



# Sunburst

The Newsletter for Alberta Seniors United Now

**4th Quarter 2009  
Issue 18**

#15 - 2016 Sherwood Drive, Sherwood Park, Alberta, T8A 3X3  
Telephone 780-449-1816, Fax 780-449-1475  
seniorsunitednow.citymax.com Email [unitenow@telus.net](mailto:unitenow@telus.net)

## What's Inside?

President & E.D.  
Reports – Pg 2 & 3

Aging in Place  
Presentation – Pg 4

Questionnaire  
Seniors – Pg 5 & 6

Cash Raffle – Pg 7

St. Albert Chapter  
news Pg 9

Sherwood Park  
Chapter news Pg 9

Guest Column  
D.Eggen FOM Pg 10

Casino – Pg 12

The Time is Now  
Volunteer – Pg 11

Membership  
Renewals – Pg 12

## Sun Strategic Planning 2009

The Board of Directors met on September 23rd for the purposes of strategic planning to identify the issues facing SUN and the seniors of Alberta.

The focus of the day was to review four issues.

- \* Membership
- \* Government
- \* Board
- \* Advocacy

From our discussions the following strategies were identified:

Establish three to four chapters per year.  
Advocate for improved health resources for seniors.

Improve our communications to members and the public.

Communicate to all MLA's on a monthly basis.  
Meet with government minister three times a year.  
Increase our relationship with affiliate associations.  
Increase our membership.

Increase our volunteer involvement in SUN endeavors.  
Advocate for a Government Property  
Tax Deferment Plan.

Our over all goals are to increase SUN's public image and our impact on the Alberta government policies development.

## Board of Directors

**President  
Gordon Voth**

**Vice-President  
John Shaw**

**Treasurer  
Barrie Pratt**

**Secretary  
Tony Powell**

**Director  
Denis Beaudry**

**Director  
Frances Badrock**

**Director  
Richard Tansey**

**Executive  
Director  
Jacqueline Biollo**



**Annual Membership Fees**  
\$15.00 individual    \$25.00 Couple  
\$100.00 Group/Affiliate organization

**Lifetime Membership**  
\$150.00 individual    \$250.00 Couple  
N/A Group/Affiliate organization

**ARE YOU DUE FOR RENEWAL???**  
**SEE PAGE 12**

## Presidents Report:

The most serious problem facing seniors in Alberta is the pending changes to our universal health care system. Each day there are new announcements and each one has either an increased cost attached or the transfer of patients into the community. This transfer is in fact, another way of transferring health care costs to seniors. Services that previously were provided within the Health care system are not covered by home support.

SUN is opposed to Health Care premiums as it creates a two - tier health care system that is based on ones income. Not equity of services. This violates the principle of universality of health care.

Your Board of Directors are deeply concerned with the financial impact on seniors of what appears to be a decrease in services or availability of services. We are alarmed at the impact the following Health care announcements may have on seniors.

Implementation of Pharmaceutical Premiums July 1, 2010

Long Term Care bed freeze at 14,500 beds

Lack of increase in Home Care funding as more seniors are seeking help

Our Health Care system appears to be under major renovations and we cannot ascertain the impact it will have on the Seniors of Alberta. If we do not react then we will be, defacto, approving the changes. It appears that most of these shifts are to a smaller public system supported by a larger private sector.

The examples of this shift to community services are the Alberta Mental Health reduction in beds, Boys & Girls club service reduction and the closing of Bosco homes. It should be noted that the public response to these shifts has resulted in a slow down of change or a reversal of plan with the Bosco homes.

The SUN Board has requested a meeting with the Honorable Mary Anne Jablonski, Minister of Seniors and Community Supports and the Honorable Ron Liepert Minister of Health and Wellness. We are pleased to report that we have been granted a meeting on November 17<sup>th</sup>. We will be bring the above concerns to their attention and hopefully encourage a more thoughtful change process.

SUN is pleased to represent you, bringing seniors' issues and solutions forward for consideration by this government.

Gordon Voth - President

---

## Sunburst 17 summer 2009 membership survey comments (147 respondents)

- ❖ Home maintenance/renovation struggles...I live in the country and contractors are hard to find.
- ❖ I'm 84 and I practice preventive healthcare, I do not take one prescription drug, but my nutritional expenses are huge with no coverage.
- ❖ I am concerned we will run out of money if we live too long.
- ❖ My wife has been in the hospital since Aug 5/09 waiting for long term care placement we have been told this could take up to 6months, this is very hard on her mentally.
- ❖ My wife and I do not live high on the hog, we can't afford to travel, and mostly we just exist and try to save for emergencies.
- ❖ At 91 I'm reasonably independent but with increasing mobility problems - the chaos in the medical system is not encouraging.
- ❖ More privatization & delisting of services...complete lack of preventative healthcare options. Alberta Advantage? Good thing the government changed that slogan.

## Executive Director Report:

Taking inspiration from *your* words; *your* stories of personal success and struggle; and *your* suggestions for improvement – as it relates to issues of importance for seniors... SUN endeavors to improve coordination and delivery of advocacy initiatives; enhance access to high quality resources; strengthen inter-agency and stakeholder relations; and build a strong foundation for seniors.

SUN has successfully held round table discussions, and Chapter development initiatives in Edmonton and St. Albert; hosting keynote speakers such as Mark Lisac, and providing valuable information on topics such as money management and living within a fixed income: with options.

A quick on-line survey compliments the one included in this publication – and on behalf of the Board of Directors – I would encourage you to take the time to fill it out and send it back – so that your comments can be included in the larger document that will then formulate a summary report to members within the provincial government.

SUN has taken an interest in, and expressed their thoughts and views on the current discussions regarding casino revisions – as monies from this initiative help support organization advocacy efforts for the growing number of seniors within our province.

Internally, committee members gathered to outline a strategic plan that will set the course for SUN goals and objectives in the coming year; as well as develop DRAFT training manuals (including helpful resources for Chapter development, volunteerism, and media relations).

It has been my pleasure to connect with members from across the province, and we will endeavor to visit some of these remote municipalities in the coming months. My personal relationship with some of you has assisted us in formulating the quotes and statistics that make up our press release and editorial statements. Most recently we addressed the housing and health care issues and suggested ways in which the government might seek to close the gaps or introduce more positive and pro-active legislative changes.

As always, it is my goal to work with the Board of Directors, and you, the membership, to build collaborative initiatives and strong relationships so that SUN will continue to be seen as a leading resource on matters of importance to Alberta's aging population.

I welcome your comments and feedback at any time.

Regards,  
Jacqueline Biollo – Executive Director

---

## Sunburst 17 summer 2009 membership survey comments... continued from page 2

- ❖ Long Term Care - we are a couple and if one must go to LTC, the other may have a hard time making ends meet.
- ❖ Tax increases + Cost of living increases + RRSP value decreases= lower standard of living.
- ❖ RRSP/RIF withdrawals should not be included in total income to determine seniors' benefits.
- ❖ Pretty sour old lady aren't I? Canada has given us nothing to be sweet about.
- ❖ Appreciate the research, advocating that SUN works on. Keep it up!
- ❖ Shortage of staffing hospitals, LTC and home care is still the number one problem.
- ❖ Seniors appear to be #1 target for trades' people to gouge and rip off.
- ❖ If we can't take care of ourselves or speak for ourselves – we are done.

Some comments were abbreviated due to editorial space

## Senior Healthcare Perspective “Aging in Place”

The Alberta Government has frozen Long Term care beds at 14,500 and has not delivered on their promise to build an additional 600 Long Term care beds. It is obvious to SUN, that this is a mistake as 800 long term care patients are waiting for these beds in active treatment hospitals. The cost differential is staggering as the daily cost difference between active treatment care and long term care is probably \$5000.00 per patient per day. This would add up to a staggering four million dollars per day. It is no wonder our health system is in financial distress.

Each day more and more seniors are requesting Home care support. It does not appear that home care funding and staffing is increasing therefore these seniors are slowly failing. It is evident that more funds are needed to be injected into home care to prevent further breakdown of seniors who in turn will further plug up our active treatment beds.

The development of Designated Assisted Living beds (DAL) in private assisted living facilities is a step in the right direction. This concept needs to be expanded upon. We need more DAL beds to meet future needs, more human resources to provide care and more funds to make it work. This would be a good investment for the future to ensure our current mess does not grow bigger. We also need to see a comprehensive plan that will give seniors confidence that this government does have a plan and one that will work for seniors and our communities.

SUN is not opposed to these DAL beds being operated by private entrepreneurs. We only ask that they be funded from the Alberta Health Care system, that there be standards in place and that these standards be enforced.

It is SUN's recommendation that DAL beds need to be expanded with appropriate support services and designated funding. We suggest you use the expanded capacity to first meet the needs of seniors in the community who require expanded health support. This will slow the trend of seniors failing then going to active treatment care for daily health support. Patients who are able can then be moved from long term care to DAL beds and then the seniors in active treatment hospital care can be relocated. It seems logical to stop or delay the movement of seniors into active treatment as other levels of service are full and inadequate to meet the current need. Your problem is large and will not be resolved overnight. You need a comprehensive plan.

SUN further suggests that to keep seniors in their private homes longer, this government needs to assist low income seniors with the rising cost of maintaining a home. Your plan needs to be comprehensive and include all factors that cause seniors to fail. Financial issues are part of the reason seniors health fails.

Our suggestions are:

- ❖ A principal residence program be implemented
- ❖ A property tax deferral plan to be implemented
- ❖ Pharmaceutical Plan Premiums be cancelled

Seniors need this government to stop looking at us as “rich” or at worse, as a cash cow. You will not balance your health care deficit on the backs of seniors. Further taxing of seniors will not work as there are not enough senior resources available to fund a one billion dollar health care deficit.

Your current announcements are more punitive than practical. Include seniors in your planning process and work with us, not against us. After all, this province was built and sustained by those elderly seniors that now need your support. It is your privilege to manage our legacy.

Oct 1/2009 Presented to MLA Raj Sherman – Parliamentary Assistant to the Minister of Health and Wellness

**Purpose:** As a mechanism for obtaining information and opinion, this questionnaire will serve as an effective mechanism for efficient collection of topical information, as deemed of importance and priority for members of Alberta Seniors United Now (SUN). It is not, however, a comprehensive means of evaluation and will be used to support and supplement other initiatives put forth by the Board of Directors.

October 2009

Please check all that apply:

- 55 – 62 years     63-71 years     72 – 84 years     85+ years  
 male     female     own home  rental     assisted-living     other

**Confidentiality Statement:** The information provided, by you, is confidential. If extracts from information received are quoted, names will not be presented. Research findings will be reported in a manner which prevents identification of any participant or person mentioned in the interviews. This information will be permanently archived for further research and society purposes.

Please answer as it pertains to your own opinion:     YES     NO

1. Is there inadequate housing for seniors needing medical care?     YES     NO
2. Is the long term care wait list affecting seniors' access to required care?     YES     NO
3. Do you support the deregulation of accommodation charges for long-term care facilities?     YES     NO
4. Are you a senior living in:     a rural community     an urban centre  
Are there adequate facilities available in your community?     YES     NO
5. Is it easy and affordable to stay in one's own home?     YES     NO
6. Is home care adequate and affordable?     YES     NO
7. Are you aware of the eventual impact of the long-term care accommodations variable fee structure (on your family and community)?     YES     NO
8. Do you support the de-listing of previously covered services (like gender reassignment surgery and chiropractic services)?     YES     NO
9. Do you support the down-sizing of the Alberta Hospital (in Edmonton), and placing more mental health patients into a community that is not ready to receive them?     YES     NO
10. Do you agree with shifting the cost burden to individuals and families who have saved their own funds?     YES     NO
11. Do you expect your MLA to speak up on your behalf?     YES     NO
12. Are they?     YES     NO
13. Do you want to be consulted on government's plans to re-design the seniors and health care system?     YES     NO

On a scale from 1-10 (10 being the highest percentage)

Please rate the following (circle your response):

14. The percentage at which the government of the day has placed many seniors at increased risk (based on proposed changes to the healthcare system)?

1-2-3-4-5-6-7-8-9-10

15. At what percentage do you support the initiative to reduce long-term care beds, by shifting seniors needing medical care into privately owned and run designated assisted living facilities?

1-2-3-4-5-6-7-8-9-10

16. The percentage you feel that seniors living in assisted facilities have a choice regarding fee increases for enhanced services (such as medication assistance, night checks, in-house escort services, meals, and incontinence management).

1-2-3-4-5-6-7-8-9-10

17. Your satisfaction level as it relates to opportunities to be consulted and provide feedback.

1-2-3-4-5-6-7-8-9-10

18. The amount of confidence you have in believing that the government will be able to improve the quality of service and reduce wait times whilst cutting \$1.3 billion out of the health care system.

1-2-3-4-5-6-7-8-9-10

19. At what level do you feel the ability for MLAs to speak out (independently) undermines your trust in their capability to fulfill constituents' expectations and maintain electoral support?

1-2-3-4-5-6-7-8-9-10

20. What percentage do you feel the government is cutting services to seniors and undermining public health?

1-2-3-4-5-6-7-8-9-10

Other comments:

---

---

---

---

Thank you for your time. Please feel free to forward this to your friends, family, and colleagues. A summary of the information will be presented in future issues of the SUNBURST.

Please return your comments & completed questionnaire **no later than December 1/09**

A condensed version of this survey is also available on line at:

[http://www.surveymonkey.com/s.aspx?sm=VzkAwPZLueEjRqC1PkItNA\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=VzkAwPZLueEjRqC1PkItNA_3d_3d)



# ALBERTA SENIORS UNITED NOW

## \$\$ Just in Time for Christmas CASH RAFFLE \$\$\$

### RAFFLE RULES

**LICENSE # 287264**

- 1) RAFFLE TICKETS MUST NOT BE SOLD TO A PERSON UNDER THE AGE OF 18 YEARS.
- 2) THE PURCHASE PRICE OF EACH TICKET SHALL BE \$5.00 each **1000** tickets may be sold
- 3) **TO BE ELIGIBLE FOR DRAWS, THE TICKET(S) AND PURCHASE AMOUNT MUST BE RECEIVED IN SUN OFFICE BY 12:00Noon, December 18, 2009**
- 4) THE PRIZE PAYOUT SHALL BE AS FOLLOWS:
  - 1<sup>ST</sup> PRIZE 13.33% OF THE GROSS TICKET SALE REVENUE
  - 2<sup>ND</sup> PRIZE 13.33% OF THE GROSS TICKET SALE REVENUE
  - 3<sup>RD</sup> PRIZE 13.33% OF THE GROSS TICKET SALE REVENUE
- 5) THE DRAW(S) SHALL BE MADE AT THE SUN OFFICE  
#15 2016 SHERWOOD DRIVE, SHERWOOD PARK, AB  
PRIOR TO 3PM, Dec 18, 2009.
- 6) THE WINNING TICKET BUYERS SHALL BE NOTIFIED BY TELEPHONE, THEIR NAMES WILL BE PUBLICIZED IN THE NEXT NEWSLETTER & ON THE SUN WEBSITE.
- 7) THE WINNING TICKET BUYERS WILL BE AWARDED THE PRIZE VIA CHEQUE DRAWN ON SUN.
- 8) IN THE EVENT OF ANY CONCERN OR DISPUTE REGARDING THIS RAFFLE, PLEASE CONTACT LYNN PENNER AT THE SUN OFFICE. (780) 449-1816
- 9) **RAFFLE TICKETS WILL BE NUMBERED WHEN RECEIVED IN THE SUN OFFICE WITH PAYMENT.** Your ticket numbers are available by contacting the SUN office.
- 10) Retain top portion of page as your ticket stub.



Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone #: \_\_\_\_\_ Ticket# \_\_\_\_\_  
 Draw Date Dec 18, 2009 License #287264  
**Tickets \$5.00 each**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone #: \_\_\_\_\_ Ticket# \_\_\_\_\_  
 Draw Date Dec 18, 2009 License #287264  
**Tickets \$5.00 each**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone #: \_\_\_\_\_ Ticket# \_\_\_\_\_  
 Draw Date Dec 18, 2009 License #287264  
**Tickets \$5.00 each**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone #: \_\_\_\_\_ Ticket# \_\_\_\_\_  
 Draw Date Dec 18, 2009 License #287264  
**Tickets \$5.00 each**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone #: \_\_\_\_\_ Ticket# \_\_\_\_\_  
 Draw Date Dec 18, 2009 License #287264  
**Tickets \$5.00 each**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone #: \_\_\_\_\_ Ticket# \_\_\_\_\_  
 Draw Date Dec 18, 2009 License #287264  
**Tickets \$5.00 each**

**NEW ADULT GUARDIANSHIP  
AND TRUSTEESHIP ACT**

**WORKSHOP**  
*Presented by:*

The John Dossetor Health Ethics Centre  
in collaboration with the  
Government of Alberta  
(Office of the Public Guardian)

**Monday, 16 November 2009**

**8:30 am – 2:30 pm**

**Room 2-07 Heritage Medical  
Research Centre, U of A**

**EVERYONE WELCOME!  
FREE REGISTRATION.  
LIMITED SPACE**

To reserve your seat call  
**780-492-6676**

**the  
OPTIMUM WELLNESS CLINIC**



**CHELATION THERAPY**

*Will it work  
for you?*

Chelation therapy is the office administration of IV treatment for heart disease, circulation disease, stroke, macular degeneration, arthritis and other degenerative illnesses that increasingly threaten the old and the not-so-old alike.

It works by removing accumulated metals from the system freeing the body to heal itself. Many patients have avoided more aggressive medical or surgical treatment with its use allowing a healthier, more productive life.

*Call, write or visit the Clinic for a free  
information package on Chelation Therapy.*

**356 Saddleback Road (27 Ave)  
Edmonton, AB T6J 4R7 Ph. 439-1200**

**ALBERTA SENIORS UNITED NOW  
Just in Time CASH RAFFLE**

Draw Date Dec 18, 2009



**ALBERTA SENIORS UNITED NOW  
Just in Time CASH RAFFLE**

Draw Date Dec 18, 2009



**ALBERTA SENIORS UNITED NOW  
Just in Time CASH RAFFLE**

Draw Date Dec 18, 2009



**ALBERTA SENIORS UNITED NOW  
Just in Time CASH RAFFLE**

Draw Date Dec 18, 2009



**ALBERTA SENIORS UNITED NOW  
Just in Time CASH RAFFLE**

Draw Date Dec 18, 2009



**ALBERTA SENIORS UNITED NOW  
Just in Time CASH RAFFLE**

Draw Date Dec 18, 2009



**St. Albert Chapter...****Quarterly Activity Summary**

Our Chapter meets on the 4<sup>th</sup> Monday of each month except July, August and December. After a much enjoyed summer recess our monthly meeting was held in September.

Our Executive strives to keep our membership informed on any progress on the identified local issues which include property tax, user fees, utility costs and transportation. We are continuing to keep our members informed on important issues including changes to Health Care benefits, changes to Blue Cross Pharmaceutical benefits, Property Tax Deferment Plan and to any other related matters.

Several of our members have been active participants in the meetings and rallies being held by AUPE and Friends of Medicare relative to the announcements of bed closures at Alberta Hospital and Long Term Care beds in the other hospitals.

Our guest speaker for September was Gordon Voth, President of SUN, who kicked off our fall term with a comprehensive overview of SUN successes and of planned future initiatives.

**Sherwood Park Chapter...****Quarterly Activity Summary**

Our Chapter meets on the 3<sup>rd</sup> Tuesday of each month at 1:30 pm except July, August and December. The meetings have been held at the Bethel Lutheran Church, unfortunately due to booking restraints we can not be certain all future meetings will be held there.

Fall brought some changes in our executive as follows: Lillian Harasym - Chair, Doug Baker - Vice Chair, Jim Brown - Secretary, Duane Erickson - Publicity Chair and Dawn Parker -Phoning Chair. We also have several volunteers to help with publicity, phoning and help as needed elsewhere.

Fall also brought a great amount of enthusiasm, interest and participation amongst our membership. Gordon Voth, president of SUN was our guest speaker at our September meeting and was very informative about the reasons and aspirations of SUN to represent all seniors in the province. Our October meeting was very well attended (100 plus) with David Eggen, Executive Director of Friends of Medicare as our guest speaker.

Our Chapter hosted a booth at the Plus 55 Active Living Conference held at Bev Facey High School in October. We felt the attendees at the conference showed a positive interest in SUN. We also networked with other organizations at the conference and found several interesting topics/speakers for future SUN meetings. Some executive members had a productive meeting with the Hon. Iris Evans on September 23, and will have a meeting with the Seniors Advisory Committee on Nov 9. The results of these meetings will be discussed at our November meeting. We feel confident our Chapter is becoming very effective.

**Please join us at our next Chapter meeting on November 17 at 1:30 at the Bethel Lutheran Church.  
Mark your calendars NOW!!!**

**South Edmonton Chapter...****Quarterly Activity Summary**

An inaugural meeting was held on September 30<sup>th</sup> at South East Edmonton Seniors Association (SEESA) with 58 individuals in attendance, and they remained engaged whilst Mark Lisac provided his graphical overview and insight to the government budgets, etc. Close to a dozen individuals signed up to help initiate Chapter start-up within SEESA – focusing on local initiatives. At a planning meeting held October 21<sup>st</sup>, it was agreed that our next proposed meeting would be Wednesday, November 25<sup>th</sup> and we are reaching out to local MLAs to attend and give a keynote presentation. As we build momentum, there are still lots of opportunity for individuals to get involved and volunteer. Please feel free to contact the SUN office and inquire specifically about the next steps within the South Edmonton Chapter Development initiative.

**Interested in starting a chapter in your community?**

What does it take? How do you start a chapter? What is the benefit to having a local chapter? Contact the SUN office: our Board of Directors will help your community chapter be successful.

## Guest Column – David Eggen

All Albertans, especially seniors, were alarmed at a leaked government memo that showed the Conservatives are planning to eliminate 80% of our long-term care beds over the next 20 years.

The plan seems counterintuitive. Alberta has an aging population. Just last week, a new study showed that Alzheimer's and dementia patients – those who will need long-term care – are set to dramatically increase over the next two decades. The province's decision to effectively end publicly funded long-term care left many confused and wondering what the government has in store for the thousands of baby boomers who will need care in the next twenty years. Premier Ed Stelmach has not helped clear up the confusion. He has said that Albertans don't want to be “institutionalized” as they age, but he offered no reassurance for how frail seniors will be cared for in the coming years, or what kinds of changes aging baby boomers can expect. He certainly revealed no plan to deal with the expected increase Alzheimer's and dementia patients. And he offered no explanation for how much seniors and their families will be expected to pay for care.

The leaked government plans for long-term care are part of a larger set of shocks to health care. Decisions to freeze hiring for nurses (where just a year ago the province was conducting international recruiting campaigns), close hundreds of hospital beds, and trim \$650 million from the health budget don't seem to make much sense in a province whose economy will soon rebound, whose population is still rapidly growing, and where we have the lowest health expenditures as a percentage of GDP in Canada. The government's slash-and-burn of health care has left many Albertans wondering what happened to our provincial wealth – and asking how it could all go so horribly wrong after just a few months of lowered oil and gas prices.

The reasons Premier Stelmach offers for cuts to health and seniors' care don't hold up to scrutiny. If last week's leaked report about closing 80% of long-term care beds was simply advice to the government (as Mr. Stelmach claims), then it's bad advice. If the government's goal is to save money in the long run, cutting government services in order to pave the way for privatization isn't going to save money.

The truth is, health care is expensive. But as we've seen in the United States, when governments choose private insurance or private clinics, taxpayers pay more. That's because when private companies are together with a public system (as they do in the United States, Australia and Great Britain), costs go up for employers and patients, but governments foot more of the health care bill, too. Insurance companies have to get their profits from somewhere. They get them from patients and taxpayers. Proponents of private insurance or private clinics know all of this. But they attempt to muddy the waters with arguments about various European systems or other red herrings. The obfuscations are deliberate and dishonest.

Nobody is disputing that health care is a significant expenditure in Alberta. But the health budget is not outpacing inflation, population growth, or even coming close to other provinces in terms of percentage of GDP. If the government is really open to advice about the future of health care, there are some very practical, low-cost ways to reform the system. Set up a Pharmacare program to negotiate a better price for prescription drugs. Build more public clinics where people can get easier access to health care advice and treatment. Focus on phase two medicare, which is the pursuit of preventative medicine and quality of life.

Public health care is not in crisis. But its future depends on what kinds of choices our governments make. If we choose to get drug costs under control and implement primary care reform, public health care will remain sustainable for generations to come. And in any case, the only alternative to a strong public system is for government to choose to spend *even more* on private health schemes, which don't have the added luxury of improving health outcomes. The only beneficiaries of more private health care are private insurance companies, who will simply take those public dollars as profits, not as investments in a better health care system. And in the wake of several weeks of confusing messages from Premier Stelmach and the Conservative government, Albertans deserve clear answers as to which path their government will choose.

David Eggen  
Executive Director - Friends of Medicare  
780 423-4581



# The time is now

## Volunteer Opportunity

Position: Volunteer extraordinaire



1. **Webmaster**
2. **Newsletter editor/researcher (assistant)**
3. **Facility Administrator - (booking & advertising)**
4. **Board of Directors Sub-Committee members**
5. **Phoning Committee (social networking)**

Organization: [Alberta Seniors United Now \(SUN\)](#)

SUN consists of a dedicated team of individuals operating as a nonpartisan, non-profit society.



Mission: SUN shall develop proposals in response to the needs, concerns, and challenges (of seniors) and advocate for their inclusion into legislative proposals and policy.

Description: Be a leading resource and advocate on seniors' issues by assisting SUN to provide a venue for discussion and united action on the needs, concerns, and challenges that affect all persons, as they grow older.



Volunteers Required: 1-10

Skills and Experience: A passion for seniors' issues; administrative or technical skills; marketing and promotions; policy and procedure development; open-minded and willing to learn.

Reimbursement: Our thanks and appreciation

Training and Orientation: Provided

Benefits to Volunteer: Meet new people; have your voice heard; contribute to the changes necessary to meet the dynamics of a growing and changing senior population



Contact: [Alberta Seniors United Now](#)  
(780) 449-1816 15, 2016 Sherwood Park Drive  
[unitenow@telus.net](mailto:unitenow@telus.net) Sherwood Park, AB T8A 3X3  
[www.seniorsunitednow.citymax.com](http://www.seniorsunitednow.citymax.com)

## CASINO VOLUNTEERS REQUIRED

**When: March 4 & 5, 2010 (Thursday & Friday)**

**Where: Century Casino (Londonderry Area)**

Alberta Seniors United Now (SUN) are holding their second Casino and need you to help us with our volunteer component.

There are various levels of volunteers required from General Manager (previous experience required), to Counter (no experience required). We can also accommodate your time availability as there are 3 shifts each day.

Day Shift 11:00am – 7:00pm

Night Shift 6:30pm – 2:30am

Count Room 9:30pm – 2:45am



Seven volunteers are required for each shift each day. Please call Lynn at the SUN office 780-449-1816 and let her know you're willing to help SUN with this essential fund-raising activity. Volunteers who have indicated their willingness to assist, will be required to complete a volunteer casino application that will be mailed to you (return envelope included) in December 2009. Please ensure these forms are returned to the SUN office before January 15, 2010 so specific tasks can be assigned. Thank you for your assistance.

Barrie Pratt, Casino Chairman

### Office News

Please assist the administrative office by updating SUN with any changes to your contact information:

Mailing address, phone number, new/cancelled email addresses.

Our office administrator is available:

Fall & Winter hours: Mon-Wed-Fri 10:00AM-3:00PM

**780-449-1816**

Please note we are occasionally out of the office on business during these hours. It is recommended to phone before coming to the administrative office.

The Switchboard operator is available to take messages:

Mon-Fri 8:00AM-5:00PM

Lunch 12:00-1:00PM daily

**The SUN office will be closed  
December 14 – January 4, 2010**

Sun's administrative office has moved within the Sherwood Business center to a larger office. There are no changes to our phone, fax, mailing or email address.

### Membership Renewal

If you are a lifetime member or your renewal is:

**Due January 2010 or later**

there will be

**NO renewal notice** enclosed.

If your membership is due for renewal: **September, October, November or December 2009** enclosed there will be a **Yellow** renewal notice.

If your renewal is past-due, there will be a **Pink** renewal reminder enclosed.

For specific details as to when your membership is due for renewal, please contact Lynn at the SUN office.

780-449-1816

**ARE YOU DUE FOR RENEWAL???**