

SEESA Shares

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

June 2021

9350 82 Street NW Edmonton AB T6C 2X8

web site: seesa.ca

email: info@seesa.ca

SEESA acknowledges that the land on which our facility rests is Treaty 6 Territory and a traditional meeting ground for many indigenous peoples including the Plains and Wood Cree, Assiniboine, Salteaux, Niitsitapi (Blackfoot), Métis, Nakota Sioux and Chipewyan. Their spiritual and practical relationships with the land continue to create a rich heritage for our community. We are honoured to share this land.

The discovery of 215 children found in a mass grave at a former residential school in Kamloops, BC has touched us. SEESA joins with the rest of the country in mourning and in calling for accountability.

For SEESA members and members of the general public who are interested in learning more about Indigenous histories and contemporary issues in Canada, the University of Alberta offers a free online program from their Faculty of Native Studies. Click here to register <https://www.coursera.org/learn/indigenous-canada>

from CORE Events <https://healthyagingcore.ca/>
Community-Based Seniors Serving Sector Initiative
Community Activation Sessions

Don't forget to register!

National Indigenous History Month **Government Of Canada**



Learn more about the unique heritage, diverse cultures, and outstanding contributions of First Nations, Inuit and Métis peoples during this month. [Learn More](#)



Alberta Métis Fest **Métis Nation Of Alberta**

Celebrate the third annual event on June 26 online. Featuring musical

performances, art, fiddling and jigging competitions, and more! [Learn More](#)



AAWC Opening Ceremonies **Honouring Mother Earth | June 21**

Join this virtual opening event as a kick-off to

National Indigenous Peoples Day and honour the beautiful and rich culture of Indigenous peoples. Celebrate the contributions and successes of the Calgary Indigenous community. [Learn More](#)

**SEESA
will be
closed
on July
1 and
July 2.**

Staff and volunteers will not be in the office to take any phone calls or attend to people who may come to our door. The office will reopen on Monday, July 5.

Keep up to date on all the SEESA news.

Follow us on [Twitter](#) and [Facebook](#)

How I Came To Avoid The Fireplace And Become A Table

Gloria had always wanted a large table for the sitting area in the rumpus room. One day in the summer of 1984 she spotted a selection of large wooden slabs in front of the craft and jewelry store at the Ottewell Shopping Center. I was the largest and she chose me. With the help of a passing gentleman and her son they managed to wrestle me into the trunk of the car, a 1982 Chevrolet.

Lorne was out of town doing a Woodbadge Course for Scouts and was in for a big surprise when he got home. There I was leaning against the garage wall not knowing what my future was: some crafty piece of furniture or a large piece of firewood. I stayed parked in the garage for the next two years while Lorne pondered the next move.

I was scheduled to become a table top and the ideas began flying as to what kind of base I should be melded to. While in the Okanagan on summer vacation in July 1986 the family took a drive up the road to the Apex Ski Resort just west of Penticton. They were travelling with another family. Along the route Lorne spotted a large tree standing stump in the bush along the road and immediately stopped for a closer inspection. This is exactly what Lorne was looking for and the stump was to become my lower half.

Being 4 – 5 feet in diameter and 2 – 3 feet high, the men and the older boys manhandled me over to the road, but I was too big for the trunk of the car. Fortunately the fami-



ly they were travelling with was driving a large van and the stump was lifted into the back for the trip down the mountain.

My base was unloaded and the rough clean up procedure began by chopping away unnecessary roots, picking out stones, and hosing me down to remove any clinging clay or sand. With the dimensions and the weight reduced, the next hurdle was how do I get to Edmonton? Even with my trimmed figure I was still too big for the trunk. A solution was offered by securing me to the roof of the car on a set of roof racks. Needless to say I turned a few heads as the family brought me home via the Rogers Pass and the Trans Canada Highway.

I am a vertical slice from a large burl on the side of a huge spruce tree harvested on Vancouver Island. (see drawing) I was the slice clos-

est to the tree trunk and you can see where the connection was by the bark free edges on opposite sides of my perimeter.

Once I was in the confines of the Bradley garage the finishing process began. More of the unnecessary small roots and inconformities were removed and the main roots trimmed to provide the even, level base on which I would be mounted. Several days of scraping and sanding brought the condition of the base to the finishing stage, which was to be completed in the basement workshop.

September/October 1986. The finished coat was a pour-on epoxy called NuClear consisting of a hardener and a resin. The two components were mixed in a large plastic pail and allowed to chemically

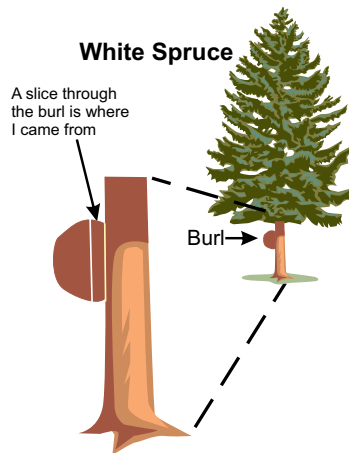
Continued on Page 3

bond, then poured on to my surface and spread with a large cardboard spatula. It spread nicely on the flat surface and then began to run down the bark edges and with some assistance from an old paintbrush the crevices began to fill. A second coat was applied and allowed to dry thoroughly. The drip stalactites on the bottom of the edge were then filed off and sanded smooth.

To reduce my weight I was inverted and numerous holes were drilled into my underside with a 1.5" bit, leaving a mounting section in the middle and a solid rim of approx-

imately 8". The same NuClear product was used on the base but applied entirely by brush.

Assembly was completed in November 1986 and I was placed where I am today. My weight requires two husky people to move me and I must be disassembled to be removed from the house.



I have been a table, a foot rest, a catch all, and certainly a conversation piece in the Bradley's family room since 1986.

*by Lorne Bradley,
member*

Getting Old Ain't For Sissies a Hit!

Congratulations to SEESA's Accidental Drama Club!

Here are some of the comments shared by viewers:

- Yesterday a few of my SEESA gal pals got together on the back porch to watch Getting Old Ain't For Sissies. The production brought laughter, tears and admiration for the singing, dancing and acting talent. Wow! Add the wine and food that was shared plus the chit chat before and after the show, it was the best afternoon I've experienced for quite some time.
- Thank you to SEESA's Accidental Drama Club for the entertainment, the wonderful peek into the lives of the actors and their unwavering commitment to raising funds for SEESA's operations. WOWZERS!
- Watching Getting Old Ain't For Sissies outside with some SEESA members was a great way to spend an hour sharing laughs, snacks and fresh air. Highly recommend!
- What a great production - with such a wide range of talent! Such fun viewing - thanks to all of you!

From the Editor

We've got a full **SEESA Shares** this month, with lots of plans for our opening. Thanks also to all the members who are sharing! **Remember** – your comments, submissions and ideas are all welcome!

Let us know what you think -

Betty

Our Gardens

Our gardens have been wet but growing!



SEESA is looking to add some flowers to our gardens and plant pots. We have plant pots that need to be filled as well as garden spots that need some extra color. If you have any extra annuals that you don't have room for, please consider bringing them to SEESA for our garden volunteers to beautify the space. Thanks for helping to keep SEESA looking it's best!

*Peggy Hansen
Operations Manager*

Hello Fellow SEESA Members!

At long last we are headed into summer with all the beautiful sunshine and warmth that brings. We may be able to re-open SEESA in June or July, depending upon directives from the Province.

SUMMER PROGRAMS AND ACTIVITIES

Staff are preparing for a “soft” reopening by organizing a variety of summer outdoor activities. See the Program Guide [here](#).

Tillie’s outdoor patio service will soon be open for business. Stay tuned!

The full reopening date will depend on directives from the Province but it’s exciting to see light at the end of what has been a very long tunnel.

FOOD ALLERGIES SURVEY

You will soon be receiving a survey via email blast asking about any food allergies, intolerances or foods that you avoid for religious or cultural reasons. Your response to this survey will help us plan menus and snack offerings. We want to make sure that when we reopen Tillie’s there will be food choices on the menu that you are able to eat!

Our friendly callers will be contacting non-email users by telephone to go through the survey with you.

BUILDING TOMORROW TODAY

Our next step in Building

Tomorrow Today is connecting with businesses, organizations, and communities within SEESA’s catchment area to identify potential collaboration opportunities for pursuing inclusivity, expanding programs, growing our membership and making new connections within our community.

Our overall goal is to have SEESA become a magnet for positive change and opportunities by empowering seniors to be connected and live their lives to the fullest.

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

SEESA is pleased to introduce you to **Shelley Sabo** who will be helping with this initiative. You will hear from Shelley in upcoming editions of the ***SEESA What’s Happening*** email blasts. Learn more about the Building Tomorrow Today initiative here.

WEBSITE UPDATE

The SEESA website is undergoing some improvements over the next few months and some pages are ‘under construction’. Thank you for your patience and understanding!

Membership and program registration will have a new face on our website. Once it is working perfectly, MySeniorsCentre will be retired. This process take signifi-

*from JudyLynn Archer,
Acting Executive Director*

cant time and effort and we thank SEESA volunteer **Genie Tchoryk** for taking the lead on this vital work.

DATA MANAGEMENT AND TECHNICAL SUPPORT

SEESA’s new managed information technologies services (MITS) provider partner is PivIT Solutions, a local company that has earned a reputation for consistently delivering responsive, quality service. PivIT will be managing SEESA’s current and future data management, data storage and technology needs. See more [here](#)

SEESA acknowledges and thanks SEESA member **Gerry Jenkins** for providing much needed technical trouble-shooting services over the past year. Thank you from all of us, Gerry!

GRANTS UPDATE

SEESA has received a \$149,183.25 City of Edmonton operating (SCIP) grant. This grant will be used to help cover our operating costs. The amount granted represents a **33% decrease** from last year.

SEESA has also received \$18,490 from City of Edmonton’s Community Facility Enhancement grant. This amount represents a **27% decrease** from last year.

The team continues to apply for grants that are applicable and available to SEESA.

Read more from JudyLynn’s update on pages 6, 7, and 8.

Welcome Home



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- Friendly, professional staff
- Recreation activities

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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.

Zoom Coffee Chats

Coffee Chats with Board members are on hold for the summer months.

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

RETURNING TO OUR ROOTS: SEESA's Governance and Operations

RETURNING TO OUR ROOTS: SEESA's Governance and Operations

On May 25th SEESA's Board made an important decision that confirms SEESA's return to our original, 40-year old ways. This decision was made informally a year ago once the Executive Director had been let go, and, due to funding uncertainties, there were no plans to rehire into that position. *The Board has confirmed its intent to operate in an "administrative governance" form.*

So, what does that mean?

Until mid-2020 SEESA's Board set direction for the organization, but delegated authority to operate and manage our \$1M organization to an employee – the Executive Director. Financial realities and 2020's COVID-19 restrictions made it impossible for SEESA to continue this arrangement, called "**policy governance**". Things had to change.

Choosing "administrative governance" provides an affordable if challenging answer to our problem. The Board still sets direction for SEESA, but now the Board's Executive Committee takes on the day-to-day responsibility to manage SEESA's operations.

Employees now report to, are directed by and overseen by the Executive Committee. In turn, the Executive Committee is responsible to the Board of Directors for all the decisions and directions the

Committee makes. This will not be easy to do. Heavy demands fall on Executive Committee members, as well as other Board members.

We have returned to the volunteer-directed, volunteer-managed, and volunteer-operated organization that SEESA was in its formative days.

How does these impact SEESA's members?

Why does this matter?

1. SEESA, more than ever, needs Board members who are experienced and comfortable with setting directions for SEESA but who are also capable of taking hands-on roles to manage our operations daily.
2. At our next Annual General Meeting members will be asked to approve SEESA Bylaw changes which support this new way of doing business. Without member approval for Bylaw changes the Board will not be able to make this change.
3. As we plan to open again, SEESA will operate with fewer employees and more volunteers than before. Volunteers will, once again, be essential to running our organization – from top to bottom and across all areas. We will need members to step up and volunteer for a wide range of roles to meet.

SEESA's RE-OPENING WORK-FORCE REQUIREMENTS

To prepare for reopening, SEESA is currently recruiting for two full-time positions and one part-time position plus numerous volunteer opportunities:

Paid positions include the following:

1. Volunteer Coordinator - this full-time position is fully funded by the City of Edmonton FCSS grant.
2. Program Coordinator - this full-time position will be funded by the City of Edmonton Operating Grant.
3. Communications Coordinator - this part-time position will be funded by the City of Edmonton Operating Grant.

We are recruiting for the following volunteer positions:

- Publisher, SEESA Shares and What's Happening (filled by Betty Dean)
- Social Media Administrator (filled by Brenda Johnston)
- Administrative Assistant - reports to Operations Manager
- COVID Protocol Coordinator - reports to Operations Manager
- COVID Protocol Ushers and Assistants (20 in total) - reports to Operations Manager
- Finance Assistant - reports to Finance Coordinator (filled by Margaret German)

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- Front Desk Receptionist Lead (1) reports to Operations Manager
- Front Desk Receptionists (10) reports to Operations Manager
- Custodian Assistants - (4) reports to Custodian
- Information Management & Technology Coordinator (filled by Genie Tchoryk) reports to IMT Committee

MEMBERSHIP SERVICES

- Program Development Advisor (3)
- Diversity and Inclusion Advisor (3)
- Program Scheduler - (1) reports to Program Coordinator
- Club Liaison - volunteer (1 for each club) - reports to Program Coordinator
- Summer Garden Tour Coordinator (1)
- Birding Events Coordinator (1)
- Out of Town Adventure Tour Coordinator (1)
- City Adventure Tours Coordinator (1)
- Dinner Theatre Adventures Coordinator (1)
- Front Desk Reception Lead Scheduler (2) reports to Operations Manager
- Front Desk Receptionists (10) - reports to Front Desk Reception Lead
- Kitchen Assistants (15) - reports to Head Cook
- Food & Beverage Servers (20) - reports to Head Cook
- Art & Crafts Curator (1) reports to Program Coordinator
- Librarian (1) - reports to Program Coordinator (Agnes wishes to retire from the role)

- Library Assistants (4) - reports to Librarian
- Wood Workshop Coordinator (1) - reports to Program Coordinator
- Wood Workshop Assistants (4) - reports to Wood Workshop Coordinator
- Tool Crib Controller (crib control, tool sharpening & maintenance) 1 - reports to Program Coordinator
- Grounds Maintenance Coordinator (2) - reports to Operations Manager
- Grounds Maintenance Assistants (4) - reports to Grounds Maintenance Coordinator
- Flower Bed Coordinator (1) - reports to Grounds Maintenance Coordinator
- Waste Management Coordinator (1) - reports to Operations Manager
- Please contact Peggy Hansen at the office to sign up for a volunteer position (780) 468-1985 or peggy@seesa.ca Thank you!

SECURITY CAMERAS AND ALARM SYSTEM

To increase the safety of everyone entering the SEESA facility, an alarm system including cameras at all entrances (inside and outside) will be installed over the summer months. This system is funded by the City of Edmonton Facility Conservation Grant.

PROGRAM DEVELOPMENT

SEESA is now required to demonstrate that its programs meet the “six determinants of healthy aging” as developed by the Alberta Association of Seniors Centres.

These six determinants of healthy aging emphasize the direct impact that seniors’ services have on health and well-being in support of older adults successful aging in their chosen homes and communities.

The categories are:

1. Physical and mental health
2. Social environment and engagement
3. Social support
4. Personal well-being
5. Physical environment
6. Safety and security

We are establishing a small team of individuals who bring **experience in adult education** to help us achieve this goal. If you have this type of experience and want to help, please contact Marilyn Mitchell at mom.mitchell@hotmail.com

HEARING LOOP

As SEESA looks to reopen we want to make sure that our centre is accessible to everyone. Our hearing loop equipment in the gym and at the front desk have been serviced and those having hearing aids can once again experience the joy of hearing clean, clear sound using their T-coil.

Telecoil or "t-coil" technology is a common feature on hearing aids that can enhance your hearing in difficult-listening environments.

If you wear a hearing aid(s), please ensure that you are aware of the t-coil option on your hearing aid and how it works. It can make a

dramatic difference in your ability to hear clearly and understand dialogue while talking with staff at the front desk or attending events in the gym.

PROOF OF VACCINATION

The Board has been considering COVID-19 related restrictions once Alberta Health regulations allow the SEESA Activity Centre to reopen. Members expect safe conditions and any restrictions may limit the ability of some to attend activities. For the safety of all those entering our activity centre (members, staff, volunteers, contractors, and visitors) the Board believes we must provide the safest possible environment and that strict immunization restrictions will apply. We understand that this may restrict access for some individuals who have not yet been fully immunized, are unable to be immunized, or have chosen not to receive COVID-19 immunization.

When the SEESA Activity Centre reopens, anyone entering the building will be required to provide proof that they are fully immunized (2 doses) for COVID-19. The Province has stated that everyone receives a record of their immunization at their immunization appointment. Albertans can also access their immunization records on MyHealth Records.

Alberta Health Services Scientific Advisory Group’s “COVID-19 Scientific Advisory Group Evidence Summary and Recommendations” states “Likelihood of Transmission of COVID-19 infection after

COVID-19 Vaccination” dated March 23, 2021:

Definitions and Terms

- **Vaccination** refers to administering a vaccine to produce immunity, and **immunization** is the process by which a person is protected from disease through vaccination.
- Immunized and vaccinated are considered largely interchangeable terms, with “vaccinated” preferred in this report - but “immunized” may be used especially where study results are quoted.

Fully vaccinated/vaccinated:

- Two dose vaccines:
- Current mRNA vaccines, Moderna and Pfizer 2 doses required 2 weeks after last dose
- Nonreplicating Adenovirus Vaccine, AstraZeneca/Covishield 2 doses required 2 weeks after last dose.

One dose vaccine:

- Nonreplicating Adenovirus Vaccine, Janssen- Johnson & Johnson requires only one dose – 3 weeks after dose
- Partially vaccinated/vaccinated:
- Between one dose of 2 two dose series and the post second dose 2- or 3-week period noted above.
- Within 3 weeks of the one dose in a single dose vaccine.

On behalf of the SEESA Board of Directors, thank you for your ongoing patience as we wait to re-open.

JudyLynn

CORE Events

<https://healthyagingcore.ca/>

Don't forget to register!

*Community-Based Seniors Serving Sector Initiative
Community Activation Sessions*

BUDDY UP MONTH



During June, the "Buddy Up" campaign by the Centre for Suicide Prevention is a call to action to

men, by men. Access resources that encourage men to have conversations with their buddies if they are struggling with thoughts of suicide.

[*Learn More*](#)

OTHER UPCOMING EVENTS

Register at <https://healthyaging-core.ca/>

- Dementia, Stigma, and Rural Aging: It’s Somewhat of a Taboo Topic | Alzheimer Society of Canada
June 16 | 10 – 11 a.m.
- Global Perspectives: Attainable Housing | Entuitive
June 16 | 10 – 11 a.m.
- Psychological Safety Savvy in the Workplace | Mindfulness
June 16 | 10 – 11 a.m.
- What Would it Take to End Food Insecurity? | Tamarack Institute
June 16 | 11 a.m. – 12 p.m.

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- Vaccination Policies for Non-profit Employers | IntegralOrg, FuseSocial, and ECVO
June 16 | 1 – 2 p.m.
- Best Friends Approach Associate Trainer Two-Day Training | Alzheimer Society of Calgary
June 17 & 18 | 8:30 a.m. - 4:30 p.m.



Remembering birthdays from 2014.

June is Pride Month

June is Pride Month in Canada. It is a time when we celebrate diversity and LGBTQ communities, acknowledge their history, the hardships they have endured, and the progress that has been made.

While events will look a bit different this year because of the COVID-19 pandemic, we have put together some resources so that you can still celebrate and learn how to support your LGBTQ Canadians.

Celebrate Pride Month with films, docs and series telling the stories of the LGTBQ community on [CBC Gem](#). Or check out Check out these books by LGBTQ Canadian creators: 16 Canadian books to read for Pride Month, [CBC Books](#)

Thanks for Sharing!

Thanks to *Don Evans* for sharing some of his paintings with us. Don our painting group volunteer, a soapstone carver, and is coordinating our entry into the Strathearn Art Walk on September 11 - 12!





**SONG & STORY:
Father's Day Concert**

Featuring Danielle Dayton, Scott Cook
and Natalia Chai

June 18

**CAPITAL CITY
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epl.ca

Saying Goodbye

Donna Penman passed May 21, 2021. Donna will be missed at SEESA.



Check These Out!

Healthy and Active Aging

June 24, 1:00 PM

Lesley Knull, BSW, RSW, Seniors Resource Coordinator, Elder Abuse Resource and Supports (EARS)

Topics: active aging, observable changes with age, challenges

Incontinence – Improving Care for People with Urinary Incontinence

June 28, 1:00 PM

Dr Adrian Wagg, MB BS FRCP(Lond) FRCP(Edin) FHEA (MD),

Join Dr. Adrian Wagg, a specialist in Geriatric and General Medicine with expertise in health services research, for a discussion about bladder control and methods that help for those who need it.

Dementia – Dementia in the Family

June 30, 1:00 PM

Dr. Lee Cardwell
Determining Alzheimer's from normal aging. Living options for seniors and minimizing the impact of dementia.

Please register for these FYIs on [MyActiveCenter](https://www.seesa.ca/MyActiveCenter)

Song & Story: Father's Day Concert

Friday, June 18, 2021

1:00 pm – 2:00 pm

Online event

You can join the concert on Crowdcast here: <https://www.crowdcast.io/e/songstory>

2021 Edmonton Region Biodiversity Challenge

Nature lovers and enthusiasts, it's time to go outside and explore our own backyard! Participate in the Edmonton region's annual biodiversity photo challenge. [THE CHALLENGE](https://www.edmontonnatureclub.org)

The Edmonton Nature Club offers all sorts of online and outdoor activities for people who enjoy nature. <https://www.edmontonnatureclub.org>



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Thanks for Sharing!

Now that things are opening up are you finding new places to walk?

Thanks to **Fred Shreenan**, member, for sharing his watercolours and reminding us of all the lovely walking paths around us!



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

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.

Celebrating Birthdays

June 15 – July 14, 2021

and remembering 2017 June birthdays!



Linda Acheson
Rita Arends
Heather Arndt
Eugene Barabash
Jim Bennett
Gordon Berdahl
Gerrard Bissonnette
Tracy Bradley
Angie Brow
Yolande Cadrin
Linda Chernetski
Mary Chesney
Jackie Chiasson
Olga Chorny
Inge Christensen
Susan Crowe
Kathleen Dame
Shirley Deen
Anna Der
Trudy Desmond
Emily Dolynchuk
Vicki Dowd
Alice Dusza
Janice Edgington
Janet Eldridge
Bernie Faulkner
Dan Fearon
Myroslawa Fodchuk
Sandra Golan
Marcia Goulet
Olesia Graham
Nancie Graves
Christa Gundermann
Diane Harris
Linda Harrison

Glenda Hawkins
Janet Hedley-Smith
David Hindley
Doug Hunter
Mary Anne Jaedicke
Joan James
Pierre Jean-Louis
Katherine Jenkins
Bruce Johnson
Brenda Johnston
Bonnie Joseph
Lydia Kapitzka
Jacky Kapler
Sandy Kopeck
Peter Kossowan
Ruth Krebs
Walter Lechelt
Leon Leclerc
Annetta LeClerc
Maxine Lemay
King Leung
Marilyn Ligard
Louise Linarez
Agnes Ma
Lynne MacDonald
Ollie Machon
William MacKay
Tony Mak
Joyce Maloney
Marlene Malyj
Sheldon Mang
Amanda Marleau
Lorna Mathews
Laura McCabe
Laurie McCarthy
Victoria Middleton
Zena Miller
Donna Molloy
Steve Montague
Georgine Morin
Maurice Murch
Diane Nickel
Susan O'Neill

Bridgett O'Neill
Sandra Orthner
Eva Osterwoldt
Margaret Overland
Maureen Pelensky
Christine Peleshok
Henry Peters
Lorraine Petersen
Rainer Petersen
Ray Pinkoski
Leora Poulin
Cheryl Purpur
Antonia Ranieri
Jacquelyn Rawson
Jennifer Rebchuk
David Robinson
Sue Sabulka
Nancy Sanborn



Merrill Sandahl
Marilyn Sandahl
Yves Sauve
Carolyn Skinner
Peter Sorel
John Sparling
Jane Springett
Sophie Stecyk
Mila Stefano
Diane Stenson
Lynne Stephenson
Leslie Stewart
Adriana Strikwerda
Sharon Svendsen

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Alice

One day about a month or so ago, a homeless homing pigeon landed in my yard.

Now, I am not fond of pigeons. However, this one had obviously been someone's pet as she (I call her Alice) wants to follow me around everywhere I go when I am outside in the yard. She talks and talks, while following my footsteps. She is completely alone and does not socialize with the other knucklehead pigeons in the area. She spends her days alone in the back yard, eating grain and swimming in 'her pool' and at night she perches, all alone, on a neighbour's back porch light fixture.

We have a few neighbourhood cats that run around killing birds and such and Alice has had a target on her back, since arriving. There have been some pretty close calls.

Even though I can't stand pigeons, I feel sorry for Alice, so I reached out on social media and lo and behold, found a pigeon and corvid rescue not far from this neighbourhood. They are going to take Alice and give her a good home (and hopefully keep her there!)



In appreciation for the help these people are providing, I am rounding up some neighbours to donate supplies to help this group. The group is called the *Underbird*

Member Feedback

Thank you for the Acting Executive Director's update! I am so appreciative for all you and your partners at SEESA are doing to get this organization up and running in the near future. I live out of town but will certainly volunteer for certain positions when I can... like the Rummage Sale, Christmas Crafts, Recognition of deceased members tea, or other such occasions that need extra hands.... maybe helping at the front desk one day a week. I have helped with some of these before. I love taking classes there and meeting friends I have made there over the years. SEESA was, and will be again, such a great, fun place for seniors to meet, share, learn, and support each other, and contribute to this great Center. Your groundwork will certainly not be in vane.

Rescue <https://www.facebook.com/TheUnderbirdRescue/>. They look after injured corvids (jays, crows, pigeons) and could use some help.

If any of our SEESA members have a soft spot for corvids and would like to help, that would be so great.

They need certain types of bird food and supplies, including:

- aspen wood shavings
- straw

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Happy Birthday to:

Fran Tash
Joan Valens
Angela Wagner
Jane Wall
Leila Walton
Pete Wilson
Sheri Woo
Sheenagh Woywitka
Shirley Yakimishyn



From our 2015 June Birthday files.

SEESA is looking for volunteers to join the Information Management Technology committee. If you have any type of experience in information technology, and at any level or capacity, we would like to talk with you about joining our committee.

- pigeon seed from G & E Pharmacy.

If anyone wants to purchase some of these items they can drop them off at SEESA and I will pick them up.

JudyLynn

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

NOTE: *This is NOT a free service.*



ROB HODGINS CALM
MOBILE REGISTERED MASSAGE
THERAPIST

I COME TO YOU. I TAKE YOUR PAIN AWAY
\$59.95

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





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
10045 81 Ave



Email: heather.mcpherson@parl.gc.ca
Website: www.heathermcpherson.ndp.ca
Follow on   

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Saying Goodbye

KADATZ, Eric Arthur

August 30, 1927 - May 18, 2021

It is with great sadness, we announce the passing of Eric Kadatz at the age of 93. Eric was predeceased by his wife Lilly (nee Arndt) in 2016, father Henry, mother Johanna (nee Brandenburg), sister Emma, brother Larry and daughter, Agnes (Angus). Mourning his loss are his sister Dorothy Brandrick (Jim), son Brian and grandchildren Glendon, Jackie and

Brianna. The family would like to thank all staff at CHOICE, Garneau Hall and the Zetter Care Centre for the caring they showed Eric in his final years. While occasionally a little gruff, the staff knew him for the lovable, warm soul he truly was and will, along with his family and friends, remember him for his ready smile and big, blue eyes. Eric was a quiet, hardworking, family

man with farming roots, who loved playing his harmonica and guitar, bowling, and his daily visits to SEESA. Eric will be missed by many. A private family viewing has taken place and interment will follow when safe to do so.

Eric was a long time member and he volunteered extensively with SEESA

SEESA will be closed on July 1 and July 2.

Staff and volunteers will not be in the office to take any phone calls or attend to people who may come to our door. The office will reopen on Monday, July 5.

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](#).



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
July 6 – August 10	Tuesdays, 9:30am – 12:00pm
August 5 – September 9	Thursdays, 9:30am – 12:00pm
August 5 – September 9	Thursdays, 6:00pm – 8:30pm

To register: call 780-735-1080

Update from Canada's Minister of Seniors, Deb Schulte

Seniors across Canada tell me they are worried about their financial security and outliving their savings. Some older seniors share how their lives and needs have changed as they have aged—and so has their financial situation. In Budget 2021 we took action to help relieve these stresses.

To help strengthen Canadians' financial security later in life we propose to:

1. Issue a one-time \$500 payment in August 2021 directly to seniors who are aged 75 and older as of June 2022.
2. Permanently increase the Old Age Security (OAS) pension by 10 per cent for seniors aged 75 and older in July 2022, providing \$766 over the first year to pensioners receiving the full benefit. This is the first permanent increase to the OAS pension since 1973, other than adjustments due to inflation.

Older seniors face increased financial pressures. The OAS increase targets older seniors' increased needs and vulnerability as they age. Those pressures include:

- Higher health-care expenses. Out-of-pocket health-care expenses of seniors aged 80 and above are more than \$700 a year higher, on average, than those of seniors aged 65-74.
- The onset of illness or disability. Close to half of all seniors above the age of 75 have a disability. As a result, they need more supports and face increased costs.
- Few older seniors are able to

supplement their income with paid work. While many younger seniors choose to remain employed, few seniors work beyond age 75. Those who do have a median employment income of only \$720 a year.

- A higher risk of widowhood. Among seniors over 75, four in ten are widowed. Losing a spouse is not only traumatic, but it can increase financial instability, particularly for senior women.

Increasing Old Age Security for older seniors builds on the work we have done to support all seniors.

- For the youngest seniors, we restored the age of eligibility for Old Age Security to 65 from 67.
- For the most vulnerable seniors, we increased the Guaranteed Income Supplement by

10 per cent for singles. We also increased and enhanced the GIS earnings exemption that helped low-income seniors keep more of the money they earn.

- For future retirees, we are gradually increasing the Canada Pension Plan's maximum yearly benefit by 50 per cent, a change that was mirrored by the Quebec Pension Plan.
- To help everyone, we are increasing how much you can earn before paying federal income taxes. When fully implemented in 2023, singles will save close to \$300 and couples will save nearly \$600 every year.

No single measure solves every challenge, but together these policies are making a real difference in Canadians' retirement income security

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*.

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!

1ST CHOICE YEAR ROUND HOME & YARD MAINTENANCE

- Home and Yard Maintenance
 - Lawn and Yard Maintenance
 - Pruning, Trimming/Tree Removal
 - Painting (inside/outside)
 - Repair to fences, doors, windows, etc.
 - Small concrete jobs
 - Drywall
 - Minor Plumbing
- Free Estimates



Phone Marcos 780-667-9233

marcoxolivares@gmail.com

Paid Advertisement

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Staff and volunteers will not be in the office to take any phone calls or attend to people who may come to our door. The office will reopen on Monday, July 5.

Garden Tours

- Would you be interested in attending in a SEESA garden tour this summer?
- Would you be interested in organizing a few garden tours?

We want to hear from you! Call the office and let us know how you wish to participate!