

# SEESA Shares

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

August 2021

9350 82 Street NW Edmonton AB T6C 2X8

web site: [seesa.ca](http://seesa.ca)

email: [info@seesa.ca](mailto:info@seesa.ca)

## ANNUAL GENERAL MEETING

The AGM will be held on **August 31, 2021 at 2:00 p.m.** The program will include a guest speaker, the 2020 reports, and elections. Ensure you have your 2021 membership in place to be able to attend and vote at this meeting.

Join us for a **Welcome Back Wine & Cheese reception** immediately following the conclusion of the AGM. This is a chance to come and mingle with staff and volunteers and your SEESA friends and neighbours. It's a great way to renew your friendships and perhaps create a new one. If you are planning to attend the Wine & Cheese please **RSVP to 780-468-1985** so we can get a count of how many people we will be serving.

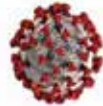
*Looking forward to seeing you there!*


The Open House planned for Wednesday, September 1, 2021 has been **cancelled**.

## Drama Production

Our Drama Club is hosting their next production "*Climbing Out of Covid*" on **Wednesday, September 1, 2021 at 2:00 p.m.** Weather permitting this will be held in the west parking lot so dress for the weather. The alternative for inclement weather will be to hold the performance in the gym.

**SEESA'S Accidental Drama Club**  
presents





# CLIMBING OUT OF COVID

**& POPUP**

**Wednesday, September 1, 2021**  
**SEESA West Parking Lot at 2pm**  
[Presented In the gym if it rains]

*Admission by Donation*

Bring your own chair  
Dress for the weather

9350 82 Street NW  
Edmonton Alberta Canada T6C 2X8

780-468-1985  
[info@seesa.ca](mailto:info@seesa.ca)

# Rescheduling Of Seesa Opening

*We were too ambitious!*

As we prepare to reopen the centre to classes, clubs and other activities, we realize that our reopening timelines were overly ambitious. To ensure that we can deliver the programming offered we have rescheduled our opening date.

## Here's what's happening:

### • Program Guide

The Program Guide will be available on **Monday, August 30, 2021**. Please check the website at [www.seesa.ca](http://www.seesa.ca) for all information regarding our class and club offerings. If you don't have access to the website please call SEESA at 780-468-1985 to arrange to see a copy of the Guide.

- **Drama Club** production "*Climbing Out of Covid*" is on for **Wednesday, September 1, 2021 at 2:00 p.m.** Weather permitting this will be held in the west parking lot so dress for the weather. The alternative for inclement weather will be to hold the performance in the gym.

- **Open House** planned for Wednesday, September 1, 2021 has been **cancelled**.

### • Class Registration Day

- Our in-person registration day has been moved to Wednesday, **September 8, 2021 from 9:00 a.m. – 12:00 p.m.** We will host you in the cafeteria prior to entering the registration room as we have done in the past.

### • Cafeteria Reopening

- The cafeteria will be open beginning on **Monday, September 13, 2021 from 9:00 a.m. – 1:00 p.m.** for breakfast and lunch service.
- Bring your friends, family or neighbours and come and enjoy some time together over some great food prepared by our returning cook **Chantal**.

### • Classes and Clubs

- **Classes and Clubs will resume on Monday, September 20, 2021**.
- Please check the Program Guide to ensure the classes and the club you want to attend are running. Clubs are run by members and need a Liaison to coordinate activities. If you can offer to be a Liaison please let us know.

Thank you for your support and continuing to be involved and enjoy the wonderful centre that SEESA is. We are looking forward to the building being open again and activities taking place.

*Peggy Hansen*  
*Operations Manager*

# Thank You

Big *thank you* to everyone who has stepped forward to help clubs run.

The following activities are still looking for liaisons:

- Carpet Bowling
- Crib Tournaments
- Floor Curling – Tuesday Evenings
- Floor Shuffleboard
- Men's Shed
- Monthly Dinners
- Souper Solos.

Please email [melanie@seesa.ca](mailto:melanie@seesa.ca) if you can help!

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## Can You Help?

We're looking for someone to help with scheduling our FYIs. We have someone in this position who is going to need to be assisted for a while because she is going to be going for surgery.

Please email [melanie@seesa.ca](mailto:melanie@seesa.ca) if you can help!

Thanks!

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## 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](mailto:info@drivehappiness.ca)



# Clubs and Classes are Starting!

Thanks to members Nancie Graves, Lorne Bradley, Kathy Tkachuk and Don Evans for sharing some of their art.

*Maybe getting ready for our art club?*

*What else are you thinking of joining?*

Kathy Tkachuk writes: "I'm a fan of Monet and during lockdown in 2020 I was looking at his paintings and got an idea. I've named each of these paintings. They measure 4x4 and I display them on mini easels."

Here are Kathy's first two:



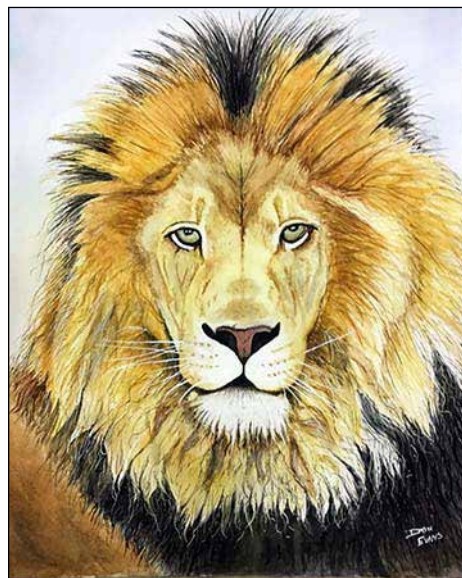
*'Stay Home'*



*'Self Isolate'*



*'Winterscape'* in oil  
by Lorne Bradley



*'Lion'*  
by Don Evans

Drawings by Nancie Graves:



# What About a Men's Shed?

SEESA used to have a Men's Shed but it became inactive.

*Are you interested in helping to revitalize it? Would you join a Men's Shed at SEESA?*

We've scheduled a meeting at SEESA with a couple of the guys from the Camrose Men's Shed and the Beacon Heights Men's Shed, to hear from them what makes their Men's Shed relevant for them and the types of activities they get involved with. These guys love their Men's Shed and are keen to help us get ours back in full swing.

The meeting will be held in the Gym with the DATE AND TIME to be announced – with refreshments!

Call the office and let us know if you are interested in participating 780-468-1985.

*Peggy Hansen,  
Operations Manager*



# Hello SEESA Volunteers,

*When you volunteer at SEESA you are not only helping your friends and neighbours enjoy various activities, you are also keeping SEESA alive!*

Our funder looks at the number of volunteers and the number of hours they put in that would equate to a regular staff salary. They look at what volunteers are doing at SEESA and how often they are doing it. Although you may think that your hours are few and don't matter, that's not the case at all.

***We need to record all of our volunteers and your volunteer hours!***

This provides the basis for our funder to determine how much we will receive based on what we report. We can only record you and your hours if you let us know who you are and how many hours you actually put in. We used to be able to do this through MySeniorCentre but since the centre isn't open we need you to send them to [peggy@seesa.ca](mailto:peggy@seesa.ca) or call 780-468-1985 and give your hours to whoever answers. This can be done daily (if you only work 1 or 2 shifts), weekly, or monthly.

***Regardless how many hours you work please ensure that you send them in so we can have an accurate account of the great work our volunteers do to keep SEESA going.***

# Look for SEESA at the Strathearn Art Walk!

STRATHEARN

JEWELRY ACRYLIC MOSAIC  
GLASS ABSTRACT POP ART  
CERAMICS OIL LITHOGRAPHY  
SCULPTURE CARVING DIGITAL TEMPERA WATERCOLOUR  
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WOODWORK WOODWORK PHOTOGRAPHY MURALS  
REALISM MODERN CONTEMPORARY & MORE!

11-12  
SEPTEMBER TWO DAYS. OUTSIDE. STRATHEARN DR.



## SEESA AGM

2:00 p.m.

August 31

Program:

- Guest Speaker,
- 2020 Reports
- Elections.

*Ensure you have your 2021 membership in place to be able to attend and vote at this meeting.*

Welcome Back Wine & Cheese reception immediately following the conclusion of the AGM. This is a great chance to come and mingle with staff, volunteers and your SEESA friends and neighbours. It's a great way to renew your friendships and perhaps create a new one.

If you are planning to attend the Wine & Cheese please **RSVP to 780-468-1985**.

*Looking forward to seeing you there!*

## 1ST CHOICE YEAR ROUND HOME & YARD MAINTENANCE

- Home and Yard Maintenance
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marcoxolivares@gmail.com

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## Welcome Home



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visit us online at **gef.org**



# History of Knitting

<https://www.crowdcast.io/e/epl-telephone-social-5>

**Wednesday, August 18  
10 am EPL Telephone Social**

As always, you are welcome to attend live or to watch the replay after the session has happened. In either case please let me know how many people watched the presentation from your location as those numbers help me to show the impact of these presentations.

## From the Editor


The Program Guide will be available on **Monday, August 30, 2021** – *and I can't wait!* I hope to join pilates and maybe the art club. Maybe even the fitness centre!

What are you joining? What have you joined in the past? If you have any memories and/or photos of your past involvement, I'd love to have them for our next newsletter. **Please share!**

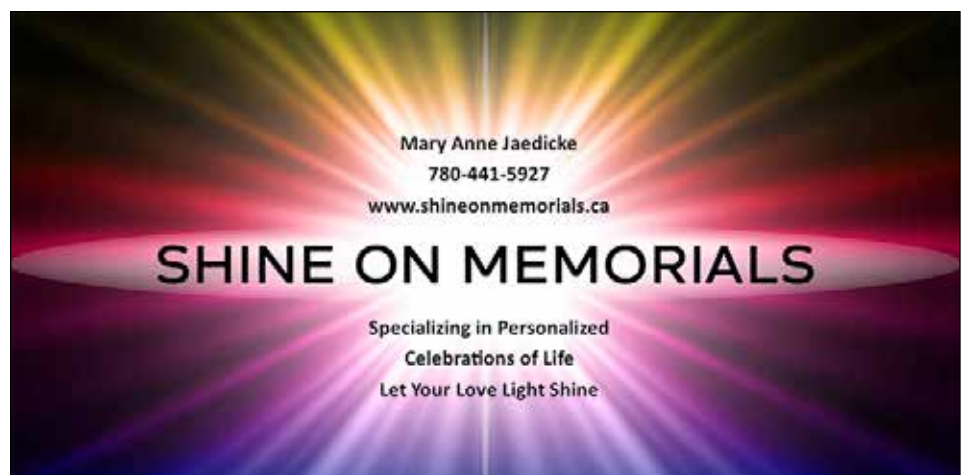
**Remember** – your comments, submissions and ideas are all welcome.

Let us know what you think -

*Betty*



**Do you play any of these instruments?  
And would you be interested in making  
music with other like minded members?  
If so, the SEESA house band  
would like to hear from you.  
Please contact Bill Tkachuk at 780 232 1257  
or Lorne Bradley at 780 469 0950**



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# Alberta COVID News



With strong vaccine uptake, Alberta will gradually bring COVID-19 measures in line with other respiratory viruses to ensure health system capacity for the fall.

*Nearly 75.6 per cent of eligible Albertans have now received at least one dose of COVID-19 vaccine, and 64.3 per cent are fully immunized.* Vaccines dramatically reduce the risk of severe outcomes and the risk of infection. While COVID-19 cases may rise in the coming months, a surge of hospitalizations and other severe outcomes is much less likely thanks to vaccines.

In the coming weeks, Alberta's health system will take steps to make sure that it is ready to support all patients, including those with COVID-19 and other respiratory viruses, like influenza, which health officials expect to increase this year.

## 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 **multilingual 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.

## 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.

**For mental health resources or other supports, contact 211.**

Dial 2-1-1  
Text INFO to 211  
Chat Online at [www.ab.211.ca](http://www.ab.211.ca)

## Book your free shot. It's safe and easy.

COVID-19 vaccines help prevent you from getting infected and protect you from getting severely sick if you do get it. All [vaccines](#) are safe, effective and save lives.

**Everyone born in 2009 or before (turning 12+) can get their first and second doses now.**

Book your shot at a participating pharmacy, through the AHS online booking tool or call 811. More appointments will be added as we get more doses. Temporary walk-in clinics are available for first doses of an mRNA (Pfizer or Moderna) vaccine.

[Find a pharmacy](#)  
[Book AHS online](#)  
[Find a walk-in clinic](#)



# Celebrating Birthdays

## August 15 – September 14, 2021

*and – blasts from the past!*

### ***Happy Birthday to:***

Norma Alton  
Bernice Armstrong  
Linda Axley  
Mary Baxter  
Pauline Belanger  
Robert Beresnak  
Joyce Blacklock  
Annette Bogusz  
Sylvia Brecknell  
Gail Campbell  
Maxine Charlton  
Patricia Clarke  
Sandra Copeland  
Ron Cutting  
Jim Der  
Cindy Dew  
Marlene Dickson  
Rosemary Dinsdale  
Barbara Dobson  
Bill Donnelly  
Andrew Dorosh  
John Thomas Eadie  
Vernon English  
D. Gordon Ewing  
Arlene Fraser  
Denise Gates  
Peter Gommerud  
David Gordon  
Margaret Gronnestad  
Beverley Hadlington  
Julie Haley  
Donald Hart  
Jennifer Hawkins  
Florence Hawkins  
Carol Hill  
Karen Hobbs  
Marie Hofer  
Duane Horton  
Shirley Hughes  
Maryanne Huntingford



Patricia Kelly  
Pat Kerr  
William Kerscher  
Elizabeth Kingan  
Colleen Klammer  
Shirley Kneller  
Peter Kneubuhler  
Chris Kocil  
Vivian Konsorada  
Dorothy Korbut  
Cathy Kowalski  
Donna Kromm  
Terri Labonte  
Ray Labonte  
Margaret Lang  
Kim LeBlanc  
Richard Linklater  
Claire Lopeter  
Stan Losiak  
Ian Macintosh  
Jim Mackey  
John MacLeod  
Silvia Malfanti  
Shirley Manchak  
Janice Marion  
Roger Martens  
Elizabeth McGuinness  
Athena McKenzie  
Bonnie McMillan  
JoAnne McRae  
Debra Miller

Bob Hyndman  
Barbara Johnston  
John Jwaszko  
Eric Kadatz  
Ana Kante  
Charlie Kapchinsky  
Lesley Karpiak  
Keith Kasha  
Dorothy Kehoe  
Wade Miller  
Deborah Miville  
Jean-Louis Moquin  
Lillian Nichol  
Barb Ozee  
Thea Pfalz  
Allan Pickard  
Christine Place  
Diana Polzin  
Arlene Prokopczak  
Brenda Remin  
Sherry Reynolds  
Suzanne Rigsby  
Alain Rodrigue  
Anne Romanow  
Rose Royer  
Judy Russ  
Marianna Sanders  
Elizabeth Saskiw  
Irene Scarrett  
Adina Schmidt  
Iris Schumacher  
Karen Sheridan  
Hanna Shmulevitz  
Jane Skinner  
Melissa Stelter  
Laura Stewart



Linda Storey  
Hon Szeto  
Judith Taylor  
Lorri Tian  
Andy Trachimowich  
Katherine Tracy  
Marielle Turgeon

Katherine Turnbull  
Diane Turner  
Jean Ursulak

*Continued on page 8*



## Happy Birthday to:

- Russell Vaillant
- Kevin Valpy
- Betty Van Petten
- Phillip Vere
- Norman Viegas



## Missed an Estate Power week session?

*Or maybe you want to go back and review the information again.*

You can check out these [recorded sessions](#).

- Estate Planning 101 and Choosing the Right Executor
- Estate Accounting – What You Need to Know
- Be Mindful of Common Issues
- Executor Duties 101 – General Roles
- Beneficiaries NOT Named in the Will
- Dealing with Capacity Issues
- Handling Disputes
- “War Stories” – When Estates Don’t Go According to Plan
- What NOT to Do as an Executor





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

**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](http://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](http://www.ahs.ca/bcbh)

**Upcoming Virtual Workshops:**

2021 Dates	Day & Time
August 5 – September 9	Thursdays, 9:30am – 12:00pm
August 5 – September 9	Thursdays, 6:00pm – 8:30pm
September 12 – October 24 (skip Oct 10)	Sundays, 6:00pm – 8:30pm
September 22 – October 27	Wednesdays, 9:30am – 12:00pm

**To register: call 780-735-1080**

# Seniors Home Supports Program

## COVID vaccinations

As we continue to see more and more people being vaccinated for COVID-19, there are some who are unable to take the shot. Keep in mind, one reason that someone may be unable to get the COVID vaccine may be because their immune system is weak. Getting the vaccine will not provide them the protection it is meant to provide simply because their body doesn't make antibodies. This does not just apply to seniors.

A question that callers are asking me when requesting referrals for home services is if we screen our service providers for COVID vaccination. We do NOT ask service providers that question. For one thing, it is illegal to ask a person to divulge personal confidential medical information.

What we DO ask is that service providers continue to follow COVID protocols, either because we are now dealing with variants or just to put the client's mind at ease. The service provider may be using protocols for their own protection as well as they may not be able to be vaccinated for whatever reason. Again, this is confidential personal medical information.

Although the SHSProgram doesn't ask service providers their COVID vaccination status, it doesn't mean that the client can't. However, unless it is company policy to have their staff vaccinated, the company, or worker, does not have to share

that information with clients. Even though it's not mandatory, if a service provider is in direct contact with a client (indoor services), we are still asking them for the time being to keep masking, social distancing (when possible), washing their hands, using rubber gloves and, if necessary, use a face shield and full PPE. This would especially be the case when personal care is being provided such as bath assist, etc in the home.

***So, to clarify, the Seniors Home Supports Program does not ask or make note of any service providers COVID vaccine status.***

It is every person's responsibility to continue to follow COVID protocols for their own and other's protection and request others to do the same in their home or on their property.

If you have any other questions about COVID vaccines, please contact 811, look up info on the [AHS website](#). You will notice a difference between the Alberta and Federal guidelines.

**Keep up to date  
on all the SEESA  
News -  
follow us on  
[Twitter](#) and  
[Facebook](#)**

# SEESA

## publication dates

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

## SEESA now accepts 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](mailto: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**.



# 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](mailto:heather.mcpherson@parl.gc.ca)**  
**Website: [www.heathermcpherson.ndp.ca](http://www.heathermcpherson.ndp.ca)**

Follow on   

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## Why do I Volunteer?

### *Because I like it!*

I started volunteering with SEESA when the first COVID lockdown occurred. I was a fairly new member - had just joined pilates and the fitness room, and hadn't really gotten to know anybody. When the call came to help with the newsletter, I volunteered.

### *Why?*

First, I really enjoy doing newsletters...(some people think this is a bit insane...).

Second - I'm quite social, and really like being involved with things. If I couldn't go to SEESA, it was a way to bring SEESA to me!

Volunteering helped me feel involved and helped me get to know people. Now I can't wait to meet in person! I've joined SEESA golf, and will sign up for more on September 8.

I'm happier when I'm involved, and feel better helping others feel better!

***Are you looking for information or assistance?***

***Visit the 211 helpline.***



*Check out birthday photos from the past!*

# Mayoral Forum

**Thursday, August 19 11 a.m.**

The YEG Seniors Alliance and ESCC is hosting a **virtual Mayoral Forum on Thursday, August 19 at 11 a.m.** Any senior can send questions for the three candidates who are participating to: [Office@edmontonseiorscentre.ca](mailto:Office@edmontonseiorscentre.ca).

The event is being moderated by Dr. Sheree Kwong See. The participants are **Kim Krushell, Michael Oshry, and Amarjeet Sohi**.

It's a chance for seniors to put their questions and concerns to these candidates. Register for the event [here](#).

If you want to stream it to your smart TV, you can cast it from ESC's home YouTube to your smart TV or smart board [here](#). We will

be live streaming to our YouTube channel: ESCTVYEG. ESCTV will also carry the recording on our streaming service that seniors can watch later.

For candidates who are not participating, we are sending them all the questions that the attendees will be asked and those who are not part of the virtual forum can send us their written reply that we will post on our website and social media. We can't host them all, but we can give them all a chance to speak to seniors' issues and concerns.

If seniors have questions they can email me at [office@edmontonseiorscentre.ca](mailto:office@edmontonseiorscentre.ca). Or they can call and leave a message at 780-425-8625.

# CORE Events

<https://healthyagingcore.ca/>

**Don't forget to register!**

*Community-Based Seniors Serving Sector Initiative*

*Community Activation Sessions*

## Managing burnout and stress

**August 11, 11 am to noon**

Topic: Resources for caregivers and service providers to support managing burnout and stress. Drawing on the Canadian Mental Health Association, Alberta Division's, Overcoming Mental Health in Global Pandemic webinar, burnout and stress are discussed as they apply to Alberta seniors and those who support their wellbeing.

Presenter: Tim Neubauer (PDF, 199 KB), Rural Mental Health Project Coordinator, Canadian Mental Health Association, Alberta Division

Registration: [Managing Burnout and Stress](#)

**Keep up to date  
on all the SEESA  
News -  
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**Survey: COVID-19 Affected Alberta Family Caregivers.**  
**What is happening in 2021?**

**Are you caring for a child or adult who is ill, disabled, frail, or elderly?**

Dr. Jasneet Parmar from the Department of Family Medicine at the University of Alberta & her team are inviting you to participate in a survey to understand how COVID-19 has affected family caregivers in ALBERTA and what supports family caregivers need now. It will take about 20 minutes of your time.

**Click on the link to complete the survey**  
[redcap.link/caregiver2021](https://redcap.link/caregiver2021)

The objective of this survey is to understand:

- 1) Alberta family caregiver's current situations (e.g., caregiving work, anxiety, loneliness, health and wellbeing, out-of-pocket expenses)
- 2) What supports Alberta family Caregivers need now.

If you have any questions, contact:  
Dr. Jasneet Parmar, 780-901-6236 | [jasneet.parmar@ualbs.ca](mailto:jasneet.parmar@ualbs.ca)  
Dr. Sharon Anderson, 780-953-5541 | [sdanders@ualberta.ca](mailto:sdanders@ualberta.ca)  
Study Number: Pro00097906

**UNIVERSITY OF ALBERTA**  
**FACULTY OF MEDICINE & DENTISTRY**  
Department of Family Medicine

Caregiver Centered Care is a Program of Applied Research & Innovation in Health Services/Oliveros Family Caregiving  
University of Alberta/Department of Family Medicine

**Caregiver Centered Care**  
Supporting Family Caregivers in Their Homes

Visit: [caregivercare.ca/research](https://caregivercare.ca/research)