

HAVE YOU BOUGHT YOUR 2022 SEESA MEMBERSHIP?

MEMBERSHIP FORMS NOW ONLINE.

You can now renew your membership from the comfort of your home: Click [here](#) to go to the SEESA.ca membership page.

You will need to do two steps:

1. Buy your membership by following the link.
2. Download and fill out the SEESA membership forms, scan them and email them to SEESA or bring them to the front desk.



CONGRATULATIONS!



Dorothy Mayall, winner of the SEESA quilt raffle.

Members asked that the forms be made available on line saying it would be more convenient. Thanks for that suggestion!

Members also asked if we could provide a fillable PDF form. We currently don't have that functionality for SEESA.ca.

Remember: You need a 2022 SEESA membership to attend and vote at the March 9, 2022 Annual General Meeting!

UPDATED COVID POLICY

Our updated COVID Policy is on the last page of this newsletter and on our website [here](#).

Please do your part to keep us all safe and healthy!

JUDYLYNN ARCHER AWARDED ALBERTA ORDER OF EXCELLENCE 2020



Alberta Order of Excellence recipients at the December 13 Investiture Ceremony: SEESA board president JudyLynn Archer, (third from right). Other recipients (left to right) Jim Boucher, Frances Harley, John Mah, Alberta Lieutenant Governor, Honourable Salma Lakhani, His Honour Dr. Zaheer Lakhani, JudyLynn Archer, Ed Stelmach, Joanne Cuthbertson (on behalf of Charlie Fisher).

After several postponements due to COVID, SEESA's President (and now volunteer Temporary Designate Executive Director) attended her investiture ceremony into the Alberta Order of Excellence. The honour acknowledges JudyLynn's work with Women Building Futures, a not-for-profit organization that helps women escape poverty through training in the trades.

Upon retiring from Women Building Futures JudyLynn established an Endowment Fund that will contribute in perpetuity to the long-term sustainability of Women Building Futures.

As of 2020, Women Building Futures has trained over 2300 women. Graduates experience an average employment rate of 90 percent (2019 figures) and a 2.5 percent increase in income after completing a Women Building Futures program.

Congratulations JudyLynn!

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.

HEALTHY AGING
CORE Collaborative Online Resources & Education
ALBERTA

CONNECTING WITH THE DIGITAL WORLD



Dig-IT provides seniors with assistance accessing technology and with support to build digital skills.



For more information, click [here](#).
If you're interested, apply [here](#).

FROM THE EDITOR

HAVE YOU RENEWED YOUR MEMBERSHIP? DO IT ONLINE

[here.](#)

Thanks to Don Evans and Ronna Jevne for sharing their creativity with us – I was really struggling for member entries! Check out their contributions on pages 4, 5 and 6.

SEESA Shares is for members and by members. I count on your submissions to keep it interesting.

Here are some ideas of what you might share:

- photos of your art and/or craft and/or hobby projects;
- photos from your SEESA club;
- photos from your travels or walks, with a bit of a story about the adventure;
- poetry or short stories;
- favourite recipe - with a bit of story and/or photo.

I'm really happy to help with any editing, formatting, etc. If you're sending photos, please send them in as large a format as possible.

I'm sure many of you have lots of ideas as well - keep them coming! Marilyn shared her thoughts on being a volunteer (pg. 5) and Carol sent in a 'good news' story (pg. 8). Great contributions!

If you send in something from the web, remember I can't use it without an original credit. Please be sure to include this when you send it.

THE ACCIDENTAL DRAMA CLUB



The Accidental Drama Club has again rewarded their fans with another tremendously entertaining show.

ADC's Christmas production '*Let It Show, Ho Ho Ho*' was presented on December 10 and 11, live on stage at SEESA. Both shows were sold out, and both received standing ovations from appreciative audiences.

Also, when you send me an e-mail or get one from me for the first time, you could get a message saying it might be spam or an address for phishing - all you have to do is check that the address is correct, then click that it is safe to proceed. Always better to be safe!

Thanks everyone -

[Betty](#)

'Let It Show, Ho Ho Ho' was the third production of 2021 from SEESA's talented thespians, especially impressive considering the challenges of creating and rehearsing during COVID.

Thank to the members of ADC for their efforts – we're all looking forward to ADC's next production, sometime in 2022.

**KEEP UP TO DATE ON
ALL THE SEESA NEWS**
FOLLOW US ON
[Twitter](#) AND
[Facebook](#)

IF I WAS RETIRED

by Ronna Jevne

If I was retired

I mean really retired,

I would write a poem.

I would walk among the aspens.

I would take carrots

To the neighbor's horses.

If I was retired

I mean really retired,

I would make my own chai tea latte

*I would sit with a shawl on my
shoulders*

Talking to the blue jays

Who are feasting on the bird seed.

If I was retired

I mean really retired,

I would take longer in the shower

Basking in the warmth

Of the privilege of warm water,

*Then wrap myself in my softest
towel.*

If I was retired

I mean really retired,

I would don my camera vest

Laden with all four lens,

Caress my new carbon fibre tripod,

*Load them both in the car and head
out.*

If I was retired

I mean really retired,

I would leave home-made cookies

On my friends doorstep,

Ring the doorbell and leave.

She will know who the trickster was.

If I was retired

I mean really retired,

I would file my taxes late,

Not use this sun drenched day

Lining up receipts

As if they matter.

If I was retired

I mean really retired

I would stay in the silence

Hear only the distant train

Hmmm a little to myself

*As the geese signal their
homecoming.*

If I was retired

I mean really retired

I would bury myself in a mystery,

Care not when I ate

Except for the cashews

Mandatory for reading.

If I was retired,

I mean really retired,

I wouldn't make a to do list.

I would pull weeds from the garden

And tend the rose bushes

Because they called to me.

If I was retired,

I mean really retired,

I would light a candle at supper

Savour my home-made soup

My scone and cheese

And linger over ginger tea.

If I was retired

I mean really retired,

*I would saunter down to the
pasture*

To watch the sunset

To be sure I remember

*There is at least one miracle in
every day.*

REMEMBER OUR READING CORNER?

We're always looking for books for our little reading alcove and some new puzzles for our puzzle cabinet.

Please – only recent soft and hardcover books and puzzles with no pieces missing!

Thanks!

STORY OF A SEESA VOLUNTEER

from Marilyn

The volunteer programme at SEESA has enabled me to be more active in the senior community.

Being part of SEESA has given me the opportunity to meet more people my age. I have seen first hand the enjoyment and the fun that seniors of all ages get from being part of SEESA. I have made several new and wonderful friends since joining.

Due to the pandemic, SEESA is facing several challenges right now.

1. Fewer seniors coming to the building;
2. Fewer clubs opening;
3. Not being able to hold the usual jumble and bake sales and not hosting their casino.

If I can be a cashier in Tillie's cafe, though not much, at least I feel I am doing a little part in getting

FAMILY DAY 50/50

TICKETS

\$5 EACH
700 printed

ON SALE JAN. 10 – FEB. 22

Open to SEESA Members & General Public.
Purchase at
SEESA Front Desk or Call 780-468-1985.

DRAW

NOON, Feb. 22 in SEESA Café

You do not need to be present to win.

Licence 589440

SEESA back to a semblance of normality.

I honestly just have the one barrier (which really isn't a barrier in the true sense of the word), and that is that I do not drive. Unfortunately, that means that I take 3 busses to get to SEESA.

I wish that I could work more. Once the warmer weather comes

that should be easier for me to arrange.

In finishing , I would like to say that SEESA is a great place for us seniors, and long may it remain open.

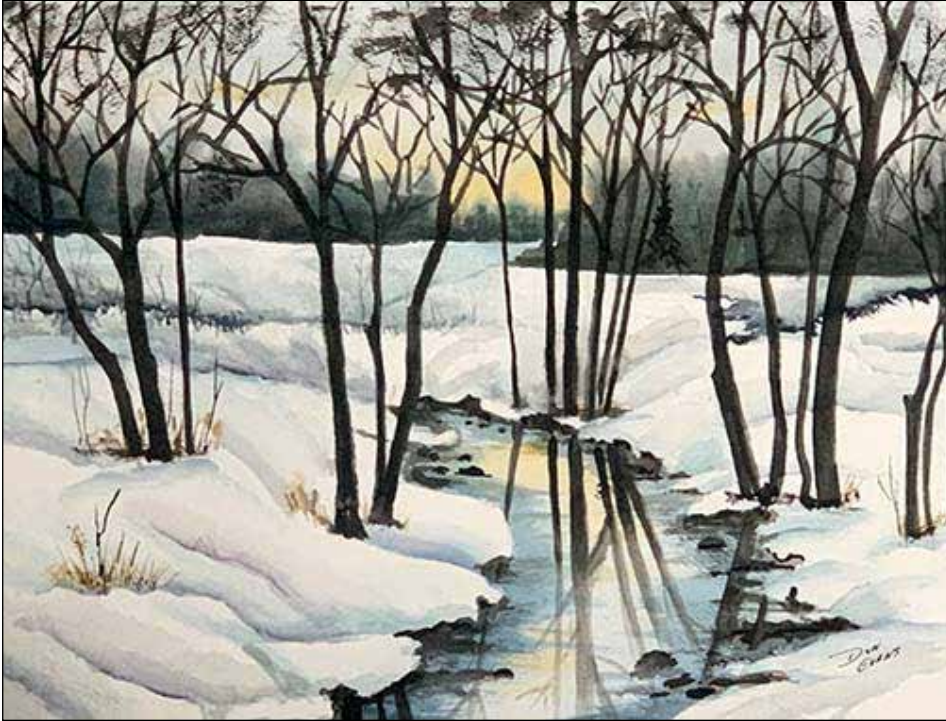
Thank you

Marilyn

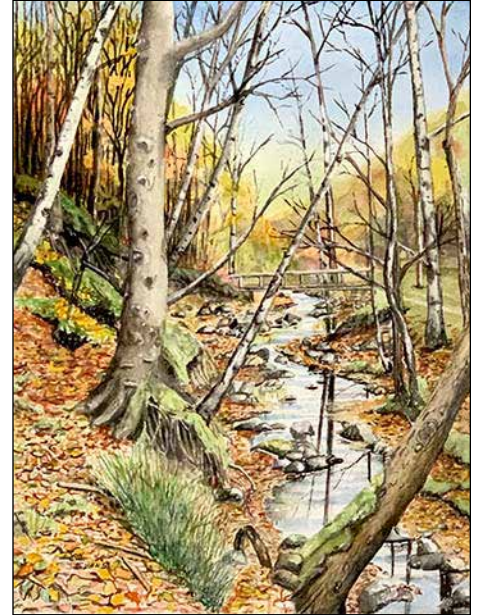
WATERCOLOURS FROM DON EVANS

Thanks to Don for sharing some of his lovely watercolours. Don is the liaison for the [SEESA Art Club](#) - Thursdays from 9:30 – 12:00.

In this club, you can enjoy weekly studio time with like-minded artists working in a variety of media. No formal instruction is given but support and advice between members is welcome. Bring your own supplies.



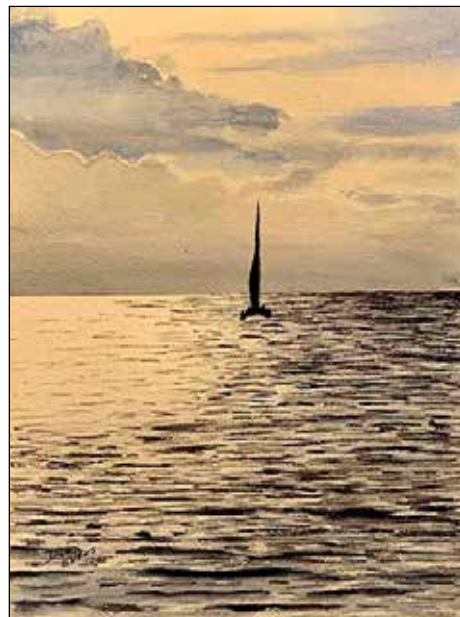
'Tree Reflection'



'Fall Creek'



'Reflecting Spirits'



'Catamaran'



'White Hibiscus'

Better Choices, Better Health®



Self-Management Programs – Virtual Workshop

Join us for the virtual **Better Choices, Better Health® - Self-Management Programs**. These workshops are for adults living with long-term health conditions, including chronic pain, migraines, heart disease, diabetes, obesity, mental health issues, or any other health concern.

You will learn:

- Techniques to control your pain and other symptoms
- 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.

Upcoming Virtual Workshops:

Workshop Type	2022 Dates	Day	Time
Chronic Pain	January 19, 26	Wednesdays	9:30am - 12:00pm
	Feb 2, 9, 16, 23		
Chronic Pain	February 22	Tuesdays	9:30am - 12:00pm
	March 1, 8, 15, 22, 29		
Chronic Disease & Long COVID	February 22	Tuesdays	6:00pm – 8:30pm
	March 1, 8, 15, 22, 29		

More information and upcoming workshop schedules can be found at: www.ahs.ca/bcbh

TO REGISTER: call 825 – 404 – 7460 (press 3)

Spots are limited - register today to get a head start on a new year, better you!

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](http://DriveHappiness.ca) at 780-424-5438 or info@drivehappiness.ca

Affordable seniors' housing in your neighbourhood.

Find your new home today!

For more information, please call or visit us online:

780-482-6561
gef.org



- Accommodation for adults age 65+
- Affordable rent based on your income
- Apartment units
- Lodges with meals and housekeeping
- Clean, well-maintained, secure buildings
- Friendly, professional staff
- Recreation activities



DOLLY PARTON'S LASTING LEGACY: THE GIFT OF READING

Thanks to Carol Parsons for sharing this good news story.

Yes indeed, Dolly Parton's program and commitment to children's education is awe inspiring. Unfortunately, it is not as widely known as other famous people's programs, like Oprah's. But many of those programs can't begin to compete with what Dolly is doing. She is a real hero, in my eyes.

The message I take from this story is that all of us can create an amazing legacy. We don't need to be rich to have lasting impact...just vision, hope and commitment.

In 1988, Dolly Parton started the Dollywood Foundation, a non-profit whose signature program is a literacy initiative called 'The Imagination Library'. The Imagination Library mails an age-appropriate book every month to children from birth to age 5. It began in Sevier County, Dolly's birthplace, in 1995 but has since expanded across the United States and into Canada and the United Kingdom. To date, the Dollywood Foundation has donated over 144 million books to children in need.

The books sent through the foundation's partnership with Penguin/Random House are specially printed, personalized with the child's name, and mailed to their home.

Understanding the evolving transport needs of older adults and persons with disabilities in Edmonton, Canada

Do you:

- Identify as an older adult?
- Live in the city of Edmonton?

Have you:

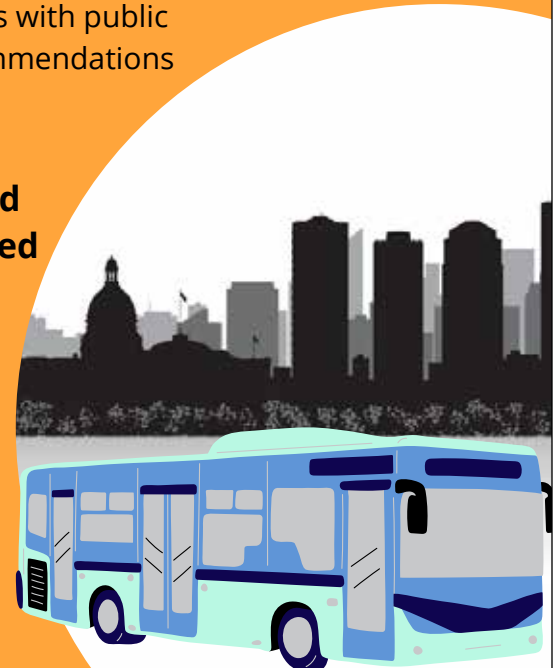
- Regularly used public transport in the past year?

We invite you to join a virtual focus group (a group interview) to share your experiences with public transport and your recommendations for improving it.

Focus group dates and times to be determined

If interested, please contact us for more details:

Mischa Taylor
780-716-5761
mischa@ualberta.ca



Books are chosen according to age level and many of the titles are classics, like The Snowy Day by Ezra Jack Keats, The Very Hungry Caterpillar by Eric Carle, The Tale of Peter Rabbit by Beatrix Potter, The Gruffalo by Julia Donaldson, and Llama Llama Red Pajama by Anna Dewdney.

The first book a child receives is The Little Engine That Could (customized version) by Watty Piper. The month a child turns five

years old, they will receive Look Out Kindergarten, Here I Come! (customized version) by Nancy Carlson.

Selections from the Imagination Library also include a few books penned by Dolly herself!

This article and more information can be found [here](#).

CELEBRATING BIRTHDAYS

DECEMBER 15 – JANUARY 14, 2021

HAPPY BIRTHDAY TO:



Patricia Enokson
Elaine Essien
Harry Ference
Marion Ferguson
Bridget Flanagan
Lilli Folk
Mary Fournier
Herta Franke
Claire Fraser
Rita Free

Irene Getz
Neil Gibson
John Gillis
Moyra Girvan
Margaret Golden
Linda Granholm
Raymond Granstrom
Doreen Haskell

Continued on Page 10

Agnes Aikins
Paul Amyotte
Evelyn Anderson
John Baxter
Ronald Bell
Louise Bennett
Lilia Biah
Ghisele Bouchard
Bonnie Bowes
Alexandria Brenneis
Susan Browning
Marilyn Bulat
Walter Butler
Elaun Cable
Sharon Chapelsky
Lamri Cheriet
Belinda Choban
Jean Chopoidal
Carolyn Clark
Anne Cote
Claude de Blois
Doreen Dean
Gord Demers
Debra Denton
Marie Dompe
Cheryl Doty
Ginette D'Silva
Lawrence Dufresne
Susan Edwards
Nadia Edwards
Sandy Eggen
Leo Eichmann
Ian Elliott

Do you need help around the home?

The Seniors Home Supports Program gives seniors referrals to screened businesses which offer:

SNOW REMOVAL
YARD HELP
HOME REPAIR
HOUSEKEEPING
MOVING HELP
PERSONAL SERVICES



CONTACT US TO LEARN MORE

Home Supports Coordinator: 587-594-7884
South East Edmonton Seniors Association



HAPPY BIRTHDAY TO:

Gloria Hay
Debbie Heuer
H. W. Hornbeck
Teresa Hufnagl
Gregory Humphrey
Beverley Ingram
Ron Jacobs
Bruno Kante
Ruth Kinnersley
Ron Koesling
Teresa Kuchinsky
Valerie Kupsch
Sharon Langlois
Michael Langstone
Joanne Lobb
Anita Lunden
Ann Macdonald
Margaret MacDonald
Pauline Magnan
Jean Mair
Mary Massick
Kirk McCartney
Mary McClelland
Darlene McFadden
Paul McFadzen
Gillian McGovern
Janice McNamara
Gloria Miller
Wendy Minns
Antoinette Moquin
Marie Muszynski
Catherine Nicol
Lynn Norris
Jean Northill
Dennis Ostrosser
Doug Pachal
Rosemary Packer
Thomas Patsula
Roger Penman
Joan Petersson
Molly Platts
Cathy Playfair
Roland Poulin
Leslie Ratkay
Mary Lou Reeleder

Anne Robinson
Paul Ryhanen
Joyce Schmidt
Dale Sherburne
Ellen Siegle
Val Solash
Kathy Somerville
Donna Spanu
Brian Spira
Verna Stevenson
Glen Sustrik
Annie Taylor

James Thomas
Kathryn Tkachuk
Richard Van Der Linden
Phil Walker
Dale Wilkie
Fay Wilson
Gisele Wood
Anne Yarmuch
William Yasunaka
Colette Zuberbuhler
Carla Zubot

HELPING SENIORS CONNECT TO THE DIGITAL WORLD



Dig-IT has been carefully designed as a solution to seniors requiring assistance to access technology and support to build digital skills. This program is ideally suited to older adults who will benefit from learning basic, essential digital literacy skills such as connecting to Wi-Fi, tablet gestures, using the camera, and accessing email and the internet.

DIG-IT PARTICIPANTS WILL:

- Receive a tablet on loan for the duration of the program
- Receive a limited data plan for 6 months
- Have an email account created in their name
- Have access to online and printed course materials to master the basics of their device, the internet and key applications
- Have the support of volunteer Digital Coaches to walk them through the courses
- Have a year long subscription to BestBuy's Geek Squad for technical support
- Enjoy connecting with the digital world!

For more information, click [here](#).
If you're interested, apply [here](#).



COMMITTED TO HELPING MEN STRENGTHEN THEIR LIVES



Following years of research and hundreds of interviews and conversations with men, the Men & initiative was launched with the support of community and organizations aligned with our mission of improving lives and helping others.

Through our website resources and content pillars, we are connecting with men across Alberta and Canada who are looking for help to improve their mental health and relationships.

1:1 Online Counselling

You can call 1-833-327-MENS (6367) or 403-299-9680 to access one to one counselling and support.

The Men's Counselling Services can help you with relationship challenges. If you have reached a point where you feel it is time to get support, we are here to help. We create a non-judgemental, supportive working relationship to explore concerns and create and implement solutions that change behaviour. Dignity and respect are key underlying principles for all of our work.

Call Us Now
1-833-327-MENS

Call 1-833-327-MENS (6367) 24 hours a day, 7 days a week for help and support from one of our

skilled and trained counsellors. The counsellor can answer your questions and support you in accessing the right services to help you with your unique challenges. We can connect you with supports and resources that match your needs.

Call 1-833-327-MENS (6367) today to start the conversation.

JUDYLYNN ARCHER NOW VOLUNTEER EXECUTIVE DIRECTOR

In mid-December, the SEESA board of directors asked JudyLynn Archer to serve as Temporary Designate Executive Director.

In this unpaid, volunteer position JudyLynn will work closely with the Board of Directors, staff and the SEESA membership to shape, communicate, and implement SEESA's 2022 Management Plan (under development) as well as lead daily SEESA operations.

Previously, the three executive

LOOKING FOR HELP?

[Call 211](#)



Free, confidential, and available 24/7.

Dial 2-1-1

Text INFO to 211

Chat Online at www.ab.211.ca

members (President JudyLynn Archer, VP Bill Tkachuck, Treasurer Brenda Winchester) served as the volunteer Executive Directors for many months.

However, with SEESA reopening and the need to more nimbly address such issues as the COVID fifth wave, the board urged JudyLynn to accept this role. She will continue to serve as SEESA president through to the **Annual General Meeting, March 9, 2022.**

SEESA SHARES IS FOR YOU!

Make **SEESA Shares** better by sharing:

- photos of your art and/or craft and/or hobby projects;
- photos from your SEESA club;
- photos from your travels or walks, with a bit of a story about the adventure;
- poetry or short stories;
- your favourite recipe - with a bit of story and/or photo.

I'm really happy to help with any editing, formatting, etc. If you're sending photos, please send them in as large a format as possible. Just send them to [Betty](#)



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
Website: www.heathermcpherson.ndp.ca

Follow on

Paid Advertisement

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 - twice a month via email blast, the website, Face-Book and Twitter;
- **President’s Message** - at the end each month via email blast, website, FaceBook and Twitter.

CENTURY 21
Masters

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Seniors Specialist Designation
Neighbourhood Expert
Specializing in Downsizing

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YEGisCasa.com

JANUARY SEMINARS

Tuesday, January 11, 1:30 to 3:00 p.m.

Be Aware, Be Safe

Learn what you and your neighbours can do to keep your home, yourself and your neighbourhood safer.

Amanda Trenchard, Edmonton Police Service, leads the discussion.



Wednesday, January 12, 1:30 to 3:00 p.m.

Elder Abuse Awareness and Prevention

Learn about physical, emotional and financial abuse, how to spot it, prevent it, what to do about it.

Lesley Knull, Seniors Protection Partnership, leads the discussion.



Tuesday, January 18, 1:30 to 3:00 p.m.

Fall Prevention

Learn how to protect yourself from falls in this hands-on workshop. Falling is frightening the older we get: broken bones, brain injuries, and hip fractures are just some of what frightens us about falls.

Carrie Doucette, Pharmasave Westmount, leads the discussion.



Tuesday, January 25, 1:30 to 3:00 p.m.

Funeral Home Mythbusters

Learn how to avoid paying more than you need to. Learn how the industry works so you can make the best decisions for you and your family.

Brandy Rollins, Trinity Funeral Home, leads the discussion.



Wednesday, January 26, 1:30 to 3:00 pm

Annual 2021 Global Financial Market Review and 2022 Outlook

Join Wei Woo in a lively discussion on the latest political, economic and market updates and how this affects you and your retirement savings and strategies now and into the future. Starts with a look back at 2021 and a look forward at 2022.

Wei Woo, Chartered Investment Manager (CIM), EPC (Elder Planning Counselor) with Research Capital Corporation will lead the discussion.

SEESA Members: \$3.00

Register online at SEESA.CA, In person at SEESA, or phone 780-468-1985
NOT A MEMBER? \$4.00 Fee. Register at SEESA, 9350 82 Street, or phone 780-468-1985

January FYI Sessions: available in person or online.

COVID GUIDELINES: UPDATE JANUARY 6, 2022

January 6, 2022

SEESA Response to OMICRON Surge

SEESA will be open for classes and clubs on January 10 with the following restrictions:

Proof of two vaccines needed to enter SEESA Building

- Enter the building through the EAST or WEST doors, come through the double doors and wait to have your vaccination status checked by a SEESA volunteer.
- You must have your updated QR code or paper record showing you have received two vaccinations, or you cannot enter the building.

You must be double masked or wear an N95 mask while in the building, and in all classes (including physical fitness classes).

- Yes, we realize this may be challenging and we suggest that workouts be done with less zeal than usual in order to be as comfortable and safe as possible.
- The circulating fans will also be turned off in the gym.
- Please social distance a minimum two meters or more at all times or whenever possible.

Once you finish your class, please leave the building.

- Due to the highly contagious Omicron variant, we must now err on the side of caution and avoid gathering in groups.

Tillie's café is closed until further notice.