

President's Message January 27, 2022

The first month of 2022 is drawing to a close. I believe we are all hoping that we're seeing the last of the pandemic as Omicron continues to challenge the world.

I want to say a heart felt thank you to:

- Members for adhering to the vaccine/mask/social distance protocols that are helping keep everyone safe from this highly infectious variant.
- Everyone for the books and puzzles being brought in, to help give all of us something to do.
- Instructors, class participants and clubs who continue to come in to SEESA to be together and stay active.

I look forward to re-opening Tillie's Café when we feel it is safe to do so.

SEESA members who participated in a class, club, FYI session or any other type of event or informal gathering at SEESA during 2021 will get a short **online survey** this week. The survey results are needed for SEESA's application for the 2022 Senior Centre Investment Program (SCIP) operating grant. Senior centres may receive up to 25% of eligible operating expenses to a maximum of \$250,000. In 2021 SEESA received approximately \$150,000.00 from this grant.

The purpose of the survey is to report to the City of Edmonton how participating at SEESA helps meet the City's six determinants of healthy aging:

- Social Environment and Engagement: Helping seniors reduces our risk of loneliness and isolation.
- Safety and Security: Increasing our capacity to maintain personal safety and security
- Physical and Mental Health: Increasing our capacity to live independently by keeping healthy
- Personal Well Being: Increasing our sense of meaning, purpose and connection to the larger world.
- Social Support: Increasing our access to information, programs, services, and support to manage activities of daily living.
- Physical Environment: Increasing our ability to live in a place that's appropriate for our circumstances.

The survey is very short (six questions). All answers are confidential and it needs to be complete by **Monday February 7, 2022**. SEESA needs your survey answers to apply for this very important funding.

NOTE: SEESA s 2021 Annual General Meeting will be held on Tuesday, March 9, 2022. We look forward to seeing you.

Be sure to renew your 2022 membership so you can participate. You can do this by clicking [here](#), or by calling the front desk at 780-468-1985.

Warmest Regards,
JudyLynn Archer