

SUNBURST

The Newsletter for Seniors United Now

Sherwood Business Center – Park Centre Hotel

#37 - 2016 Sherwood Drive, Sherwood Park, AB T8A3X3

Telephone 780-449-1816 Toll Free 1-855-786-8669

www.seniorsunitednow.com

Email unitenow@telus.net



The Voice of Seniors in Alberta

Notice is hereby given that the Annual General Meeting of Alberta Seniors United Now Society

will be held as follows:

Wednesday April 26, 2023

Santa Maria Goretti Centre

11050-90 Street NW

Edmonton, Alberta

Doors open for Attendance 9:30 am

Meeting Commences 10:00 am

Speaker Presentation 11:15 am

Luncheon to follow presentations

PRE-REGISTRATION IS REQUIRED

Registration deadline April 17, 2023

Luncheon is included with Registration Fee

SUN IS EXCITED TO PRESENT OUR GUEST SPEAKER

Josh Classen – CTV Edmonton chief meteorologist

Introduction to Josh see page 7

More AGM registration information on page 12

Contents

President	2
Executive Director	3
Board of Directors	7

Chapter News

Edmonton South	4
Edmonton Northeast	5
Edmonton Northwest	5
Sherwood Park / Strathcona County	6

Membership

Notice by Nominating Committee	3
Cash Raffle Winner	6
Membership Survey	10
Mother Goose Day - Cash Raffle	11
Renewal / Donation Form	11
Are You Due?	12
AGM Registration Form	12

Special Interest / Articles

Pension Communication	2
AGM - Guest	7
Home Care Services	7
CRA – Tax Tips	8
CRA – Tax Tips continued	9

Presidents Report

The Board of Directors is looking forward to another successful year of accomplishments, especially during our 20th Anniversary year.

We are pleased to recently receive notification from the Alberta Gaming & Liquor Commission (AGLC) that SUN has been assigned casino volunteer hosting dates in the first quarter of 2024. We are tentatively scheduled at the Century Casino on Fort Road in Edmonton. We will be looking for volunteers for this vital fundraising event once the dates are set.

In compliance with the Societies Act and SUN policies, our AGM Committee has scheduled the 2023 Annual General Meeting for April 26, 2023, which will once again be held at the Santa Marie Goretti location.

I am pleased to report that on January 10, 2023, our SUN representatives meet with AUPE pension sponsors to discuss COLA and Coordinated Pension issues. These pension sponsors requested us to inform the results of this meeting to the Chair- PSPP Sponsor Board & the CEO - PSPP Corporation, Chair – Lapp Board & CEO – LAPP Corporation. A letter was sent to them on January 30, 2023. An excerpt of the letter is below. This letter in its entirety is available for your review on our SUN webpage under the tab news – communications <https://www.seniorsunitednow.com/communications.html>

On March 3, 2023, we received an E mail from Lynette Martin, Chief Executive Officer of the Public Service Pension Plan Corporation which states, “I confirm receipt of your letter dated January 30, 2023 regarding retiree interests. The PSPP Sponsor Board will review your letter and the requests regarding COLA and Coordinated Pensions at its next meeting in late June.”

In conclusion, health care provisions and senior’s issues are top priorities, and we will have a better understanding of Alberta Government priorities after the May 29th Alberta provincial election results. The SUN Board will continue to be the “Voice of Seniors”, advocating for our members, both on an individual basis and for increased financial and lifestyle benefits for all seniors in Alberta.

We appreciate the continued support we receive from your membership.

Wayne Sorenson, President

Excerpt of Pension Letter January 30, 2023

At this meeting, our opening remarks were to work together with them so that we can understand the duties of the pension board and bring forward the concerns of the pension retirees.

We also acknowledged the benefits of defined pension plans and understood that pension board members primary function is to focus on the pension contributions made by the employers and employees. The actual retirees’ concerns may not always be discussed or addressed, and this is why we requested the meeting.

A brief overview was discussed on who these retirees are, their dedication to their employers and unions. As you are aware many of them, through their unions fought for improvements that effected all workers in Alberta. Things such as improvements to the Alberta Labour code, pension plans, Alberta Health and Safety Act and Regulations, health benefits, pay and working conditions. Many of these retirees also took on the task of being a local area council representative or a job steward and participated in many other activities.

The two main topics that we discussed at length were COLA and Coordinated pensions.

This letter in its entirety is available for your review on our SUN webpage under the tab news – communications <https://www.seniorsunitednow.com/communications.html>

Executive Director Report

Spring is almost here and so is our AGM on April 26th. I hope to see many of our members come out to this annual event. The weather should be warmer, we have a great guest speaker to entertain us and the lunch is always fabulous.

Since the last newsletter, our chapters have had some very informative guest speakers and a great lineup for the coming months.

In the past few months, I have attended the Public Interest Seniors Task Force meetings. In January, our guest speaker was NDP MP Blake Desjarlais. He discussed many of the issues that he spoke about at our NE Chapter meeting in November. He emphasized the Pharmacare should have two parts to be successful. First, work with the provinces to apply a national Pharmacare under the Canada Health Act and reduce federal funding to force the pharmaceutical companies to sell drugs at cost or free.

In March, the guest speaker was Lisa Lintott she spoke about the LGBTQ2S+ - Elder Care – Public Health end of life needs in their community.

The Alberta Pharmacare Working Group has been trying to arrange a meeting with Liberal MP for Edmonton Centre, Randy Boissonnault to discuss implementing a comprehensive pharmacare program needs to happen. With the cost of living rising there has been a significant increase in cost of prescription drugs and creating obstacles for Canadians. We, finally, were able to schedule a meeting for March 3, unfortunately, it has now been rescheduled for March 14. I will report on the meeting at our AGM.

Don't forget to register for our AGM on April 26, 2023.

Respectfully yours,
Linda Osborne
sunexdir@telus.net
780-920-3058



AGM REGISTRATION

Online registration - SUN home page www.seniorsunitednow.com
Mail in registration form is located on page 12

AGM volunteers required Greeters, Registration table
& 50/50 Contact sunexdir@telus.net or 780-920-3058

Notice by Nominating Committee of the Board of Directors

The nominating committee is seeking SUN members who would be interested in having their name, put forward for election to sit on the Board of Directors at the April 26, 2023, Annual General Meeting

Skills and Experience: A passion for seniors' issues; leadership or technical skills; marketing and promotions; As a member of the Board, a director acts in a position of trust and is responsible for the effective governance of the society.

Meetings: The SUN Board of Director's usually meets on the first Wednesday of each month via the zoom platform. Meetings commence at 10:00am and concludes at noon. (Meetings are not usually held in July or August)

Term: Directors are elected for a two-year term.

Benefits: To contribute to be part of the changes necessary to meet the dynamics of a growing and changing senior population within Alberta.

I cordially invite members of SUN society to consider volunteering as a board member. We anticipate having four vacancies, and urgently need volunteers to fill these positions.

Thank you in advance for your consideration.

For further information or to put your name forward for election, please contact SUN Executive Director, Linda Osborne by Friday March 31, 2023

780-920-3058 sunexdir@telus.net Linda Osborne, SUN Executive Director

South Edmonton Chapter**A message to our chapter members**

The South Edmonton Chapter has resumed in-person events since September 2022. Meetings are held at the Whitemud Crossing Public Library in the Program Room 4211 -106 St. We will have speakers for May and June on the third Friday of the month. Registration at 1 pm and program starts at 1:30 pm. We would appreciate any suggested topics on senior issues by our members.

**WHAT HAPPENED...**

January 20, 2023 - Frauds and Scams Targeting Seniors. The speakers were Detectives Scott Abbott and Trevor Semotiuk of the Edmonton Police Service and Organized Crime Branch. This was a very thorough and informative presentation. Both detectives were excellent speakers, and their knowledge was evident. Questions were accepted from the floor during the presentation as well as during the regular question period. The presentation continued briefly into the question period. We had some technical problems with the mic at first, and both detectives spoke without it, so it may have created some hearing difficulties. People came early to register and had complimentary coffee and muffins provided by McDonalds on 23 Avenue and 110 St. We thank them very much for their contributions. This made us question the 10- minute break. People like to talk, ask questions, or sign up their membership, so perhaps the registration period is the best for the snacks. We had about 50 people in the audience.

February 22, 2023 – We continued our investigation into frauds with a presentation by James McDonald, a retired member of the EPS and current Manager of Corporate Security at Servus Credit Union. Harpreet Singha, the Servus Manager at the Harvest Pointe Branch ,also attended to give his input. The topic was “Fraud - Could You be Next” and how financial Institutions deal with fraud. It was a thorough presentation which covered types of scams, delivery methods, tricks of the trade, payment methods, and Cyber Security Awareness. About 33 people attended. We passed out a volunteer sign-up sheet to our members and hope to hear from them for support. That will include placing notices about our meetings in senior centers/ homes, grocery stores, bookstores and other businesses.

March 17, 2023 - The guest speaker will be Heather McPherson, NDP Member of Parliament for Edmonton Strathcona. The topic will be Support for Seniors by the Federal Government.

WHAT'S UPCOMING...

May 20, 2023 & June 16, 2023 - Topic to be announced later.

We hold regular steering committee meetings every month to plan for upcoming presentations and to inform the executive about Board discussions. We also have an agenda at the presentation so we can keep all members informed about events. In addition, we planned on placing notices in the Edmonton Prime Times newspaper. Other possible topics: cancer and the role of oncologists, health care, transportation, utilities, and seniors' issues after a move from one's home.



Chair: Robert Price
780-250-7164 rogp@shaw.ca

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.

Northeast Edmonton Chapter

Quarterly Activity Summary

Some of you are now aware that since last fall we have been holding our meetings at our new location, Glengarry Community Hall, 13325 – 89 Street, Edmonton. We are pleased that several volunteers have stepped forward to arrange the seating requirements as well as the after meeting clean up. At the present time we are looking for a volunteer recording secretary. If you can provide assistance, please contact the chapter chair.

At each meeting we have excellent guest speakers who discuss a wide variety of seniors topics. At the end of each meeting, we have a door prize and a 50/50 draw. Everyone is welcome, bring a friend and enjoy the fellowship and enjoy the baked goods and tea and coffee. A very special thank you to Save on Foods located at 167th Ave & 50th St for their donation of tasty treats for our meetings.



WHATS HAPPENED?

January 12, 2023 Irena Struck, team lead, Utilities Consumer Advocate gave an excellent presentation on understanding your utility bills and the option of locking in your utility rates vs having a floating rate. This information was well received by our members.

February 09, 2023 Colleen Berean, Director of Home Care for Alberta Services gave an excellent presentation on “Home Care”, and directions on how individuals can navigate the system. See page 7 for details.

March 09, 2023 - Jeffrey Wurzer president of “Just Like Family” home care explained the services they provide to preserve your quality of life in your own home and enhance the quality of your life in independent, assisted, or residential care settings. They offer free consultation and flexible options of care depending on the needs of you and your family.

WHATS UPCOMING?

April 13, 2023 – Seniors scams and frauds can destroy the lives of seniors. You are invited to join us as two Edmonton Police detectives, inform you of the latest scams and how to protect yourself from them.

May 11, 2023 – A speaker from the CNIB Foundation will present a very informative presentation about their Community Education program. Please come and discover the very important information and services that they provide.

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

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



**SAVINGS
 FOR THE
 ROAD.**



We're proud to have walked with Canadians for over 130 years and in these uncertain times, we want you to know that you can always depend on your friends at Johnson Insurance. We are there for you and we will get through this together.

1.877.742.7490
Johnson.ca/savings



Johnson Insurance is a tradename of Johnson Inc. ("JI"), a licensed insurance intermediary. Home and car policies underwritten, and claims handled, by Unifund Assurance Company ("UAC"). Described coverage and benefits applicable only to policies underwritten by UAC in Alberta. JI and UAC share common ownership. Eligibility requirements, limitations, exclusions, additional costs and/or restrictions may apply.

Sherwood Park / Strathcona County Chapter (SPSC)

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, which is fully accessible as meetings take place on the ground floor level. Members and non-members are welcome. Our presenters answer many questions during and after their presentations and are thanked with an appreciation gift. ***A special thank you to Sobey's – Nottingham-Sherwood Park for donating delicious cookies!***

The SPSC is still looking for a Chapter Secretary. This position is vital to the continuation of our chapter. The recording secretary records minutes at meeting, formats minutes into a word document, forwards the minutes electronically to the SUN administration office for posting on our chapter webpage. The time required is about ninety minutes per month. A notebook is available for producing the minutes. Our SUN chapter is focusing renewed advocacy efforts on construction of a new Seniors Hub for Strathcona County. This project merits our community's attention.



WHATS HAPPENED?

January 17, 2023 - Topic: Frauds and Scams and what seniors need to know Speaker: Sgt. Steve (Dale) Bereza, RCMP Sherwood Park & Strathcona County Detachment The discussion advised seniors about lottery scams, romance scams, and Canada Revenue Agency scams and how and when to report these types of situations. Asking questions when dealing with someone unknown over the phone is something that should be done, and just hanging up is the best option. These were part of the discussions that took place. Seniors were advised that police will not phone to advise that an arrest will be made if money isn't paid. A lot of questions were asked, and information provided to make a sound decision when dealing with unknown phone calls, emails, or mail.

February 21, 2023 - Topic: Senior's Isolation and the Alberta Economy - Speaker: Dr. Jon P. Friel PhD, C. Psych (retired) Alberta Economy and Senior's: a brief overview 1966 to 1971, Gas and Oil secured the Alberta/Canadian economy. 2023, not so secure economy. 1974, Canada missed the world-wide manufacturing need for semi-conductor chips. Taiwan, did not. Canada/Alberta lacked a "worldwide high technology economic forethought". Our Gas and Oil revenues can develop, sustain, and maintain a world-wide high technology manufacturing capacity. By, semiconductor fabrication of chips.

Social Isolation and seniors: a brief overview - Social people live longer, feel better and have good self-esteem. Loneliness, social isolation, or a lack of connectedness has higher health risks. The most vulnerable people are abused seniors, new Canadians, people from diverse backgrounds. SUN members might contact our social services folks about a lonely "senior in need."

WHATS UPCOMING?

May 17, 2023 - Topic: **Medical Assistance in Dying (MAID)** -venue: WESeniors Centre – Strathcona Community Center #140, 501 Festival Avenue, Sherwood Park - access from outside on the East Plaza (East Tower) - Two hours of Free Parking available underground west of library

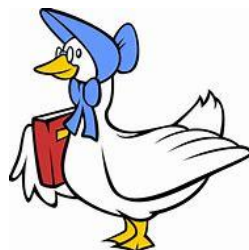
June 20, 2023 - Topic: **Outdoor activities for Seniors in Strathcona County** - To be confirmed (topic)

Report respectfully submitted by: Denis Beaudry Chairperson, SPSC Chapter

Our next Cash Raffle is: "Mother Goose Day"

May 01, 2023

License #632685



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.

CASH RAFFLE – Winners "Don't Make Your Bed"

January 31, 2023

License #616156



Congratulations to SUN members:

R&P Kozoway – Ryley, AB ticket #822

D. Prokopczak – Edmonton, AB ticket #698

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

Josh Classen – CTV Edmonton chief meteorologist

Josh grew up in Lloydminster and graduated from NAIT's Radio and Television Arts program. After spending nearly eight years at television stations in Lloydminster, Saskatoon and Toronto, Josh jumped at the opportunity to return to Edmonton and join CTV. He's a graduate of the Meteorology program at Mississippi State University and a member of the Canadian Meteorological and Oceanographic Society. When he's not forecasting and delivering Edmonton's most trusted weather outlook, Josh is busy in our community hosting countless charity events and grooming the forecasters of the future with his "Weather Watchers" program. Every year, Josh visits dozens of Edmonton and area Grade 5 classes and teaches them about the weather.



Home Care Services

Home Care Keeping You Well and Independent

What is home care? Home care is a service to help you or your loved one remain safe and independent as long as possible. Home care includes professional and personal care services.

Who is eligible for home care? Anyone living in Alberta with a valid healthcare card can receive home care services if their needs can be safely met at home.

Home care case managers home care case managers use standardized assessment tools to identify your needs and to link you and your loved ones with the most appropriate medical supplies or assistive equipment and technology.

Professional health services include prevention, screening and intake; assessment of health status and/or medical conditions; performing treatment and procedures; rehabilitation to maximize function; medication administration; palliative or end-of-life care; teaching and supervising self-care; teaching care and procedures to family members and other caregivers; and teaching and supervising home support service providers, providing individual care and performing assigned activities.

Personal care services include personal hygiene (bathing and grooming); dressing; toileting and incontinence management; mobilization and transferring; assisting with dining, oral care; and with medications.

Some home care clients may require and receive home and community support services including services directed toward meeting therapeutic recreation and social needs and support with activities to live independently in the community.

Some home care clients may require and receive caregiver support and respite services to help the people who support them to stay well as they carry out care tasks. These services may include information and help to access services, education, skills training, and respite care.

How is my need for home care services determined? Your care needs will be assessed by a case manager with your help. Together with your caregivers, you and your case manager will create a plan of care just for you.

Who provides my care? Your case manager has the support of a team of local healthcare professionals to assist in your care. Depending on your needs, the healthcare team may include your family physician, nurses, physiotherapists, pharmacists, healthcare aides, and others.

Where are home care services delivered? Services may be provided in your home or in a clinic setting. Flexibility exists to deliver services in a variety of other settings.

You can request home care services by calling the appropriate number below.

North:1-855-371-4122 **Edmonton:**1-780-496-1300 **Central:**1-855-371-4122

Calgary:1-403-943-1920 or 1-888-943-1920 **South Zone:**1-866-388-6380

Family, friends, neighbours, or health professionals can also call on your behalf.

Home Care For more information Email: continuingcare@ahs.ca



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

SUN Staff

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

Canada Revenue Agency – Interview on Tax Tips for Seniors

What's the biggest CRA tax tip you would give people?

Have you ever wondered if the CRA owes you money that you don't even know about?

What happens if a CRA cheque was lost in the mail, was accidentally thrown in the garbage, or even slipped down the side of a couch and was never seen again?

Well, whether it's a GST credit, a tax refund, or a benefit from many years ago, the CRA keeps track of every cheque that was ever sent to you -- and we have a record of all the payments that were never cashed.

We want to reconnect you with these long-lost cheques! So now, you can search for uncashed CRA cheques with just the click of a button. Sign in to your CRA online account and click on the "Uncashed cheques" option on the right side of the Overview page. It will immediately tell you whether there are any cheques that you missed out on – even if they are decades old – and help get them re-issued to you.



Do people need to have a CRA online account to file their taxes?

The CRA wants to interact with you in whichever way is most comfortable for you. If you like to file your taxes with pen and paper, or you prefer to speak to a person on the phone, we're always here to help. But if you're comfortable using online digital services, you should definitely set up your online CRA access, called My Account. In the same way as logging in to your bank's online portal gives you access to your banking information, logging into your CRA account will give you immediate access to all your tax forms, upcoming payments, and benefits information. A CRA account also makes it easy to set up direct deposit, so that any refund or benefits arrive in your bank account faster than ever before. And if you're filing your taxes yourself, having access to the My Account service will let you auto-fill the details from your slips right into your tax software.

Are there any special tax credits seniors can claim?

Of course there's the Age Amount that many seniors claim every year, but there's one pension-related tax deduction that can sometimes be confusing for people. It's called Pension income Splitting. If you receive income from certain types of pensions and your spouse is in a lower tax bracket, you may be able to use this method to reduce your overall taxes. This option lets seniors split up to 50% of their eligible pension income with their spouse or common-law partner, which can lower the combined tax the couple has to pay. It's important to note, though, that OAS and CPP aren't eligible for pension splitting. Most private pension plans, however, can be split.

Are there any new deductions or credits seniors should know about?

Did you know that you can claim a tax credit for some home renovations, if they help improve the accessibility or safety of your home for a qualifying person? The Home Accessibility Tax Credit allows seniors, or individuals who are eligible for the Disability Tax Credit, to claim up to \$20,000 towards eligible expenses. This amount is double what could be claimed in previous years. There have also been some changes to the Disability Tax Credit. In addition to a new simplified form, individuals diagnosed with Type-1 Diabetes who require life-sustaining therapy will now find it easier to be considered eligible for the credit.

What if people have questions or need help with their taxes?

The CRA has lots of information on our website at canada.ca/taxes – but if you need to talk to a person, we're always happy to help over the phone! In fact, the CRA's phone lines are now open in the evening, until 8 PM on weekdays and from 9 to 5 on Saturdays. If you're not a big fan of our hold music, you can even log onto the CRA website to see how long the current wait time is before you choose a time to contact us. For people with modest incomes and simple tax situations, there are also free tax clinics available where volunteers and community organizations offer tax filing help. Many organizations host in-person clinics or drop-off options, but if an in-person tax clinic isn't available in your community, don't worry! A tax clinic volunteer may be able to do your taxes virtually by phone or video conference.

CRA – Interview on Tax Tips for Seniors - continued

There's lots of new scams out there all the time, with people pretending to be the CRA. How can you tell whether it's a scam or the real CRA calling?

Always be cautious when you receive an unexpected call, text, instant message, or email claiming to be from the CRA. If it sounds suspicious, it probably is! **Trust your gut.** Scammers often pose as CRA employees and try to trick Canadians into revealing personal financial information or paying real money towards fake debts. These scams are constantly evolving and becoming more sophisticated; it can be tough to stay on top of them. But there are definitely a few red flags that will let you know for sure that a message is from a scammer and not a real CRA employee.

Is the person who contacted you being aggressive or threatening you with arrest? Are they pressuring you to make a payment immediately? Asking you to pay using gift cards, cryptocurrency, or e-Transfer?

These are all 100% tell-tale signs of a scam. The CRA doesn't use text messages or instant messages to start a conversation with you about your taxes, benefits, or account. We will also never send personal information (e.g. tax refund amounts, balances owing) over text, IM, or email. If one of these messages includes a specific dollar figure, it's a scam. **When in doubt – delete, delete, delete!**

If you receive an unexpected message from the CRA and you're being asked to click on a link, don't click it — it's not us! But what if you are still unsure whether the real CRA is trying to contact you? Well, first, don't give any personal information and don't click on any links. If it's a call, you can hang up; if it's a text, IM, or email, don't reply. Instead, reach out to the CRA through our publicly available phone numbers and we can verify whether we're trying to get in touch with you. You can also investigate the situation on your online CRA account.

Of course, there are some situations where the CRA may genuinely need to reach out to you by phone, but it's always okay to take the time to verify that you're not talking to a scammer. If this means hanging up and calling the CRA back on our general phone number, that's okay!

You can always check the most recent letters or correspondence you received from the CRA or you can log into your online CRA account to verify any refunds or balances owing.

TJ Madigan, CRA spokesperson

TAX TIME - SMILE OR CRY?

A little boy wanted \$100.00 very badly and prayed for weeks, but nothing happened. Then he decided to write God a letter requesting the \$100.00. When Canada Post received the letter addressed to God, Canada, they decided to send it to the Prime Minister. The Prime Minister was so amused that he instructed his staff to send the little boy \$10.00. The little boy was delighted and sat down to write a thank-you note to God, which read:

Dear God,

Thank you very much for sending the money.

However, I noticed that for some reason you sent it through Ottawa, and, as usual, they deducted \$90.00 in taxes.

Love, Joey



Drivers Renewal Medical Fees - Member Survey

SUN IS CURRENTLY COMPILING INFORMATION REGARDING THE COSTS INCURRED FOR MEDICAL EXAMS AS RELATED TO THE REQUIRMENT OF RENEWING YOUR DRIVER’S LICENCE

The survey can be completed online by visiting the SUN Website [Seniors United Now | Alberta](#)

or by completing the below form & mailing to the SUN administration office

If you’re a senior and need to renew your driver’s licence, a driver’s medical exam is required at age 75, 80 and every two years after. A medical report from a doctor at each of these stages will need to be provided. Just before your 75th birthday, the government will send you a letter, reminding you to schedule a medical exam to renew your licence. The exam will review your overall health and look at these key areas to see if any affect your ability to drive safely: Vision, Hearing, Blood pressure & Cognitive abilities

What Exactly Is a Driver’s Medical Exam?

A driver’s medical is a routine exam, performed by a physician, meant to ensure that a person is medically fit to drive according to provincial guidelines. It’s designed to keep all of us safe, and only specific groups of people need to have it done.

Driver’s medicals are an uninsured service and are paid for by either an employer or the patient.

Please circle your responses



1) **When did you have your last medical for renewing your driver’s license?**

2023 2022 2021 2020 2019 2018 2017

2) **Were you told you would have to pay a fee, prior to your examination.**

YES NO

3) **What was your approx. cost of the exam?**

\$0.00 under \$25 under \$50 under \$75 under \$100 under \$125 under \$150 under \$175 under \$200

4) **Were you aware that Medical Practitioners may charge various fees for this service.**

YES NO

5) **Your annual medical exam includes vision, hearing & blood pressure tests which are covered by Alberta Health. Do you think cognitive ability tests should also be covered by Alberta Health?**

YES NO

6) **Are you a SUN member?**

YES NO

Optional

Name: _____

Date: _____

The survey can be completed online by visiting the SUN Website [Seniors United Now | Alberta](#)

or mail your response to:

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

Thank you for your participation, SUN Board of Directors

Mother Goose Day

Name(s):

Address:

Phone # _____ For Office USE: _____

Email _____ (please print)

Individual Tickets: ___ Tickets \$5.00 each \$ _____ (40 available)
5 tickets \$10.00 ___ Sets \$10.00 each \$ _____ (60 sets available)
20 tickets \$20.00 ___ Sets \$20.00 each \$ _____ (110 sets available)

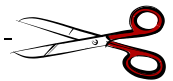
Draw Date : May 01, 2023
License #632685



Please make your cheque payable to SUN

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, May 01, 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, May 01, 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 January - May 2023

Individual: [] \$25 per year [] \$50 2 years Lifetime: [] \$200
Joint: [] \$40 per year [] \$80 2 years Lifetime: [] \$300

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

Donation in addition to membership dues
[] \$5 [] \$10 [] \$15 [] \$20 [] \$25 [] other \$ _____

Renewal \$ _____ Donation \$ _____ AGM\$ _____ 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
Etransfer may also be used for membership payments. unitenow@telus.net

Phone: _____ Email: _____ (send me electronic SUN information)

(Please print clearly)

[] YES - I am interested in volunteering, please contact me.

AGM REGISTRATION

Online registration available visit: www.seniorsunitednow.com

Alberta Seniors United Now Society – April 26, 2023

Name(s): _____

Membership: # _____ # _____ Phone: _____

Email: _____

Tickets: \$10 per individual Current Member \$30 per non-member
Ticket price includes admission - light lunch* & refreshments.

*If you have dietary restrictions, please advise the admin office
(Registration tickets will be held for pick-up at AGM pre-paid registration table)

PAYMENT OPTIONS:

Online: visit our website homepage See AGM notice click “Buy Now” Button

Etransfer: unitenow@telus.net

Mail: Seniors United Now # 37 - 2016 Sherwood Drive, Sherwood Park, AB T8A 3X3

#of Tickets _____ **Amount: \$** _____ **Cheque#** _____ Registration deadline April 17, 2023

Pre-registration is required to facilitate planning of seating, lunch, and refreshments



The Greater Edmonton Shuffleboard Association (GESA) will be starting their seventh season the last week of April at the Ottewell Curling Rink 4205 - 102 Avenue Edmonton. The curling facility is converted into 24 shuffleboard courts making this one of the premier facilities of its kind in Canada.

For those of you not familiar with court shuffleboard, the modern game started in Florida as something to do on cruise ships. Many Snowbirds have learned to play the game in the southern states, so now GESA has brought the game north to Edmonton. The game is like curling in many ways. It’s a great game for all ages that is not physically demanding but is mentally challenging. The fascination of shuffleboard comes with experience when decisions and “shooting finesse” result in literally a mental contest between you and your opponent. It is an easy game to learn and free lessons and all equipment are provided by the club. Shuffling is a great way to meet new or old friends, get in some easy exercise with lots of camaraderie, laughter, and it is 100% pure FUN! We do have drop-ins for those who just want to give it a try. Join us anytime 10am or 12:30pm on Tuesdays, Wednesdays, or Thursdays and Thursday evenings at 7pm. For further information [Greater Edmonton Shuffleboard Association - Home \(shufflewithgesa.ca\)](http://www.shufflewithgesa.ca)

ARE YOU DUE?

Thank-you for being a SUN member, your membership information is available by contacting the SUN Administration office @ unitenow@telus.net

