



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

#### **MARCH 2024**

## **Board Update**

The "Snowbirds" and Canada geese are gradually returning — sure signs that spring is on its way. SEESA is a hub of activity and people are chatting about gardening, golf, and other outdoor activities.

#### **Membership Continues to Grow**

As of March 12, 2024 we have a total of 1,007 members.

#### Annual General Meeting and Volunteer Appreciation

As the current board members reflect upon the past two years, they are thankful to the staff, volunteers and members who have brought SEESA back to life. There is still work to be done and the Board remains committed to stabilizing and sustaining SEESA. We will continue to actively engage with our members through formal and informal activities.

#### **Canadian Country Music Legends**

The concert was a sell-out and those in attendance enjoyed high-quality, traditional country music. The musicians were well known to many and toes were tapping to steel guitar, yodeling and old-time fiddling.

## Spring Re-Use/Rummage Sale

April 20 and 21

Donations will be accepted Tuesday, April 2 to Thursday, April 18 (until noon). The sale will take place April 20 and 21.

#### **Book and Puzzle Sale**

April 4 – April 21

Donations of books, audio books, and puzzles will be accepted up until Thursday, April 18 (noon).

#### **Indigenous Books**

Thanks to Mary Kerber for setting up a section in the lending library on books about and by Indigenous peoples. As part of SEESA's commitment to Truth and Reconciliation, these resources will continue to expand.

#### **Treat Yourself!**

Enjoy food, beverages and treats at Tillie's Café. Chat with fellow members. Work on the puzzle. Find a book or puzzle at the John Sandercock Library to engage your mind. There's something for everyone!

### **Canadian Country Music Legends concert**

It was a lively and fun afternoon in the SEESA gymnasium for the Canadian **Country Music Legends** concert on Sunday, March 3. The gym was packed with over 200 attendees as they took in the sounds of Alfie Myhre, Joyce Smith, Randy Hollar, Eddy Chwyl, and Rick Morgenstern. Not only was the music fantastic, but there was a fair share of jokes and laughter to be had as well. The 50/50 raffle was popular and the event was a great success! Thank you to the Country Legends for the wonderful performance, the volunteers who helped make it happen, and to everyone who was able to join us!





















"Throughout **March**, create a new *monthly gift* of \$20 or more in support of SEESA through CanadaHelps, and CanadaHelps will make a one-time extra \$20 donation to SEESA!"

You can support SEESA by creating your monthly donation online at: www.canadahelps.org/en/charities/south-east-edmonton-seniors-association/

**We are a voluntee**r non-profit organization dedicated to enhancing the quality of life of people in our community as we age. We're SEESA ... and we believe you belong here.

**We know** participating in activities that bring a smile to our face adds to the richness of our lives.

**We see** how people connect with others when taking a class, joining a club, or volunteering their skills and talents.

**We fee**l pride that contributing to our community makes a difference in our lives and the lives of others.

**We understand** navigating life change as we age is made better when we connect with each other, share interests and feel appreciated and valued.

We are deeply committed to growing an inclusive organization for people 55+ searching for a welcoming place where positivity, togetherness and joy thrive.



## **Make It Monthly and support SEESA**

During March, with the support of CanadaHelps, we are celebrating Make It Monthly — a program where when new monthly donations of \$20 or more are made, CanadaHelps will add an extra \$20 for each donation for SEESA. If you already make a monthly donation, you can increase the impact of your existing monthly gift by \$10 or more, and CanadaHelps will add an extra \$10 for SEESA. To learn more about the Make It Monthly program through CanadaHelps, please visit - <u>Make It Monthly</u> <u>Terms and Conditions | CanadaHelps -</u> <u>Donate to any charity in Canada</u>.

Join the Make It Monthly movement and watch your ongoing support create a ripple effect of growth for SEESA and the community we serve. You can Make It Monthly by <u>donating online today</u>.

Did you know that monthly giving is one of the easiest and best ways to help SEESA empower and enhance the quality of life of people in our community as we age by providing a variety of programs for a variety of members who are of a variety of ages and who have a variety of interests? When you make a monthly gift, you don't have to worry about remembering to give every year, and it's a great way to make a big impact. Monthly giving is a wonderful option for both you and SEESA. Our monthly donor program allows you to spread your donations throughout the year, providing SEESA with a consistent base of support. Your monthly gift to SEESA is affordable, flexible, effective, and convenient.

**Affordable and Flexible** You can choose your monthly gift to start as low as 67 cents a day which is just \$20 per month. 100% of your gift is eligible for a year end tax receipt. Any amount is really appreciated.

**Effective** Your monthly gift provides SEESA a steady source of income that will provide weeks, months, and years of support so that SEESA can continue to grow its programming and supports for our community.

**Convenient** You sign up online at CanadaHelps.ca to start your monthly contributions. Your gift will automatically be

deducted on the same date each month. At the end of the calendar year, you



will receive a tax receipt for the total of your annual donation for tax return purposes. You can change or cancel your monthly gift details at any time.

Make It Monthly by donating online today at <u>south-east-edmonton-seniors-association</u> | <u>CharityProfile | Donate Online (canadahelps.</u> <u>org)</u>. Whatever you choose as your monthly gift is truly appreciated. Your gift does make an impact. "SEESA lets me get out of the house and interact with others. Feeling welcomed and being with people my own age has increased my confidence, my mental health, and lets me know I'm not alone."





in partnership with



## **Free Tax Clinic**

#### <u>Tuesday, April 2, 11:00am – 3:30pm</u>

At SEESA in the Forest Heights Room

#### **Eligibility Criteria:**

- Ages 55+
- Modest income (approx. \$35,000 individually or \$45,000 as a couple)
- Simple tax situation (e.g. not self-employed, no investment over \$1000, no rental income, etc.)

#### Call or visit the SEESA Front Desk to sign up for a 30-minute time slot (limited capacity).

Please note that this is no longer a "drop-off" tax clinic but has been changed to an in-person format where your taxes will be filed on site at SEESA. Questions? Email Judy at finance@strathconaplace.com

### Valentine's Day Brunch

On February 14th we celebrated Valentine's Day at SEESA with a delicious brunch cooked up by our chef with excellent service from our volunteers. Love was in the air... not just for one another, but for the delicious quiche on the menu! Many compliments were passed onto the chef. Attendees also enjoyed hashbrowns, a side salad, and a yogurt parfait for dessert. Thanks again to all of our wonderful volunteers for their hard work, and we hope to see you for our next ticketed meal — an Easter Lunch on Thursday, March 28!





## **Celebrating Birthdays**

### March 15 – April 14 Birthdays

Ron Adams Jean Adamson **Jacques Albert Dieter Anders Douglas Anderson** Olga Aniskowicz Pamela Banser Gerri Barsotti Vicky Blinston St John Joe Bowering Clement Bray Wolfgang Brueckl Robert Burwood Robert Campbell Janet Chalan **Tanis Eaker** Thecla Fenton Susan Fischer **Christine Forth** Elsa-Marie Frazer Colleen Freese **Dennis Gartner** Craig Getz Mary Pat Gibson

Robert Gilmour Elizabeth Good Robert Griffith Christa Gundermann Gail Guss Leo Hensel Betty-Ann Hine Wilson **Catherine Holden** Jean Holowaychuk Hannelore Hoppe Pat Humble Marilyn Isitt Jocelyn Johnston Lynne Kaluzniak Colleen Keenan-Zdebiak Johnny Kwan Jean Kyte Pearl Lauber Sharen Lepine **Rick Liebrecht** Victor Liversidge April Livingston Helen Lovell Helene Mailloux

Tim Markle Gillian McGovern **Darlene McIntosh** Mary McLean **Nelson McRae** Colleen Murdoch Judy Nance **Terry Nicholson** Ann Nicolai Diane Nordhagen **Pauline Norris** Caroline Olynyk **Richard Orthner** Dianne Osback **Della Paradis** Jocelyn Partington Gloria Pigat Avril Pike Linda Ramirez Laurie Reid Olga Reid Sharon Schnell Georgina Schurman Terry Simmonds

Valerie Stenson Margaret Swytink Vel Thompson Hector Tisnado Jennifer Townsend Anna Westgate Shelley Williams Barbara Zenko



February birthday party participants.

Do you have a birthday in April? Your party is on Tuesday, April 16th at 1:30 pm. Please RSVP by April 11th to 780-468-1985.

### **Fraud Prevention Month**

March is Fraud Prevention Month and is marking its 20th year of bringing awareness to Canadians. Every year, thousands of Canadians fall victim to fraud. Many don't think it can happen to them, but scammers use sophisticated ways to target people of all ages. The best way to fight these types of crimes is through awareness and education. Knowledge is power! Don't be a victim be vigilant!

**Spoofing** is a type of scam in which criminals disguise an email address, display name, phone number, text message, or website URL to convince you that they are interacting with a known, trusted source. There is usually an urgency to their requests.

- <u>Caller ID Spoofing</u> is the act of altering the Caller ID displayed to the person receiving the call.
- Cyber Spoofing is a tactic in which cyber criminals disguise malicious communication or activity as something from a trusted source.

**'Urgency/Emergency' Scam** The Urgency/ Emergency Scam has many variations — Grandparent Scam; CRA Scam; Canada Post (Delivery Service) Scam; Canadian Border Scam

- <u>The Grandparent Scam</u> is when a fraudster calls pretending to be a family member in trouble and asks for money.
- <u>The CRA Scam</u> is when a fraudster emails, texts or calls that you have a CRA refund waiting for you, and they need your banking information to send the refund.

- The Canada Post (Delivery Service) Scam is a text message claiming they are from Canada Post (or UPS, or any other delivery service) and that your delivery is stuck in a warehouse centre, and they need your account information to retrieve the package.
- <u>The Canada Border Scam</u> is an email, text message or telephone call with a fraudster posing as a Canadian Board Services Agent (CBSA) and asking for payment or personal information.

#### Additional resources:

- Seniors Guidebook to Safety and Security
- <u>Canadian Anti-Fraud Centre</u>
- <u>Edmonton Police Service Crime</u>
  <u>Prevention Frauds</u>
- <u>The Little Black Book of Scams</u>

If you are a victim of a fraud, <u>report to the</u> <u>Edmonton Police Department</u>. If someone attempted to defraud you (CRA scam phone call), <u>report this to the Canadian</u> <u>Anti-Fraud Centre</u>.





(End of Ramadan Celebration)

### April 9, 2024 Tillie's Café

#### 11:30am-1:00pm

#### \$15.00 (no ticket required)

MENU:CHICKEN BIRYANI (BIRYANI IS A MIXED RICE DISH MOST POPULAR IN SOUTH ASIA. IT IS MADE WITH RICE, MEAT AND SPICES)

#### **VEGETARIAN OPTION:**

CAULIFLOWER, POTATO AND PEA CURRY WITH RICE

No Gluten Free Option Available --- First Come First Serve



9350 - 82 Street N.W., Edmonton

# HAPPY EASTER LUNCH

March 28th *Tillie's Cafe* 

#### Seatings at 11:00am & 12:30pm.

Tickets: \$20/Person

**Menu:** Ham, scalloped potatoes, salad w/ house made maple dressing,carrot cake, coffee/tea.

For a plant-based or gluten-free meal please sign up in advance at the Front Desk.

Tickets Available February 23 - March 21 at 🖲

SEESA FRONT DESK - 9350 - 82 STREET OR BY PHONE 780-468-1985

SEE

#### SEESA Shares Advertising Rates

SEESA accepts paid advertising in *SEESA Shares*.

#### Advertising rates per single issue:

Card size:	3.5" w x 2" h	\$25.00
1/4 page:	4" w x 5" h	\$40.00
1/2 page:	8" w X 5" h	\$80.00
1/2 page:	4" w X 10" h	\$80.00
Full page		\$120.00

#### 1500 email circulation

Send submissions to: <u>info@seesa.ca</u> preferably by the 1st of each month, so that any amendments can be complete by the 8th of the month. Publication is around the 15th of the month.

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 Now.





Please ensure that all your items are clean and in good working condition.

#### BAKE SALE Items accepted on April 19th

#### Do Not Donate/Drop-off:

Upholstered furniture, large furniture & TVs, baby furniture & supplies, mattresses & pillows, computer software, hardware & out of date technology, VHS tapes, cassettes, magazines, encyclopedias, soft toys, clothing, shoes, suitcases, plastic food containers.

Please consider donating these items to:

- Edmonton Reuse Centre
- FIND
- AB Recycling Management (ARMA)
- Goodwill / Value Village

#### Donations accepted for:









Ready to downsize? Or move to a condo and forget about grass mowing and snow shoveling? Need professional advice on how to prepare your home for a successful sale? Curious how much your house is worth now?



My name is Natalia Bandola and I am a licensed residential REALTOR® in Edmonton and area. I will work very hard to sell your home fast and at your price or higher! Please reach out if you have any questions, need advice, or would like to have a complementary market evaluation of your home.

Call 780 - 394 - 5686 Canada 760-548-8639 USA natalia.bandola@century21.ca Century 21 All Stars Realty

SEESA BOOK & PUZZLE SALE Audio Books, DVDs, CDs also available

April 4 - 18, 2024 - 10:00 a.m. - 3:00 p.m. (closed Saturdays & Sundays during April 4-18) April 20, 2024 - 10:00am - 3:00pm April 21, 2024 - 11:00am - 3:00pm

Donations of used books, puzzles, audio books, DVDs & CDs can be dropped off at SEESA's South Doors April 2 - 18

We do not accept encyclopedia, bibles/religious books, magazines, Readers Digest condensed versions, medical books, "How to" books, atlases, phonebooks, or maps.





# Left something behind at SEESA?

Miscellaneous items found at SEESA are on display at the front of the Cloak Room. Items not claimed by March 28 will be donated. Newly found items should be placed into the Lost & Found bench inside the Cloak Room, so that owners will be able to retrieve their lost items the next time they come in.





SEESA is hoping to set up a Dominos Club -- are you interested in joining?

Whether you're a beginner or a seasoned player -- we'd love to see you.

The Club will meet weekly on Tuesdays mornings (time to be determined) Cost: \$3.00 Member / \$6.00 Non-Member

Contact Aleeza at 780-468-1985 if you are interested in joining or for further information.







## **Tillie's Café**

#### Monday-Friday - Open 9 - 4

Breakfast served from 9:00 am-10:30 am Lunch served from 11:3	0 am—1:00 pm
Beverages and Goodies are available outside of meal times.	
Breakfast:	
Big Breakfast - 2 eggs, 2 toast, bacon/sausages & hash browns	\$11.50
Small Breakfast - 1 egg, 1 toast, bacon/sausages & hash browns	\$8.00
Pancakes (2) - bacon/sausages	\$8.00
Special – as posted and priced	
Lunch:	
Sandwiches (Egg Salad or Tuna Salad)	
Full sandwich	\$6.00
Half sandwich	\$3.50
Soup	\$5.00
Soup & half sandwich	\$8.50
Special – as posted and priced	

Mar. 18 – Eggs Benedict with Fruit Salad	\$14.00
Mar. 19 – Beef Goulash on Egg Noodles	\$13.00
Mar. 20 – Closed for Private Event	
Mar. 21 – Meat Loaf and Hot Potato Salad with Garlic Toast	\$14.00
Fridays – Chef's Choice	as priced
***	
Mar. 25 – Ginger Beef Rice and Stir Fry	\$15.00
Mar. 26 – Salmon and Dill Sauce, Mashed Potatoes, and Side Sala	d\$15.00
Mar. 27 – Reuben Sandwich	\$12.00
Mar. 28 – Closed for Ticketed Event (Easter Lunch)	\$20.00 in advance
***	
Apr. 2 – Beef Pot Pie with Side Salad	\$15.00
Apr. 3 – Pork Schnitzel with Scalloped Potatoes	\$14.00
Apr. 4 – Chicken Caesar Salad Wrap	\$14.00
Beverages:	
Tea/Coffee (1 refill)	
rea/conee (1 renn)	\$2.00
Hot Chocolate, Bottled Water/Pop	
Hot Chocolate, Bottled Water/Pop Baked Goods: As available and as priced	\$2.00
Hot Chocolate, Bottled Water/Pop Baked Goods:	\$2.00
Hot Chocolate, Bottled Water/Pop Baked Goods: As available and as priced Thursdays: Cinnamon buns Frozen Selections to take home:	\$2.00
Hot Chocolate, Bottled Water/Pop Baked Goods: As available and as priced Thursdays: Cinnamon buns	\$2.00
Hot Chocolate, Bottled Water/Pop Baked Goods: As available and as priced Thursdays: Cinnamon buns Frozen Selections to take home:	\$2.00
Hot Chocolate, Bottled Water/Pop Baked Goods: As available and as priced Thursdays: Cinnamon buns Frozen Selections to take home: Soups	\$2.00

#### Closures

#### Tuesday, March 19

 Closed at 1:00pm for Birthday Party

#### Wednesday, March 20

- Closed all day
- Special Event (Curling Tournament)

#### Thursday, March 28

- Closed all day
- Special Event (Easter Lunch)

#### Friday, March 29 – Monday, April 1

 SEESA closed all day (Easter)





## Heather McPherson

Member of Parliament Edmonton Strathcona

## Contact my office for assistance with:

- Employment Insurance
- Old Age Pensions
- Canada Revenue Agency
- Citizenship & Immigration
- Canada Student Loans
- Celebratory Messages

#### 780-495-8404 10045 81 Ave T6E1W7

heather.mcpherson@parl.gc.ca

**VIDP** Follow on **VI** 

Visit my website at www.heathermcpherson.ndp.ca







# Need some help around the house?

At Mi Casa Cleaning we clean bathrooms, kitchens, flooring, windows, baseboards, and dusting. We can also help with laundry and other small household tasks.

We charge \$35 per hour. The cost includes cleaning supplies and equipment. Our team has lots of experience working in homes with pets.

#### MORE INFORMATION, CONTACT DONNA

PHONE 780-803-0121

EMAIL mycleanersedmonton@gmail.com







David Goa is the founding director and International Fellow of the Chester Ronning Centre for the Study of Religion and Public Life, University of Alberta (Augustana Campus).

#### MAID: What has Unfolded and Why?

Thursday Mar 28 (1:00pm - 2:30pm)

Physician assistance in dying has become a part of Canada's medical system. Its application is being expanded. What has the last several years of this practice taught us?

" The Love of One's Own: Cultivating Canadian Culture" Thursday Apr 25 (1:00pm - 2:30pm)

The Canadian philosopher George Grant talked of the "love of one's own being the ground on which we stand to love the other." What is this ground in Canada? Where is it to be found?



Register in person at 9350 - 82 street, or by phone (780-468-1985). SEESA Member: \$10 Non-Member \$13 *Class Limit: 25* 





#### FYI Seminars March - April 2024

Edmonton Room - (Class Limit 20 unless otherwise noted) Fee: \$3.00 Members & Non-Member

## See the 2024 Session 2 Program Guide for dates, times and detailed information on these sessions and options for registration.

- Mar 11: Introduction to Cannabis for Therapeutic Purposes for Seniors
- Mar 12: Identity and Fraud Prevention
- Mar 14: Chartwell Café: Government Benefits Alberta Blue Cross
- Mar 18: Info Presentation: Introduction to Arc for Seniors
- Mar 19: Fall Prevention
- Mar 20: Personal Directive & Power of Attorney
- Mar 26: Exercise Guidelines for Older Adults
- Mar 27: Dividend Investing for Inflationary Times
- Mar 28: Bring Your Own Device: cloudLibrary(eXpress Titles)
- Apr 3: Arthritis Overcoming Arthritis: Mastering Pain, Conquering Limits & Living Fully!
- Apr 17: How to Tame Your Spring Allergies





# March 2024

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	<mark>ckets (\$5/ticket) –</mark> DN 1 Classes & Club		il 26, 2024		1 Jam Session 6:00 – 9:00pm	2
3 LEGENDS Country Music Concert (2pm – GYM) Ticketed Event	4 Session 2 Classes & Clubs Begin	5	6	7	8 International Women's Day	9 Ramadan Begins March 10
10 Daylight Savings Time Begins	11 Mobile Tax Clinic Drop-Off 11:00am- 12:30pm Edmonton Room Sign up required	12	13 SEESA AGM & Volunteer Appreciation 2:00 – 4:00pm Tillie's Cafe	14	15 Jam Session 6:00 – 9:00pm	16
17 St. Patrick's Day	18	19 Monthly Birthday Party 1:30 – 3:00pm	20 AB Curling Assoc Tournament Gym/Tillie's Café (Tillie's Café closed to the public)	21 International Day of the Elimination of Racial Discrimination	22	23
24	25	26	27	28 Easter Lunch Tillie's Cafe Ticketed Event	29 Good Friday SEESA OFFICE CLOSED	30
31 Easter Sunday	Mar 11 – Introd Mar 12 – Inden Mar 19 – Fall Pr Mar 20 – Perso Mar 26 – Exerci Mar 27 – Divide	g Up Calm: Mal luction to Cann tity & Fraud Pre revention nal Directive & se Guidelines f end Investing fo	ke your Mental H abis for Theraper evention Power of Attorne	utic Purposed of ey nes		able

## SEE 1 ou belong here

# April 2024

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Apr 2-18 Book & Re-Use Sale Collection 8:30-3:00 Except weekends	1 Easter Monday SEESA CLOSED	2 Re-Use/Book Sale Collection starts 8:30-3:00 Tax Clinic 11:00-12:30	3	4 Book Sale 10:00-3:00	5 Book Sale 10:00-3:00	<b>6</b> Cribbage Tournament
7	8 Book Sale 10:00-3:00	9 Registration Day 9:15 Book Sale 10:00-3:00 Eid Lunch Tillie's Café	10 Ramadan Ends Book Sale 10:00-3:00	11 Book Sale 10:00-3:00	12 Book Sale 10:00-3:00 Jam Session SEESA Dance Club	13
14 National Volunteer Week April 14-20 Every Moment Matters	15 Book Sale 10:00-3:00	16 Monthly Birthday Party Tillie's Cafe 1:30 – 3:00pm Book Sale 10:00-3:00	17 Book Sale 10:00-3:00	18 Book Sale 10:00-3:00 Re-Use Sale Collection ends at 12:00 NOON	19 <i>Tillie's Café</i> <i>CLOSED</i> No in-person classes or clubs (SEESA Spring Rummage Sale Set-up)	20 SEESA Spring Re-Use & Book Sale 10:00-3:00
21 SEESA Spring Re-Use & Book Sale 11:00-3:00	22 Earth Day	23	24	25	26 Winter 50/50 Draw Jam Session SEESA Dance Club	27
28	29	30	Donation Drop- Mobile Tax Clin Room Sign up re Book Sale April	off April 2-17 8:30 ic Drop-Off April 2 equired 4-18 excluding we c-Use and Book Sa	- Draw Date: Apr D-3:00 & April 18 8 2 11:00am-12:30p eekends 10:00-3:0 ale April 20 10:00-	::30-12:00 m Edmonton 0