



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

FEBRUARY 2022

IMPORTANT NOTICE TO SEESA MEMBERS

SEESA 2022 ANNUAL GENERAL MEETING WEDNESDAY, MARCH 9, 2022 2 PM TO 4 PM AT SEESA

PROGRAM

2021 Reports

2022 Budget

Election of Directors

Tea, Coffee and Sweets to follow

Nominations for the 2022-2023 Board are now open.

SEEA Nomination Application forms are available from the front desk at SEESA or on the SEESA website [here](#).

Nominations close February 28, 2022

You must have a current 2022 membership (\$30 for a calendar year) to attend and take part in the 2022 Annual General Meeting and have a say in the future of your community senior centre. Only Regular, Lifetime and Honorary Lifetime members in good standing can vote at the AGM.

Call SEESA at 780-468-1985 to buy your membership or renew it online at <http://SEESA.ca>.

Memberships are also available at SEESA's front desk.

Please call SEESA at 780-468-1985 to say if you will be staying for the tea and coffee portion.

See page 17 for SEESA's updated COVID protocol.

SEESA



**RUMMAGE
SALE**

APRIL 23-24
9350 - 82 Street NW
780-468-1985
www.seesa.ca

DONATE YOUR UNNEEDED

- housewares (dishes, glassware, vases, cutlery) • linens • jewelry
- operational small appliances • purses, belts • office supplies
- sports items • books, puzzles, toys • antiques, collectibles

DONATIONS ACCEPTED BEGINNING @ NOON, MONDAY, APRIL 4.

Let us help you to Reduce, Reuse & Recycle.

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.

KEEP UP TO DATE ON ALL THE SEESA NEWS

FOLLOW US ON [Twitter](#) AND [Facebook](#).

DREAMING ABOUT SPRING...



Our first Gardening Seminar is Spring Bulbs scheduled for **Monday, March 14 at 1:30 p.m.**

Bring some spring into your homes, via Zoom, with a special presentation by Greenland Garden Centre. You are welcome to invite family and friends for this informative and exciting spring session.

Seminar cost: \$6 members; \$8 non-members.

Please register at SEESA ~ 780.468.1985.

SAVE THE DATE!

**INTERNATIONAL WOMEN'S
DAY TEA AT SEESA
TUESDAY, MARCH 8
2 P.M.**

QUENTIN'S QUILT

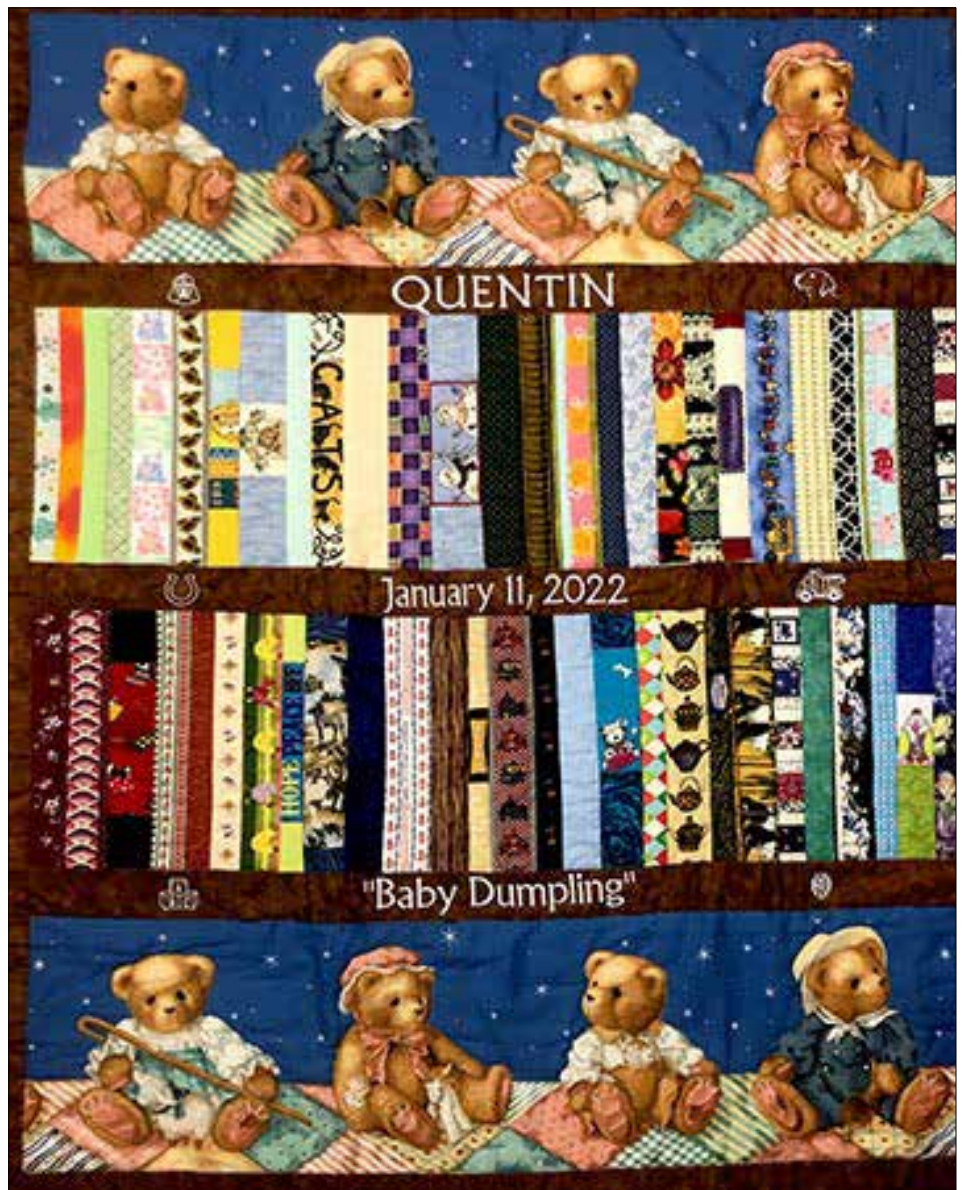
At the December SEESA craft sale, I bought a quilt for my grandchild. I didn't know if it was going to be a boy or girl so with help from the ladies, I settled on the book case design. The quilters did a mavelous job with all the book ends a different design. I can't imagine sewing that together.

Quentin arrived on January 11, 2022 at 9:01 p.m. and at 7 pounds 8 ounces. What a thrill! My first grandchild! I got the quilt embroidered with his name and date, for him. When I was told that they were going to have a baby, they did it on Father's Day and brought lunch over. They put containers of Dim Sum on the table and put one container close to me so I would take it first. I read the top of the container – it read "baby dumpling". I was a bit surprised when I opened it and there was Laura's ultra sound. What a wonderful moment! Now you know what the last row on the quilt is all about.



Thank you quilters for all your work and talents to make this gift. I hope my grandson can use it for a long time.

Stan Lennox



TILLIE'S RE-OPENING! VOLUNTEERS NEEDED!

**STARTING MONDAY, FEBRUARY 28 HERE'S WHAT
TILLIE'S OFFERS:**

- **MONDAY TO THURSDAY FROM 9 AM TO 1 PM:**
 - Breakfast from 9:00 to 10:30 – Buffet Style Continental Breakfast - cereals, yogurts, boiled eggs, baked goods, fruits
 - Lunch from 11:00 to 1:00 – Buffet Style Continental Lunch - soup, sandwiches, baked goods, fruits.

MELODY SINGERS SPRING 2022

After a two-month break the Melody Singers will relaunch on Tuesday March 1st 1:00pm. All former members welcome and new interested singers are welcome to audition prior to start up. Music reading is an asset.

We will plan to continue wearing masks for safety during rehearsals until hospitalization rates in the Edmonton area show less impact of COVID.



Planned term: March 1 – May 10 for rehearsals (11 weeks) to be followed by a spring concert with details to be confirmed.

* Fee for semester TBD * Drop-in fee: \$3.00 with ticket pack purchase

Please contact director Marg Daly margdaly12@gmail.com

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

 **Seniors
Housing**

SENIORS BULLYING: RECOGNIZE, RESPOND AND REFER

**FEBRUARY 22 | 10:30
A.M. – 12 P.M.**

Seniors Bullying: What is it, what does it look like, what does it feel like, and what to do about it?

This session offers an overview to assist you with prevention, intervention, steps on repair, restoration of safety, and options for seeking knowledgeable and experienced resources.

In support of Pink Shirt Day on February 23, we invite you to come to the event wearing pink!

[Register here.](#)



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



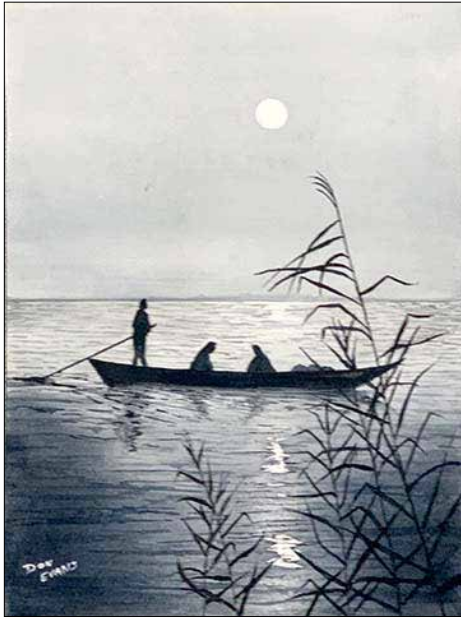
COMING SOON SEESA GOLF 2022

more information in the March SEESA Shares

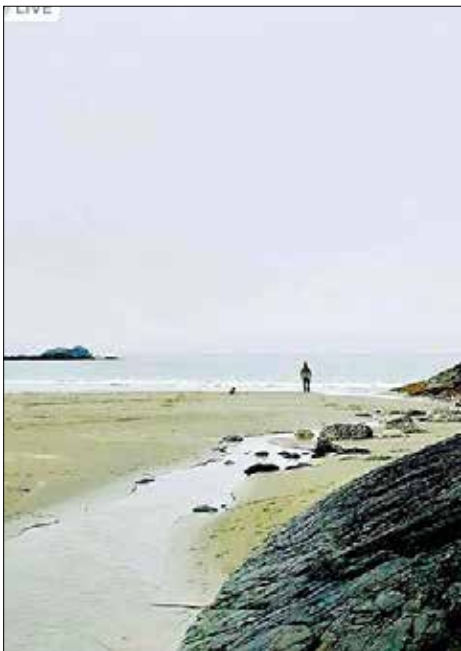
WATERCOLOURS FROM DON EVANS

Don's watercolours remind me of places I've been - and maybe will be again?

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.



*Asian Boat
by Don Evans*



*Tofinao - John
by Don Evans*

POETRY *by Ronna Jevne*

I would like to write uplifting
words

In phrases that flow

Like rivulets through soft earth.

Words that inspire

And comfort.

I would like to write words

That tell the truth

About being human

And vulnerable

And angry.

I offered my best

Decade after decade.

I asked little

I gave much

And now chaos is stealing it.

I have wisdom enough

Not to grow bitter.

To understand gratitude

Is still an option

And joy a choice.

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](#)

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 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 register!

To Join: You need a device (e.g., 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 can be found at: www.ahs.ca/bcbh

Upcoming Virtual Workshops:

Workshop Type	2022 Dates	Day	Time
Chronic Pain	March 21, 28 April 4, 11, 18, 25	Mondays	9:30am - 12:00pm
Chronic Pain	April 13, 20, 27 May 4, 11, 18	Wednesdays	6:00pm - 8:30pm
Chronic Pain	April 21, 28 May 5, 12, 19, 26	Thursdays	1:30pm - 4:00pm
Chronic Pain	May 18, 25 June 1, 8, 15, 22	Wednesdays	9:30am - 12:00pm

To register: call 825-404-7460 (press 3)
Spots are limited!

WELCOME BACK TO SEESA CLUBS AND CLASSES!

**IN-PERSON REGISTRATION
DAY STARTS AT 9:15 ON
FRIDAY, FEB 18.**

**REGISTER IN PERSON ON
FEB. 18 OR REGISTER NOW
EITHER ONLINE OR OVER THE
PHONE AT 780-468-7134!**

You can find the up-to-date list of
Classes and FYI Seminars at [here](#)
to plan your schedule! *Clubs are
running as well, pre-registration
not required!*





CENTURY 21
Masters

Sandra Bayrock
REALTOR®

Seniors Specialist Designation
Neighbourhood Expert
Specializing in Downsizing

780-920-1537
YEGisCasa.com



**FREE 2022 GIFT
MEMBERSHIPS ARE NOW
AVAILABLE ON A FIRST
COME, FIRST SERVE
BASIS. SEE PAGE 8 & 9!**

Share the Love!

**Bring your Body and your Buddies back to SEESA.
Let's get people back in the building!**

**Generous SEESA members donated gift
memberships in 2020.**

**Now we need to get out into the community to
introduce more people to SEESA.
YOU are SEESA's Ambassadors!**

**Get your gift membership
at the SEESA Front Desk or
by email at info@seesa.ca.**

**Fill in the membership with your friend's name
and present them with it.**

**Make a date to show your new member around
SEESA.**

**Invite them to a class, club, an FYI
Session, contribute to the Rummage Sale,
volunteer, have coffee at Tillie's...**

GIVE A FREE SEESA MEMBERSHIP!

Let's introduce SEESA to your family, friends and neighbours!

In 2020, SEESA members bought gift memberships to use to introduce SEESA to people in the community.

Then Covid hit. Things stalled.

Getting out of the Covid Cocoon

We're looking forward to a more active Spring and return to the SEESA events we all enjoy!
Your help is needed to introduce SEESA clubs, classes and events to folks who may not know about SEESA.



The image shows a 2022 SEESA Membership form. At the top is the SEESA logo with the tagline 'You belong here'. Below the logo, it says '2022 SEESA Membership'. There are fields for 'Gifted to:', 'E-mail address:', and 'From:'. At the bottom, it says 'Welcome to SEESA'.

Here's how it works:

Go to the front desk or e-mail info@seesa.ca to ask for one or two or more gift memberships.

- **EMAIL:** You will get a gift membership and an e-mail letter you can send directly to the person receiving the membership. This email to the new member will include the new member forms that must be completed and sent back to SEESA before the 2022

membership is valid.

- **OR:** You can print out and fill in the name of the person you're giving it to along with the new membership forms they will need to fill out and get back to SEESA via email, fax, or in person.
- **FRONT DESK** Come to the SEESA Front Desk and ask for a gift membership, new member forms and new

member welcome letter.

Present the whole package to the person you are gifting the 2022 membership to. Ask them to fill out the membership forms (membership is validated only after the forms have been filled out) and return the completed membership forms to the SEESA Front Desk.

Then enjoy!

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: 780-468-1985
South East Edmonton Seniors Association



FEBRUARY FYI SESSIONS

All Sessions: 1:30 to 3 p.m., In-Person or Online

WEDNESDAY, FEBRUARY 9

Fraud Prevention: Types of fraud, red flags that point out fraud and scams and what you can do to prevent yourself from becoming a victim.

Amanda Trenchard, EPS

TUESDAY, FEBRUARY 15

Funeral Home & End of Life Checklist: Thinking about being better prepared? Want to look into what's involved with pre-arrangements? Learn the basics as well as the ins and outs of Personal Directives and Pre-arranging a funeral service.

Brandy Rollins, Trinity Funeral Home

WEDNESDAY, FEBRUARY 16

Investing in a Socially Responsible and Ethical Way: The fastest growing investment trend among both millennials and seniors is responsible and environmental investing that targets environmental, social and ethical corporate governance into investment selections, to generate sustainable, long term returns.

Wei Woo, CIM, EPC

TUESDAY, FEBRUARY 22

Green Burials: Green burial is designed to have a minimal environmental impact and conserve natural resources. Also called natural burial or eco-friendly burial, green burial emphasizes simplicity and sustainability. Learn how your end-of-life options have expanded to include traditional methods of burial.

Brandy Rollins, Trinity Funeral Home

WEDNESDAY, FEBRUARY 23

Health & Wellness Fitness Routine and Living: A seminar tailored to help seniors stay fit and stave off potential injuries in the Sit and Be Fit program.

Tony Nguyen, Registered Kinesiologist

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
IN-PERSON ATTENDANCE SUBJECT TO SEESA's COVID PROTOCOLS

MARCH FYI SESSIONS

All Sessions: 1:30 to 3 p.m., In-Person or Online

WEDNESDAY, MARCH 2

Male Incontinence, a Prescription for Wives

This talk will illustrate some of the common bladder related difficulties experienced by men and what can be done about them. From simple self management to where to seek help and what kind of help is available. If you are the partner of a man with a bladder related problem, this talk is for you and your man, so bring him along.

Dr. Adrian Wagg

TUESDAY, MARCH 8

Ask an Officer

An opportunity to ask an Edmonton Police Officer various questions such as what information is safe to give out, scams, personal safety, home security, should we leave documents in the car, neighbourhood watch, and when to call the police and why you should not be afraid to do so.

Amanda Trenchard, Edmonton Police Service

WEDNESDAY, MARCH 23

Optimizing the Retirement Benefits of a TFSA

Many retired Canadians are still confused about how to best use this Tax Free Savings Account investment shelter. Come join Wei Woo for clarifying the myths surrounding this account, as we discuss how to use this highly flexible account in maximizing your personal financial strategies during your retirement years.

Wei Woo, CIM, EPC

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
IN-PERSON ATTENDANCE SUBJECT TO SEESA's COVID PROTOCOLS

CELEBRATING BIRTHDAYS

FEBRUARY 14 – MARCH 15, 2022

and check out the photos from 2019 and 2020!

HAPPY BIRTHDAY TO:

Garanis, Myrna Feb 15
 Kitson, Betty-Lou Feb 15
 Martin, John Feb 15
 Zipchen, Nick Feb 15
 Cotton, Cuyler Feb 15
 Huang, Chen Feb 15
 McNeill, Ken Feb 15
 Belyea, Claudette Feb 15
 Currie, Nancy Feb 15
 Youngblood, Marleen Feb 15
 Dornan, Andrew Feb 15
 Alseth, Bernadette Feb 15
 Niewchuk, Pauline Feb 16
 Lovgren, Marguerite Feb 16
 Connor, Gerry Feb 16
 Flores, Perla Feb 16
 John-Agard, Shirley Feb 16
 Quelch, Charlotte Feb 16
 Soneff, Doug Feb 16
 Albert, Marilyn Feb 16
 Stuparek, Sue Feb 16
 Nykolyn, Carol Feb 16
 Sawyer, Frank Feb 16
 Sawyer, Lynn Feb 16
 Ballance, Jacqueline Feb 17
 Van Den Biggelaar, Walter Feb 17
 Epp, Raymond Feb 17
 Lonergan, Lois-Ann Feb 17
 Jackie, Jacke Feb 17
 Dumont, Bella Feb 17
 Brouwer, Cindy Feb 17
 Huff, Evelyn Feb 17
 Bodnarchuk, Guy Feb 17
 Fuchs, Annette Feb 17
 Ellis, Vaughan Feb 18
 Stannard, Elsie Feb 18
 Brosseau, Lois Feb 18
 Hoffmann, Traute Feb 18
 Van Braeden, Alida Feb 18
 Bonifacio, Irene Feb 18



Rivet, Leslie Feb 18
 Price, Kevin Feb 18
 Winski, Linda Feb 18
 Morrow, Kathleen Feb 18
 Gregg, C. Elvira Feb 19
 Lang, Joe Feb 19
 Kennedy, Kathleen Feb 19
 Davidson, Larry Feb 19
 Gill, Paula Feb 19
 McCook, Sofie Feb 19
 Roberts, Elaine Feb 19
 Oliver, Eman Feb 19
 Perry, Catherine Feb 19
 Anderson, Jean Feb 20
 Barnes, Rose Feb 20
 Connell, Patrick Feb 20
 Safruk, Wayne Feb 20
 Hayny, Karen Feb 20
 Melnyk, Carolynne Feb 20
 Naciuk, Jean Feb 21
 Yakimishyn, Grace Feb 21
 Ma, Lorne Feb 21
 Patriquin, Sharon Feb 21
 Sawdon, Nesta Feb 21
 Hibbard, William Feb 21
 Melville, Valerie Feb 21
 Lai, Bill Feb 21
 Kotyk, Barbara Feb 21
 Harrod, Sandra Feb 21
 Wiebe, Joy Feb 21
 Robins, Larry Feb 21



Macaskill, Joanne Feb 21
 Lange, Margaret Feb 21
 Osadchy, Dolores Feb 21
 Shea, Sharon Feb 21
 Wendel, Marianna Feb 21
 Shyba, Roger Feb 21
 Carter, Colin Feb 22
 Satchwill, Robert Feb 22
 Morrison, Don Feb 22
 Kinsman, Eileen Feb 22
 Brownlee, Edme Feb 22
 MacEoin, Maura Feb 22
 Turgeon, Darquise Feb 22
 Henley, Margot Feb 23
 Layte, Paul Feb 23
 MacKay, Wendy Feb 23
 Fleger, Marilyn Feb 23
 Shongrunder, Shirley Feb 23
 Rohr, Rainer Feb 23
 Gilhespy, Marj Feb 23
 Iglinski, Paul Feb 23
 Maran, Walter Feb 23
 Lavoie, Peggy Feb 23
 Belanger, Jean Guy Feb 23
 Doughty, Wendy Feb 23
 Bone, Henrietta Feb 24
 Scott, Deanna Feb 24
 Wright, Ethel Feb 24
 MacKay, Aggie Feb 24
 Mandryk, Barbara Feb 24

Continued on Page 12

Pg. 12

HAPPY BIRTHDAY TO:

George, Joy Feb 24
Haiste, Pat Feb 24
Wrathall, Jean Feb 24
Fediuk, Quinton Feb 24
Davidson, Amber Feb 24
Sams, Charlie Feb 24
Jo, Francis Feb 24
Gibson, Twyla Feb 25
Sharam, Milton Feb 25
Boyko, Maria Feb 25
Pullyblank, Roberta Feb 25
Jamieson, Marcelle Feb 25
Schilling, Al Feb 25
Sopka, Rodney Feb 25
Godwin, David Feb 25
Firth, Connie Feb 25
Huculak, Lennus Feb 25
Wong, Thomas Feb 25
Reddekopp, Dianne Feb 25
Parsons, Marlyne Feb 26
Shelton, Vivian Feb 26
Skaley, Barbara Feb 26
Holzer, Sheila Feb 26
Byrne, Gabrielle Feb 26
Adante, Paz Feb 26
Hopkins, Shirley Feb 26
Ebertz, Quentin Feb 26
Power, Richard Feb 26
Ridge, Wendy Feb 26
Nicholas, Jo Feb 26
Stollery, Muriel Feb 26
Breadner, Deborah Feb 26
Isherwood, May Feb 27
Luyckx, Theo Feb 27
Semeniuk, Judy Feb 27
Stojanowski, Mike Feb 27
Parker, Lil Feb 27
Behm, Ryley Feb 27
Gagnon, Rhea Feb 27
Tompkins, Barbara Feb 27
Demers, Margaret Feb 27
McKinnon, Maureen Feb 27
Tautchin, Jeannette Feb 27
Lynch, Doris Feb 28
Channell, Dorothy Feb 28



Mathieu, Rene Feb 28
Hebert, Mance Feb 28
Pongar, Kathleen Feb 28
Harris, Grace Feb 28
Gundermann, Herbert Feb 28
Miller, Ken Feb 28
Richard, Real Feb 28
Bradley, Gladys Feb 29
Hoke, Murray Feb 29
Antoniuk, Elizabeth Mar 01
Arbeau, Louise Mar 01
Meyer, Alice Mar 01
Skitsko, Olga Mar 01
Henderson, Kathleen Mar 01
Dykeman, Lorna Mar 01
Hillaby, Leola Mar 01
Liska, Lou Mar 01
Borle, Gerard Mar 01
Hensel, Margaret Mar 01
Benluzanski, Slawomir Mar 01
Thompson, Vel Mar 01
Nakamura, May Mar 01
Ji, June Mar 01
Gorrie, Merv Mar 01
Shone, David Mar 01
Dey, Hilda Mar 02
Sharek, Patricia Mar 02
Lawrence, Joan Mar 02
St Laurent, Paul Mar 02
Raycroft, John Mar 02
Kessel, Alma Mar 02
Constantin, Alcide Mar 02
Paran, Chery Mar 02
Heidecker, Valerie Mar 02
Gledhow, Helen Mar 02
Bell, Sandra Mar 03
Block, Gordon Mar 03
Duering, Erna Mar 03

Edgington, Richard Mar 03
Wirachowsky, Jeannine Mar 03
Aippersbach, Eva Mar 03
Gardner, Ron Mar 03
Sustrik, Audrey Mar 03
Shmuck, Joe Mar 03
Kotyk, Robert Mar 03
Martin, Harold Mar 03
Sheppard, Vi Mar 03
Edmonds, Daisy Mar 03
Cumming, Ceinwen Mar 03
Nahayowski, Bernice Mar 03
Prowse, Audrey Mar 03
Dolen, Michelle Mar 04
Singbeil, Elizabeth Mar 04
Turner, Margaret Mar 04
Kenny, Roger Mar 04
Nicholson, Celeste Mar 04
Jensen, Jens Mar 04
Bolstler, Karen Mar 04
Forest, Catherine Mar 04
Tong, Kam Mar 04
Burgess, Dianna Mar 04
Peterson, Audrey Mar 05
Lindgren, Donna Mar 05
Licwinko, Alfred Mar 05
Strong, Jean Mar 05
Parker, Joanie Mar 05
Owei, Parry Mar 05
Oswald, Mary Mar 06
Thomas, Mathew Mar 06
Eggleston, Anne Mar 06
Roy, Lydia Mar 06
Dalziel, May Mar 06
Pratt, William Mar 06
Marsh, Mary Mar 06
Wellman, Leslie Mar 06
Butler-Sieben, Ingrid Mar 06
Rathbone, Andy Mar 06
Boyd, Harold Mar 07
Chambers, Allan Mar 07
Elliott, John Mar 07
Fiske, Lorraine Mar 07
Hutchinson, Carol Mar 07
Skutle, Gordon Mar 07
McCracken, Joan Mar 07
Turner, Pamela Mar 07

HAPPY BIRTHDAY TO:

McDonald, Carolyn Mar 07
Gupta, Wendy Mar 07
Gilchrist, Wendy Mar 07
Ho, Eva-Maria Mar 07
Kachman, Cheryle Mar 07
Brooks, Daisy Mar 07
Fitt, Lori Mar 07
Clemens, Freda Mar 08
Cutting, Frieda Mar 08
Delisle, Marie Mar 08
Halverson, Joyce Mar 08
Jamison, Alexis Mar 08
Johnston, Dorothy Mar 08
Paananen, Joan Mar 08
Lee, Diana Mar 08
Hornby, David Mar 08
Reid, Susan Mar 08
Johnson, Adam Mar 08
Eichmuller, Elisabeth Mar 09
Weekes, Jean Mar 09
Simunkovic, Joyce Mar 09
Lohnes, Barb Mar 09
Johnson, Jim Mar 09
Paradis, Danielle Mar 09
Mawhinney, Alvin Mar 09
Russell, Patricia Mar 09
Miller, Laura Mar 09
Kleingeist, Celine Mar 09
Simard, Greg Mar 09
McTavish, Alice Mar 09
Stonehocker, Donna Mar 09
Miller, Margaret Mar 10
Nickel, Helmut Mar 10
Rose, Jean Mar 10
Cook, Maureen Mar 10
Ingles, Chris Mar 10
Beekman, Brenda Mar 10
Turner, Donald Mar 10
Swinton, Pam Mar 10
Harker, Donna Mar 10
Colter, Jan Mar 10
Mercer, Jill Mar 10
Stevens, Beverley Mar 10
Carr, Norma Mar 11



Schnee, Merle Mar 11
Zuk, Alvina Mar 11
Rufiange, Jean Mar 11
Olsen, Fraser Mar 11
Jorgensen, Steen Mar 11
Dawson, Betty Mar 11
McKay, Elaine Mar 11
Vanderburgh, Stan Mar 11
Howard, Raymond Mar 11
Erichsen, Debora Mar 11
Kavanagh, Dianne Mar 11
Haine, Elaine Mar 12
Schimpf, Elizabeth Mar 12
O'&Brian, Ken Mar 12
Chernesky, Mary Mar 12
Brennan, Daniel Mar 12
Johns, Wendy Mar 12

Young, Darla Mar 12
Anderson, Alexandra Mar 12
Meunier, Tarcienne Mar 12
Boutilier, Anne Mar 12
Taylor, Palmer Mar 13
Friesen, Shelly Mar 13
Sabo, Shelley Mar 13
Donaldson, Evelyn Mar 13
Donnan, Barb Mar 13
Zaidan, Faiza Mar 13
Steil, Sharon Mar 13
Arps, Esther Mar 14
Strekies, Jean Mar 14
Zrobek, Caroline Mar 14
Fedoretz, Leona Mar 14
Gotzmann, Alice Mar 14
Burghardt, Terry Mar 14
Fraser, Irene Mar 14
Guo, Steven Mar 14
Long, Beatrice Mar 14
Mah, Henry Mar 14
Tober, Fred Mar 14
Tkachuk, Joanne Mar 14
Nolan, Dennis Mar 14
Kowand, Linda Mar 14
Cormier, Roger Mar 14

FREE WEBINAR FOR ADULTS 65+: REGISTER TO LEARN ABOUT BENEFITS AND CREDITS!



Canada Revenue
Agency

Agence du revenu
du Canada

Tax season is almost here! If you are 65 years of age or older, you're invited to join the Canada Revenue Agency (CRA) for a free webinar to learn about the benefits and credits you could be eligible to receive. Topics include:

- the benefits and credits available to you
- protecting yourself against fraud
- other services and tools to help you file your taxes

During the webinar, we will also hold a Q&A to answer your questions live. Spaces are limited, so make sure to [register for the webinar](#) in advance!

The webinar is on **Wednesday, February 23**. Register [here](#).

NEWS FROM THE QUILTERS AND CRAFTERS CLUB

The Quilters and Crafters Club meets every Monday, producing amazing quilts, knitted items, mitts, baby clothes, slippers, hats, and scarfs. They also make machine sewn placemats, potholders – and too many other items to list.

Have you ever wanted to learn any of these skills? Or are you already a skilled crafts person?

If you said “YES” to any of the above, then this is the place for you! Join this welcoming group and enjoy fun while you create. Please drop by and check out what happens each Monday.

This group are also Community Contributors as all items that are made



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



[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



**EDMONTON
POLICE
SERVICE**

Catalytic Converter Thefts

Catalytic Converter thefts continue to be an issue city-wide. A catalytic converter can be removed from your vehicle within minutes and comes with a high cost for replacing. Although this type of theft can be difficult to prevent, there are a few things you can do to help protect your vehicle:

- Park in well-lit, higher traffic areas to assist with visibility
- Park in your garage, if possible
- Avoid parking your vehicle in a way that allows for a thief to discreetly crawl under and remove the converter
- Engrave the converter with your Vehicle Identification Number (VIN) making it easier to identify as stolen property should it turn up through an investigation
- Consider having the converter welded to your vehicle or having a clamp or cage installed, making it difficult for the converter to be removed
- Invest in a car alarm that is sensitive to vibration

SEESA SAFETY

In buildings with more than one entrance and large events taking place, it can be difficult to track who's coming in and out of the building.

In 2021 the City of Edmonton *Crime Prevention Through Environmental Design* division conducted a security assessment on the SEESA building and surrounding areas. In response to that assessment, SEESA has installed security cameras at the three main entrance and exit doors. There is also one located in the hallway leading to the Holyrood room.

The cameras are monitored by the building custodian and Front Desk Receptionists. **They do not record.** The cost of the cameras is covered by a facility grant specific to this expense. Security improvements will continue in 2022 if additional funding is secured.

SEESA will continue doing everything possible to safeguard members, volunteers and staff but it is up to all of us to pay attention to our surroundings and alert staff should we see something amiss.

Keeping members, volunteers and staff safe is a priority at SEESA. Thank you for doing your part, too.

GOOD NEWS STORY

Did you know that 1,000 Canadian Doctors Now Prescribing Nature By Giving Free Admissions With National Park Passes?

Possessing parallel tracts of stunning and unspoiled lands, Canadian healthcare practitioners are joining an American movement to prescribe national parks to improve their patients' physical and mental health.

PaRx Canada now consists of over 1,000 physicians, nurses, and other medical professionals in B.C., Manitoba, Saskatchewan, and Ontario who can prescribe the annual Adult Parks Canada Discovery Pass from the Canadian parks authority—which is normally



\$72.25 annually for adults aged 18-64 and \$61.75 for seniors (65+). The pass gives people free entrance to over 80 national parks, national historic sites, and national marine conservation areas—and the nature prescription program is expected to spread across every province and territory by the end of 2022.

from: <https://www.goodnewsnetwork.org/canada-doctors-can-prescribe-time-in-nature-with-free-admission-to-national-parks/>

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*.

FREE 2022 GIFT MEMBERSHIPS ARE NOW AVAILABLE ON A FIRST COME, FIRST SERVE BASIS. SEE PAGE 8 & 9!



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 COVID MASKING UPDATE

FEB 11, 2022

CLARIFICATION RE. SEESA MASKING:

- Single masking is sufficient in common areas
- Masking is no longer needed for physical activities inside the building

All COVID health and safety restrictions remain in effect at SEESA until further notice:

- SEESA volunteers will continue to monitor for proof of vaccination

The safety and security of our members, instructors, volunteers and staff remain of the utmost importance to us. We will keep you informed as policies change.

SEESA Board and Interim Executive Director

February 11, 2022

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, FaceBook and Twitter;
- **President's Message** - at the end each month via email blast, website, FaceBook and Twitter.

SEESA FEBRUARY SURVEY: SOCIAL DETERMINANTS OF HEALTH

Have the programs and services provided by SEESA related to transportation, housing and home supports increase your ability to reside in the place that is appropriate for your circumstances?

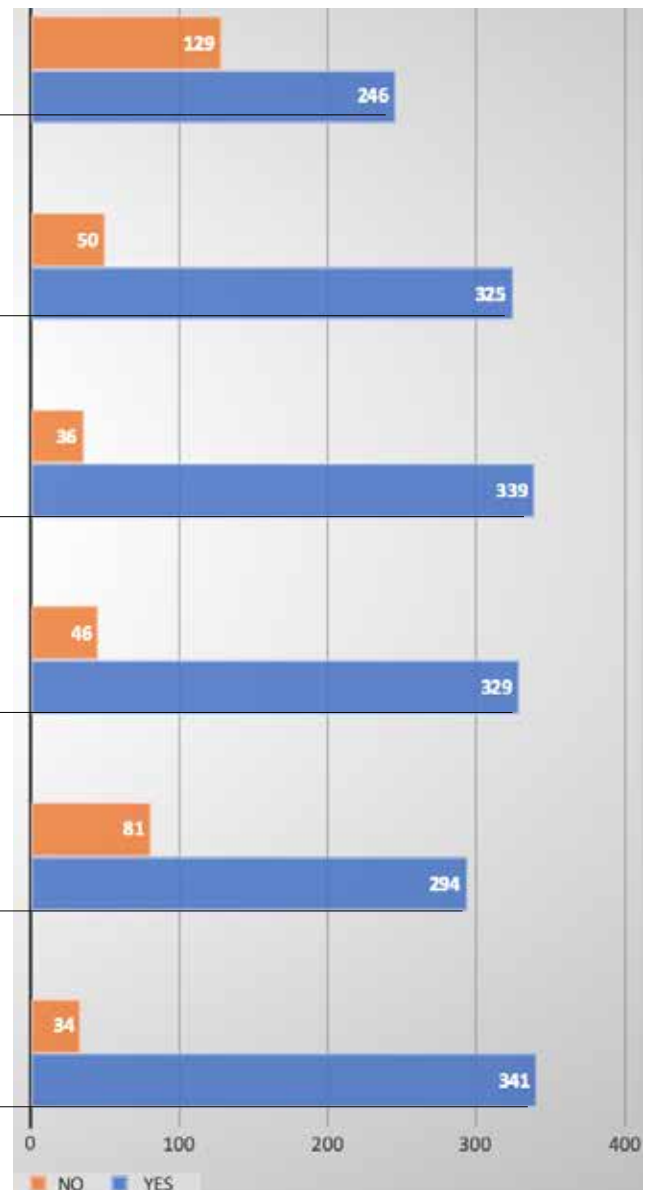
Have the programs and services provided by SEESA increased your awareness and access to information, programs, services, and support to activities of daily living?

Have the programs and services provided by SEESA enhanced your sense of meaning, purpose and connection to the larger world?

Have the programs and services provided by SEESA increased your capacity to live independently by enhanced physical wellness?

Have the programs and services provided by SEESA increased your awareness related to personal safety, financial security and vocational training and support?

Have you experienced a reduction of isolation and loneliness because of the programs and services provided by SEESA?



WHAT YOU SAID:

Thanks to the 375 members who responded to our early February survey about how SEESA helps people meet the City of Edmonton's six determinants of healthy aging. That's a healthy 55% response rates from the 660 folks emailed the survey. This represents a 55% response rate!

The survey results are used 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.

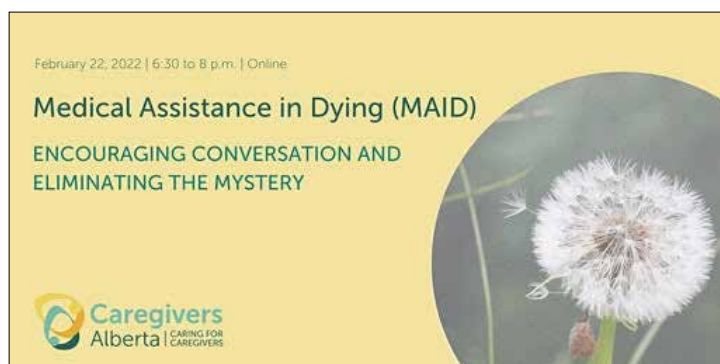
CAREGIVER SEMINARS



Tuesday, February 22, 2022 10:30 a.m.

"Something's Gotta Give!" Juggling Care Work and Paid Work in Mid-Life

[Register](#)



Tuesday, February 22, 2022 6:30 p.m.

Medical Assistance in Dying: Encouraging Conversation & Eliminating Mystery

[Register](#)



Friday, March 4, 2022 9:30 a.m.

COMPASS for the Caregiver (March 4 -25)

[Register](#)



Wednesday, March 16, 2022 6:30 p.m.

Writers' Circle: Journaling for the Caregiver

[Register](#)