

SEESA Shares

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



October 18 – 22
October 25 – 29
Monday to Friday
9 a.m. – 4 p.m.



9350 82 Street

PROOF OF
VACCINATION REQUIRED
(Hard copy or digital proof)



We're into Fall, and there's lots happening at SEESA!

Onsite classes, clubs and FYI's are back! Our latest **Program Guide** will be posted on the website the week of **October 18**.

Coming to SEESA can help you stay active!

Being active every day helps to:

- Improve mood and sense of well-being.
- Get a good night's sleep.
- Have a good appetite.
- Stay at a healthy weight.
- Keep your bowels healthy.
- Keep your muscles and bones strong.
- Reduce the risk of other health conditions.
- Increase your energy.
- Improve your balance.
- Reduce your risk of falling.

*from pg. 4 of the
[Keeping Well Booklet](#)*

Welcome Back to SEESA!

SEESA is open and in business!

After an 18 month closure we have reopened and have classes and clubs onsite and online that are ready for you to join in.

- **All people entering SEESA must now provide proof of double vaccine. Show your double vaccine information and then you will get a SEESA card that says you have been double vaccinated. You only need to show that card on all of your future visits.**
- **Masks are mandatory inside and during all classes and clubs.**

Be kind and patient. We have lots of new members and new volunteers who are learning their way around SEESA – remember to be kind to each other! If you have any suggestions, questions or concerns please let me know – my door is always open.

Book Sale starts on Monday, October 18 and runs until October 29.

We have a whole room full of books that are looking for new homes so please come in and find your favorite authors to enjoy. We also have a load of puzzles to choose from.

Kitchen and Café are also open. Chantal, our amazing cook, is back and is preparing some incredible meals. We are open for breakfast and lunch!

Volunteers Needed! Our

café is very short on volunteers for cashiers and kitchen help. If you can help, please let Leslie know.

Clubs are up and running – but they need you to attend to keep them running.

Contract Bridge is a great example of one of the clubs that was well attended prior to COVID but is struggling to get enough players now. We have done our best to implement COVID protocols that will help to keep everyone safe. No matter what you do at SEESA, even when playing cards, you must wear your masks and sanitize often. Your clubs need you to join them in order to keep them running. Come and support your club activities!

Onsite classes are back!

We have many of the same class instructors back in the building to offer their programs to you. **Our latest Program Guide will be posted on the website the week of October 18.** If you would like to have a hard copy of the Program Guide, we will have them for sale in the centre for \$5. Please order one at the front desk and we can print it off for you.

FYI's are back. These are information sessions offered by experts in their field for you to gain knowledge and facts about the topics offered. The Program Guide has all the offerings so check it out! You can pre-register, which is preferred so we can have a feel for how many people will attend, but

can also drop in the day of and pay at the front desk.

Class Registration Day is Friday, October 22 at 9:15 a.m.

You can register onsite or through our website. If you decide to register in the centre, you can buy a coffee and/or a pastry and mingle in the cafeteria until you are called into the registration room.

Remembrance Day is fast approaching. With COVID still hanging around we obviously will not be able to gather in the Auditorium for our regular service. We are, however, looking to do something at SEESA to honour our veterans and those who came before us and fought for the freedoms we have today. *If you would be interested in attending please call the front desk or email me by November 5 so we can determine if there is enough interest to hold a ceremony.*

Take care out there everyone.

Peggy Hansen
Operations Manager

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

November is Falls Prevention Month

— *and the timing couldn't be better!*

I'm paying more attention to *Fall Prevention Month* this year, having recently suffered from a concussion after a fall. How quickly things change!

I remember my Mom saying "Pick up your feet or you'll trip over them." And I did! I was delivering some art for a silent auction and tripped - over my feet I think! I hit a concrete block going down, and when I left emergency I had 6 stitches above my very black eye, a bruised face, and concussion. I could open my eye within a couple of days as the swelling reduced, the bruising made its way across and down my face and neck, and the 'goose egg' is gradually shrinking - but the concussion has taken 4 weeks (and counting) of recovery.

Today, I can spend up to an hour using the computer. My pre-concussion norm was 3 to 4 hours a day; I've very slowly built up to the hour and have no idea when this will be back to normal. That's why this month's **SEESA Shares** is later than usual being published. It's also why **What's Happening** didn't get sent last week.

I've started going for outside walks, always with my husband, Michael. I'm just not ready to walk by myself yet. I'm back to carrying my cane. I have started painting again, but

no close work. I know when I have done too much of anything because my headache starts pounding and I become nauseous and dizzy.

Could I have prevented this? I'm not sure, but as I read through the [Keeping Well Booklet](#) there are certainly suggestions that might have helped. With COVID limitations, I'd reduced my exercise, including working on my balance; I'm not 'out and about' as much, so I haven't been walking as much. Wearing a mask is a nuisance, and if I'm not careful, can impact what I see. Depression is often an issue for me, so sometimes I don't pay enough attention to what I'm doing.

The [Keeping Well Booklet](#) has some suggestions for balance exercises to do at home - and I'll now be more intentional about doing them. I'll implement other suggestions as well, hoping not to fall again.

I hope you read the booklet too, and consider what you might do to prevent falling. There are some great webinars we can register for - see page 5 of this newsletter for details. On page 6, I've included their information on staying safe outdoors this winter.

I would hate for any of you to repeat my experience!

Betty Dean

To cultivate a supportive environment on SEESA premises, at any offsite activity organized by or related to SEESA, or in any communications among or about participants, all individuals are treated with respect and dignity, and are aware of SEESA's [Code of Conduct](#).

From the Editor

We had great feedback about the 'Gossip and Rumour' Column - it sounds like people had fun sharing bits from it!

Anything else you especially enjoyed? Your comments are so encouraging!

I've missed most of my fall series classes because of a fall (see my story to the left!) so still haven't met very many members. Hope you've all had a good time getting back into our building - I'm hoping to get back to my class this week. Please be sure to introduce yourself to me - and to anybody else you don't know. It helps build the friendliness SEESA is known for!

Thanks everyone -

[Betty](#)

Just an idea...

Would you be interested in a Saturday art workshop? Open to everyone - no talent or experience needed!

I've got a couple of ideas for art workshops - one is a 1/2 day the other is all day.

There will be a cost, but not sure yet how much.

I'd love to know what you think! Email me [here](#) or phone me (780 466 9152).

Thanks for your input!

[Betty](#)

Sharing Our Creative Spirit

I'm so glad Judy Ashton has shared her art with us. But we need more!

Now that clubs and classes are active, please share your work - cards, crafts, carvings, drawings, paintings, poetry - any of your creations would be terrific! Just send your photos in their original size to me!



by Judy Ashton



by Judy Ashton



by Judy Ashton

Welcome Home



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visit us online at **gef.org**



Alberta 55 Plus Zone 6

SNOOKER Qualifying Tournament for the Winter Alberta Games to be held in Edmonton, April 7 - 10, 2022

Qualifications to be played off on **Wednesday, November 10, 2021**

Open singles can qualify from the two age groups (55+ and 70+)

11:45 pm Registration, 12:00 pm play begins

Central Lions Recreation Centre (11113 - 113 Street)



Contact **Elaine Maxwell** at 780-483-2983 or elainemaxwell@live.ca

Deadline for registration **November 9, 2021**

Participants must hold a current membership in Alberta 55 plus to compete.

Covid-19 restrictions require all to show proof of double vaccination and mask wearing is a requirement.

Annual membership cost is \$30 and can be purchased at the tournament. Registration fee of \$5.

Euchre Playoff



November 6th, 2021 – 10:00 am

at North West Edmonton Seniors Centre
(12963-120 St. NW Edmonton)

To determine qualifiers for
Alberta 55plus 2022 Winter Games
April 7-10, 2022 in Edmonton

Must be Current Alberta 55plus members to compete.
Membership \$30 – available at playoff.
Registration fee - \$10

Coordinator **John Frank**

jfrankedmonton@gmail.com or 780-476-0140

Closing date for entrants is **October 30th, 2021.**

**95% OF ALL
HIP FRACTURES
&
40% OF ALL
DIRECT RESULT OF
FALLING
NURSING HOME
ADMISSIONS ARE A
DIRECT RESULT OF
FALLING**

Falls Prevention Month Free Webinars

- **Webinar 1: Staying Independent: What you should know about your vision and eye health**

Date: 4 November, 2021

Register [here](#)

- **Webinar 2: Medication Decisions that Reduce Risk for Falls**

Date: 10 November, 2021

Register [here](#)

- **Webinar 3: Home modifications to support community dwelling older adults with staying independent and preventing falls in both rural and urban settings**

Date: 16 November, 2021

Register [here](#)

Check the [Finding Balance website](#) for further information and videos coming soon! Finding Balance is a seniors' falls prevention initiative developed by the Injury Prevention Centre at the University of Alberta.

Strathearn Art Walk

Thanks to volunteers who looked after the SEESA booths at the Strathearn Art Walk, and to Don Evans who coordinated the event and took the photos!



Winter in Alberta

Adapting the way you walk on icy, snow-covered surfaces can help you prevent falling.



Walk Like a Penguin

- Bend slightly and walk flat footed.
- Point your feet out slightly like a penguin.
- Keep your centre of gravity over your feet as much as possible.
- Watch where you are stepping.
- Take shorter, shuffle-like steps.
- Keep your arms at your sides (not in your pockets!).
- Concentrate on keeping your balance.
- Go S-L-O-W-L-Y.
- Visit Alberta Health Services at: www.penguinwalk.ca

Tips to walk safely in winter:

- Take your time and avoid rushing.
- When possible, avoid walking on snow and ice.
- Wear shoes or boots with a wide, flat heel.
- Make sure footwear has the proper amount of grip - not too much and not too little. Wear ice grips over your shoes or boots to get better grip on ice.
- Choose footwear with soles that stay flexible in the cold.
- If you use a cane, put a retractable ice pick on the end of it.
- Carry a small bag or container of sand to sprinkle on icy spots you cannot avoid.
- Keep your hands free for gripping handrails or supports.
- When going indoors, stomp the snow off of your footwear and remove ice grips.



COVID-19 Vaccinations – Third Doses Available for Eligible Seniors.

Starting October 6, Albertans age 75 and older and First Nations, Inuit and Métis people age 65 and older can begin booking for a third dose at least six months after their second dose. In addition, third doses are available on-site for seniors living in congregate care.

Get more information [here](#).

Did You Know?

There is Dental and Optical Assistance for Seniors

Eligible seniors can get help covering the cost of basic dental and optical services. Get more information [here](#).

*Are you looking for information or assistance?
Visit the 211 helpline.*

Card Makers Club:



This is a fundraising club for SEESA.

We make handcrafted cards for SEESA to help run the association. Come join us and have fun making these cards and meet other cardmakers, giving each other different ideas etc.

You just need a flare in the enjoyment of making cards. Some supplies will be provided, but feel free to bring your own.

Finished cards are displayed and sold by SEESA

Stay Active at SEESA!

Onsite classes, clubs and FYI's are back! Our latest Program Guide – will be posted on the website the week of October 18.

Check it out at seesa.ca



5 Pin Bowling Playoff



Monday, November 15th, 2021 – 1:00 pm

Bonnie Doon Bowling Lanes

Qualifiers advance to compete in **Alberta 55plus 2022 Winter Games** Edmonton April 7-8-9-10, 2022

Registration deadline is November 12th, 2021

Contact Coordinator **Caroline Anker**

paces55@shaw.ca or 587-469-4460

Registration Fee \$5

Must be a current Alberta 55plus member to compete

Memberships \$30/year; available at playoff



Alberta 55 Plus Zone 6

SNOOKER Qualifying Tournament for the Winter Alberta Games to be held in Edmonton, April 7 - 10, 2022

Qualifications to be played off on **Wednesday, November 10, 2021**

Open singles can qualify from the two age groups (55+ and 70+)

11:45 pm Registration, 12:00 pm play begins

Central Lions Recreation Centre (11113 - 113 Street)



Contact **Elaine Maxwell** at 780-483-2983 or elainemaxwell@live.ca

Deadline for registration **November 9, 2021**

Participants must hold a current membership in Alberta 55 plus to compete.

Covid-19 restrictions require all to show proof of double vaccination and mask wearing is a requirement.

Annual membership cost is \$30 and can be purchased at the tournament. Registration fee of \$5.

Military Whist Playoff

To determine qualifiers for the **Alberta 55plus Summer Games** in Peace River June 15-19, 2022

November 12th, 2021 – 1:00 pm

At NWESS (12963 – 120 Street)

Contact **Joyce Ruptash** 780-476-3978

or ruptash@shaw.ca

Cost for 55plus members - \$5.00



Celebrating Birthdays

October 15 – November 14, 2021

with more birthday photos from the past!

Happy Birthday to:

Avril Armstrong
Denise Audet
Lynn Ausman
Patricia Berry
Olga Bougher
Lorne Bradley
Gloria Bradley
Connie Bright
Wendy Brown
Robert Buchan
Robyn Buchan
Rosanne Buijs
Mary Cameron
Ann Campbell
Mary Carey
Joyce Chapman
Joan Cholak
Marina Chrapko
Richard Clarke
Claire Dallaire
Teresa Davis
Anne Dawson
Robert Dixon
Cherry Dodd
Vesta Elliott
Florence Ellis
Annette Evans
Phyllis Findlay
Connie Fischer
Johanna Fritsche
Margaret Gangl
Ruth Gleave
Patricia Goshko
Anne Goueffic
Marjorie Gove
Kathleen Granstrom
MaryAnne Hawryluk
Dave Heatley
Brian Heidecker
Wendy Heise
Trudy Hensel
Angelika Hoffmann
Loretta Holub



Jyy Huang
Elaine Jensen
Madalyn Johnson
Jean Anne Jorgensen
Ellen Killips
Mary Anne King
Alice Koesling
Reginald Kostash
Claire Kotun
David Law
Carol Leonard
Liz Lepp
Louise Libich
Donna Lidgett
Tom Lobb

Ingrid Lundell
Colleen MacGregor
Katarina Markovic
Vivien McDougall
Mike McGee
Sharon McKay
John McKenzie
Marian McNair
Patric Mireau
Lorna Nesdole
Shirley Oberg
Kinuyo Oda
Marcos Olivares
Paula Osachuk
Anna Paquin
Elsie Pawlak
Melanie Pedersen

Laura Pehrson
Roland Perrott
Richard Perry
Doris Picard
Vicki Pickard
Anastazia Poloway
Gloria Poon
Marilyn Pushalik
Elaine Radulski
Connie Robinson
Judy Rushton
Margaret Russell
Stephen Siu
Serena Siu



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Happy Birthday to:

Jeanette Stern
 Ruth Stevenson
 Daniel Stewart
 Kathy Telfer
 Terry Terlesky
 Mary Toma
 Helen Tomlinson
 Pamela Tremblay
 Kaoru Turnbull
 Edwina Viegas
 Georges Vincent
 Marilyn Wakaruk
 Sylvia Whitson
 Peter Wightman
 Isobel Wilson
 Janette Witt



Zone 6 Competitive Pickleball Playoff



Date: Tuesday, November 9th, 2021 – 9:00 am-1:00 pm
 Cost: \$5 Registration Fee

Where: Central Lions Seniors Association
 (11113-113 Street – Large Gymnasium)

Registration e-mail to Marshall Yaremco at
marshmy@telusplanet.net or phone 780-434-1754

When you register, give your age group & competitive level.

Registration Deadline Date November 1st, 2021

- Men & Ladies 55+, 60+, 65+, 70+, 75+
- Competitive Levels – 3.0, 3.5, 4.0

Winners qualify for the 2022 Alberta 55plus
 Summer Games in Peace River June 16-19.

Competitors **MUST** be a **CURRENT** Alberta 55plus member
 Memberships available online @ www.alberta55plus.ca
 or at the competition (\$30 per year).



Telling Your Story

Both of my parents are gone and so are most of my aunts and uncles. So, I need to be the historian for my family.

I thought this sheet was helpful for getting some ideas of questions to ask yourself and others to get the juices flowing.

We can leave money and things behind, but what I miss are the stories that were told and I've forgotten or

were never told. Or the questions I didn't think to ask at the time.

Deborah Miville

Senior Homes Support Coordinator

Ph. 780 468 1985 ext.3

deborah@seesa.ca

They say if you don't tell your story, no one will.

Find a list of hereditary questions and answer the questions about yourself. Where and when were you born? What were your parents like? What is your first memory? Filling out a questionnaire is a great way to start thinking about your past.

Talk to relatives and the friends that you have known the longest. Ask them questions about you as well as themselves. Lives are interconnected, and you might learn something from someone else's perspective. For example, ask friends that you went to school with about their experiences at school. Their memories may jog yours, or you could use their experiences as material to help you provide a richer description of your school days.

Read a history book to refresh yourself on the important historical events that occurred during your lifetime. Did any of them particularly impact you? If you have a vivid memory of the event, write about it.

Collect the above information into notes. Add to this any diaries that you have written. Ask family members and friends who kept diaries if they would be willing to share with you some of their pertinent entries that they don't consider too personal. Collect photo albums and videotapes. Visual information can often be more telling than words

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
September 12 – October 24 (skip Oct 10)	Sundays, 6:00pm – 8:30pm
September 22 – October 27	Wednesdays, 9:30am – 12:00pm
October 18 – November 22	Mondays, 6:00pm – 8:30pm

To register: call 780-735-1080



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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

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 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, Face-Book and Twitter;
- **Message from the Board** - the 3 Friday of each month via email blast, the website, Face-Book and Twitter.

COVID GUIDELINES

- **All people entering SEESA must provide proof of double vaccine.** Show your double vaccine information at the door and you will get a SEESA card that says you have been double vaccinated. You only need to show that card on all of your visits.
- **Everyone is required to wear a mask** while moving around in the hallways, sanitize often and practice social distancing whenever and wherever possible. All attendees, including staff and volunteers, will wear a mask or face covering when in the building. Masks or face coverings must be worn to cover both the nose and mouth and should fit snugly.
- Masks are optional during fitness programs including all classes and clubs. We have rechecked the City of Edmonton and Provincial protocols and have adjusted our guidelines to reflect their updated measures. Masks will continue to be mandatory at the centre, except when eating/drinking.
- COVID screening posters have been put up all around the building. If you have any of the symptoms or have been in contact with anyone that has tested positive for COVID please stay home.
- The procedure to put a mask on is to sanitize hands and then

put the mask on. The procedure to take a mask off is to sanitize hands, take the mask off and sanitize again. Wash reusable masks after each use.

- Disposable masks must be put into the garbage after each use.

Hand Washing

- Members will be expected to use hand sanitizer as they enter the building.
- Please wash your hands or use hand sanitizer BEFORE you enter the class area and as you leave.

Information About Returning to Classes

- SEESA equipment will no longer be available during fitness and yoga programming at the centre. Please bring your personal equipment for each class.
- The following items can be used in place of standard fitness equipment, should you require it:
 - Hand weights – water bottles, socks filled with beans, soup cans
 - Therabands – Cut off panty hose
 - Wands – Yard sticks, broom sticks
 - Bender Balls – Small cushions

Steps for Attending a Class

Step 1 – GO DIRECTLY TO YOUR ACTIVITY

We are limited as to the number of people allowed in each area. This means you must go directly to the room your activity is in. Continue practicing social distancing in all areas and classrooms.

Step 2 – USE THE SANITIZER

Each room has a sanitizer dispenser that you can use to sanitize your hands prior to your activity starting. We suggest you sanitize as you enter the room prior to touching any surfaces and then again as you exit the room.

Step 3 – HAVE FUN

Our team has worked hard to get to this point where we can reopen our centre. We are all excited to be back and we hope you are too!

Step 4 – HELP US CLEAN AFTER YOUR ACTIVITY

See below

Step 5 – DO NOT LINGER WHEN YOU LEAVE

Please do not linger in the classrooms or hallways when you are finished your activity. If you want

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the opportunity to visit with your friends please consider stopping in the café to visit. This is to help us ensure we are meeting all guidelines.

Cleaning After Classes and Clubs

Please lend a hand after your class or club to make sure we can get things clean and ready for the next one by:

- Wipe down all touched surfaces with the cleaner and cloth provided. We will collect the cloths and have clean ones available for the next group.
- Wipe it dry and do not touch the surface again with your hands.

If we all pitch in to work together, our centre will stay clean and we will all stay safe and healthy!

**Keep up to date
on all the SEESA**

News -

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When you... Challenge Your Balance **Build Strength** **Be Active** **...you can enjoy benefits like:**

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FITNESS CLASS **CURL** **AQUATICS**

GOLF **WALK WITH POLES** **SNOW SHOE**

People with strong legs and good balance are less likely to fall. Explore new activities:

INJURY PREVENTION CENTRE Stay Independent. Prevent Falls. findingbalancealberta.ca **Finding Balance**

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SEESA
You belong here