

COMMUNITY SUPPORT FOR SEESA

HAVE YOU NOTICED HOW GREAT TILLIE'S IS LOOKING?

Thanks to **Salisbury Greenhouse** for their donation of two plants that breathe fresh air into Tillie's and to **Barbara Schmid** for the donation of three colorful and fun prints that now grace Tillie's walls.

The **Italian Centre**, **Edible Arrangements South Park**, **Growers Direct on 101 Avenue**, and **Boutique on First** all supported our wonderful International Women's Day Event. Many thanks to the Special Events Committee for organizing such a great event.

There are so many people who help SEESA out everyday: the Quilting Club for the beautiful quilts they create and sell to help support SEESA; the friendly and helpful front desk and greeter volunteers; the dedicated,



hard-working kitchen volunteers who make it possible for Tillie's Café to be open; and of course, the amazing staff at SEESA who carry the workload of multiple jobs.

Let's live a life of gratitude ~ be grateful every day for all we have, all we give and for what SEESA brings into our lives!

Carol Parsons



More photos from the International Women's Day Tea on page 9.



ANNOUNCING SEESA's NEW BOARD OF DIRECTORS

It is my pleasure to introduce SEESA's new Board of Directors:

- Anna Der
- Brenda Johnston
- Dan Acheson
- Della Paradis
- Donald Schick
- Georgina Schurman
- Sandy McFadyen
- Wendy Doughty

I am sure they will be connecting with you once they are settled in. Do drop into SEESA to give them a warm welcome.

My term as President has been completed. Thank you for the opportunity to serve SEESA these past two years.

All the best
JudyLynn Archer

**IS THERE SOMEONE YOU
WOULD LIKE TO THANK?**



**LET US KNOW AND WE'LL
INCLUDE IT HERE!**

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

THANK YOU TO SEESA BOARD OF DIRECTORS

SEESA is a volunteer organization that runs primarily on the generosity of people who can donate their time and expertise. Without all of our volunteers, SEESA would not be able to run as effectively as we do.

I want to take this opportunity to say THANK YOU to all of those who served on the Board of Directors these past two years. When they came onto the Board in March of 2020 they had no idea that Covid would take over our lives and close down our centre. The challenges they faced were not the challenges a new Board normally takes on. Without all of you, SEESA would not have made it through.

We also shared many accomplishments. This Board worked tirelessly to ensure that there was a SEESA to come back to and opened our eyes to the many opportunities that lie ahead. Hundreds of hours were dedicated to ensuring SEESA's survival and these volunteers did this without question. We are grateful they took on the difficult decisions put in front of them.

So hats off to the 2020 – 2022 Board of Directors! You rose to the challenge and showed us what it means to be leaders during a very difficult time. We thank you and appreciate all that you've done for this everyone who attends this wonderful centre.

Peggy Hansen
Operations Manager

DOWNSIZING? DECLUTTERING?

REDUCE YOUR STRESS

**Hear how to identify your treasures from
your whatevers!
(So you can give them away!)**

1:30 p.m. ~ 3:30 p.m.
Monday, March 21 & Monday, March 28
SEESA Members \$36, Non-Members \$72
Register [SEESA.ca/classes](https://seesa.ca/classes)
or phone 780-468-1985



Donations

Donations will be accepted

April 4th until noon April 21st

South Door, Monday to Friday, 8:30-4:00

Please no weekend drop offs as the centre is closed

Do Bring

Antiques, Collectable pieces, china, serving dishes, cutlery, jewelry, picture frames, art, linens, purses, belts, craft items, hard toys, garden tools, small working appliances, hardware, sports gear, personal care items, furniture, books, puzzles.

Don't Bring

Clothing, shoes, suitcases, computers, printers, VHS tapes, couches, soft toys (stuffed), soft furnishings, pillows, plastic food containers.

Please take these items to Goodwill, Value Village, or Salvation Army.



Canada Revenue
Agency

Agence du revenu
du Canada

CANADA REVENUE AGENCY PRESENTATION: SENIOR AND CAREGIVER TAX CONSIDERATIONS

MARCH 16 | 10:30 A.M. – 12 P.M.

Tax time is coming! Learn about benefits and credits that are relevant to the seniors and caregivers you serve in Alberta. Sandra Pail from the Canada Revenue Service will present information on the tax system, Seniors Benefits, Caregiver Credits, and more.

Register [here](#).

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

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.

UPCOMING EVENTS FOR SENIORS

MAPPING YOUR AGING

JOURNEY: Part 1 | CanAge
March 15 | 11 a.m. – 12 p.m.
Register [here](#).

GRIEF AND LOSS VIRTUAL

WORKSHOP | City of
Chestermere
March 16 | 6 – 8 p.m.
Register [here](#).

RELATIONSHIPS WITH YOUR

ADULT CHILDREN | carya
March 24 – May 26 | 1 – 3 p.m. |
Registration Deadline: March 17
Register [here](#) or phone Client
Services Coordinator at
403.537.3381



Volunteers Needed

Saturday, April 23rd and Sunday, April 24th

Departments Needing Volunteers During the Sale

Antiques and Collectables	Picture frames/Art
Jewelry	Linens
Housewares	Crafts
Hardware	Personal Care
Purses/Belts	Toys/Garden
Sporting goods/Small appliances	

Before the Sale

Cleaning and Sorting—April 4th to April 21st
Set up day—April 22nd

If you are interested in helping, please see the front desk

A photograph of Sandra Bayrock, a woman with blonde hair wearing a bright pink jacket, standing against a white brick wall. To her right is text identifying her as a REALTOR and Seniors Specialist. The Century 21 logo is in the bottom right corner.

CENTURY 21
Masters

Sandra Bayrock
REALTOR®

Seniors Specialist Designation
Neighbourhood Expert
Specializing in Downsizing

780-920-1537
YEGisCasa.com

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SENIORS


IF YOU'RE A LOW-INCOME SENIOR, YOU MAY BE ELIGIBLE FOR OUR **MOBILITY FOR GOOD®** AND **INTERNET FOR GOOD®** FOR SENIORS PROGRAMS.

APPLY [HERE](#).

*Spring
Handmade Quilt Raffle*

DRAW DATE FRIDAY, April 8, 2022
Tickets \$2 each.
Only 400 tickets printed.

License #508442
SEESA
Senior Emergency Evacuation Society



TICKETS CAN BE PURCHASED AT THE FRONT DESK OR BY PHONE.
9350 - 82 St., NW 780-468-1985

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](#).

**FREE 2022 GIFT MEMBERSHIPS ARE NOW
AVAILABLE ON A FIRST COME, FIRST SERVE BASIS.
CALL SEESA AT 780 468 1985**

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



CELEBRATING BIRTHDAYS

MARCH 15 – APRIL 16, 2022

See any familiar faces in the photos?

HAPPY BIRTHDAY TO:

Dieter Anders
Marilynn Anderson
Doug Anderson
Olga Aniskowicz
Helen Antoniuk
David Antoniuk
JudyLynn Archer
John Bannister
Pamela Banser
Deborah Black
Vicky Blinston St John
Artha Bluett
Lori Blyth
Marianne Bouthillier
Joe Bowering
Alison Boyd
Wolfgang Brueckl
Ken Burchert
Bob Campbell
Ida Carey
Darlene Carter
Cassie Ceilin
Jamie Chalmers
Bev Clarke



Sylvia Dickson
Ann Didluck
Jane Dimitroff
Odette Dionne
Gerd Dittman



Barbara Dorosh
James Doty
Gary Duguay
Tanis Eaker
Edward Elford
Martin Enokson
Thecla Fenton
Moiria Finley
Jeannine Fournier
Elsa-Marie Frazer
Ellen Fredrick

Colleen Freese
Harvey Garrison
Dennis Gartner
Michelle Genest
Craig Getz
Elizabeth Good
Susanne Goshko
Sophia Grewcock
Robert Griffith
Karen Hansen



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MARCH FYI SESSIONS

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

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

MORE BIRTHDAYS!

HAPPY BIRTHDAY TO:

Wayne Haskell
Raymond Hebert
Jim Heidecker
Darci Heintz
Betty-Ann Hine Wilson
Natalie Hingley
Jean Holowaychuk
Viola Holts
Gladys Honey
Hannelore Hoppe
Pat Humble
Barbara Ilczenko
Marilyn Isitt
Max Ivanovic

Kathy Jesson
Jocelyn Johnston
Colleen Keenan-Zdebiak
John Kelly
Lucy Klein
Alfred Kolenosky
Eleanor Kowalski
Pearl Lauber
Victor Liversidge
April Livingston
Helen Lovell
Marjorie McCormack
Rita McGie
Mary Jane McLaughlin
Nelson McRae
Joyce Mellor

Dorothy Mitchell
Colleen Murdoch
Steve Nagy
Joanne Neal
Margaret Patricia Netzer
Terry Nicholson
Ann Nicolai
Jack Northill
Caroline Olynyk
Richard Orthner
Della Paradis
George Pariseau
Terry Parsons
Gloria Pigat
Avril Pike

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SEESA EASTER BRUNCH

TILLIE'S CAFE

10 A.M., FRIDAY, APRIL 8

\$15 per person

**Tickets Available until Monday, April 4 at
SEESA Front Desk, 9350 – 82 Street, NW
or by Phone 780-468-1985**



MORE BIRTHDAYS!

HAPPY BIRTHDAY TO:

Viola Ponton
Sandy Pope
Randilee Proctor
Iris Proseilo
Elaine Rajotte
Laurie Reid
Olga Reid
Yvonne Scherban
Sharon Schnell
Walter Schultz
Georgina Schurman
Lorraine Seguin
Jeanne Shannon
Susan Sheppard
Janice Shott
Larry Shupenia
Terry Simmonds
Douglas Skinner
Edith Smith
Rita Solkowski
Allain St Cyr
Valerie Stenson
Deb Strachan
Margaret Swytink
Havelock Thompson
Jennifer Townsend



Fran Trovato
Alec Trynchy
Ruth Vander Woude
David Walden
Eileen Walker
Natalie Welter
Anna Westgate
Brian Whitson
Melody Yates
Adenike Yesufu
Marcella Zaluski
Valerie Zaparyniuk

USED EYEGLASSES

The Lions Club now has a box to accept used eyeglasses located by the front door of SEESA.

People can drop off their used eyeglasses and/or prescription sunglasses.

No cases unless they are slim and lightweight.

Constables Corner



EDMONTON
POLICE
SERVICE

Protect yourself from scams and fraud

Scammers continue to target all Canadian's, they prey on emotions, whether that's fear, love, panic or guilt or guilt. Here are some tips and tricks to protect yourself from scams and fraud.

Remember, if it seems too good to be true, it is.

Don't be afraid to say no - Don't be intimidated by high-pressure sales tactics. Watch out for urgent pleas that play on your emotions.

Do your research - Always verify that the organization you're dealing with is legitimate before you take any other action. If you've received a call or other contact from a family member in trouble, talk to other family members to confirm the situation. Watch out for fake or deceptive ads, or spoofed emails. Always verify the company and its services are real before you contact them.

Don't give out personal information: - Beware of unsolicited calls where the caller asks you for personal information. If you didn't initiate the call, you don't know who you're talking to.

Beware of upfront fees: - Many scams request you to pay fees in advance of receiving goods, services, or a prize. It's illegal for a company to ask you to pay a fee upfront before they'll give you a loan. There are no prize fees or taxes in Canada. If you won it, it's free.

Protect your computer: - Watch out for urgent-looking messages that pop up while you're browsing online. Don't click on them or call the number they provide. No legitimate company will call and claim your computer is infected with a virus. Don't give people remote access to your computer.

Be careful who you share images with: - Carefully consider who you're sharing explicit videos and photographs with.

Protect your online accounts: - Create a strong password. Enable multi-factor authentication. Only log onto your accounts from trusted sources. Don't reveal personal information over social media.

For more information visit the Canadian Anti-Fraud Centre Website.

<https://www.antifraudcentre-centreantifraude.ca/index-eng.htm>

ENJOYING SEESA'S INTERNATIONAL WOMEN'S DAY TEA

International Women's Day Members and guests had a delightful afternoon at the International Women's Day Tea, celebrating and recognizing amazing women in our community. The Famous Five were highlighted during the tea by our emcee, JudyLynn Archer, with inspiring speeches by Betty Dean, Avril Pike, and Jean Yahodenko. Tillie's Café was filled with laughter and joy as the guests visited and shared some of their life experiences. The ladies were treated like royalty with desserts from the Italian Centre and fruit from Edible Arrangements.



Many thanks to our special event sponsors: **Italian Centre, Edible Arrangements – South Park location, Growers Direct on 101 Avenue and Boutique on First**, and to our **Special Events committee** (Maggie, Avril, Peggy and Carol).



Keep informed about upcoming special events! Look for information in What's Happening, on SEESA.ca under Events; on SEESA bulletin boards and on Facebook, Twitter in and the [Edmonton Senior Coordinating Council Calendar](#).



Carol Parsons

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



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.

START SAVING YOUR BOTTLES FOR SEESA'S SPRING



Bring them to SEESA on
Wednesday, May 25, 10 a.m. - 4 p.m.
& Thursday, May 26, Noon - 6 p.m.



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!

SEESA GOLF CLUB

SEESA's Golf Club will start its 2022 season no later than Thursday May 5, perhaps earlier if the weather cooperates.

We play weekly on Country Side's walkable 9+1 hole Woodlands Course. The Club is open to golfers of any skill level. You don't have to keep score and you don't even have to follow the Rules of Golf! You just have to enjoy the game, the fresh air and the company of other golfers.

We'll have a fun tournament and BBQ to start off the season on May 12, weather permitting.

Country Side is conveniently located just east of the Henday-Hwy.14 interchange.

Space is limited so please [register](#) soon.

SWINGER? WANNA PLAY A ROUND?

**SEESA GOLF IS RETURNING FOR 2022.
ALL SKILL LEVELS WELCOME.
THURSDAYS, COUNTRY SIDE GOLF COURSE.**

REGISTER: [MyActiveCenter.com](https://myactivecenter.com)
MORE INFORMATION: golf_guy@telusplanet.net



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

SEESA *You belong here*

SPRING 50/50

TICKETS

\$5 EACH
700 printed

ON SALE APRIL 19

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

DRAW

NOON, May 20 in SEESA Café

You do not need to be present to win.

Licence 589445



DELICIOUS FRESH BAKED



Cinnamon Buns

**ON SALE AT SEESA,
TILLIE'S CAFÉ**

**THURSDAY, MARCH 10 AND
THURSDAY, MARCH 24**

9 A.M. ~ 1 P.M.

\$3.50 EACH



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.



1st CHOICE YEAR ROUND HOME & YARD MAINTENANCE

- HOME AND YARD MAINTENANCE
- SPRING YARD CLEAN UP
- LAWN AND YARD MAINTENANCE
- PLANTS AND FLOWERS
- PRUNING
- MINOR PLUMBING
- PAINTING (INSIDE/OUTSIDE)
- REPAIR TO FENCES
- SMALL CONCRETE JOBS

Call Marcos at 780 667 9233

marcoxolivares@gmail.com



Paid Advertisement

Join the EPL Telephone Social!

Stories and tongue wagging on a party line!

Join the Edmonton Public Library and other local seniors to listen to a presentation and share your own experiences.

When:

March 24, at 2 pm

April 28 at 2pm

How?

You can access the class live on Crowdcast or watch the class from the same link at a later date if you miss out on joining live



Register?

Follow the links below:

[March 24 at 2 pm](#)

[April 28 at 2pm](#)



EDMONTON PUBLIC LIBRARY  epl.ca



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

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. Gift cards will be provided to all participants.

Focus group dates and times to be determined

Please contact us for more details:

Kyle Whitfield:
kw16@ualberta.ca

Sarah De Lano:
780-887-6825
sdelano@ualberta.ca





Lucky JACKPOT

50/50 RAFFLE

BUY TICKETS ONLINE

FORTED5050.COM



FORT EDMONTON FOUNDATION

Proceeds support the Fort Edmonton Foundation's fundraising for capital projects and initiatives at Fort Edmonton Park. Ticket sales end on Mar. 17 at 11:59 p.m. License #593026. See website for complete rules.

FREE 2022 GIFT MEMBERSHIPS ARE NOW AVAILABLE ON A FIRST COME, FIRST SERVE BASIS. CALL SEESA AT 780 468 1985