

# SEESA Shares

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

July 2021

9350 82 Street NW Edmonton AB T6C 2X8

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

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

## NOTICE TO SEESA MEMBERS

**The Annual General Meeting will be held at SEESA  
Tuesday August 31,  
2021 at 2:00 PM**

- **Program**
- **Guest speaker**
- **2020 Reports**
- **2021 Budget**
- **Election of President & Directors**
- **Wine and Cheese Reception to follow.**

*Do you have your 2021 membership?*

*Only Regular, Lifetime and Honorary Lifetime members in good standing can vote at the AGM.*



*'Castle Mountain'  
by Don Evans*

## SEESA's Board requires new Directors to replace retiring members!

- Nominations for the 2021-2022 Board (President and Directors) are now open.
- Nomination forms are available from the front desk at SEESA or on the SEESA website.
- Nominations close August 12, 2021.

# 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.***

# Congratulations!

*Carl Kindred and Ann Hartwig married on March 8, 2021.*



We want to share our most happy and loving event with our photo.

The day was cold but our hearts were overflowing with love.

The event was held, up by the old museum then after we went to the Keg for a beautiful tasty supper.

We wish we could see everyone but you know COVID 19.

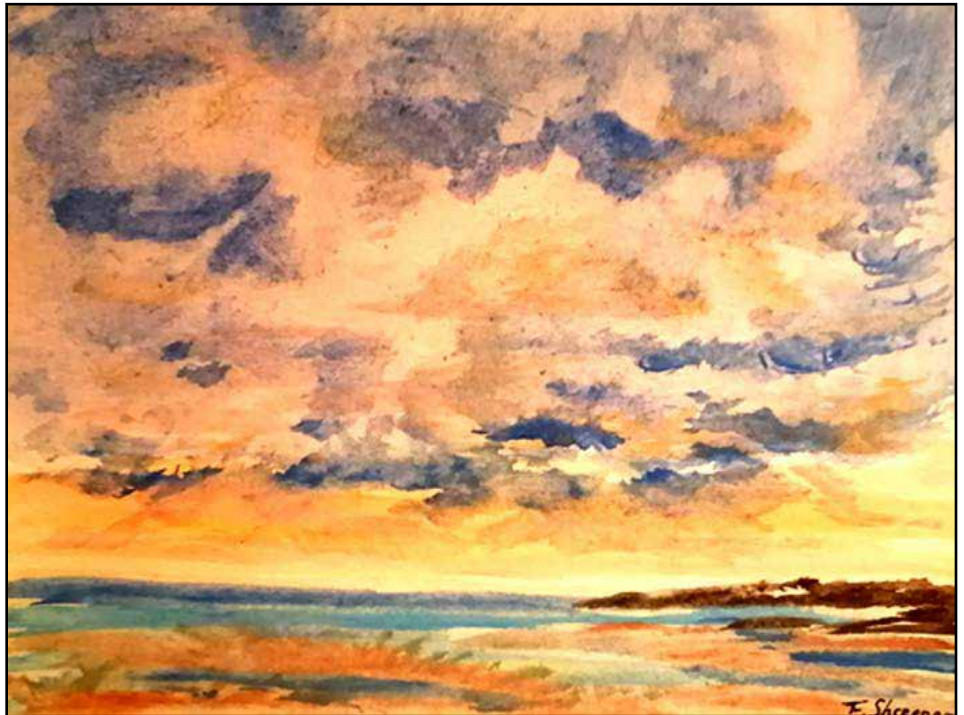
Can't wait till things get back to normal.

Thank you for helping to keep the funding that we need available to us.

*Peggy*

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

***Visit the 211 helpline.***



*by Fred Shreenan*

# WELCOME BACK CELEBRATIONS!

**SEESA will fully re-open on  
Wednesday September 1, 2021!**

- Pancake Breakfast
- Class and Club Demonstrations
- Brand Information Sessions
- Afternoon Lunch and Drinks
- Accidental Drama Club production
- Class Registration

*The Alberta government has withdrawn all COVID restrictions so unless otherwise notified by the Province, there will be no mandatory restrictions to enter SEESA's facility and participate in programs.*

## Hello SEESA MEN Members,

SEESA used to have a Men's Shed but it became inactive. Would you, or do you know someone, who you think would like to help revitalize it and be part of 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. Refreshments will be provided.

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

*Peggy Hansen,  
Operations Manager*



## WOW! \$1211.80

With a full truck, we netted \$1211.80 in bottles PLUS \$60 in cash donations for our bottle drive!

*Many thanks to our volunteers  
and our contributors!*

## From the Editor

It's exciting to have our re-opening scheduled! Clubs can start gearing up to come back once we reopen.

Do you have any photos from previous clubs? Why not send in your favourites!

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

Let us know what you think -

*Betty*

## Our Gardens



SEESA's gardens are looking beautiful. They are full of colourful plants – some that were here and some that have been donated.

Thank you to all who shared their perennial and annual plants with us. They have made our yard a beautiful space that enhances the look of the whole street. Thanks again for your generosity.

*Peggy Hansen  
Operations Manager*



## GOLDEN HOMES COMMUNITY CONSULTATION



GEF Seniors Housing is redeveloping the existing Golden Homes complex at 80 Street and 95 Avenue, in Holyrood.

This will be a seniors-friendly, pet-friendly and environmentally-friendly community for seniors, and we are looking for your feedback and suggestions on the redevelopment.

The first round of community consultations will be held virtually, using Zoom.

**WEDNESDAY  
JULY 21, 2021  
7-9 p.m.**

Please register in advance to participate in the virtual consultation, by visiting the GEF website at [gef.org](http://gef.org).

From the highlight box at the bottom of the home page, click through to the Golden Homes redevelopment page.

### In particular:

• What type of building or buildings would you like to see developed on the site?

• What sorts of features and amenities would you like to see included in the units and on the grounds of the complex?

## How about a Recipe Corner?

*Thanks to Noel Constantin for our first entry!*

My mother Cecile Blanche Ethier/ Constantin's recipe for:

### Old Fashioned BREAD PUDDING

*From Cecile's scribbler*

Combine in saucepan:

- 3 C, milk
- 2 Tbspn butter or Margarine...Heat mixture SLOWLY until butter melts and stir into mixture
- 1/4 C, white sugar
- 1/4 C. brown sugar (packed firmly)

Stir until sugars dissolve> Remove from heat and transfer to large mixing bowl and add :

- 3 eggs well beaten mix well and add:
- 1/2 tspn cinnamon
- 1/2 tspn vanilla
- 3½ C Dry bread cubes (I use 4) Use up broken cookies, dried donuts, cake etc
- 1/2 C raisins ( I put in 3//4 C)

Stir well and let sit for 15 minutes, then pour into 9X11 well greased pyrex dish, bake for 1 hour @ 350 degrees. Enjoy hot with farm cream, ice cream or just plain.



Mary Anne Jaedicke  
780-441-5927  
[www.shineonmemorials.ca](http://www.shineonmemorials.ca)

## SHINE ON MEMORIALS

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# *Let There Be Summer (Or, Why I Don't Like Winter)*

*I grew up on a fairly large cattle ranch in eastern Alberta. My brothers and I rode four miles on horseback to school each day, summer and winter. Some very cold rides, I can remember. On winter days when it might be just too cold, or when a blizzard blew in and we just couldn't ride to school, we stayed home and helped my father feed cattle. I also helped him feed cattle on weekends. It was all done with a team of fine horses pulling a hayrack on sleighs, and the hay was forked on and forked off. I built up a lot of muscles, but I didn't like the cold! The following poem summarizes my thoughts of winter from those days!*

W.H.B  
May 2021

## **Let There Be Summer (Or, Why I Don't Like Winter)**

There's a story I tell, I remember so well  
When the winter winds whip through my parka  
Of the days of my battle, in the cold feeding cattle  
In the blizzards of southern Alberta

There are those I am told, when the winter takes hold  
Get excited for the season to come  
With great anticipation of their participation  
In the frolics of cold winter fun

At the first winters snow some load up and go  
To the mountains for a day on the slopes  
Then ski down the hills for the sake of the thrills  
Without breaking some limbs one would hope

They have a smile on their face at the height of the race  
As they slip down the hills in the wind  
Feeling free as they glide on the long dangerous slide  
They can't wait for another weekend.

Still others will dream of the speed of machines  
That lay ugly tracks in the snow  
As they race over fields on their skidoo mobiles  
With a deafening roar as they go

They think winter is fine, and they spend as much time  
As they can driving fast though the ditches  
Or they may load machines for more mountainous

scenes  
Onto trailers and pickups with hitches

There they take many chances with snow avalanches  
As they race through the valleys below  
I guess they have fun, but for me I am one  
Who'd rather stay far away from the snow

Oh the winter pristine, as on calendar scenes  
May bring great delight to some souls  
But as you will see, no winters for me  
Because I've had my time in the cold

No, there's no way today I will go out to play  
In the cold when I do have a choice  
For in my life past, I kept freezing my ass  
As we heeded command of my father's firm voice

For no matter the day my father would say  
"Get out there and get feed to those cattle"  
And so we would go, braving blizzards of snow  
There was no day that we could slacken the battle

At minus forty without, as the snow whipped about  
Those cattle just had to be fed  
So we'd spend the whole day, forking rackloads of hay  
And we longed for the warmth of our bed

As the blizzard's winds blew, we got chilled through 'n  
through  
And icicles formed at our nose  
Still, all through the day we kept forking that hay  
And our chin and our cheeks often froze

And so you can see, no winters for me  
I much prefer flowers and sun  
Because I've worked in the cold, and now that I'm old  
I just can't think of winter as fun

When the cold winds burst forth with a blast from the  
north  
In the autumn when summer is done  
It is time to retire, by a flickering fire  
And wait for next summer to come

Or if you have the time, head for sunnier climes

*Continued on Page 6*

*Continued from Page 5*

And spend the winter in latitudes south  
Far from the snow and the cold winds that blow  
And the drifts that build up 'round the house

No, the colds not for me, I too easily freeze  
When the cold wind drives deep through my parka  
I have learned from my battles, in the cold feeding cattle  
In the blizzards of southern Alberta

W.H.B.

Mar 99

*From: Stories I Would Never Tell My Grandchildren*



*'Sunflower Sunset'  
by Don Evans*

## 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](#).

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

A collection of musical instruments: a yellow saxophone, a yellow trumpet, a brown violin with a bow, a black clarinet, and a grey and black keyboard. The instruments are arranged in a grid-like fashion within a black-bordered box.

**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 232 1257  
or Lorne Bradley at 780 469 0950**

# Alberta COVID News

## Stage 3 of the Open for Summer Plan

Alberta's Open for Summer Plan safely eased restrictions in 3 stages as vaccination targets were reached and hospitalizations declined.

Alberta entered Stage 3 on July 1. All public health measures have now been lifted except for isolation/quarantine requirements and masking requirements in health care settings and public transit.

General guidance is available [here](#) to assist Albertans and businesses in following best practices to prevent the spread of COVID-19.

**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](#)

## 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](mailto: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](http://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.

## Progress to date As of July 6:

4,673,582 doses administered  
73.6% of Albertans 12+ with at least one dose  
50.7% of Albertans 12+ fully vaccinated  
721 adverse events following immunization reported ([learn about vaccine safety](#))

[See full stats and map.](#)



July 2019 Birthdays



'Tehya and Cat'  
Don Evans

# CORE Events

<https://healthyagingcore.ca/>

## Don't forget to register!

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

### Grief and loss during the pandemic

**When:** July 28, 10:30 am to 11:30 am

**Topic:** Strategies to manage grief and loss for ourselves and those we support.

**Registration:** [Grief and Loss During the Pandemic](#)

### Managing burnout and stress

**When:** 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](#)



by Fred Shreenan



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

## 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.



# Celebrating Birthdays

July 15 – August 14, 2021

*and remembering July birthdays from the past!*

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

Daniel Acheson  
Margaret Adams  
Allison Akgungor  
Adele Amyotte  
William Anderson  
Wayne Anderson  
Margaret Antoniuk  
Joyce Aysan  
Robert Baldwin  
Murray Barber  
Darlene Bartman  
Stella Beniuk  
Colette Boudreau  
Francis Bowditch  
Janice Carroll  
Linda Cerra  
Francis Chan  
Barbara Chapman  
Michelle Childs  
Norman Clair  
Shirley Clement  
Gerald Cliff  
Elsie Combs  
Muriel Darvill  
Claire De Legh Arnold  
Elizabeth Demers  
Bob Disler  
Bruce Dunn  
Sheila Dyck  
Bunny Edwards  
Stan Edwards  
Lisa Eriksson  
Carol Ewing  
Jeannette Fortier  
Nicole Fortin  
Claudine Fournier  
Lynn Fraser  
Norma Gallardo  
Opal Gano  
Jim Gendron  
Anne-Marie Goggin



2013

George Harris  
Gloria Hodgetts  
Andrea Holubitsky  
Robert Hopgood  
Robert Horton  
Linda Hutton  
Niels Jensen  
Linda Jones  
Chandrima Kapoor  
Mary Kieller  
Nancy Kindler  
Carl Kindred  
Kay Klepachek  
Fernie Labonte  
Ann Lam  
Madeleine Landry  
David Lapp  
Florence Lavigne  
Lynn Linklater  
Christina Logan  
Richard Lorentz  
Bruce MacDonald  
Juanita Makinson  
Janos Markovic  
Julia Markowski  
Silvano Martini  
Joy May  
Claudette McCartney

Sandra McFadyen  
John McGie  
Doreen McKernan  
Vincent Meyer  
Frances Meyer  
Sarah Miller  
Roger Miller  
Phyllis Molyneux  
Rick Morrow  
Tan Nguyen  
Hanna Nordstrom  
Gail Petryk  
Natalie Piasetsky  
Elizabeth Prystawa  
Dave Rochefort  
Lika Ruecker  
Pauline Ruzycki  
Martin Seitz



2019

Lynnda Sharp  
Ruth Sheppard  
Jim Shipka  
John Shreenan  
Pauline Steele  
Hazel Sterr  
EvaGay Sutherland  
John Taylor  
Wendy Taylor  
Gerry Thomas  
Allan Thomas  
Ella-Lynn Thygesen  
Margot Trembath  
Mario Urbina  
Sandy Veldhoen  
Valerie Weber  
Janet Wheler  
Karen Wiltshire  
Maureen Winchester  
Vicky Wirth

*Continued on Page 13*

## Happy Birthday to:

Randall Wolfert  
Margaret Wooff  
Catherine Wyard-Scott  
Peter Zeidler



2017

## 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](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*.



## 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
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**

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# 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 (<https://www.alberta.ca/covid-19-public-health-actions.aspx>) or PHAC website (<https://globalnews.ca/news/7981308/updated-guidance-fully-vaccinated-canadians/>). You will notice a difference between the Alberta and Federal guidelines.



*'Tonquin Park'  
by Don Evans*



# 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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## Canadian Continence Foundation

Do you experience accidental leakage of urine, sometimes referred to as bladder weakness, but known as urinary incontinence (UI)?

The Canadian Continence Foundation has published a brochure, made with the help of people living with bladder problems, who asked for evidence about the help that lifestyle and dietary factors can offer for improving incontinence. The brochure contains recommendations (strongly supported by research) and suggestions (less strongly supported by research). You can use this advice alone or in combination with other treatments, such as bladder training, medication, pelvic floor physiotherapy, and surgical intervention, to manage UI.

The brochure is available at [https://www.canadiancontinence.ca/pdfs/Educational\\_Brochure\\_v6.pdf](https://www.canadiancontinence.ca/pdfs/Educational_Brochure_v6.pdf)

## Zoom Coffee Chats

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



*'Memories of Paris 3' by Betty Dean*

*Sometimes when I travel I come home overwhelmed by photos and memories. I've found collage combined with painting is a process I love, and helps me capture those memories.*

# Welcome Home



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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)