

**SENIORS UNITED NOW  
NORTH EAST EDMONTON CHAPTER MEETING  
LOCATION: McCLURE UNITED CHURCH, 13708 - 74 STREET,  
TUESDAY, May 10, 2016  
MINUTES SUBMITTED BY: FRANCES BURKITT**

Ed Hamaliuk, Chairman, called the meeting to order at 1:34 p.m., and welcomed 36 people in attendance, including one person who attended for the first time.

Ed thanked everyone who attended the Annual General Meeting and thanked the helpers.

Ed reviewed the issue of the Alberta Government no longer mailing out notifications for renewal of their driver's license, identification card, or vehicle registration. Stephanie Noga handed out some information obtained from Service Alberta to aid in dealing with the situation. Ed mentioned that seniors over the age of 70 will continue to receive mailed notifications until April 2017. Helen Wallace informed that AMA members can register for renewals through that organization.

Ed Hamaliuk asked members stay on for a special meeting after this meeting has ended.

The Fort McMurray fire evacuees are in need of many things and Ed was able to assist some members in gathering donations (diapers, cash, etc.).

Ed and Diane had the good fortune to have a mother goose make her nest next to their window where they could keep watch on daily progress. The goslings hatched and have now moved on.

Ed asked Wayne Sorenson for his report on SUN Board activities.

Wayne Sorenson reported that the SUN Board meeting was held May 4, 2016. The highlights of the Board meeting are as follows and Wayne invited other SUN Chapter members to use all or just some of this information at their May Chapter meeting:

- The West Edmonton Chapter Chairperson submitted a letter of resignation effective the end of June. Their June Chapter meeting will be a "greet and meet" party in the hope of generating new interest and direction to current or new SUN members.
- The Communications, Marketing and Publicity Committee is in the process of ordering 70" high, retractable SUN banners for each Chapter. Each banner will cost \$355.00.
- The April 27, 2016, Annual General Meeting was a great success with over 100 members in attendance. The Honourable Lori Sigurdson, Minister of Seniors and Housing, was the guest speaker. She was well received and she conducted a question and answer session.

- As usual, the lunch provided was excellent and the door prizes were well received. Director Mary Smith will officially thank all of the AGM volunteers in the next publication of our Sunburst magazine.
- The hiring of our new executive director will be concluded within the next few weeks.
- The June 1, 2016, Board meeting will be followed by a four-hour session on strategic planning which will include “succession planning”, along with other important issues.

Ed thanked Wayne for his report and called a coffee break at 1:47 p.m.

Ed Hamaliuk reconvened the meeting at 1:55 p.m. and introduced the guest speaker, Donna Durand. Donna is a recreation therapist and singer/songwriter currently employed as Executive Director of the Alberta Council on Aging. As a seniors’ advocate and educator, Donna is passionate about delivering the message aging can be victorious. Donna has had the privilege of sharing workshops and presentations with thousands of community members. Donna has worked front line to administration in health care and housing and is sensitive to the issues around healthy aging, aging in community and dementia care best practice. She has recently revised the Senior Friendly™ Program which is a powerful tool in becoming age friendly. Donna was chosen to present on dementia care and Senior Friendly™ Program at the 2013 conference for Canadian Association on Gerontology in Nova Scotia.

As a singer/songwriter, Donna focuses on the same principles as in dementia care: feelings matter most. She has recently been honoured with Red Deer Mayor’s award for excellence in performing and fine arts and has opened for Ian Tyson. The CD, *The Road Back*, captures a prairie sentiment, and receives world-wide airplay. In recognition of her efforts in seniors’ advocacy, as well as success as a singer/songwriter, Donna’s name has been added to the Wall of Fame at the Camrose Composite High School.

Donna Durand thanked SUN for having her and proceeded with her presentation by addressing the question, “What is Abuse”.

The definition, as stated by the World Health Organization (WHO) is: “Elder Abuse is a single or repeated act or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person.”

The definition, as stated by Alberta Health, is: “Elder abuse is any action or inaction by self or others that jeopardizes the health or well-being of any older adult. Elder abuse can take several forms including financial, emotional, physical, sexual, neglect and medication. Often, more than one type of abuse occurs at the same time, The two most frequently identified and reported types of elder abuse in Canada are financial and emotional.

The warning signs are:

- Confusion
- Depression/anxiety
- Unexplained injuries or fear of certain individuals
- Changes in hygiene
- Fear/worry when discussing money

Any person can become a victim of abuse, regardless of age, gender, race ethnicity, income or education. Many incidents of abuse are not reported, leaving a lack of knowledge surrounding abuse.

Abuse is often committed by someone known to the victim and can be family members, friends, or caregivers. Many types of abuse/fraud can be part of organized crime or random selection. Abusers can include neighbours, paid care providers, staff, or any individual in a position of power, trust or authority.

Types of Abuse:

- Financial. The misuse of a person's funds or property. Such abuse can be through fraud, scams, stealing money or possessions, joint banking accounts or a power of attorney. Even forging a signature.
- Psychological or Emotional. May be in the form of verbal aggression, humiliation, isolation, intimidation, threats and inappropriate control of activities. Diminishes identity and self worth of persons. Can provoke intense fear, anxiety or debilitating stress. This includes removal of decision-making power, withholding affection or manipulative purposes, refusing access to grandchildren, controlling activities, attacking their self-esteem, intentionally frightening a person.
- Physical. The use of physical force causing discomfort which may or may not result in bodily injury, physical pain, or impairment. Can include slapping, shaking, pushing, kicking, punching, striking with an object or weapon, forced confinement, failure to provide adequate health care.
- Sexual. All unwanted forms of sexual activity, behaviour, assault or harassment. Can include verbal or suggestive behaviours, fondling, sexual intercourse, lack of personal privacy, being forced to commit degrading acts, unnecessary help with dressing/hygiene.
- Neglect. The intentional or unintentional failure to provide for the needs of someone. Neglect can be active (intentional) or passive (unintentional) and has the effect of failing to provide persons with basic necessities or care. Can include failure to provide a safe place to live, denial of social contacts, failure to provide proper food, personal hygiene, or clean clothing, failure to provide aids for daily living (hearing aids, walkers, etc.); failure to prevent physical harm or abandonment.

- Medication. The misuse of a person's medications and prescriptions. Can include withholding medication, overmedicating, sedation, not complying with prescription refills.
- Violation of human rights. The denial of a person's fundamental rights according to legislation by the Canadian Charter of Rights and Freedoms or the United Nation's Declaration of Human Rights. Can include withholding information, denying privacy, visitors, or religious worship, restricting liberty, unwarranted confinement to a hospital or institution.

People may be reluctant to report their abuse unless a trusting relationship exists outside of the situation. Victims may be unaware of resource options available to report the abuse. Barriers that may leave a person reluctant to talk about their abuse may include:

- Fear of shame or guilt
- Fear of being left alone or put in a nursing home
- Love for the abuser
- Lack of understanding or cognitive impairment
- Unaware of resource options
- Acceptance of abuse as a normal behaviour.

People do not deserve to be abused. It is not their fault and help is available. There are groups in communities that want to help protect people's rights, safety and dignity. Anyone being abused (or anyone who is aware of someone being abused) is urged to seek medical help if needed, contact police by calling the local non-emergency number or 911 if there is an emergent need. Persons being abused can speak to someone they trust or call an abuse responder at the Family Violence 24-hour information line (telephone: 310-1818). The Alberta Council on Aging can be reached through [www.acaging.ca](http://www.acaging.ca), or phone 1-888-423-9666.

Questions and answers were dealt with during the presentation.

Ed Hamaliuk thanked Donna for her presentation and gave her an honorarium of chocolates. He asked Donna to do the 50/50 draw and it was worth \$23.00 to the winner.

Ed introduced Gerald Northam, who was present, and who will be doing a presentation on Accessing Continuing Care at the June 14<sup>th</sup> Chapter meeting.

Chairman Ed Hamaliuk adjourned the meeting at 3:15 p.m.

## Addendum to May 10, 2016 Minutes

Chairman, Ed Hamaliuk called a special meeting to order at 3:20 p.m.

Ed informed those present that, about five years ago, Gordon Astell was the chairperson for this Chapter and Ed took over from him with basically no preparation. Ed expressed his appreciation for all the assistance that he received to help him grow into the position. Since he took over the chair position, Ed felt he has developed into a much more confident person. Ed has duties as a member of the SUN Board and would like to have more family time. Ed will serve as the Northeast Chapter Chairperson until the end of June 2016. It is now time for someone else to take over as Chairperson.

Positions available that need to be filled for the Chapter are:

- Chapter chair
- Vice Chair
- Secretary
- Financial chair
- Publicity chair
- Telephone committee chair
- Advocacy chair
- Volunteer chair
- Membership chair

Room set up and tear down

Host position (purchase items, prepare coffee, set up and clean kitchen)

Welcoming position

Registration

50/50 ticket sales

Chapter members

Are encouraged to become involved and not let this very important organization disappear.

Wayne Sorenson reminded everyone that, people will be remembered, not for what they do for themselves, but what they do for others. We need someone to step forward.

Wayne Sorenson provides a SUN Board Report each month that each of the SUN Chapter chairs can use if they wish to do so

Mat Romanow stated that members should feel proud of this Chapter. Prior to this northeast Chapter being formed, St. Albert had established their Chapter. St. Albert Chairperson, Dick Tansey, persevered even though attendance was very sparse at some meetings. Due to his good work, he eventually got people interested.

The SUN Board has a list of people who will speak at meetings. Chairing a meeting is not that difficult. Mat encouraged members to keep this Chapter alive. Members should bring their friends into the organization.

Wayne reminded members that Ed Hamaliuk will mentor a new person to help him or her along the way with doing an agenda, etc.

Ed is willing to assist the new chairman in setting up the first meeting and encouraged members to step up and fill all the available positions. Ed mentioned that he is presently filling in as telephone chair since the person serving in that position took a vacation in the States and suffered ill health.

The meeting was adjourned at 3:55 p.m.