



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

JULY 2022

THERE'S LOTS TO CELEBRATE AT SEESA

There have been lots of celebrations during the first two weeks of July. One of these was a Thank You to our donors, without whom we would not exist!

People contribute in a variety of ways, both big and small, and come from a wide variety of contexts. Not all are SEESA members!

We appreciate all the ways in which people donate, including those who made a [memorial donation](#), who contributed to our SOS campaign, who donated their refund when classes or events were cancelled, and more!

We can't go on without you.



Remember - during July and the first 2 weeks of August, you can still stop for coffee and baked goods between 11-1:00 p.m. Monday to Thursday.

HOPE YOU CAN JOIN US!

POT LUCK PICNIC IN THE PARK

Thursday, August 18
11:30 a.m. - 1:30 p.m.
North playground picnic tables.

Bring your favourite dish to share with others.
Bring your own beverage ~ but no alcohol, please.
Cutlery, plates, etc. will be provided.

*Please RSVP to SEESA
In-Person or call 780-468-1985 by Friday, August 12.*



If the weather doesn't cooperate, we'll move inside!

SEESA closes for maintenance from August 19 to August 31. We're closed up until Sep 2 – two whole weeks. Although we're not completely "closed" - people can still come in or call to register, there's just no clubs, classes or Café.

CONGRATULATIONS to **Jean Weekes**, one of our volunteers, who won this wonderful quilt, made by **Claire Kotun** and **Maureen Buckley**. Jean has been a SEESA member since 2009!



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.

DONATIONS NEEDED

The quilters group at SEESA need donations of Christmas fabric.

Donations can be dropped off at the front desk any time.



Thank you to **Sharon Pisesky** for her generous donation of a longarm quilting machine for our quilting group. I know it will be put to good use, once we learn to operate it! It was delivered to SEESA on Monday, by two gentlemen from **Condor Machinery**: **Brent Morgensen** and **Brendan**.

Thank you!

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.

KITCHEN VOLUNTEERS

Wondering who's been keeping Tillie's operating?

Here are our wonderful Kitchen Volunteers who met to say farewell until the fall.

I know we'll all be anxiously awaiting their return!



REMEMBER - during July and the first 2 weeks of August, you can still stop for coffee and baked goods between 11-1:00 p.m. Monday to Thursday.

SEESA closes for maintenance from August 19 to August 31.

How's YOUR GARDEN?

After having NO blooms last year, my Tree Peony outdid itself - producing 7 flowers, dinner plate size! Each bud is about the size of a golf ball!



Let's see some of YOUR garden photos!

Send them to [Betty](#).



Edmonton will welcome Pope Francis' historic visit

Edmonton will serve as home base for Pope Francis during his visit to Western Canada, taking place July 24-27, 2022, as the Catholic Church strengthens its efforts to listen to, talk with and learn from residential school survivors, their families and their communities, and offer an apology for the role it played in the residential school system.

The visit is an opportunity for the Catholic Church to continue its healing and reconciliation journey and will be a pivotal moment for many residential school survivors and their families.

The City of Edmonton is also on a journey of reconciliation and we look forward to continuing to work with our local First Nations, Metis and Inuit communities on our path of truth and reconciliation.

Related Activities and Events

There are many wonderful opportunities available for residents and visitors to enjoy as part of their journey towards learning and understanding in July. For residential school survivors and intergenerational survivors, there are also opportunities for safe spaces for community gatherings, places to access ceremony for community healing, and ways to celebrate cultural resilience and strength.

THANKS FOR SHARING

Been travelling this summer?

I'd love to spend more time on a beach or traveling to the mountains.
Thanks to **Don Evans** of reminding me of some of my favourite places!



'Malinge River'



'Wine on the Beach'



'Beach'



EPL AT K-DAYS



EPL will be at K-Days this summer! While you enjoy some music, food, rides and entertainment at K-Days' grounds, why not experience EPL's educational and entertaining kids programming too?

Drop by our EPL Makerspace booth during Maker Faire (Friday, July 22 to Sunday, July 24) and get a chance to play, create and explore with all kinds of fun tools.

Plus for one day only, Sunday, July 24, you can get in to the grounds for FREE with your EPL card!

Make sure to [get your library card in advance](#).



LIVE MUSIC: SNOW VALLEY PATIO SERIES

Jul 26th | 7:00pm - 8:30pm

Snow Valley Ski Club

Head to Edmonton's Snow Valley Ski Club to take in a **FREE concert** with musicians Jim Findley and Mingmei Xu along with other local artists.

SEESA's GARDEN

Our SEESA garden has benefited from numerous donations, including from Wallish Greenhouses.

Thank you to all who contributed to the beauty of our environment!



Dear Louise and Glenn Wallish,

My name is Deborah and I am the Seniors Home Supports Program coordinator for the SE of Edmonton. But I am also a gardener and, since we are short staffed, and our garden lead was unable to help this year, I decided that we needed to get our garden group going. We cleaned up outside, one volunteer gardener brought some plants and then we put out a call to the members for donations to fill our planters and borders.

When **Peggy and Murray Golden**, SEESA members, volunteers and garden group members, asked me if we could accept donations of plants I said “YES PLEASE”!!!!

Peggy and Murray arranged with your business to supply us with a few flowers to beautify our front entrance and the bare planters by our parking lot. They called me on Thursday to say that they got a call from your greenhouse to pick up the flowers and off they trotted to pick up said plants. Then, about 2 hours later, showed up at SEESA with a car load of fabulous flowers for our pots and beds. I didn't have time to call the garden troops to help. We couldn't leave them outside for fear that they would be stolen. So, Peggy and Murray (donating still more of their time), Steve our custodian and myself moved around our current plants and added the splendour of yours. We had it all done in 1 and a half hours, the rain came that evening and all are doing well.

We get many comments from the parents picking up their children from Holyrood School and our members and instructors as they come and go out of the building. The plants are such a welcome addition! If you would like to provide a sign identifying where the plants came from, we would love to add it. If so, I would be happy to pick it up in the next week.

Further recognition will occur as our members and supporters see the



photos of the front of our building and flowers in our newsletter. You will also be added to our Annual Donor List.

Thank you again for your generous donation.

In great gratitude,

Deborah

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



CELEBRATING BIRTHDAYS

JULY 15 –
AUGUST 14, 2022

*Any birthday celebration photos to share?
Send them to [Betty!](#)*

HAPPY BIRTHDAY TO:

Daniel Acheson	Fernie Labonte
Elsie Allen	Madeleine Landry
Wayne Anderson	Diane LaPointe
William Anderson	David Lapp
Margaret Antoniuk	Christina Logan
Joyce Aysan	Les Lutil
Brian Backstrom	Bruce MacDonald
Darlene Bartman	Julia Markowski
Len Belzil	Sandra McFadyen
Stella Beniuk	Claudine Metzner
Colette Boudreau	Roger Miller
Francis Bowditch	Sarah Miller
Barbara Chapman	Phyllis Molyneux
Norman Clair	Rick Morrow
Elaine Collum	Bela Nemet
Elsie Combs	Hanna Nordstrom
Patti Courchesne	Natalie Piasetsky
Muriel Darvill	Wade Pike
Elizabeth Demers	Elizabeth Prystawa
Bob Disler	Dave Rochefort
Bruce Dunn	Martin Seitz
Sheila Dyck	Lynnda Sharp
Bunny Edwards	Jim Shipka
Stan Edwards	Arthur Spence
Carol Ewing	EvaGay Sutherland
Faith Fernalld	Brian Symic
Lynn Fraser	Allan Thomas
Opal Gano	Margot Trembath
Donna Garvin	Donna Walton
Olga Gould	Karen Wiltshire
Gail Gravelines	Maureen Winchester
Deanna Gupta	Vicky Wirth
Gloria Hodgetts	Catherine Wyard-Scott
Rayne Johnson	
Chandrima Kapoor	
Carl Kindred	
Kay Klepachek	



**Do you play any of these instruments?
Would you be interested in making
music with other like minded members?
The SEESATONES band urgently needs an
electronic keyboard player and a bassist.
Please contact Bill Tkachuk at 780 232 1257
or Lorne Bradley at 780 469 0950**



ADULT ONLY EVENINGS AT THE MUTTART

Pyramids after dark are held on Wednesday nights.
They include exclusive tours, wine and escaping the
ordinary. An 18+ evening.

Visit edmonton.ca/muttart.

SEESA OPEN HOUSE

9350 - 82 STREET NW

WEDNESDAY, SEPT. 7

9:30 - 2:30

CAFÉ OPEN FOR LUNCH

11:00 - 1:00

SAVE THE DATE

Instructor Demos of Classes

SEESA Facility Tours

Exhibitor Tables

Club Liaison Presentations
of Activity

Volunteers Needed

Please Contact Gina-Marie@seesa.ca

780-468-1985

www.seesa.ca



TYPE II DIABETICS

HEALTHY FOOD PRESCRIPTION INCENTIVE PROGRAM

If you are between the ages of 18 to 85, are living with Type 2 diabetes and have trouble affording food, you may be eligible to participate in this study.

Healthy foods are often more expensive than less healthy foods, and many people with diabetes have trouble affording enough food. For individuals living with chronic diseases like diabetes, improving access to healthier foods can help them to manage their blood sugars and improve their health.

STUDY OVERVIEW

Researchers are looking for people who are living with Type 2 diabetes and are having trouble affording their grocery bill.

- Participants will receive resources to help them make healthier food choices. This may include a weekly financial incentive for 12 months to buy healthy foods.
- All participants that fully complete data collection, will receive \$300 from the University of Calgary.

As a study supporter, Alberta Blue Cross is pleased to provide our individual health plan members with the opportunity to take part in this study. Your participation in the research study is voluntary and confidential—your personal data will not be shared with Alberta Blue Cross.

LEARN MORE

Enrolment is now open! To learn more about this University of Calgary study and see if you are eligible to take part, please complete the below survey by August 31, 2022. If you are eligible, a researcher will be in touch.

- [Complete the Survey HERE](#)

If you have any questions or would like to talk about eligibility with a researcher, please contact the study team at foodrx@ucalgary.ca, call the study helpline 1-888-215-5189 or visit the research study website [HERE](#).



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	June 7, 14, 21, 28 July 5, 12	Tuesdays	1:30pm – 4:00pm
Chronic Pain	July 5, 12, 19, 26 August 2, 9	Tuesdays	6:00pm – 8:30pm
Chronic Pain	August 3, 10, 17, 24, 31 September 7	Wednesdays	9:30am – 12:00pm

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

VOLUNTEER



SEESA has a wide range of ongoing Volunteer Opportunities and is actively recruiting for the following positions:

- Special Events Committee
- Volunteer Ticket Maker
- Bartenders (Valid Pro-Serve certificate required)
- Volunteer Kitchen Prep and Dishwashers
- Event Kitchen Volunteers

Special Events

Fall Open House

National Day of Truth & Reconciliation

Fall Rummage Sale

Fall Dance

OctoberFest

Further information regarding volunteer positions is available at SEESA.CA

or contact Gina-Marie Garon at the SEESA office

phone: 780-468-1985

email: gina-marie@seesa.ca



YOU ARE INVITED TO OUR ANNUAL
PANCAKE BREAKFAST



Wednesday, July 27
Food served from 8:30-10:30am
Travelodge Edmonton East
3414 118 Avenue

Free breakfast and activities for the whole family
Live music and entertainment on site
Silent auction benefitting the Beverly Historical Society



Brought to you by the Beverly Business Association
mybeverly.ca



Free, confidential, and available 24/7

- Dial 2-1-1
- Text INFO to 211
- Chat Online at www.ab.211.ca

Help Albertans find you! Have your services listed with 211 Alberta.



EDMONTON
POLICE
SERVICE

Protecting Your Home When on Vacation

Vacation is a time for fun and enjoyment. You can make each trip more enjoyable and carefree if you take a few simple steps to reduce the possibility that your house will be burglarized or vandalized while you are gone. A vacant house, or one that appears to be unoccupied, is an appealing target for a burglar.

- Arrange to have your mail picked up and consider stopping newspapers.
- Remember to have flowers watered, grass cut, leaves raked (or the snow removed) as necessary.
- Use timers on a few lamps in rooms where the light will be noticed from outside the house. Do not leave lights on 24 hours a day. A radio or television is also a good (additional) option to have on a timer.
- Have a neighbour check both inside and outside the house every few days. Ask them to pick up items delivered while you are away.
- Ask a neighbour to park their car in your driveway / designated parking stall.
- Have someone put out your garbage cans on garbage pick-up day.
- Don't hide keys. Consider leaving them with the person in charge of your home instead.
- Consider a security alarm and make sure it is set in your absence.
- Leave up-to-date emergency contact information for your neighbour or friend looking after your home.
- While an upcoming trip is exciting news that you may want to share, don't announce your vacation on your voicemail or social media. Consider posting pictures after you have returned.

WE'RE PLANNING AHEAD

...AND NEED YOUR HELP!



We've started planning fall events and need to build our volunteer committees.

Will you help work on:

- Fall Open House
- September 30: National Day for Truth and Reconciliation
- Fall Rummage Sale
- Fall Dance
- October Fest

Please contact Peggy if you're interested (peggy@seesa.ca).

The more help we have the more fun we have!

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.

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EXTREME HEAT WARNINGS

Extreme heat can cause serious negative health impacts ranging from dehydration and heat exhaustion to heat stroke and possibly death.

Extreme heat affects everyone, but some people are at a higher risk of health impacts, including:

- older adults
- infants and young children
- women who are pregnant
- people with pre-existing medical and mental health conditions
- outdoor workers
- people with reduced mobility
- people who are live alone or are socially isolated
- people who live in high density housing with no indoor cooling
- people experiencing homelessness, or are marginally housed
- some medications also increase risk of heat illness

PREPARING FOR EXTREME HEAT

Being prepared for extreme heat events can help to keep your home cool. It's important to know your options when experiencing an event. Although individual circumstances may vary, everyone must remember to stay:

- Cool
- Hydrated
- Informed

Staying cool, hydrated, and informed during extreme heat is much easier if you have a plan and all the supplies you need.

DURING AN EXTREME HEAT EVENT

During a heat wave, the indoor temperature of homes without indoor cooling will continue to get hotter

with each passing day. Have a plan:

- identify areas in your home that stay the coolest, what you can do to keep them cool, and how you can set it up for sleeping
- prepare meals that don't need to be heated; using appliances increase the indoor temperatures
- if your home is too warm, stay with friends, family, your heat buddy, or look for public spaces with indoor cooling

HEAT ILLNESS

Heat illness such as heat exhaustion, or more serious heatstroke, are preventable. Take action to stay cool, hydrated, and informed throughout an extreme heat event.

STAY INFORMED

Use the [WeatherCan App](#) or [Public Alert website](#) for up-to-date information about weather conditions and Special Air Quality Statements.

HELPING OTHERS

Check in on neighbours, friends and older family members, especially those who are chronically ill, socially isolated, or have mobility limitations, to make sure that they are cool and hydrated. If you have air conditioning, consider offering them a place to stay.

Call 911 if they are unconscious or need medical help.

Get more information [HERE](#).





SEESA
You belong here

Edmonton
FOOT CARE

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

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Session 4 Classes: July 4 – Aug 19					1  SEESA Closed	2
3	4 Session 4 Classes & Clubs Begin	5	6	7	8	9
10	11	12	13	14 Foot Care Clinic Appointment Required	15	16
17	18	19	20	21 Taste of Edmonton (July 21 – 31)	22  K DAYS (July 22 – 31)	23
24	25	26	27	28	29	30 Edmonton Heritage Festival July 30 - Aug 1
31	<div> <p><i>Tillie's Café</i></p> <p><i>Open for coffe and baked goods Monday to Thursday 11 a.m. until 1 p.m. Enjoy!</i></p> </div>					

Tillie's Café
***Open for coffe and baked goods Monday to Thursday, 11 a.m. to 1 p.m.,
until Thursday August 18.***



August 2022

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 Heritage Day SEESA Closed 	2	3	4 Edmonton Folk Music Festival (Aug 4 – 7)	5	6
7	8	9	10	11 Foot Care Clinic Appointment Required	12 Fringe Festival (Aug 11 – 21)	13
14	15 Session 5 Program Guide Available	16	17	18 Potluck in the Park 11:30am – 1:30pm	19 Session 4 Classes & Clubs End	20
21	22 SEESA will be closed for maintenance from Aug. 22 – Sept. 5.	23	24	25	26	27
28	29 Session 5 Program Registration (In person & On-line)	30	31			

**Upcoming
Dates**

SEESA Open House – September 7 (9:30am – 2:30pm)

