

# SEESA Shares

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

APRIL 2022

## UPDATE FROM THE SEESA BOARD

**V**olunteers have been and continue to be essential to the success of SEESA. With a rich history of more than 40 years, as a Board, we acknowledge our legacy of active, engaged volunteers.

We would like to express our sincere appreciation to the members of the Special Events Committee and other volunteers for creating a successful International Women's Day event and a sold-out Easter Brunch. We also want to recognize all the volunteers who are working to make our upcoming Rummage Sale on April 23 (10am-3pm) and April 24 (11am-3pm) a great event.

Our membership continues to increase as do the number of new and returning volunteers. We are also attracting young adult volunteers. As volunteer Board members, we are committed to actively engaging with our SEESA members. You will see many of us in additional volunteer roles and participating in classes and social events.

We hope to see our volunteers at the Volunteer Appreciation Cake and Coffee Gathering on April 27. More details will be coming soon.

We are fortunate that JudyLynn Archer has agreed to act as volunteer Interim Executive Director as we move forward to sustain and grow SEESA. To help keep you informed, as Board members we are focusing our energies on:

*Continued on Page 2*



*Like  
having  
fun?  
Join the club.*

### PROGRAM GUIDE

Session 3 - May 9 - June 30, 2022

Whatever your passions, your interests and your hobbies are, we likely have a club for that.

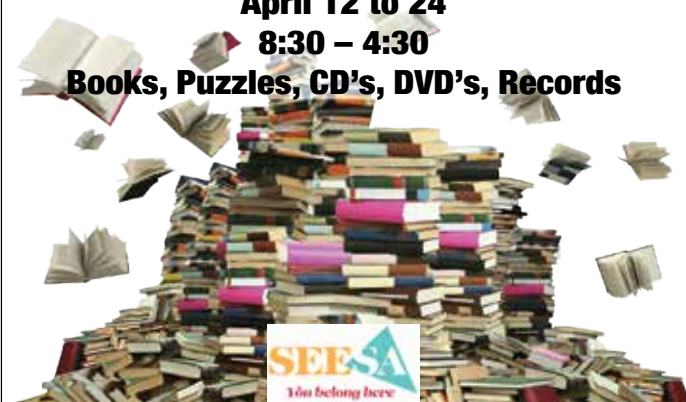
And if we don't, we can see about starting one.

**SEESA**  
*You belong here*

*Check out all our clubs and classes at [seesa.ca](http://seesa.ca)*

## SEESA BOOK SALE

April 12 to 24  
8:30 – 4:30  
Books, Puzzles, CD's, DVD's, Records



**SEESA**  
*You belong here*

- Continuing to seek funding for SEESA operations and programs. Funding requirements have become more complex and require that we provide a range of programs and services to a diverse group of seniors. This requires that we address equity, intersectionality and proactive responses through our programs and services.
- We have submitted a proposal to SeniorsCan (federal government) and are currently working on a proposal for Family and Community Support Services (City of Edmonton/Province of Alberta).
- Putting in place sound Board governance policies and operating procedures for SEESA.
- Growing our membership and donor base.
- Creating and strengthening relationships with community leagues and other organizations serving seniors.

We appreciate you helping us by sharing the excitement of SEESA's available events, activities and programs. With all of us working together, we're helping to keep SEESA moving forward. If you are interested in volunteering with SEESA, there is a form available on the website or you can contact Gina-Marie Garon at [gina-marie@seesa.ca](mailto:gina-marie@seesa.ca) or 780-468-1985.

## DIGITAL SOUP

by Ronna Jevne

iPod, iPad, laptop, desktop  
iPhone, iPhoto, routers,  
hardware, software,  
endless upgrades.  
Silly "terms of use" agreements  
that no one reads.

I am a dinosaur in a digital world.  
I have a phone.  
You have a voice.  
Why can't we just talk?  
I am tired of  
"Your call is important..."

I don't understand wi-fi.  
My printer has dials,  
and dials,  
and more dials.  
My router is old.  
I have eighty-eight fonts in my  
file.

I don't need eighty-eight fonts.  
I don't understand ram.  
I am bothered by spam.  
Cyberspace keeps hiding things.  
No one knows me by name.  
I am an account number.

Tweets and twitters,  
Face book, Face Time, Skype and  
now Zoom.  
I've never quite learned  
how to discern  
when I use what,  
or whether I should bother.

Cash is outdated.  
Cheques obsolete.  
I balk at e-transfer.  
The bank  
wants to do it all on line  
Never see or speak to a teller.

When I fly  
I want a ticket.  
A real ticket.  
A paper ticket  
with my name  
and a flight number.

I am tired of promotions-  
of patronage points.  
I am weary of digital babble.  
Of usernames,  
and passwords  
and special codes.

I know there are bonuses  
but none worth the hassle.  
I am tired  
of upgrades  
and downloads  
and new operating systems.

My keyboard is fine  
for the practical things.  
My fountain pen has real ink.  
I think I will sip tea  
and write real letters  
on parchment.

## WHO ARE YOU?

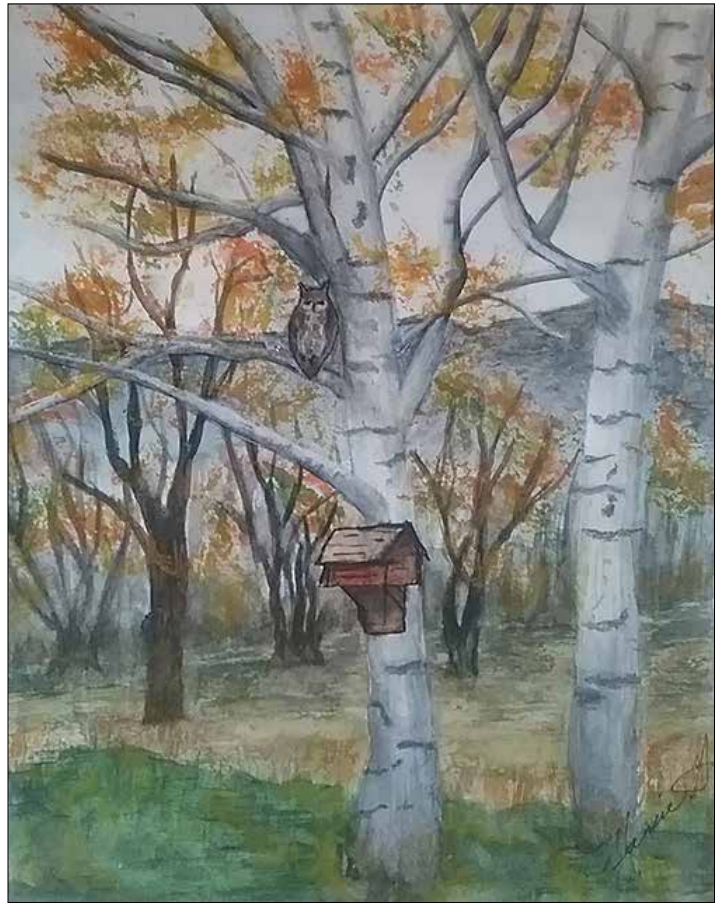
Someone kindly donated some Kurig pods for Tillie's Cafe but we don't know who! It would be very nice to say thank you personally! - just let us know who you are!

*Thank you*



# THANKS FOR SHARING!

Thanks Nancie for sharing your work - love the dancers!



***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](mailto: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.*

# Edmonton Foot Care

We are very pleased to announce that we will be the Therapeutic Foot Care provider at South East Edmonton Seniors Association (SEESA) beginning **May 12<sup>th</sup>, 2022**

## **Who We Are**

We are one of Edmonton's Largest Foot Care Organization. Our certified Nursing staff provides quality Therapeutic Foot Care.

## **What we Offer**

As Nurses we are able to work with anyone, including those with medical issues, including Diabetes

Our Services include: General & Diabetic Foot Assessments, Nail Cutting & Shaping, Corn & Callus Reduction, Assistance with Ingrown and Fungal Nails and Moisturizing & Foot Massage

## **When will be here?**

We will be onsite on the 2nd Thursday of every month; and will be located in the Capilano Room

## **What does it cost?**

A visit is just \$30.00 for Members and \$35.00 for Non-Members, you **may even be eligible for Reimbursement**

## **Contact Information**

If you would like more information or to book an appointment, please contact Elizabeth at:

**Phone: (780) 488-5878**

**Email: [info@edmontonfc.net](mailto:info@edmontonfc.net)**

# 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](#).**

**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](http://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







**Beginning MAY 12, 2022**  
**Edmonton Foot Care is partnering**  
**with SEESA to provide**  
**Therapeutic Foot Care**

For further information or to book an  
 appointment contact Elizabeth at: 780-488-5878  
 or by email: [info@edmontonfc.net](mailto:info@edmontonfc.net)

## 2022: THE YEAR OF THE GARDEN

**SEESA GARDENS TOURS**  
**THURSDAY, JULY 14**  
**(VIP TOUR)**  
**FRIDAY, JULY 15**  
**(PUBLIC TOUR)**

SEESA is pleased to announce we are having a Tour of Gardens for SEESA members, friends, and the general public on Thursday, July 14 (VIP tour) and Friday, July 15 (public tour).

If you would like to open your lovely yard/gardens to be viewed by an appreciative audience, please let SEESA know. Drop by the front desk or call 780.468.1985 as soon as possible to add your garden to the list.

More information to follow.



*As the Flowers Blossom ~ the Heart Expands...*

*Is there someone  
 you would like to  
 thank?  
 Let us know and  
 we'll share it!*

*Thank you*

### ***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\*\*](mailto:marcoxolivares@gmail.com)



*Paid Advertisement*

# CELEBRATING BIRTHDAYS

APRIL 15 – MAY 16, 2022

*Any birthday celebration photos to share?*

*Send them to [bdean@seesa.ca](mailto:bdean@seesa.ca)!*

## **HAPPY BIRTHDAY TO:**

Dawn Aimoe  
Earl Anderson  
Ollie Antoniuk  
Susan Arsenault  
Hope Baalam  
George Bailey  
Joanne Ballance  
Helmut Baumert  
Robert Berube  
Dolores Bissonnette  
Dorothy Black  
Leona Block  
Lori Blyth  
Len Bohuch  
Carol Borle  
Helen Bowden  
Alison Boyd  
Frieda Buchholtz  
Joseph Budinski  
Kim Buehler  
Kay Bulmer  
Mary Bustin  
Cassie Ceilin  
Beatrice Ceretzke  
Peter Chapelsky  
Jo-Ann Chausse  
Bonnie Chinn  
Patricia Chobater  
Jenifer Christenson  
Alice Christian  
Cynthia Clarke  
Barry Clattenburg  
Elise Couture  
Suzanne Cuncannon  
Cheryl Danchuk  
James Doty  
Francoise Dreany  
James Drinkwater  
Marilyn Duguid  
Doreen Dunkley



*SEESA friends celebrated Avril's birthday with the crown, a card and song!*

Susan Edwards  
Brian Ewaskow  
Phyllis Footz  
Elaine Ford  
Donna Fountain  
Charles Gachnang  
Terrie Gahagan  
Ellen Gahr  
Donna Gehmlich  
Rick Geisler  
Sophie Gieni  
Jerald Grant  
Daryl Gray  
Heather Grimble  
Don Hansen  
Heather Harper  
Anne Harris  
Donna Harrison  
Allen Hasselgren  
Bill Hawryschuk

Carol Holmberg  
Edith Howard  
Thanh Hua  
Darlene Ireland  
Elizabeth Jensen  
Soren Jensen  
Wayne Jensen  
Jocelyne Kakulphimp  
Phadoung Kakulphimp  
Cheryl Kaminski  
Nancy Kardash  
Jan Keef  
William Kidd  
Peter Koladich  
Alfred Kolenosky  
Muriel Kuchison  
Marlene Kurt  
Maryanne Kuzio  
Caren Lang  
Benjamin Lauber  
Julie Law  
Lorna Lee  
Lillian Limberger  
Dee Litke  
Edward Lyka  
Barbara Lyon  
Colleen MacDonald  
Duncan Macdonald  
Faye MacDonald  
Valerie MacDonald  
Joan MacGregor  
William Manson  
Eunice McClure  
Evelyn McCracken  
Tom McGovern  
Mary Jane McLaughlin  
Martin Molzan  
Cornelia Moritz

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## MORE BIRTHDAYS!

Paige Nelson  
Mary Lou Nicol  
Nancy Olson  
Arlene Ostrosser  
Leona Oxamitny  
Mossie Pappé  
Marian Piekema  
Emilia Quibell  
Ronald Rajotte  
Laurel Redfern  
Jill Redpath  
Rose Rosychuk  
Lonnie Ruecker  
Phyllis Schafer  
Ros Schell  
Barry Scheuerman  
Shawn Schmidt  
Annie Scott  
Bonnie Smith  
Daniel Smith  
Noreen Soneff  
Betty Sparling  
Leslie Stephenson  
William Tkachuk  
Doreen Underschultz  
Carole Valens  
Larry Verbitsky  
Glen Walker  
Hazel Walker  
Trudy Watson  
Frances Webster  
Jennie Whiteman  
Anne Wightman  
Sherrie Wilson  
Werner Wolf  
Louis Yakimishyn

**GREAT ARTICLE ABOUT SEESA!**

**CHECK IT OUT [here!](#)**

# The Rummage Sale

Bake

Sale

**SATURDAY April 23**  
**10AM-3 PM**  
**SUNDAY April 24**  
**11AM-3 PM**

Donations accepted at the South Door starting April 4  
Please ensure that all your items are clean  
Donations will be accepted until Noon April 21  
Bake Sale Items accepted April 22.

Book Sale  
During the Event



**DO NOT BRING:**  
upholstered furniture, baby furniture & supplies, encyclopedia, mattresses, pillows, computer software, hardware and out of date technology, VHS tapes, cassettes, magazines, large furniture and TV's, soft toys, clothing, shoes, suitcases, plastic food containers



**South East Edmonton Seniors Association**  
9350 82 Street N.W. Edmonton Alberta Canada T6C 2X8  
780-468-1985 • [info@seesa.ca](mailto:info@seesa.ca) • [www.seesa.ca](http://www.seesa.ca)

## 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](#).



# APRIL FYI SESSIONS

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

**Tuesday, April 12**

**Medications: Prescribed and Over the Counter**

Join Pharmacist Jaymin Patel for a discussion on over the counter and prescribed medications. Bring a list of your current medications.

*Jaymin Patel, Pharmacist*

**Wednesday, April 13**

**Ask an Officer: Fraud Prevention**

Have something you've always wanted to talk with a police officer about? This is your chance! EPS Officer Amanda Trenchard will answer your questions about what information is safe to give out, scams, types of fraud and what you can do to prevent yourself from becoming a victim. She'll also discuss personal safety, home security, and when to call the police.

*Amanda Trenchard, Edmonton Police Service*

**Tuesday, April 19**

**GSS Telecare**

Learn about GSS/Good Samaritan Telecare and how it can assist you by providing monitoring, support, and response services to individuals of all ages and situations, including seniors at home.

*Riaz Noor*

**Tuesday, April 26**

**Supports to Help You Stay in Your Home**

Learn how you can live your best life in the home and neighbourhood you love. Our supports service provides referrals to screened and vetted service providers who want to work with seniors. Services that we refer to include: home repair, snow removal, lawn and yard maintenance and housekeeping.

*Deborah Miville, SEESA Seniors Home Support Coordinator*

**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**



**LINK LETTER**

Connecting you to Edmonton's age friendly network

## UPCOMING LUNCH 'N' LEARN

*Age Friendly Edmonton is hosting the latest event in its Lunch 'n' Learn series this month.*

## TOPIC: ASSISTIVE TECHNOLOGY TO SUPPORT INDEPENDENCE

**April 20 @ noon**

Join Sheena Jaffer, a member of the AFE leadership team and Certified Aging Services Professional (CASP), for details on assistive technology that helps to bridge gaps in a person's ability to live the full, independent, and fulfilling life they want to.

**Assistive technology includes devices such as hearing aids and accessible computers or smartphones that can help foster independence and may also contribute to successful aging by enhancing self esteem and well being.**

Register [HERE](#)

## OUTPATIENT TREATMENT FOR COVID-19

Alberta Health Services and Alberta Health are rolling out the administration of outpatient treatments like Sotrovimab and Paxlovid™, COVID-19 medications recently approved by Health Canada that are shown to prevent COVID-19 from progressing in high risk patients with mild to moderate symptoms, if

taken within five days of symptom onset.

Sotrovimab and Paxlovid™ are administered in different ways, and will be available following an assessment by a healthcare professional.

For more information go to:

- <https://www.albertahealthservices.ca/topics/Page17753.aspx>
- or
- <https://nationalpost.com/health/pfizer-anti-covid-pills-dangerous-interaction-with-common-drugs-will-narrow-its-benefit-experts-say>



# SEESA EASTER BRUNCH

SEESA members and guests enjoyed a lovely Easter Brunch on Friday, April 8.

The event was sold out at 80 people who filled Tillie's Café and enjoyed the delicious breakfast catered by *Bridges Catering*. It was delightful to see so many people visiting and enjoying each other's company.

Many thanks to our Board Members for their participation, to everyone who attended, and to our special event supporters:

- Costco – Sherwood Park;
- Save On Foods – Sherwood Park;
- Members of Special Events Committee for their donation of table centerpieces.

Keep informed about upcoming special events in SEESA Shares, on our bulletin boards, the website, Facebook, and Twitter.

**FREE 2022 GIFT MEMBERSHIPS ARE NOW AVAILABLE ON A FIRST COME, FIRST SERVE BASIS.**

**CALL SEESA AT 780 468 1985**



Donations will be accepted

**Friday, April 22nd**

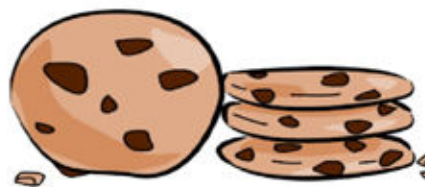
Main Office, 12:00-2:00

## Do Bring

Please bring your delicious baked goods to donate to our bake sale

It would be appreciated if the goods were prepackaged for individual sale

No refrigeration available



# CONGRATULATIONS!



Noel and Rose Marie with the beautiful quilt they won in SEESA's last raffle. Check out the new quilt raffle!



## SENIORS PROGRAMS LUNCH AND LEARN SERIES: ALBERTA SENIORS BENEFIT AND SUPPLEMENTARY ACCOMMODA- TION BENEFIT APRIL 28 12 – 12:45 P.M.

Learn more about the application, enrollment process, and benefit eligibility. This session is ideal for service providers who work directly with seniors enrolling in the Seniors Financial Assistance programs.

[REGISTER HERE](#)

## The Rose Lily Handmade Quilt Raffle

DRAW DATE June 17, 2022

Tickets \$2 each.

Only 400 tickets printed.

License #596572



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

## PLEASE HELP!

We want to make SEESA Shares to include even more submissions from members, and are hoping you can help.

Please send short stories (true or otherwise!), fond memories of SEESA, creative creations, favourite recipes, pet pictures - or whatever else you'd like to share.

You can include at 'hat's off to...' as well.

I'd love to have so many submissions I can save some for future editions. Send them to [bettydean@telus.net](mailto:bettydean@telus.net)

Thanks!



# PURSUING WELLBEING: MASTERING THE “F WORDS” IN YOUR LIFE

Apr 21, 2022  
10:00am to 11:00am

Online

## *What are you looking for ?*

Living well is not easy. Especially in this unpredictable pandemic, we have been coping with ups and downs and many challenges. Learning and knowing how to maneuver effectively and efficiently through life tests our skills, abilities, knowledge, and stamina. It dares us to open our minds as we work wiser and persevere on both a personal and professional level.

In *Pursuing Wellbeing: Mastering the “F Words” in Your Life*, Betty Franklin introduces participants to a whole person, practical approach to life and wellbeing. Incorporating her healthcare background and personal experiences, with science and research, Betty uses the “F Words” - Family, Fitness, Friends, Finance, Fun and Faith - to take you on a unique journey highlighting concepts and strategies for pursuing wellbeing.

Register [here](#).

# Bird Watching Excursion

**Saturday, May 14, 2022**  
**World Migratory Bird Day**  
**9 a.m. - 11 a.m.**

**Heritage Hills Wetlands, Sherwood Park**

**\$6 per person, maximum 15 participants**  
**Register in person at SEESA or call 780.468.1985**  
**Registration Deadline - May 6, 2022**

**Details about location and appropriate gear**  
<https://seesa.ca/events>





## 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](http://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](mailto: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](http://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](http://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!**

# MAY FYI SESSIONS

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

## TUESDAY, MAY 3, Eliminating Ageism with Donna Wilson

Awareness is the first step in helping stop ageism, say U of A researchers. As the proportion of older adults grows a study shows that we still haven't reckoned with how common and harmful age-related prejudice is in society.

## WEDNESDAY, MAY 4, Stages of Retirement Living with Linda Miller

Join Linda, Retirement Living Consultant, CHARTwell Emerald Hills Retirement Residence, for a fun and interactive conversation about the benefits of retirement living, how to navigate the healthcare system and seniors' lifestyle options.

## TUESDAY, MAY 10, Death & Taxes with Rayne Johnson, Jennifer Locke and Michelle Coleman

Learn the differences between a Will, an Enduring Power of Attorney, and a Personal Directive and why everyone should have all three documents prepared. You will also get information on Probate and its process along with debunking the myths. Learn about which tax returns need to be filed, and when, after someone passes away and get information about what steps you can take now to avoid a bigger tax bill upon death. Hear from a death doula about what your options are and how to create a death plan that empowers you. Understand the important conversations you need to have with friends and family to ensure that your wishes are met.

## WEDNESDAY, MAY 11, Clutter is Not a Crime, it's an Inside Job with Lynn Fraser

Do you feel embarrassed by too much stuff in your home, storage sheds and/or garage? Are you feeling judged by family and friends who have different clutter styles than you? Wish you could get started and keep motivated to continue? You will learn: Top 10 Checklist, Where to Start, Practical Tools and Simple Holistic Strategies to feel more at ease during the process.

## TUESDAY, MAY 17, Senior Moving Information with Reilly McLaughlin & Karen Bodoano

Bring your questions about what is involved for seniors in moving, downsizing and estate sales.

## WEDNESDAY, MAY 18, Understanding the Basic Paperwork You Signed at your Investment Institution with Wei Woo

It is common for the average person to not fully comprehend what they are signing at their investment firm. Instead they fully trust their investment advisor or financial advisor to give them all the important information they need before opening an account. Join us as we discuss the basic paperwork that most investment clients go through in their regular course of a client relationship with an investment firm.

## WEDNESDAY, MAY 25, Fall Prevention with Marie-Josée Dupuis-Arsenault

Physiotherapists from Leading Edge Physiotherapy share some information about falls prevention. What are common causes of falls? How can you avoid them in your home and outside? Join us for a chat and learn some gentle exercises for strength and balance to help prevent falls.

### 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**



## INDOOR INTERGEN- ERATIONAL PARTY WITH BALLOONS INTERGENERATIONAL (IG) DAY INSPIRATION EVENT MAY 10 10:30 A.M. – 12 P.M.

National IG Day is June 1st! Get inspired to celebrate and promote intergenerational programs and relationships. Help others become aware of the importance of friendships formed with other generations. Attendees will be able to share their own experiences.

[REGISTER HERE](#)

## TARGET SENIORS FALLS IN THE COMMUNITY SE- RIES MAY 11 /JUNE 15 10:30 A.M. – 12 P.M.

Join us for this two-part series! Come and explore various community-based strategies to reduce and prevent falls in older adults. The first session on May 11 will be on: Fear of Falling Followed by Nutrition Screening in the Community.

[REGISTER HERE](#)



EDMONTON  
**POLICE**  
SERVICE

## **Bike Safely and Enjoy Your Ride**

**Cyclists, Check Your Equipment** - Inspect your bike prior to riding.

- The seat should be adjusted to the proper height and locked in place
- Make certain all parts are secure and working properly
- Check that the tires are inflated properly
- Ensure bike equipped with a bell or horn; and has reflectors on the bike's front, rear, and pedals.

**Plan to Be Seen** - Make certain drivers can see you.

- Wear neon, fluorescent or other bright clothing
- Whenever possible, ride during the day
- If you must ride at night, wear reflective clothing and use flashing lights

**Wear a Helmet** - **No helmet, No Bike, It's the Law.**

- Must be an approved helmet.
- Straps must be adjusted and fastened properly.
- If a helmet has been cracked, replace it. If has suffered an big impact; even if you can't see the damage, replace it anyway.

**Follow These Rules of the Road**

- Get acquainted with traffic laws; bicyclists must follow the same rules as motorists
- Ride single-file in the direction of traffic
- Remain alert, keep your head up and look around; watch for opening car doors and other hazards.
- Use hand signals when turning, and be extra cautious at intersections
- Before entering traffic, come to a complete stop, look left, right, left again and over your shoulder

<https://bikeindex.org>

Keep your bike safe

Register it with 



## **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;
- **Board Message** in SEESA Shares.

## **PANDEMIC BENEFITS**

*Wondering if your pandemic benefits are going to impact your GIS?*

According to Employment and Social Development Canada, GIS and Allowance recipients who saw a reduction or lost their benefits since July 2021 due to receipt of pandemic payments in 2020 may be eligible to receive a ONE-TIME GRANT.

You do not have to apply for this grant. If you are eligible, you will automatically receive it.

Payment will be issued the week of April 19, 2022.

For more information go [HERE](#). or you can phone your MP's office. In the SEESA area(Federal Strathcona Riding), your MP is **Heather MacPherson**. Her constituency office phone number is: 780-495-8404. Please phone her if you are eligible and do not receive this grant or any other questions you may have related to federal benefits.

*Submitted by Deborah Miville,  
Seniors Home Supports Program  
Coordinator*



# 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

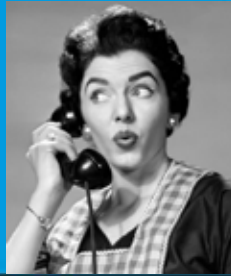


## Register?

Follow the links below:

[March 24 at 2 pm](#)

[April 28 at 2pm](#)



EDMONTON PUBLIC LIBRARY  [epl.ca](http://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](mailto:heather.mcpherson@parl.gc.ca)

Website: [www.heathermcpherson.ndp.ca](http://www.heathermcpherson.ndp.ca)

Follow on   

*Paid Advertisement*

# 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



## HEALTHY AGING FRAMEWORK LEARNING SESSION APRIL 25 | 10 - 11 A.M.

Senior-serving organizations across Alberta support healthy aging through a wide variety of programs and services. We understand and respond to the needs of our communities in ways that no one else can. But no single organization can meet all the needs of an increasingly diverse seniors population, leading to gaps and inefficiencies and creating barriers to access for the most vulnerable members.

The Healthy Aging Framework is essentially a way to organize and communicate the work of diverse senior-serving organizations so that we might better understand the collective impact we have – or could have – on healthy aging in Alberta. This session will introduce the different parts of the Healthy Aging Framework and how your organization might use it.

[REGISTER HERE](#)

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<b><u>Rummage Sale Donations Accepted April 4 – noon 22</u></b>					1	2
3 <a href="#">Session 3 Classes and Clubs on the Web</a>	4	5	6	7 <b>Session 3 Program Guide available April 8</b>	8 <a href="#">Easter Brunch Quilt Raffle Draw</a>	9
10	11 <b>Session 3 Registration</b>	12 <a href="#">FYI: Over the Counter &amp; Prescribed Medications</a>	13 <a href="#">FYI: Fraud Prevention</a>	14	15 <b>Good Friday SEESA Closed</b>	16
17 <b>Easter Sunday SEESA Closed</b>	18 <b>Easter Monday SEESA Closed</b>	19 <a href="#">FYI: GSS Telecare</a>	20	21	22 Rummage Sale Setup (SEESA closed)	23 <b><a href="#">RUMMAGE Sale (10am-3pm)</a></b>
24 <b><a href="#">RUMMAGE Sale (11am-3pm)</a></b>	25	26 <a href="#">FYI: Supports to Help you Stay in your Home</a>	27 <b>Monthly Dinner - tentative</b>	28	29 <b>Session 2 Classes End</b>	30

**Upcoming Dates** 50/50 Raffle Tickets on sale April 19 – May 20

