

## **Welcome to the South East Edmonton Seniors Association (SEESA)!**

SEESA is an inclusive community hub focused on wellness – helping older adults of all walks of life live their best lives through social connection, learning, purpose, physical activity and meaningful community involvement.

### **OUR MISSION:**

**To empower and enhance the quality of life of people in our community as we age.**

### **HOURS OF OPERATION**

Monday through Friday 8:30 a.m. - 4:30 p.m. and some evenings.

9350 82 Street NW, Edmonton

Phone: 780.468.1985

Website: [www.seesa.ca](http://www.seesa.ca)

### **PROGRAMMING**

SEESA provides a wide array of opportunities to engage and connect with others through classes, clubs, and special events. Our Program Guide and Activities Calendar are available on our website; hard copies are available at the office for \$2.00.

Caregivers are welcome to attend all activities at no charge when helping their client. If the caregiver wants to participate themselves, they will need to pay the current fee for that class/club.

### **GOVERNANCE**

The organization is governed by a volunteer Board of Directors and the Annual General Meeting takes place on the second Wednesday in March each year. If you are interested in serving on the Board, please connect with SEESA's Board Chair at [jarcher@board.seesa.ca](mailto:jarcher@board.seesa.ca).

### **STAFF**

SEESA currently has six paid staff positions including an Operations Manager, Finance Coordinator, Program Coordinator, Volunteer Coordinator, Home Supports Coordinator and Custodian.

## **VOLUNTEERS**

Volunteers are one of the main reasons why SEESA is able to provide affordable programs and services to its members. More importantly, volunteering plays a critical role in helping older adults adjust to retirement, find a new sense of purpose, make new friends and make a real difference in the community. It's amazing what can happen when people join together to do great things!

SEESA's Board is indebted to the volunteers who contribute to delivering SEESA programs and services. Your help makes everything at SEESA possible and your enthusiasm is the welcoming face to our membership.

Any questions, inquiries, concerns or comments regarding the volunteer program, please call our reception at (780) 468-1985 and ask to speak with our Volunteer Coordinator.

Whether it's cooking in Tillie's cafe, participating with special events, teaching a class, serving at the front desk or joining the Board, you will have fun, meet new people and wonder why you didn't do this sooner. Come talk with us!

## **CODE OF CONDUCT**

To cultivate a respectful and supportive environment on SEESA premises, our Code of Conduct provides a clear directive that all individuals be treated with respect and dignity. Individuals wishing to join SEESA as a member are required to read and sign the SEESA Code of Conduct.

## **DONATIONS**

As a registered charity, SEESA depends on and is most grateful for donations. Donations can be made in person at the Centre or via the SEESA website.

## **MEMBERSHIP**

Members pay an annual fee that can be paid at any time throughout the year, which provides access to all activities and the right to vote at Annual General Meetings. Non-members are also welcome to attend all activities. Participation fees for classes, clubs and events are in the Program Guide and on the website.

### *MEMBERSHIP RENEWAL*

Membership renewal can be done online at [seesa.ca/membership](https://seesa.ca/membership); in person at the Centre; or by calling us at (780) 468-1985.

## **SENIORS HOME SUPPORTS PROGRAM**

Our Seniors Home Supports Program helps seniors stay in their homes as they age by providing the following referrals to screened businesses that offer:

- Snow Removal: remove snow and put down anti-slip material to cover icy spots (not chipping ice)
- Yard Help: includes mow lawn and do spring/fall clean-up including tree removal, trimming, etc. and gate, sidewalk and concrete repairs
- Housekeeping: vacuum, wash floors, clean bathrooms, do laundry, dust, clean the fridge
- Home Repair and Maintenance: includes minor repair, electrical, plumbing, painting, furnace, appliance repair, handyman, roofing/eaves trough, deck and railing repairs, window cleaning (not major renovations)
- Personal Services: includes hair care, foot care, medi-alert, home and respite care (personal care, homemaking, nursing care, companionship, accompanied transportation)
- Moving Help: organizing, junk removal, downsizing

For Home Support Services contact Deborah Miville 780.468.1985 ext. 260 or [deborah@seesa.ca](mailto:deborah@seesa.ca)

## **OUTREACH SERVICES**

This service provides assistance to older adults and their family members to connect with resources, services, and supports, by assessing needs and offering appropriate support / outreach services. Includes:

### *Assessment and Support*

- assistance, information, and support to clients as needed
- help connecting seniors to resources at agency and in the broader community
- resources and information on such issues as health, grief, finance, relationship issues, mental health / emotional well-being, elder abuse, decision-making options, legal matters, safety, and social life / recreation
- assistance with filling out forms for Canada Pension Plan (CPP), Old Age Security (OAS), Guaranteed Income Supplement (GIS), Alberta Seniors Benefit, Special Needs Assistance, and housing applications

### *Outreach / Long-Term Support*

- support for seniors who are dealing with multiple challenges in their lives
- ongoing assessment, outreach, and support to older adults and their family members with the goal of ensuring that the needs for seniors and their families are accommodated in all areas of life
- help connecting clients to community resources
- accompanying clients to appointments
- home visitation
- identifying clients' needs
- help with decision-making options
- emotional support

- community outreach (social workers can meet clients in their homes)
- community visits such as meeting with clients and their doctor for important appointments
- advocacy
- resources and information on such issues as health, grief, finances, mental health / emotional well-being, elder abuse, and social life and recreation

This free service is provided by social workers through a collaboration with Sage Seniors Association. If you, or someone you know, could benefit from Outreach Service, please contact Colleen Derksen at (780) 691 0561.

## **FACILITY**

SEESA's 25,000 square foot facility and cafe provides a welcoming place where members feel connected to others, develop friendships, eat meals together and have opportunities to grow, laugh, learn, exercise and find a whole new purpose through volunteering.

We gratefully acknowledge 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.

### *SAFETY*

For everyone's safety there are security cameras inside and outside the building; they are monitored.

### *COAT ROOM*

The coat and boot room is located in the centre of building. All items are left at your own risk. Please do not leave items that you do not want to lose.

### *TILLIE'S CAFE*

Fully operated by SEESA volunteers, Tillie's Cafe serves breakfast, lunch and simply delicious sweets and snacks. Hours are 09:30 am to 1:00 pm.

### *FITNESS CENTRE*

The fitness centre is open to members and non-members.

### *LOCKERS*

Lockers are located in the change room across from the fitness centre, and in the hallway beside the gym. Bring your own lock or you can borrow one from the front desk.

*IN CASE OF EMERGENCY – MUSTER POINT*

In the event of an emergency all persons in the building will evacuate and meet at the muster point located beside the NW corner of the west parking lot.

*PARKING*

Free parking is available on the north & west sides of the building, with limited spaces on the south side. Staff parking is located in the south parking lot: please do not park in these designated spots.

**ROOM RENTAL**

SEESA rooms, cafeteria and gymnasium are available for rental to members and the general public. For availability and rental rates please contact [info@seesa.ca](mailto:info@seesa.ca)

**SMOKING**

SEESA follows City of Edmonton smoking bylaws which dictate that smoking is not permitted within 10 metres of doorways, windows and air intakes of buildings, patio and bus stops.