

SUNBURST

The Newsletter for Seniors United Now

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The Voice of Seniors in Alberta

SUN 2023 – 2024 Proposed Priorities

❖ Financial Security

- To monitor and advocate that COLA adjustments are reflective of the rate of inflation
- To monitor and advocate in respect to any changes to CPP and OAS
- Provide relevant guest speakers concerning financial well-being

❖ Health Awareness

- Provide relevant guest speakers to talk about things that contribute to good health
- Share government publications on senior healthy lifestyle
- Provide accurate and timely communication on Home Care, what services are currently available and how to access their services
- Provide relevant guest speakers that directly relate to senior supports
 “local home care” – what they do and what type of care they provide

❖ Social Isolation

- To monitor incidents of social isolation by seniors and to advocate for government programs designed to lessen social isolation of seniors
- encourage members to connect with other seniors
- Provide relevant guest speakers that directly relate to senior supports
- Senior Hubs – provide information as to where they are and what they do – what interests do they provide for seniors

❖ Public Transportation

- To monitor and advocate for a provincial transportation system that more effectively meets current senior needs.

More information on page 10

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Presidents Report

This past year has certainly had its challenges as well as successes for Seniors United Now. Until this fall, due to financial restraints, SUN had to cut back on operations, which assisted in reducing SUN expenses. Our board is extremely grateful to our staff for reducing their hours of work. In addition to that, our fund-raising appeal to our membership sustained our basic requirements under these trying times.

The good news is that we were granted an AGLC casino in April and as of September those pooled funds have been received and are now incorporated into our operations budget. A big thank you goes to our membership for their continued support, volunteerism, and their membership fees.

The SUN Board of directors has considered three board priorities for 2022 - 2024 and they are Financial Security, Health Status and Social Isolation. We have established a process to solicit membership feedback on these priorities. See page 10. In September, our chapters successfully resumed holding in person meetings, which are well attended, with interesting guest speakers. Unfortunately, the Alberta Government has continued to "bundle" the senior's ministry. Jeremy Nixon was sworn in as the Minister of Seniors, Community and Social Services on October 24, 2022. Therefore, that future may hold some challenging times for SUN, as we strive to continue building a working relationship with them.

In January 2023 SUN will be holding a zoom meeting with members of the Local Authority Pension Plan and the Public Service Pension Plan to discuss important pension concerns

In closing, I encourage everyone to keep their vaccinations up to date. Wishing all of you all the best in the festive season and into the new year!

Stay healthy and look after each other.
Wayne Sorenson, President

Review of Special AGM October 12, 2022

The SUN board of directors are very pleased to announce the successful completion of our special Annual General Meeting on October 12. With over 75 attendees present, important bylaws were passed, such as the reduction of quorum requirement. Election of the Board & Directors was concluded where four new members were elected to the SUN Board. The SUN Board of Directors were pleased to present Dianne Voth an appreciation gift in honor of the many years of dedicated service that Gordon Voth gave to SUN. Special guest speaker, retired broadcaster Bob Layton kept everyone highly entertained. The Santa Maria Goretti catering staff provided the delicious luncheon. Also thank you to our volunteers, who are the backbone of SUN, who made this event possible. We are looking forward to holding our next Annual General Meeting in April 2023.



*SUN Admin - Lynn Penner Presents
50-50 to member Muriel Adair*



Bob Layton & Partner



*SUN Directors hard at work. Wayne Sorenson,
Carolyn Reed & William Holtz*

Executive Director Report

This was a great fall for all of us. Three chapters began In-Person chapter meetings and Deb Wilson was hired back as Membership Coordinator after a COVID hiatus. Our Special AGM on October 12, 2022 was very well attended. We had a great lunch followed by our guest speaker, Bob Layton who was very entertaining. In addition, new bylaws were passed, our proposed new priorities were introduced, and four new board members were welcomed.

The guest speaker at the NE chapter meeting on November 10, MP Blake Desjarlais spoke about the new Dental plan the government is introducing and Pharmacare. The Pharmacare Working Group has been active in sending letters to Minister of Health as well as local MP asking for support for the implementation of Pharmacare. The group met again November 23rd to discuss other avenues of gaining support for this vital program. We ask our SUN members to help us with this campaign by reading a letter. Friends of Medicare has on their website that links to a letter regarding the need for Pharmacare <https://www.friendsofmedicare.org/abpharmacare>. At the end of the letter, you can add your name, email address and postal code then click Add Your Voice. The email will automatically be sent to the Prime Minister, Health Minister as well as your local representative.

Public Interest Alberta and Friends of Medicare have a campaign – **Seniors Deserve Better in Alberta** and have sent a letter to Jeremy Nixon the newly appointed Minister of Seniors, Community and Social Services requesting to meet with the minister to discuss the state of continuing care in Alberta.

Wayne Sorensen and I attended the Remembrance Day Service at the Kingsway Legion on November 11th and we laid the Seniors United Now wreath on the cenotaph. It was a wonderful tribute to those who served and still serving our country.

On December 2, 2022, I attended a Network Summit Conference which launched the collective Declaration values which will raise the network sector profile. The group have been working on the Declaration during Covid and it affirmed the sector’s essential role for supporting healthy aging as more and more older adults choose to remain living in their homes and communities. This Declaration is a call to build a united voice and commitment to action. I signed the Declaration on behalf of Senior United Now, along with other organizations, affirming that the Community-Based Seniors Serving Sector (CBSS) is an essential sector in support of healthy aging.



Respectfully submitted Linda Osborne Executive Director
sunexdir@telus.net 780-920-3058

AGM volunteers

The SUN AGM Committee would like to thank all the SUN members that volunteered their time at the Oct 12, 2022 Special Annual General Meeting.



Every Member, and all Volunteers are an essential piece of the puzzle. Individual volunteers & all members play an important role in the ongoing success of SUN. It’s true, many hands make light work and we're incredibly grateful for the many volunteer hands we do have, but more are always needed and wanted!!! Please consider sharing your time and talents!!



Sherwood Park / Strathcona County Chapter (SPSC)

Quarterly Activity Summary

The SPSC Chapter received a \$2000 grant from Strathcona County Social Framework Community Change to revitalize our chapter after the two-year pandemic. In our first in person meeting in over two years we decided to use the grant money to advertise our meetings, pay for facility rent and provide a luncheon for the September chapter meeting. Even though our membership has been depleted over the last two years mainly due to attrition and the unavailability of in person meetings, over forty people attended our first meeting with about half of them being non-members. We encouraged them to sign up for a 6-month free membership. Attendance was a big success but unfortunately, we did not get many new memberships.

The Sherwood Park Strathcona SUN chapter has sent an open letter to SUN Provincial Board outlining concerns we have surrounding volunteers and the status of the SPSC Chapter. It says: **Sherwood Park Strathcona County Chapter is in dire need of volunteers.** Our chapter volunteers have been suffering from burn-out and extreme volunteer shortages. Therefore, the Executive agreed to put forth the following statement: Today we are putting out a desperate appeal for volunteers. I am told many organizations are having trouble getting new volunteers. SUN is no different. A difficult discussion was made by our executive about volunteers in general and the fact they we have been without a secretary for over two years. This is unacceptable and places undue stress on our chair and co-chair. Some of our executive members have been in their positions with SUN for over 10 years and are feeling that they would like to step down and have someone else take over their duties, but they are prepared, at the very least, to share their duties with another person to show them the ropes. It was felt by the group that if we do not get more volunteers (even to do simple tasks such as setting up and taking down chairs, helping with registration etc.), it would be necessary to shut down the SPSC chapter beginning in Sept 2023. We think this would be a real shame. SPSC Executive will be making an assessment in June to determine if the chapter will be able to remain solvent in terms of volunteers and making our way forward. This gives the membership time to respond and to react and seems like a reasonable approach to a chronic problem.

WHATS HAPPENED?

September 20, 2022 Topic: **Fall Prevention for Seniors** Presenter: **Cole Gunderson, Certified Clinical Exercise Physiologist PCN**

Cole Gunderson brought to our attention that falling is the leading cause of injuries among seniors. The main goals of the talk were to identify risk factors that lead to falls, identify interventions that can prevent falls and become familiar with fall prevention resources. Risk factors are related to poor vision, medications, chronic health conditions, nutrition, hydration, footwear and footcare, cognitive change, depression, dizziness, and alcohol consumption. An informal independent risk assessment was done to determine if the participants were at risk of falling. Factors that can help prevent falls are building strength through exercises, challenging your balance through exercise, and generally striving to remain active.

November 15, 2022 Topic: **WESeniors Strathcona - A community hub to connect seniors in Strathcona County**

Speaker: **Dr. Haidong Liang** Dr. Haidong Liang from the West End Seniors Association spoke to us about WeSeniors Strathcona County. (Dr Liang and his team have been hired by the county for three years to coordinate and spearhead seniors' activities and services in the county of Strathcona County). His talk was excellent, and he truly opened our eyes to the fact that seniors as an identifiable entity have been largely ignored by the politicians in general (except at election time) and have been grossly underfunded by governments. More than ever seniors need to be united and develop strong relationships with their politicians. Gerald Northam was present at the meeting and provided strong leadership and support to help with how SUN can be an advocate for seniors.

WHATS UPCOMING?

January 17, 2023 - Topic: **Frauds and Scams** and what seniors need to know

Speaker: Sgt. Steve (Dale) Bereza, RCMP Sherwood Park & Strathcona County Detachment

February 21, 2023 - Topic: **Medical Assistance in Dying (MAID)**

What is it all about? Speaker: Jo Heggerud, RN, BScN, Navigator, MAID, North Sector

Additional meeting dates: March 21, April 18, May 16, June 20

Report submitted by Denis Beaudry

Report respectfully submitted by: Denis Beaudry Chairperson, SPSC Chapter

Join us! We welcome your wisdom, experience, and enthusiasm!



Denis Beaudry Presents to Dianne Voth at Oct 12, 2022, Special AGM

Memorial Donation

If you would like to donate to Seniors United Now Alberta, in memory of Gordon Voth. Donations can be made online via our website by Etransfer to unite-now@telus.net or by mail using the membership form located on **page 11**. A memorial donation is a way to honor Gordon and the valued work he did for SUN. All proceeds will be acknowledged and used to support the ongoing work of Seniors United Now Society.

Please note SUN is not a charity and therefore ineligible to provide income tax receipts.

South Edmonton Chapter

A message to our chapter members

The South Edmonton Chapter has resumed events at the Whitemud Crossing Public Library in the Program Room 4211 -106 St. Registration starts at 1:00 pm with the presentation at 1:30 pm. The presentation will run about fifty minutes, followed by a ten-minute break for coffee and snacks and then a thirty-minute question period.

Both events mentioned below were held on Tuesdays although that can change as dates depend upon availability. The manager at McDonalds on 23 Avenue will provide complimentary coffee and muffins with Cynthia Lazarenko making the arrangements. We thank the manager and McDonalds.



WHAT HAPPENED...

September 27, 2022 - We had a successful in-person meeting. The topic was Canadian Pension Plan and Possible Changes in Alberta. The guest speaker was Ellen Nygaard, former director of Pension Policy for the Government of Alberta and now a member of three pension boards. 35 members attended, plus 4 members of the SUN executive including Wayne Sorenson who became our new President at the AGM. Several of our chapter members attended the AGM on October 12, 2022 and volunteered their services to help make it a success.

November 22, 2022 - Carl Ulrich, Chair of the Edmonton Chapter of Dying with Dignity, did a presentation on Medical Assistance in Dying (MAID). Carl was previously employed by the town of Edson. Carl Ulrich started with a history of MAID in Canada and the key court decisions that shaped MAID. He provided the eligibility criteria and the safeguards to ensure that it is used by those who need it and is not misused. He described how and when it is used. He provided statistics on which zones in Alberta used MAID the most and it was in the Calgary and Edmonton zones. He said that further discussions were taking place on the inclusion of those with mental health issues using MAID. He described some of the challenges with MAID. He finished his presentation with questions from the audience. About 35 members attended the presentation. We also took a break for members to network and to enjoy coffee and muffins generously donated by McDonalds on 23 Avenue due to the efforts of Cynthia Lazarenko of our chapter.

WHAT'S UPCOMING...

January 20, 2023 (Friday) - Topic to be announced later. We are currently arranging for presentations on the 3rd Friday of the month, from January to June 2023. Various topics will be discussed for the future at our next South Chapter Steering Committee, examples being on Frauds and Scams and Air Quality.

Chair: Robert Price

780-250-7164 rogp@shaw.ca

St. Albert & Calgary Chapters

Unfortunately, due to the ongoing lack of leadership volunteers for chapter steering committees. SUN will no longer be reporting on these chapters.

For further information please contact:
SUN Executive Director: Linda Osborne
Cell: 780-920-3058
Email: sunexdir@telus.net

Northwest Edmonton Chapter

A message to our chapter members

It is our sincere hope to revitalize the NW Chapter in 2023. Planning is underway and volunteers are needed.

We would also encourage members to attend Chapter meetings being held in either South Edmonton, Northeast Edmonton or Sherwood Park, where you will be warmly welcomed. The NW Chapter is looking for individuals that would be interested in assisting with the organization of NW Chapter. If you have a few hours monthly to support our chapter, please contact SUN Executive Director Linda Osborne
email: sunexdir@telus.net
phone 780-920-3058



Northeast Edmonton Chapter

Quarterly Activity Summary

We recommenced our in-person meetings in September, wearing masks is optional. The new location of our meetings is at the Glengarry Community Hall, 13325 – 89 St. This facility has several benefits such as large coat check area, an industrial kitchen, podium, microphone, and endless seating. We are still needing volunteers to help at our meetings as well as a recording secretary. If you feel that you can step forward and assist, please contact the chapter chair.

We would like to acknowledge Save-on-Foods 167 Ave & 50 St for the generous donation of tasty treats for our meetings.



WHATS HAPPENED?

September 08, 2022 - This meeting was an opportunity to re-ignite our member friendships and many commented on how pleased they were to be back together. Wayne Sorenson, assisted by Gerald Northam provided a session on SUN’s accomplishments and future initiatives.

October 06, 2022 - Guest speaker Helena R Smith, condominium consultant gave an excellent presentation on “What you need to know when buying a Condo”. She stressed the importance of reviewing all pertinent documents, such as Board meeting minutes, budgets, reserve funds, upcoming repairs, inspections etc. Determine if the condo Board is going to remain that tenants be over the age of 55, ... or open to families of all ages.

November 10, 2022 - Speaker: Blake Desjarlais – MP (Edm. Griesbach) gave an excellent presentation on upcoming Dental & Pharmacare programs. Information hand out sheets were provided, and he conducted an excellent Question and Answer session.



Blake Desjarlais – MP (Edm. Griesbach)

WHATS UPCOMING?

January 12, 2023

Frustrated with your utility bills? Come and listen to Irene Struk, team lead, Utilities Consumer Advocate.

Wayne Sorenson – Chairman, Northeast Edmonton Chapter
wm.s1@telus.net 780-964-1142



CASH RAFFLE – Winners

“Fall Equinox”
 September 23, 2022
 License #598787

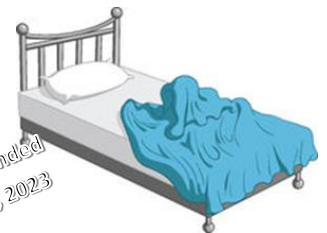


Congratulations to SUN members:
 D.Radtke - Sherwood Park ticket #357
 J. Stuart – St.Albert ticket #934

Thanks to all members for supporting SUN’s critical fundraising by purchasing tickets!

Our next Cash Raffle is:

“Don’t Make Your Bed”
 December 21, 2022
 License #616156



Draw Date Extended to January 31, 2023

Join our growing list of SUN winners!

See page 11 for ticket order form or purchase online: www.seniorsunitednow.com

Tickets \$5.00 each 5 Tickets \$10.00 20 tickets \$20.00

Please consider supporting SUN’s critical fundraising.

Season's Greetings

Christmas brings family and friends together; it helps us appreciate the love in our lives we can often take for granted.

May the true meaning of the holiday season fill your heart and home with many blessings.

Seniors United Now Board of Directors & Staff



SUN Board of Directors 2022 - 2023

Wayne Sorenson - President Stan Poznanski - Vice-President

William Holtz - Treasurer Carolyn Reed - Secretary

Robert Price – Director Gerald Northam - Director Bert Reich – Director Arlene Johnson - Director

Cynthia Lazarenko – Director Frances Burkitt - Director Mary - Lou Worsley – Director

Linda Osborne - Executive Director Lynn Penner – Office Admin Deborah Wilson – Membership Coordinator

The Path to Dental Care

YEAR 1

January 1, 2023
Interim Canada Dental Benefit

- Available to parents of children 11 years and younger
- Two-year program
- More than 500,000 eligible children
- Parents apply to the CRA either online or at a service centre, attest that their child does not have access to private coverage, and provide the name of their dentist and appointment dates

Benefit Amount By Household Income

- \$650 per child (\$69,999 or less)
- \$390 per child (\$70,000 to \$79,999)
- \$260 per child (\$80,000 to \$89,999)

YEAR 2

Before July 1, 2024
Provincial health plan coverage

- Coverage extended to children 17 years and younger, seniors, and people living with a disability
- Expected to function as direct coverage at dental offices
- Details will roll out in early 2024

YEAR 3

2025
Coverage for all age groups

- Coverage extended to all Canadians under income threshold (full benefit for household income under \$70,000, partial benefit for income under \$90,000)
- Details will roll out in 2025

blake.desjarlais@parl.gc.ca | 780-495-3261

SAVINGS FOR THE ROAD.



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Exercises for Seniors with Limited Mobility

Talk to your doctor to find out what activities are best for you.

Some physical activities can be harder for some people to do.

Start slow, for 10 minutes at a time, and work up to what you can do. At first, you may not be able to do 10 minutes at a time. If this happens, do what you can comfortably do, and then slowly work up to 10 minutes. When you can do 10 minutes, slowly work up to one 15-minute session a day, or two 10-minute sessions at different times during the day. Staying fit for seniors with limited mobility is important to maintain mental and physical health. Aging can be tough on the body as muscles tend to weaken and bones may lose density. This leaves seniors more susceptible to injuries. And it makes everyday activities such as standing and walking more difficult.

1. Seated Marching Sit up tall with your feet flat on the ground and shoulder-width apart. Slowly lift one foot at a time off the ground. Bring your knee toward your chest. Alternate legs until you've completed 20 reps per leg.

2. Ankle Circles This is a great exercise for seniors that warms up the ankles and gets them moving. slowly make clockwise circles with your ankles for about 30 seconds. Then do counter-clockwise circles for another 30 seconds.

3. Seated Arm Curls This is one of the most efficient seated chair exercises to warm up the upper body. Sit up tall with your elbows bent 90 degrees and hands resting on thighs. Slowly curl your hands toward your shoulders, then slowly lower them. Repeat for 20 reps with each arm. Use lightweight dumbbells for a moderate mode.

4. Seated Side Bends Sit up tall with your feet hip-width apart. Your arms are in a "W" position at chest level (palms facing inward). Slowly lean to one side, hold the stretch for five seconds. Then move back to center, repeat on both sides. Do 30 repetitions per side or until fatigued without pain or discomfort.

5. Scissors Lie flat on your back with legs extended straight out in front of you. Bring left leg toward chest while extending right leg long. Keep going until they are about six inches off the ground pausing at either endpoint of motion – keep moving. Alternate legs continuously without resting.

6. Leg Lifts Lie on your back with both legs extended, arms at chest level (palms facing inward). Raise right leg six inches off the ground while simultaneously raising the left arm. Lower to starting position and repeat with opposite leg & arm. Continue alternating in the same fashion until fatigued. Or 30 repetitions have been completed without pain or discomfort.

7. Chair Squats That's one of the best leg exercises for seniors. Stand tall behind a chair, palms touching each other at chest height in a "prayer" pose. Step one foot backward away from the chair as you lower into a squat. Bending that knee deeply while keeping your back straight and your core engaged. Mind that maintaining an upright posture is key! Hold for two seconds. Then stand up tall again before repeating the motion on the opposite side of your body.

8. Forward Lean Stand with back straight and abs engaged, feet hip-width apart. Slowly lean forward from the hips as if you're trying to place your head on a chair's seat. Avoid flexing your spine or rounding shoulders. Forward Lean is another great core workout. Hold for two seconds. Then reverse movement without locking out knees to complete one rep of the exercise.

9. Seated Toe Taps Sit tall in a sturdy chair holding arms at sides. Lift right leg off the floor slightly. While keeping it slightly bent and tapping toe toward the ceiling. Keep going before returning your foot gently to starting position. Repeat the action on the opposite side by lifting the left foot slightly. Continue alternating legs until all repetitions have been completed once more.

10. Shoulder Shrugs Sit tall in a sturdy chair with feet flat on the floor. Your arms are at sides, palms down. Slowly lift shoulders up towards ears. Hold for two seconds then release. Repeat for the desired number of repetitions without any discomfort. You can add shoulder circles movement when your shoulder blades meet up.

SENIOR SMILE TIME

You know how important exercise is, even more so as we grow older.

I start with a five-pound potato sack in each hand, extend my arms straight out to my sides and hold them there as long as I can. After a few weeks I moved up to 10-pound potato sacks, then 20-pound potato sacks and finally I got to where I could lift a 50-pound potato sack in each hand and hold my arms straight out for more than a full minute! Next, I started putting a few potatoes in the sacks, but I would caution you not to overdo it at this level.



SENIORS SOCIAL ISOLATION

One important issue for seniors, as they age is to be socially active and connected. If not, this may lead to social isolation, which in turn is related to negative health effects and reduced quality of life.

Social isolation involves having limited social contacts and roles, as well as the lack of personal rewarding relationships. This can be caused by life changes such as, the loss of a loved one, declining health and physical abilities, the loss of their driver's licence and access to inadequate transportation options.

The big question is, what can we all do to help reduce seniors' isolation? In your social circle, if you know someone who lives alone, give them a phone call, or better yet visit them. Try to find out if they need help with transportation, doctors' appointments, home care or grocery shopping? Ask yourself, how can you help them? If you can't help them Seniors United Now may be able to advise as to how and where they can seek assistance.

Many seniors continue to have an active role in the volunteer sector, and this assists them in retaining their skills and knowledge as they age. Their contributions can have a positive effect on helping community organizations and this includes Seniors United Now.

Attending our chapter meetings can assist with seniors staying socially active. They may have an opportunity to assist at the registration desk or perform some other meeting duties. Some chapter members are willing to ride share to assist others to attend our meetings. Attending these meetings will encourage them to socialize with other members and listening and learning from informative guest speakers.

In conclusion, let's do our best to stay socially active and lend a friendly helping hand for those in need.

Submitted by: Wayne Sorenson

ATTENTION LIFETIME MEMBERS

Are you a lifetime member that would prefer to receive the SUNBURST Newsletter via email?

If that is your preference, please send an email to the SUN office Admin unitenow@telus.net and SUN would be happy to convert your membership file to E-Communication. As SUN does not need to manage renewal notices for your file this will result in printing & postage savings for SUN.

Annual members are also welcome to receive the Newsletter via email, but due to the administrative costs involved with managing each member's renewal manually, as opposed to the bulk management done via the hard copy newsletter process doesn't result in cost savings for SUN.

VOLUNTEER OPPORTUNITIES WITH SUN

Board of Directors – The Board of Directors is responsible for the overall governance of the organization and ultimately responsible for all decisions related to the network's affairs and business.

Chapter Organizational Help - serving on a chapter steering committee, organization of chapter meetings - room set up, refreshment preparation, clean up, phoning meeting reminders, arranging, and coordinating guest speakers

Trade Shows/Community Events - Research Assignments - Provincial Phoning Committee - Fundraising

To enquire about a volunteer position please contact:
SUN Executive Director Linda Osborne
Cell: 780-920-3058
Email: sunexdir@telus.net



2023 – 2024 Proposed Priorities - Member Survey

The intention of the survey is to have our members give us feedback as information to assist our Provincial Board in determining SUN's Priority Issues focus for the year ahead. What concerns and/or issues, do you think are the most important for SUN to focus on in the year ahead?

Financial Security To monitor and advocate that COLA adjustments are reflective of the rate of inflation, monitor and advocate in respect to any changes to CPP and OAS

Health Awareness Provide accurate and timely communication on Home Care, what services are currently available and how to access their services. Share government publications on senior healthy lifestyle

Social Isolation Monitor incidents of social isolation by seniors and to advocate for government programs designed to lessen social isolation of seniors, encourage members to connect with other seniors. Senior Hubs – provide information as to where they are and what they do – what interests do they provide for seniors

❖ **Public Transportation** Monitor and advocate for a provincial transportation system that more effectively meets current senior needs.

What other concerns and/or issues, do you think are the most important for SUN to focus on in the year ahead?

Examples:

PharmaCare To monitor and respond to the development of a new pharmaceutical payment program

Long Term Care

Live alone Allowance / Subsidy

Independent Seniors Advocate - To advocate for a position to be created, reporting to the Legislative Assembly.

Public Pensions - To advocate for public pensions to be appropriately funded and provide adequate payment

Stable Affordable Housing - To advocate for a provincial program which will address improving senior affordable housing in the Province of Alberta.



Other concerns and/or issues that you suggest the Board to focus on in the year ahead.

What other priorities do you suggest?

please send your response:

Email: seniorsunitednowsociety@gmail.com

Mail: Seniors United Now Society #37 2016 Sherwood Dr. Sherwood Park, AB T8A5H7

Thank you for your participation,

SUN Board of Directors

Don't Make Your Bed

Name(s): _____

Address: _____

Phone # _____ For Office USE: _____

Email _____
(please print)

Individual Tickets: ____ Tickets \$5.00 each \$ _____ (50 available)
5 tickets \$10.00 ____ Sets \$10.00 each \$ _____ (100 sets available)
20 tickets \$20.00 ____ Sets \$20.00 each \$ _____ (100 sets available)

Draw Date : December 21, 2022
License #616156

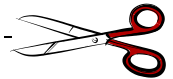
Please make your cheque payable to SUN

*Draw Date
Extended to
January 31, 2023*



RAFFLE RULES

- 1) Raffle tickets must not be sold to a person under the age of 18 years. Purchasers must be Alberta residents.
- 2) The purchase price of each ticket shall be: \$5.00 each OR 5 tickets \$10.00 OR 20 tickets \$20.00
- 3) To be eligible for draws, the ticket order and purchase amount must be received in SUN office by 10:00am, ~~December 21, 2022~~ January 31, 2023
- 4) The prize payout shall be as follows:
1st prize 30% of the gross ticket sale revenue
2nd prize 20% of the gross ticket sale revenue
- 5) The draw(s) shall be made at the SUN office: #37 2016 Sherwood Drive, Sherwood Park, AB T8A3X3 prior to 3pm, ~~December 21, 2022~~ January 31, 2023
- 6) The winning ticket buyers shall be notified by telephone; their names will be publicized in the next newsletter & on the SUN website. The winning ticket buyers will be awarded the prize via cheque drawn on SUN.
- 7) In the event of any concern or dispute regarding this raffle, please contact Lynn Penner at the SUN administration office. 780-449-1816
- 8) Raffle tickets are official when payment is received & numbers issued by the sun raffle chairman.
- 9) Your Ticket numbers are available by contacting the SUN office



SUN MEMBERSHIP Renewal / Donation Oct – December 2022

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 \$ _____

Renewal \$ _____ Donation \$ _____ Raffle \$ _____ **Please make cheque payable to Seniors United Now**

Signed Cheque(s) enclosed Chq# _____ Total \$ _____

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)

Renew your membership online! SUN uses the PayPal system, for secure online renewals & donations
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YES – I am interested in volunteering, please contact me.

Thank-You for your prompt renewal. Renewals & donations may also be made by Etransfer to unitenow@telus.net or online via our website

Don't Make Your Bed Day is on December 21,

and we can't wait. Maybe you're the kind who loves a freshly made bed each day. Or you're someone who can't be bothered. Does it seem like a pointless chore? Can you never find the time? What's great is that Don't Make Your Bed Day can be for anyone. We know the benefits of making beds every morning. But did you know there's a scientific case for keeping beds unmade? Either way, feel free to make the day your own.



500 A.D. Origins Of 'Hit the Hay' - Most people sleep on a bag stuffed with hay on the floor — hence, the term 'hit the hay.'

1800s Cotton Sheets Appearance - The cotton gin revolutionizes cotton production and ushers in an era of cotton sheets.

2005 The Case for Unmade Beds - Researchers in England believe unmade beds help kill bacteria and grime.

2013 Messiness and Creativity - Studies by researchers at the University of Minnesota find strong correlations between unruly spaces and creativity.

HOW TO CELEBRATE DON'T MAKE YOUR BED DAY

Don't make your bed - Enjoy the glorious mess that is your bed today. Crumpled sheets? Scattered pillows? Let them and yourself be. **Sleep in** - Save yourself the trouble of making your bed by just staying in it. If it's cold out, take today to snuggle in for some extra, much-needed snooze time. **Read books on messiness** - Are you feeling guilty about a messy bed? Read books about how a little chaos is good for you. There are several reasons — both anecdotal and backed by research.

5 FACTS ABOUT BED SHEETS THAT WILL BLOW YOUR MIND

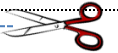
How authentic is your Egyptian cotton? Most of the Egyptian cotton bed sheets sold worldwide are fake.

Avoid certain labels Don't buy labels that say, 'easy care,' 'wrinkle-free,' or 'permanent press' since these fabrics probably contain toxins.

Hemp leads the way Hemp sheets work with body temperatures to keep you cool in summer and warm in winter.

Bed sheets impact our health The wrong fabric can cause infections, itchy skin, or induce sleepless nights.

Never go by thread count Instead, look at fiber length — the longer the thread, the better.



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Sherwood Park, Alberta, T8A 3X3

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