raised on a farm near Clairmont, Alta., became an elementary school teacher, married Carmel Ellis and raised four children in Grimshaw, Alta., where she and Carmel were very active in the community. She loved a good joke and was known for her artistic talent, keeping a beautiful flower garden, enjoying singing in choirs and old-time dancing.

At 60, she married for a second time to Glen Dempsey. They spent 16 years together travelling and making everyone welcome in their Edmonton home for family gatherings — especially her memorable birthday parties.

Jean championed positive thinking, making lists, good posture, hard work and was always generous to her family. And she was a snappy dresser to the end.

She is predeceased by her parents, Tom and Jennie Sheehan, brothers Jack, Everett, Bernard and Laverne Sheehan, sisters Marjory Sheehan and Norine Stirling, Carmel Ellis, Glen Dempsey and her eldest son, Lee.

Jean is survived by children Larry, Florence and Erin Ellis, eight grandchildren and eleven great-grandchildren and many nieces and nephews.

The family will host a celebration of her life when it is safe to gather again.



'The Duke's Descent', March 11, 2006 was the impetus for The Accidental Drama Club.



*Watercolour
by Fred Shreenan, member*

Drive Happiness

Drive Happiness serves many SEESA members.

Drive Happiness offers door- through-door transportation for seniors in Edmonton; it is ideal for lower income seniors with mobility challenges or limited access to transportation.

Contact Drive Happiness at 780-424-5438 or info@drivehappiness.ca

The SEESA yard is shaping up.

Thanks to the garden committee and other volunteers. The flower beds are cleaned, the lawn has had it's first mowing, the hedge has been trimmed and cleaned and the litter has been picked up. Harvey has painted all the benches. We are still accepting perennial donations for the east facing garden so if you have any please bring them by. We have 2 iris blooms in the front garden, how beautiful!



Do you prefer print or online reading?

If you're not comfortable on the computer, tablet or smart phone, don't have one, you might feel like you're missing out on valuable information.

If you would rather have *SEESA Shares* and What's Happening in print, contact our office at 780-468-1985 and we will gladly print you out a copy. There is some really good information on members and the centre itself so let us know if you would like a hard copy.



Indo Canadian
Women's
Association

Introduces

Bridging Generations Support Group for Grandparents

Who can Benefit?

Grandparents who are Parenting or taking care of their grandchildren of age 0 - 18 yrs.

What can you expect?

- Learn parenting skills in Canadian context with subject matter experts biweekly
- Share your challenges and learn creative problem solving skills
- Current resources

For more information Contact:

Krishnakumari Vaishnav

Phone: 780-707-9696

email: [krishna.icwa.edmonton@gmail](mailto:krishna.icwa.edmonton@gmail.com)

Our Funder:

Canada

SEESA publication dates

- **SEESA Shares** newsletter - the 15th of each month via e-mail blasts, the website, FB and Twitter;
- **SEESA's What's Happening** newsletter - the 2nd and 4th Monday of each month via email blast, the website, FB and Twitter;
- **Message from the Board** - the 1st and 3rd Friday of each month via email blast, the website, FB and Twitter.

Saying Goodbye

Jean Hall (Morusyk)

August 30, 1933 - April 17, 2021

It is with heavy hearts that we announce Jean's passing at the age of 87.

Jean was raised in Elk Point, Alberta, and spent her 20s in Vancouver. She and husband Charlie settled in Edmonton's Kenilworth neighbourhood where they lived for over 55 years and raised daughters Maureen and Lisa. Many special summers were spent at the family cabin at Muriel Lake.

Jean was a great cook, card player, and organizer, especially of gatherings that kept our extended family connected. Over the years she devoted much time to volunteer activities, including for the Kenilworth Community League, the Children's Hospital Foundation and SEESA. She loved watching curling and occasionally could be found cheering on the horses at Northlands Park.

Jean is also survived by her brother, Bill, and was predeceased by parents John and Margaret. She will be missed by many nieces, nephews, cousins, friends, and fellow Bridge players.

A service will be held at a later date. Donations in Jean's memory can be made to South East Edmonton Seniors Association at seesa.ca.

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- Lawn and Yard Maintenance
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- Drywall
- Minor Plumbing



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SEESA is now accepting paid advertising in *SEESA Shares*:

ADVERTISING RATES per single issue:

- **Business card** 4”w x 2 1/2”h \$25.00
- **1/4 page** 4”w x 5”h \$40.00
- **1/2 Page** 8”w X 5 ”h or 4”w X 10”h \$80.00

1500 circulation

Send submissions to: newsletter@seesa.ca

A one time set up fee of \$30.00 may apply if your ad is not print ready.

Note: paid advertisements may not reflect the views of SEESA. Buyer discretion is advised.

There is NO advertising in *SEESA What's Happening*.

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Call us at **780.482.6561** or
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Seniors Home Supports Program

SENIORS HOME SUPPORTS PROGRAM (SHSP) is a referral service to help seniors remain in their homes a little longer.

We provide 3 to 4 names and numbers of vetted and screened service providers who want to work with seniors. ***This is NOT a free service.***

At this time of year, we have service providers looking for new clients for yard clean up and seasonal lawn mowing. Others can help with window washing and eaves trough cleaning. We also have tradesmen and handymen who can help with all those exterior jobs that need to be done in the milder weather.

If you live in the T6A, T6B, T6C, T6E or T6P areas, please phone Deborah at 780-468-1985 ext 260 to be referred to service providers in this area.

If you live elsewhere in the city of Edmonton, please phone 211 to be redirected to the appropriate district.

Deborah Miville
Seniors Home Supports Program
Coordinator
SE District



SEESA Golf League - good exercise and good fun!

From our members:

- Thank you also to the Acting President JudyLynn. Her President's Message is a welcome addition – good or bad news – at least we know what is going on. I really like that she is honest and transparent with that message.*
- I'm so thankful that you are all working so hard to keep SEESA around. It is such a wonderful place to be.*



Seniors Week Webinar

Thursday, June 10, 2021
10:00 am - 11:00 am

*Working Together:
Supporting older adults eye health and overall health. It's all connected!*

The Injury Prevention Centre presents
Dr. Jason Pearce, Optometrist

Sponsored by:


Learn how an optometrist uses an eye exam to look at the tissues and structures inside the eye to catch early signs of eye disease and to also look for early signs of serious medical conditions.

Whether it's a new or pre-existing condition an optometrist can help with patient management. You'll also learn the significant role vision plays in falls prevention, one of the leading causes of seniors' hospital visits, and what you can do to help reduce the incidences. There are many considerations that impact senior vision and eye health.

Optometrists are there to help.

Register now!

<http://bit.ly/SWW21opto>





Stay Independent.
Prevent Falls.



findingbalancealberta.ca Finding Balance is a seniors' falls prevention initiative developed by the Injury Prevention Centre at the University of Alberta.

Thinking about down-sizing?

Spring is often a good time to sell a house — more people are looking to move over the summer and if there are children, they can get them settled into a new school in September. This might be good for seniors who are thinking that maybe it's time to move.

Here is a decision making tool that comes from a different perspective – it might help you decide. <https://www.edmonton55.com/risk-vs-benefit-helping-you-decide/>



SEESA Golf League - good exercise and good fun!

Better Choices, Better Health®



Chronic Pain Self-Management Program – Virtual Workshop

Join us for the virtual **Better Choices, Better Health® - Chronic Pain Self-Management Program**.

You will learn:

- Techniques to control your pain
- Tips for healthy eating and becoming more active
- Strategies for talking with your health care team
- Methods for dealing with your difficult emotions
- Options for making your everyday tasks easier
- Ways to take care of yourself to enjoy a better quality of life

Read what a past participant says: <https://albertahealthservices.ca/news/Page15425.aspx>

HOW DO I TAKE PART?

This free virtual workshop takes place once a week for six weeks. We use the online platform Zoom (www.zoom.us). Support persons, family and friends are also welcome!

To Join: You need a device (eg. computer, laptop, smartphone) that connects to the internet, and has a camera and a microphone. You will want a private space to attend the workshop.

More information and upcoming workshop schedules can be found at: www.ahs.ca/bcbh

Upcoming Virtual Workshops:

2021 Dates	Day & Time
June 10 – July 22 (except July 1)	Thursdays, 6:00pm – 8:30pm
June 21 – July 26	Mondays, 9:30am – 12:00pm

To register: call 780-735-1080

Who is advocating for seniors?

Answer - *the Edmonton Seniors Coordinating Council*. Read about it [here](#).

There are also a number of other groups that are doing important advocacy work on behalf of seniors. These include [Seniors United Now](#), [Alberta Council on Aging](#) and [Alberta Senior Citizens Housing Association](#).



Our next COFFEE CHAT with your Acting President is May 18, 10 a.m. Bring your coffee, questions and suggestions! Join the Zoom Meeting [here](#).

Celebrating Birthdays

May 15 – June 14, 2021

Happy Birthday to:

Mark Adams
Donna Anders
John Anderson
Alberto Asencio
Barbara Bailey
Jennifer Bain
Dale Barnhill
Trudy Bartsch
Vera Bayrock
Dorothy Bennett
Brian Bianchini
Judy Bilyk
Bev Boersma
David Borynec
Sheila Bossert
Barry Bowtell
Penelope Bradt
Joan Brady
Norman Bredlow
Maureen Buckley
Elizabeth Caragannis
Germaine Chau
Lorna Chaudhary
Jean Collins-Smith
Stewart Combs
Mary-Ellen Compton
Sharon Cosgrove
Terry Delaney
Delbert Dueck
Doris Duperron
Amber Lee Engel
G Burn Evans
Jolayne Faulkner
Allan Faunt
Deanna Forbes
Emma Gaudet
Robert Gerow
Mae Gerow
Vincent Giesinger
Murray Golden
Lenny Grew
Denise Guilbault



Happy Birthday Harold Ulmer!

Harold is a SEESA Member shown here with Mary Anne Jaedicke. For a very long time Harold was a member of our choir The Melody Singers and was our man in uniform at the Remembrance Day Celebrations here. Harold is a WW II Veteran and will be 102 in the last half of May this year. Happy Birthday Harold and THANKS for your service.

Sylvia Halwa
David Haney
Ann Hartwig
Audrey Hayward
Rita Hebert
Sylvia Hoffman
Karen Huffman
Christine Hufnagl
Gerald Jenkins
Angele Joly
Priscilla Kachmar
Lorraine Kalis
Elizabeth Kelly

Lorian Kennedy
Sandra King
Colin Kinnell
Leon Klak
Linda Kruger
Margaret Labrenz
Ginette Lachance
Lois Lang
Ron Law
Jackie Lotery
Bryan Mackowetzky
Gloria Makar
Susan Manning-Chalifoux
Robert Marko
Sharon Martin
Janice McGruther
Cheryl McKay
David McKay
Marjorie McLean
Debbie Mills
Shaunna Mireau
Marilyn Mitchell
Diane Nash
Lise Nicholson
Marion O'Brien
Jean Owen
Judy Pachal
Eugene Parent
Carol Parsons
Louann Perry
Barbara Powers
Dorothy Prins
Frances Purschke
Ivar Rand
Yvonne Rioux
Allan Ropchan
Joan Rutledge
Marie Sandford
Rosemarie Schatull
Marilyn Scott
Ernest Semchuk
Hazel Shekooley
Kevin Smith

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The Edmonton Covid-19 Rapid Response Collaborative

The *Edmonton Covid-19 Rapid Response Collaborative* involves over a dozen non-profit agencies with the goal to offer support and resources to individuals and families who are Covid-19 or are required to isolate as per AHS guidelines. We can offer assistance with food, income support or mental health support.

For example:

- Food Support - Clients can receive emergency food support within 48 hours of intake to help them through isolation; we support our clients by giving them a say in what food they would like and meet cultural and dietary needs. We can also assist with medication, hygiene products and infant needs.
- Income Support - we may be able to assist clients with financial aid to help pay things like their rent, mortgage, utility bills, prescription meds, etc. Please note this is a one-time payment of up to \$1000 maximum. Clients are not given the money directly and must provide proof of a Covid+ diagnosis in many cases. We aim to provide this support within 3 days of intake.
- Mental Health Support - can provide referrals to a family doctor or referral for virtual counselling to help them deal with the challenges and stress of isolation or a Covid+ diagnosis.
- Long term resources and supports can be identified and provided to clients

Our call centre has Outreach Workers who together can speak over 31 languages.



**COVID-19
EMERGENCY
HOTLINE**

If you've tested positive for Covid-19 or are needing to isolate and would like support, we're here to help.

**RESPONDERS
AVAILABLE IN 31
LANGUAGES**

Offering supports in
FOOD
FINANCIAL AID
EMPLOYMENT
MENTAL HEALTH
& MORE



1-833-738-7727
Available Mon-Fri: 9 am - 5 pm

Edmonton Covid-19 Rapid Response Collaborative
More info at: www.ecrrc.ca
Email us: info@ecrrc.ca

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Happy Birthday to:

Wilfred Smith
Virginia Solomon
Rhonda Taft
Yoke Tan
Dale Temofychuk
Grace Thomson
Keith Turnbull
Deborah Turner
Harold Ulmer
Paul Vanderham
Wanda Vintinner
Louise Walden
Annabelle Wallace
Linda Warren
Sharon Whillans
Pat Willis
Pamela Wilman
Doreen Wilson
Maria Yakula



Photo from 2005 May birthdays!