

# SUNBURST

The Newsletter for Seniors United Now

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The Voice of Seniors in Alberta

**Alberta Pharmacare Working Group (APWG)**  
Representatives, Collin Anderson President of Congress of Union Retirees of Canada (CURC) Calgary Area Council and Alanna Hargan, Director of SUN / Executive member of the CURC Calgary Area Council met with MP Pat Kelly Calgary – Rocky Ridge



*MP Pat Kelly  
Calgary Rocky Ridge*



*Colin Anderson  
President CURC Calgary  
Area Council*



*Alanna Hargan  
SUN-Director & Calgary Chair  
Executive CURC - Calgary*

### Alberta Pharmacare Lobby

Two Progressive Conservative MPs in Alberta were separately met by representatives of the Alberta Pharmacare Working Group (APWG) recently, as a first step to convince all Alberta MPs to support the implementation of a universal prescription medication plan by 2020, one that covers everyone, regardless of their income, age or where they live.

Continued page 10

### Contents

President's Report	2
Executive Director	3

### Chapter News

Calgary	7
Edmonton South	7
Edmonton North West	8
St. Albert	8
Edmonton North East	9
Sherwood Park /	
Strathcona County	9

### Membership

AGM Sponsors & Volunteers	10
Put some Green in your Spring	
Cash RAFFLE Winners	10
Renewal / Donation Form	11
Are You Due?	12

### Special Interest / Articles

PharmaCare Working Group	1
It's Way Too Hot	4
Pension Advocacy	5
Guest Column - H. Voogd	
Affordable Rent	6
PharmaCare - Continued	10

***President's Report:***

The 2018 Annual General Meeting (AGM) was held on April 25, at the Santa Maria Goretti Community Centre, Edmonton. We had a great turnout and the facility and food were excellent. Our keynote speaker was the Honourable Lori Sigurdson, Minister of Seniors and Housing. Her speech was informative and well received. She allotted time to answer a multitude of questions and a lively information exchange was enjoyed by all. This year promises to be a challenging one for seniors. Following are the concerns I raised in my AGM Presidents Report.

The Minister has recently announced a proposed \$1.2 billion-dollar investment in affordable housing. This announcement is very positive, however at this time the proposal appears to be only in the planning stage and tangible results are yet to be seen. SUN will continue promote and monitor this urgent need.

In addition to the governments promise to increase the number of low income housing units it has also announced a \$1.2 billion-dollar program to upgrade existing low-income units. This is a substantial commitment and paired with the new unit's announcement, available funding will probably make these promises unaffordable within our current deficit. This means seniors and other Albertans will continue to live in sub-standard accommodations.

Pharmacare continues to be a priority for the government and SUN is monitoring the governments planning process and is involved in the current group discussions on Pharmacare proposed changes in the future. Our Executive Director, Linda Osborne, is a member of the Alberta Pharmacare Working Group. SUN's position is that all seniors must receive the same benefits, regardless of their income. We all pay taxes and should enjoy equitable benefits.

Home care services, in the province, continue to be inadequate to meet the current needs for services. SUN is receiving increased complaints that wait times for receiving services are getting longer. There appears to be a cutback in funding for approved services and seniors are not receiving the help they need to remain in their homes. SUN will continue to advocate for equitable funding for seniors in Alberta.

Continuing care continues to have long waiting lists and access is difficult to achieve. As the government moves from continuing care being delivered by private companies to facilities being managed by Alberta Health, the question is, will this move increase available beds or just maintain the status quo. The promise of the government is that these new projects will put residents interest in the forefront. We trust this will occur.

Of continuing concern to the Board is what will be the real impact of the Alberta Carbon Levy and rebate on senior's income. The government has advised that the average increase in cost will be \$300.00 per couple per year. This is the amount the government will provide as a rebate to 60% of Albertans. This projection could be woefully inadequate, leaving seniors with a much higher loss of income from increased cost of goods and services. Your board will monitor the carbon tax impact on senior's income and respond to the government as appropriate.

We seniors, now more than ever, must continue to be at the table discussing seniors concerns with the government. Your board will be that representative.

Gordon Voth, President

### ***Executive Director's Report:***

Now that winter has finally left us, I hope our members are getting out and enjoying the weather.

As Executive Director for Seniors United Now, I have been involved in giving input to the Edmonton Coordinating Council for their Seniors Transportation Study. The results of the information gathered from various groups was presented at a luncheon in May. The City of Edmonton hopes to have a revised transportation schedule by 2020.

I continue to represent SUN at the Public Interest Alberta Seniors Task Force which focusses on needs across all streams of continuing care, improving the quality of all residential senior's care and reform of home care services.

The newest group that SUN has become a part of in our advocacy for seniors is the Alberta Pharmacare Working Group. This is a coalition of 13 groups representing labour, seniors, health care workers and health care advocacy groups. This group has produced a Pharmacare Petition to send to the Federal Health Minister from our seniors. At the SUN AGM, the petition was available for the members to sign. St. Albert Chapter as well had the petition at their booth at the St. Trade Fair. We are the only country in the world with universal coverage health care system that does not include prescription drugs. We pay the most of any country for generic prescription drugs and we are 2nd only to the USA in how we pay for our brand name prescription drugs. One of SUN's priorities which was requested by our membership for 2017-2018 was Pharmacare.

Wayne Sorensen, Ed Hamaliuk and myself have been providing support to our emerging chapter in the North West. Keith Hembroff has been doing an excellent job as Chapter Leader. The attendance has been small, so we encourage our members who live in the Edmonton West End to attend our meetings at Trinity United Church Second Wednesday of the month.

On April 6, 2018, Wayne Sorensen, chair of the subcommittee on pension and myself, met with the Finance Ministers Chief of Staff Laura Devaney to present our positional paper on pension. Wayne discussed the paper with Ms. Devaney – she even commented that it was wonderful to see someone so passionate about our position. Ms. Devaney assured us that we would receive a letter before our AGM, signed by Honorable Minister Joe Ceci acknowledging that he had been briefed about our meeting and SUN's position on increase of COLA % to seniors in Alberta. We did receive the letter and it is now on our website.

I am in the process of distributing our brochures to MLAs in the Edmonton and surrounding area and for MLAs in other parts of provinces a cover letter and brochure will be mailed to them. This is to make them aware what SUN is about and how we could help the constituents in their area. Of course, if I had a Membership/Volunteer Coordinator to assist with this it would be helpful. We are actively looking for a part-time Membership/Volunteer Coordinator. If you know of anyone that might enjoy this position, please have them contact myself.

Linda Osborne - Executive Director

## **SUN BOARD OF DIRECTORS**

**2018 - 2019**

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**Gordon Voth**  
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Director

## **SUN STAFF**

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**Linda Osborne**  
Executive Director

**Lynn Penner**  
Office Administration



## It's way too hot! Protect Yourself from Extreme Heat

**Know your risks** Hot temperatures can be dangerous, especially if you have: breathing difficulties, heart problems, hypertension, kidney problems, a mental illness such as depression or dementia, Parkinson's disease, or if you take medication for any of these conditions. If you are taking medication or have a health condition, ask your doctor or pharmacist if it increases your health risk in the heat and follow their recommendations.

**Heat Illnesses** include heat stroke, heat exhaustion, heat fainting, heat edema (swelling of hands, feet and ankles), heat rash and heat cramps (muscle cramps). Heat illnesses can affect you quickly and are mainly caused by over-exposure to heat or over-exertion in the heat.

**Prepare for the heat** - Tune in regularly to local weather forecasts and alerts so you know when to take extra care. Arrange for regular visits by family members, neighbours or friends during very hot days in case you need assistance. Visitors can help identify signs of heat illness that could be missed over the phone. If you have an air conditioner, make sure it works properly before the hot weather starts. Otherwise, find an air-conditioned spot close by where you can cool off for a few hours during very hot days. This will help you cope with the heat better.

**Pay close attention to how you - and those around you – feel** Watch for symptoms of heat illness, which include: dizziness or fainting, nausea or vomiting, headache, rapid breathing and heartbeat, extreme thirst (dry mouth or sticky saliva), and decreased urination with unusually dark yellow urine. If you experience any of these symptoms during hot weather, immediately move to a cool place and drink liquids. Water is best.

**Stay hydrated** Drink plenty of cool liquids, especially water, before you feel thirsty to decrease your risk of dehydration. Thirst is not a good indicator of dehydration. Eat more fruits and vegetables as they have a high-water content. If you eat less, you may need to drink more water.

**Stay cool** Dress for the weather - Wear loose-fitting, light-coloured clothing made from breathable fabric. Keep your home cool, prepare meals that don't need to be cooked in your oven. Block the sun by closing awnings, curtains or blinds during the day. If safe, open your windows at night to let cooler air into your home.

**If your home is extremely hot:** Take a break from the heat by spending a few hours in a cool place. It could be a tree-shaded area, swimming facility or an air-conditioned spot such as a shopping mall, grocery store, place of worship or public library.

**Reschedule or plan outdoor activities during cooler parts of the day.**

Before heading out, check the Air Quality Health Index (AQHI) in your area, if available - air pollution tends to be at higher levels during very hot days.

Avoid sun exposure, Shade yourself by wearing a wide-brimmed, breathable hat or using an umbrella. Tree-shaded areas could be as much as 5°C/9°F cooler than the surrounding area. Use a sunscreen that is SPF 30 or higher and follow the manufacturer's directions. Remember, sunscreen will protect against the sun's ultraviolet (UV) rays but not from the heat.

**Heat stroke is a medical emergency!**

**Call 911 or your local emergency number immediately.**

## SENIORS UNITED NOW PENSION POSITION PAPER

Linda Osborne, Executive Director and Wayne Sorenson Director, met with the chief of staff for the Honourable Joe Ceci on April 6, 2018. This is a condensed version of our meeting, the full version of our position paper on pensions can be found on our SUN webpage, seniorsunitednow.com.

### THE ISSUE:

The Alberta Provincial Government promised cost of living adjustments (COLA) to be comparable to the Canadian Consumer Price index, but unfortunately has failed to keep this promise, as L.A.P.P. pensioners only receive 60%. In the past a great disservice was done to public service employees who paid pension contributions to the Provincial Government. For many years their pension contributions did not go into a pension fund, but instead these funds were placed into general revenue.

### COST OF LIVING ADJUSTMENT STANDARDS SET BY OTHER PROVINCES:

Following is a summary, obtained from an Internet Search, which outlines the COLA adjustment implemented by some of the other Provincial Governments;

- British Columbia, provide increases at 100% of the Canadian Consumer Price Index.
- Manitoba, COLA is base on 66% of the C.P.I.
- Ontario appears to be 100% of the C.P.I.
- Quebec pensioners, over the age of 65 receive 100% of the C.P.I.
- Newfoundland/Labrador, COLA is adjusted October of each year to 60% of the C.P.I.
- New Brunswick has a "Shared Risk Pension Model", as pension returns increase the higher the COLA is adjusted.
- The Canada Pension Plan provides COLA at 100% of the C.P.I.

### UNFUNDED PENSION LIABILITY AND ALBERTA INVESTMENT MANAGEMENT CORPORATION INVESTMENT

The previous Alberta Government eventually recognized a need to not pay pensions out of general revenue and was prudent in establishing a pension plan. Currently our Alberta Heritage Fund and our Pension Funds are invested by A.I.M.co. In the year 2008, the unfunded pension liability was at 25%, since A.I.M.co took over the pension investment, the income profits continue to grow at a rapid pace, most years producing double digit increases. The pensions are now at least 98% funded if not more. Also, currently a pension reserve fund has been established

### EFFECTS ON RETIRED SENIORS

#### (PUBLIC SERVICE PENSION AND LOCAL AUTHORITES PENSION PLANS)

Because of inadequate consumer price index adjustments, eventually this may cause some pensioners to fall below the poverty line, which may require them to rely on Alberta Government social assistance to survive. This also impacts current and future provincial budgets.

### SUGGESTED ACTION AND RESULTING BENEFITS

Having past pension contributions go to general revenue and not into an established pension plan, has probably lead to previous unfunded liabilities and in turn resulted in harmful regulation changes, which unfortunately downgraded original pensions promised, resulting in a very negative impact on pension benefits in the areas of Cost of Living Adjustment, Spousal benefits and the pension calculation formula to name a few.

Considering the successful current L.A.P.P. funding levels, we respectfully ask for the Minister to consider changing the current plan to incorporate annual increases to 100% of the C.P.I.

Wayne Sorenson  
SUN Secretary

## Affordable rent not just a big city problem

Despite a significant public focus on the issue, affordable rental housing continues to be an issue across Canada and Alberta. The 2018 [www.rentalhousingindex.ca](http://www.rentalhousingindex.ca) a comprehensive database of rental housing statistics based on 2016 census data from Statistics Canada provides information for over 800 cities and regions.

We need to pay attention to rental housing trends because for the first time since 1971, there has been an increase in rental households across Canada compared to home ownership. The growth in rental households means additional pressure on rental supply and represents a generational shift with the increase of renter households outpacing the increase in Canadians buying homes. Between 2011 and 2016, the proportion of renter households increased from 30% of Canadian households to 32%.

At 27% the percentage is lower in Alberta, but this number reflects 406,210 renter households. In the last five years, Alberta added 51,285 new renter households. At \$1,279 a month, Alberta has the highest average rent in Canada, up \$200 a month from five years ago. Highest rents are found in Fort McMurray (\$1,802), Rocky View County (\$1,626) and Airdrie (\$1,597). These rental costs mean 36% or 146,275 renter households in Alberta spend more than 30% of their monthly income on rent and utilities. This number has increased by 14% since the 2011 census.

A household spending 30% or more of its gross income on housing has affordability issues according to the Canada Mortgage and Housing Corporation. More disconcerting is the 15.7% or 63,665 renter households who spend more than 50% of their monthly income on rent and utilities. This problem is most acute in High River (19.6%), Camrose (18.7%), and Leduc (18.7%). Households spending more than 50% of gross income on housing are severely overspending and considered to be at a crisis level of spending, putting individuals and families at risk of homelessness.

A further outcome of affordability challenges is renter households being forced into overcrowded housing. 37,600 Alberta renter households, which constitutes 9% of all renter households, are considered overcrowded.

Although province-wide statistics show that increases to household income have stayed ahead of increases to rent, there are some notable regional examples where this is trending in the wrong direction and putting additional pressures on affordability. Rocky Mountain House has had a 23% average rent increase vs. 6% increase in income. Grande Prairie experienced a 26% average rent increase vs. 15% increase in income. Westlock and North-Central Alberta show a 19% average rent increase vs. 11% increase in income. Eastern Alberta residents cope with a 23% average rent increase vs. 9% increase in income. These statistics show affordable rent is not just a big city problem. There is a trend to increasing affordability problems in not only bedroom communities, but in smaller communities across our province.

The rental housing index data demonstrates the need for all levels of government, communities and housing providers to work together to ensure the timely delivery of a variety of housing options to address the diverse needs of Albertans. Alberta has a strong non-profit housing sector which already plays a key role in delivering affordable rental housing to our communities.

We are committed to work with government, individuals and other organizations to deliver new rental housing aimed at what low and moderate-income earners in our province can afford.

*Harvey Voogd is Executive Director of the Alberta Network of Public Housing Agencies*

### South Edmonton Chapter Quarterly Activity Summary

The South Edmonton Chapter meets on the second Friday of the month. Meetings are held: Whitemud Crossing Public Library - Program room 4211 – 106<sup>th</sup> St. Coffee and snacks start at 1:00 pm for early arrivals, followed by a 50-minute presentation, a 10-minute refreshment break, and a 30-minute question period.

#### What's Happened...

**April 25, 2018** Several South Chapter Members attended the SUN AGM. The meeting proceeded swiftly and efficiently and was highlighted by the guest speaker the Honourable Lori Sigurdson, who gave a thoughtful presentation followed by many pertinent questions by the SUN members. The lunch that followed was delicious, and I would like to encourage others to attend in the future.

#### May 11, 2018

Stephanie Dzedzic, first Link Coordinator from the Alzheimer Society of Alberta, gave an informative presentation about Dementia and Alzheimer's Disease, examining the causes and symptoms, showing the problems of living with these diseases and the role played by caregivers and partners.

#### What's Upcoming...

##### June 8, 2018

Laurie Young from AHS will do a presentation on MINDFUL AGING (Mind, Body, and Soul).

We welcome everyone to our meetings, member or non-member. Please join us. We are also looking for volunteers to become part of our chapter steering committee. Contact: Cynthia Lazarenko 780-4369720 Robert Price 780-437-9694 Co-chairs Edmonton South Chapter.

We like to thank Whitemud Public Library for allowing us to use the facilities. In addition, we would like to thank Millwoods McDonald's for the complimentary coffee and Save On Foods Calgary Trail for the complimentary snacks for our presentations.



### Calgary Chapter Quarterly Activity Summary

The Calgary Chapter meets regularly in January, April, June and October. We don't have a permanent meeting location but like to change it up so that our meetings can be attended by all interested seniors who live in the various areas of the city.

#### What's Happened...

**April 12, 2018** – 33 people met in the Nose Hill Library on Northmount Drive N.W. The guest speaker was Kait Shane from Natural Health Services of Calgary. She spoke about Medical Cannabis and the chronic conditions that it can lessen or alleviate. Medical Cannabis (Marijuana) has been legal and approved by Health Canada since 2002 and is not to be confused with recreational marijuana. The purpose is not to “get high” but to improve your quality of life such as promoting restful sleep or decreasing pain. You can find more information on the website <http://www.naturalhealthservices.ca>.

The University of Calgary is testing the impact of Free Preventive Medications in Seniors.

Call 1-844-944-8927 to confirm if you are eligible to take part in this study.

#### What's Upcoming...

Date: **June 14, 2018 (Thursday)**

Time: 12:30 pm

Location: Fish Creek Library 11161 Bonaventure Dr.

Topic: “The Way In” Connecting Seniors with Services

In addition to the speaker and presentation, we will be holding elections for positions on the Calgary SUN executive. There are several key executive positions that will be vacant including Membership Director and Treasurer that need to be filled if our chapter is to continue to function and be able to address the issues facing Calgary seniors.

Please consider volunteering with SUN and letting your name stand for any of the positions on the executive.

If you want more information about the duties and responsibilities of any of the executive positions, please call or text me at (403) 669-3793.

Let's work together to be a voice for seniors in Calgary.

Alanna Hargan – Chair Calgary Chapter

**Please come and join us - Everyone is welcome**

## North West Edmonton Chapter Quarterly Activity Summary

The North West Edmonton Chapter meets the second Wednesday of the month, except July, August & December. Join us at Trinity United Church 8810 Meadowlark Road Meeting Registration 1:00PM Presentation 1:30PM Before each meeting attendees enjoy the coffee and snacks that are provided. SUN Board members provide updates on the Boards' activities for the previous month. Appreciation to SUN Board Members, Linda Osborne, Wayne Sorenson and Ed Hamaliuk for their organizational guidance.

### What's Happened...

#### March 14, 2018

Speaker Isobelle-Fleury Hache, Service Canada provided detailed information regarding CPP and OAS. Info on various other financial assistance available to seniors. Q and A session suggested that this topic should be done again.

**April 11, 2018** Speaker Jen Schroers, Seniors Association of Greater Edmonton (SAGE)

**May 09, 2018** Speaker Cheryl Wells, Service Canada gave an excellent presentation regarding Income Tax and related information. A very lively Q and A session followed. Attendance is growing slowly but surely.

### What's Upcoming...



#### Wednesday June 13, 2018

Topic: Edmonton "Staycation"

A vacation spent at home and involving day trips to local attractions. Fort Edmonton Park, Valley Zoo, John Janzen Nature Center, other attractions and special events.

Speaker: Alex Santos – Age Friendly Edmonton

#### Wednesday September 12, 2018

Topic & Speaker: To Be Announced

W. Keith Hembroff  
Edmonton NW Coordinator

**Please come and join us!**  
**Everyone is welcome**



## St. Albert Chapter Quarterly Activity Summary

Chapter meetings are held on the 4th Monday of each month at 1:30pm at Cornerstone Hall, 6 Tache Street, St. Albert. We do not meet in July, August or December.

Our steering committee strives to keep our membership informed on local issues which include: property taxes, user fees, utility costs, transportation and affordable housing. Our steering committee also continues to monitor and report on critical issues including: changes to Health Care, seniors' benefits, and other issues of importance to seniors.

### What's Happened...

**March 26, 2018** Raymond Cormie, the new CEO of Homeland Housing was assisted by Bill Eaves, Areas Service Manager, gave a power point overview of recent changes and plans for new projects and upgrades to our housing management body.

**April 23, 2018** Bonnie Brooks, a certified grief recovery specialist and mental health advocate, aided by Faye McLeod, gave a power point presentation on "Dealing with Loss". Themes discussed included the types and reactions to loss, pitfalls and myths in dealing with loss, caring for self and others, recovering from loss and self-resolution of grief. A worksheet was a part of the discussion to determine how people react to their own losses. A Q&A followed. Pamphlets and several book titles were available for further insight. An eight-week program was also offered to those needing to find ways to deal with death, divorce and other losses.

**May 28, 2018** SUN Provincial Board's May meeting and recent events in our community were addressed. These included an information booth at the Seniors Forum in the Red Willow Seniors Centre on May 9<sup>th</sup>. The writer also attended a SUN Chapter Chairs meeting and a meeting with a city councilor to get support for affordable rental seniors housing. Our guest presenter Sandra Azocar, Executive Director of Friends of Medicare gave a thorough verbal presentation on Pharmacare augmented with handouts. She fielded several questions from our audience. On hand were petition sheets for signing supporting Pharmacare.

### What's Upcoming...

Monday **June 25, 2018** Speaker & Topic To be Announced

Monday **September 24, 2018** TBA

### Chapter News...

We thank our steering committee and greeters, Ann Gougeon, media and publicity, Brenda Simmie, greeter and facilitator and Vi Oko, City Council and senior reporter. Our dependable phoning team, Fern, Joyce, Jacqueline and Lynda, who continue updating and informing our members of events.

We look forward to a bright future with our members and new opportunities and fulfilment. If you wish to offer your support and talents, it is urgently needed.

Please contact the writer at 780-459-5609

Paul Stocker - Interim Chair

## North East Edmonton Chapter Quarterly Activity Summary

**NEW MEETING LOCATION** effective September 13, 2018. We will hold our meetings at Edmonton Public Library – Londonderry Mall 66<sup>th</sup> St & 137 Ave. Our chapter meetings will be held on the second **Thursday** of each month at 1:30pm except for July, August and December.

Our chapter reports on current SUN Board activities as well as providing guest speakers to discuss senior related topics, including a question and answer session.

### What's Happened...

**APRIL 10, 2018** This meeting was well attended, and Tim Henderson gave an excellent presentation on the Social Isolation Impact on seniors, recognizing what the indicators are and how can we provide assistance.

**May 08, 2018** Margaret Dorey, accessible Transit Coordinator from Edmonton Transit Services, (recently retired) gave an excellent presentation on Age Friendly Services Edmonton Transit Provides. She provided a lot of handouts and responded to all questions that were asked of her. She also brought along Vicki Gudelj, the new incumbent that will take over her duties. 35 people attended this meeting.

### What's Upcoming...

**June 12, 2018** This has now become an annual event, where we recognize our chapter volunteers for their contributions, making every meeting we hold successful. We provide free lunch and desserts and it is a terrific opportunity to socialize. It is important to note that this meeting will commence at 12:30 p.m. McClure United Church 13708 – 74 Street

**September 13, 2018** After taking a break in July and August, we are going to start our Fall Chapter meetings off with a bang, as we have tentatively booked M.L.A. Nicole Goehring as our guest speaker. **NEW MEETING LOCATION** and date, Edmonton Public Library Londonderry Mall.

We extend an open invitation to attend our Chapter meeting, enjoy the fellowship and refreshments, listen and learn from our informative guest speakers; try your luck at the 50/50 draw. Admission is free so bring a friend.

Wayne Sorenson  
Chairperson, Edmonton North East Chapter

**A special thank you to Londonderry Mall  
Save on Foods for donating delicious pastries for  
our meetings.**



## Sherwood Park / Strathcona County Chapter Quarterly Activity Summary

Chapter meetings are held on the 3rd Tuesday of each month except July, August, and December. Meetings commence at 1:30pm and are held at Bethel Lutheran Church located at 298 Bethel Drive, Sherwood Park.

### What's Happened...

#### **March 20, 2018 The First 120 Days in Council**

Speaker Rod Frank, Mayor of Strathcona County, was accompanied by Zak Herbers, Strategic Advisor, Gordon Johnson, Head Commissioner and Bree Claude, Family and Community Services. Questions about assessments, basement suites, by-laws, Agriplex development, home care services, and municipal transmission lines were asked and answered throughout the presentation. All four speakers answered questions or had input related to the topic.

#### **April 17, 2018 Universal Pharmacare for all Canadians**

Sandra Azocar - Friends of Medicare (FOM). Canada is the only developed country in the world with Universal Health Care that does not include prescription drugs. One in five Canadians cannot afford their prescriptions and one third of Alberta Workers don't have drug coverage. The absence of prescription drug program is making Canadians sicker and placing an extra burden on our medicare system. Furthermore, Canadians could save billions every year by buying generic and brand name drugs in bulk through a national pharmacare program. Sandra left pertinent information about a National Drug Plan for us to take home, and copies of a Petition that they will be sending to the House of Commons. We were encouraged to write our MPs to express the need for a universal prescription drug plan for all Canadians. We can make a difference.

#### **May 15, 2018 Coping with Alzheimer's and Dementia**

Mark Johnson and his assistant Kanchan gave an informative and impassioned talk on coping with dementia. Mark spoke from first-hand experience as a care giver to his wife of many years who was diagnosed with dementia and eventually ended up by dying of the disease. Some statistics were shared: 42,000 Albertans are currently diagnosed with Alzheimer's, 16,000 under the age of 65 and 1 in 11 have it. Various kinds of dementia were explored and how reasoning, short term memory and long-term memory affects the way we communicate and our ability to reason. The most important part of the presentation came through loud and clear on how we can make individuals suffering from these debilitating diseases feel valued and appreciated for what they truly are: people of dignity and loved family members.

### What's Upcoming...

**Tuesday June 19, 2018** Member Appreciation luncheon with Guest Speakers: Gordon Voth - President SUN  
Linda Osborne - Executive Director SUN

#### **Tuesday September 18, 2018**

Topic - To Be Confirmed  
Submitted by Denis Beaudry



**SUN Annual General Meeting  
VOLUNTEERS & SPONSORS APPLAUDED**

Thank you to all the volunteers and sponsors who helped make this event a success



**Congratulations to:**

**AGM Early Bird Registration draw winner  
M. Touet – Edmonton**

**Major DOOR PRIZE winner – V. Oko – St. Albert  
Donated by Senior Home Care by Angels  
Also congrats to the many other door prize winners**

**AS I GET OLDER I REALIZE**

- 1) The biggest lie I tell myself is, I don't need to write that down, I'll remember it.
- 2) I don't need anger management, I need people to stop annoying me!
- 3) When I was little, I used to think nap-time was a punishment, now it is like a mini vacation.
- 4) My people skills are just fine, it's my tolerance of jerks that needs work.
- 5) I talk to myself because I need expert advice.
- 6) Sometimes I roll my eyes out loud.
- 7) Even duct tape can't fix stupid, but it can muffle the sound.



**Put Some Green in your Spring  
SUNBURST Cash Raffle**

**Winners May 18, 2018**

Thanks to all members that supported our raffle!

223 Raffle tickets were sold raising over \$425.00 for our senior activities.

Congratulations to the following SUN members:

- Ticket #74 C. Garvey - Edmonton
- Ticket #102 G. Krenbrenk – Edmonton

The SUNBURST newsletter cash raffles have raised over \$30,000.00 with winners from many communities across Alberta.



**Alberta Pharmacare Lobby**

**Continued from page 1**

MP Kevin Sorenson met in Camrose with riding constituents from Alberta Federation of Union Retirees (AFUR), United Nurses Association (UNA) and Global Foundation, while MP Pat Kelly met in Calgary with his constituents from CONGRESS OF Union Retirees of Canada (CURC Area Council) and Seniors United Now Society (SUN).

Both MPs showed support in principle for pharmacare, while expressing reserve about its cost and universal application, despite evidence provided them to show that a national program would save over 30 billion dollars nationally.

While Pat Kelly indicated an openness to learning more about pharmacare, Kevin Sorenson went further to question the need for its universal application, instead arguing for separately dealing with 20% of Canadians that he said have little or no coverage. Sorenson alluded to the possibility that such an approach might become the national PC party policy on the issue, leading up to the Federal election next year.

In handing over a special information package produced by the Friends of Medicare (FOM) APWG reps at the meetings highlighted that 92% of Albertans supported a universal program and that an increasing number of workers, seniors and other sectors from their riding will look for commitments from all political parties to chime in for instituting a plan.

Last month an all-party parliamentary committee recommended an expansion of the Canada Health Act to include prescription drugs dispensed outside of hospital settings. It argued that the option of reforming the system to plug the gaps between public and private plans for wider coverage would not work and ruled in favor of a single payer universal drug plan.



AGM 2018 – Minister of Seniors and Housing Honourable Lori Sigurdson



AGM 2018 - President Voht addresses crowd

## SUN MEMBERSHIP Renewal / Donation May – September 2018

Individual:  \$25 per year     \$50 2 years    Lifetime:  \$200

Joint:             \$40 per year     \$80 2 years    Lifetime:  \$300

### Donation in addition to membership dues

\$5    \$10    \$15    \$20    \$25    other \$ \_\_\_\_\_

Cheque(s) enclosed Chq# \_\_\_\_\_ Total \$ \_\_\_\_\_

**Please make cheque payable to Seniors United Now**

Renewal \$ \_\_\_\_\_ Donation \$ \_\_\_\_\_ Raffle\$ \_\_\_\_\_

Your stamp on our return envelope helps us reduce postage costs

Membership # \_\_\_\_\_ (see Back Page)

Joint Member (if applicable) Membership # \_\_\_\_\_

YES - replace my membership card

YES - replace my membership card

(Please attach a stamped self-addressed stamped envelope if you are requesting a replacement card)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Year of Birth: \_\_\_\_\_ (used for SUN demographics only)

Year of Birth: \_\_\_\_\_ (used for SUN demographics only)

Address: \_\_\_\_\_

(If different from mailing label on reverse)

Phone: \_\_\_\_\_ Email: \_\_\_\_\_ (send me electronic SUN information)

YES – I'm interested in volunteering, please contact me.

## Renewal Incentive

Renew your membership early or within your renewal quarter, and you will automatically be entered in a membership renewal appreciation draw, winner will be announced annually at the AGM.

Congratulations to the 2017 renewal Incentive winner L. Mallick – Grande Prairie



## Renew your membership online!

Visit: [www.seniorsunitednow.com](http://www.seniorsunitednow.com)

SUN uses the PayPal system, which allows members secure online renewal & donation options.

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### Return Undeliverable Canadian

#### Addresses to:

#15 - 2016 Sherwood Drive,  
Sherwood Park, Alberta, T8A 3X3

Canadian publication  
Agreement No. 40917510

Thank-you for being a  
SUN member, your  
membership is: