

SUNBURST

The Newsletter for Seniors United Now

Sherwood Business Center – Park Centre Hotel
#15 2016 Sherwood Drive, Sherwood Park, AB T8A5H7
Telephone 780-449-1816 Toll Free 1-855-786-8669
www.seniorsunitednow.com
Email unitenow@telus.net



SENIORS UNITED NOW
The Voice of Seniors in Alberta

NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of

Alberta Seniors United Now Society

will be held as follows:

Wednesday April 26th, 2017

Santa Maria Goretti Community Centre
11050 – 90th St Edmonton, AB

9:00am – 10:00am Meeting Registration

Keynote Speaker: Sheree Kwong See, PhD
Alberta Seniors Advocate

For the purpose of:

1. President's Report
2. Receiving and considering financial statements for the year ended December 31, 2016 and the report of the auditors thereon
3. Electing Directors
4. Transacting such further business as may properly come before the meeting or any adjournment thereof

Dated 24th day of February 2017

AGM REGISTRATION

For online Registration visit the SUN website
www.seniorsunitednow.com

Mail in registration form is located on page 11
Registration can also be made at any Chapter meeting

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President's Report:

The past year was a busy but productive one. Your board updated our Strategic Plan, recruited Linda Osborne as our Executive Director, met with the Honourable Lori Sigurdson, Minister for Seniors and Housing and participated in her announcement of the SHARP program (Seniors Home and Adaption Repairs Program). We also met with Dr. Sheree Kwong See, Seniors Advocate. We gave an overview of SUN's concerns and discussed how to coordinate our advocacy program with hers.

This year, also promises to be a busy one. Of major concern is the real impact of the new Alberta Carbon Levy and Rebate Program on seniors. The government has advised that the average increase in costs will be \$300.00 per couple. This is the amount the government will rebate 60% of Albertans. Some economists / accountants advise this could be nearer to \$2000.00 per couple and rise further when the federal carbon tax kicks in. SUN will monitor the carbon tax impact on seniors' income and respond to government, regarding their rebate program, as appropriate.

Our health care system, continues, to be in turmoil. The current approach seems to be to hold the line on costs and wait for revenues to improve before attempting to improve the current delivery system. The health care system, for seniors, needs government action. Promised improvements in service is still not being addressed, even though it was promised by this government in their election platform.

They promised:

- * To create 2000 public long term care beds over 4 years.
- * Phase in a new model for expanded home care
- * Increase Assisted living accommodations.
- * Increase the number of low income housing units.

To date these promises have not been delivered. The long-term care beds are not in place nor being constructed. Home care continues to under service seniors. Low income housing and assisted living units are also not in place. Also, we were promised a revised set of standards of care for seniors' accommodation. SUN participated in the development of these standards and wrongly assumed they would be implemented as soon as possible. They are still not in place. This omission puts Seniors in care at risk.

A further looming concern is the announcement that the government is planning to implement an income based pharmaceutical program. SUN is opposed to any pharmaceutical plan that does not treat all seniors equally. Your board has written the Honourable Sarah Hoffman, Minister of Health to advise her of our opposition and to encourage her to reconsider such a plan. We support an improved pharmaceutical plan, but not one that is income based.

As the Alberta economy continues to remain stagnant, so does senior programs. Our senior population is growing but government programs are not. We are in fact losing ground as senior support is not increasing with needs.

It is important that seniors are being listened to and that the government is responding to our concerns. Your board is committed to being your voice and defending your rights. SUN needs your continuing support during this financial crisis period.

Gordon Voth, President

"Coming together is a beginning, staying together is progress, and working together is success."

Henry Ford

Executive Director's Report:

Since our last issue, President Gord Voth and I met with Dr. Kwong See, Senior Advocate for Alberta. Dr. Kwong See was very interested in priorities of Seniors United Now and expressed an interest in working with SUN.

In December, Denis Beaudry, Mary Smith and I interviewed candidates for the Volunteer Coordinator position. I am pleased to introduce Laurie Christiansen as our new Volunteer Coordinator (the position has been vacant for three years.) Laurie and I have visited all the chapters in the Edmonton Area to introduce her. She will be working on a database of volunteers, coordinating activities and we will be working together to expand SUN membership.

Several seniors' groups have requested presentations by SUN, to better understand our mission and consider joining with us to help get the "Voice of the Seniors of Alberta" to more people.

In January, the board approved a one year contract for me to continue as Executive Director which is very exciting and I am looking forward to working with our membership.

I hope you will attend our Annual General Meeting in April so I can have a chance to meet you in person.

Linda Osborne
Executive Director Seniors United Now.

Volunteer Coordinator:

I thank everyone for the huge welcome I have received coming on board as SUN's new Volunteer Coordinator! I enjoyed meeting everyone at the various chapter meetings in January. I'm excited about all the rewarding work there is to be done.

I have a background in volunteer management and event planning, and I've also worked as an assistant to an MLA.

I've begun creating a database of people who are willing to volunteer for such tasks as Steering or sub-committee members, greeters, set up for meetings, and phone committee. Linda and I are also working on contacting members whose memberships are up for renewal.

Please get in touch with me at suncoord@telus.net if you have any volunteer related questions or concerns....and especially if you'd like to be added to the volunteer list!

Laurie Christiansen
Volunteer Coordinator

SUN BOARD OF DIRECTORS**2016 - 2017**

Gordon Voth
President

Wayne Sorenson
Vice President

Denis Beaudry
Treasurer

Mary Smith
Secretary

Ed Hamaliuk
Director

Alanna Hargan
Director

Paul Stocker
Director

Gerald Northam
Director

SUN STAFF

Linda Osborne
Executive Director

Laurie Christiansen
Volunteer Coordinator

Lynn Penner
Office Administration





Seniors Home Supports Program Referral Service


SNOW REMOVAL YARD HELP
HOME REPAIR HOUSEKEEPING

www.SeniorsHomeSupports.com

The Edmonton Seniors Home Supports Program is a referral service that gives seniors referrals to vetted service providers who offer snow removal, yard help, housekeeping and minor home repair services.


West	North West	North East	South East	Mill Woods	South West
Westend Seniors Activity Centre (780) 483-1209	North West Edmonton Seniors Society (780) 482-1958	North Edmonton Seniors Assoc. (780) 944-7470	South East Edmonton Seniors Assoc. (780) 468-1985	Mill Woods Seniors Association (780) 496-2997	SouthWest Edmonton Seniors Assoc. (780) 860-2931
T5M	T5E	T5A	T6A	T6K	T6G
T5N	T5G	T5B	T6B	T6L	T6H
T5P	T5H	T5C	T6C	T6N	T6J
T5R	T5J	T5W	T6E	T6T	T6R
T5S	T5K	T5Z	T6P	T6X	T6W
T5T	T5L	T6S			
T6M	T5X	T5Y			
T5V	T6V				

SUN CASINO VOLUNTEERS APPLAUDED



Seniors United Now Society held this event at the Century Casino located in Edmonton on February 6&7, 2017. We had 38 volunteer worker positions filled to make this event successful. The casino opened at 9:00 in the morning and closed at 3:30 AM the next day. These volunteers did a great job in doing their tasks and it was a pleasure to work with all of them. Some were seasoned volunteers and others were new to this experience. Thus, the casino event ran smoothly and efficiently. The time they committed to work this casino allows SUN to continue in its efforts to support seniors in our province by advocating for them in the many areas where support is needed. A big thanks to all the volunteers who helped made this event a success!!

Wayne Sorenson – Vice President
Linda Osborne - Executive Director
Ed Hamaliuk - Board of Directors




Do you know other groups of seniors, or their societies or organizations who would be interested in receiving a SUN presentation, at their designated location?

Topics include the benefits of belonging to SUN and detailing our strategic plan, goals, objectives, and accomplishments.

SUN presentations requests can be sent to sunexdir@telus.net or contact the SUN administration office 780-449-1816 or toll free 1-855-786-8669.

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, 2017 Annual General Meeting. If you are interested, please forward your name & contact information to:

SUN Administration Office:
 Attention: Nominating Committee
 Sherwood Business Center
 #15 2016 Sherwood Drive
 Sherwood Park, AB T8A 3X3

Email: unitenow@telus.net



You are cordially invited to attend
 The Annual General Meeting of

Alberta Seniors United Now Society

Wednesday, April 26, 2017

Santa Maria Goretti Community Centre
 11050 - 90 St Edmonton, AB
 9:00 AM – 10:00AM Registration
 Come early beat the 9:45 AM rush

Registration deadline is April 20, 2017

Members registered before April 10th

Will be entered in an Early Bird Prize Draw

**All members in attendance eligible for
 DOOR PRIZES!!**

**Please mail your registration form along
 with your payment or Visit the SUN
 website for on-line registration**

**WE LOOK FORWARD TO SEEING YOU
 AT THE AGM!**

AGM volunteers required

**Greeters, Registration table & 50/50
 Contact Laurie @ suncoord@telus.net
 or SUN Office 780-780-449-1816**

Your Lifetime of Stories

The Writers Foundation of Strathcona County facilitates a program on how to select, record, and present the stories of your life.

Whether you want to publish or just preserve for your own family, our presentation and workbook will provide support for telling your story—we provide encouragement!

For more info, contact our YLS Coordinator:
 Beth Rowe at 780-718-7645.
 Workbooks can be purchased for
 \$14.95+GST.



Alberta Researchers Will Determine the Impact of Free Preventive Medications in Low Income Seniors with Chronic Diseases

Heart attack, stroke, and diabetes place a significant financial and emotional burden on patients and families, while also leading to high costs to the Canadian healthcare system. Past studies have shown that many Albertans with chronic diseases like diabetes, heart disease, high blood pressure and kidney disease do not receive the treatments that have been recommended by medical guidelines. Recent surveys from Alberta have identified two major barriers to patients achieving optimal health: the cost of medications and knowledge about how best to manage their diseases.

We know that some Albertan seniors struggle with paying insurance copayments (out-of-pocket costs) for their medications, causing them to stop these important treatments.

By enrolling in the ACCESS study, patients will have a **50% chance of receiving free preventive medications** seamlessly through their existing Alberta Blue Cross Senior Benefit drug coverage **and/or a personalized education program** aimed at helping seniors understand the proper use of preventive medications and helping them make healthy lifestyle choices. Patients do not have to travel anywhere for any interviews or assessments. The ACCESS research team handle all study matters via phone, mail, and/or email.

In this 3-year study, participants will be randomly assigned into one of the following four groups: 1) Free preventive medications (no copayments) and a personalized education program tailored to each participant's chronic diseases, 2) Free preventive medications (no copayments), 3) Only a personalized education program tailored to each participant's chronic diseases, 4) General health information.

The ACCESS study is recruiting 5000 Albertan seniors who meet the following criteria:

- Annual household income of less than \$50,000
- Over the age of 65
- Has Alberta Blue Cross Senior Benefit medication insurance and no other drug insurance that helps to pay for medications
- AND ANY ONE of the following:
 - Previous heart attack or stroke, chronic kidney disease, heart failure
- OR AT LEAST TWO of the following:
 - Diabetes, high blood pressure, high cholesterol, or you are currently a Smoker who smokes more than ½ a pack per day.

The goal of the ACCESS study is to determine if these interventions improve people's health, and lower health care costs over the long term. If they do, then the ACCESS study results will change how drug insurance is provided to Canadian seniors in the future, and how chronic disease care is organized across Canada. The study is funded through Alberta Innovates-Health Solutions and being run by the University of Calgary.

Any senior who is interested, can call the ACCESS study team at **1-844-944-8927** to determine if they qualify.

For more information, please visit www.ACCESStrial.ca.



*New study:
Testing the impact of
FREE PREVENTATIVE
MEDICATIONS in seniors*

*Letter to the Editor***Alberta Seniors Housing**

Residences that appeal to senior citizens, as a rule, consider finances, security and convenience, in that order. Some find a condominium lifestyle to be very convenient with reasonable security, but because of unforeseen situations, can become financially burdensome.

Agreements that condominium homeowners become involved in are enforceable through the Condominium Property Act and other laws usually do not have to be used for resolution of disputes. Therefore, costly court action is hardly ever required.

In many ways, Residential Life Leases are comparable to condominiums but **do not have** any government legislation that specifically addresses agreements that Life Lease holders become involved in with Life Lease property managers.

At times, disagreements between Life Lease holders and Life Lease property managers can only be resolved through court action because a variety of laws and the Residential Tenancies Act are used by lawyers to win their case.

Life Lease legislation has been mentioned at least 122 times, in 19 Alberta Legislature sessions, over the past 19 years and yet Alberta does not have a Life Lease Bill.

Existing residential life lease agreements to which many senior citizens subscribed, incorrectly assumed that the provincial government of Alberta had provisions enacted that would protect them from abuses of privilege and control that certain residential Life Lease operators employed.

When these elderly citizens realized the deficiencies in legislative protection for them, they trusted that eventually their elected representatives would enact Life Lease legislation in Alberta that would afford them the essential protection that they needed.

Life Lease legislation would subject Life Lease property managers to enforceable controls while helping Life Lease holders.

As long as senior Life Lease holders are divided in this matter, it is unlikely that such legislative protection will ever be enacted.

Seniors need to be united on this issue without further delay, and there is probably no better way to combine our efforts than to do so through Seniors United Now.

D. Farquharson, Edmonton

If you wish to add your voice in support of Life Lease legislation, send your E mails to:

sunexdir@telus.net

or Mail:

Seniors United Now

Attention: Linda Osborne, Executive Director,

#15 2016 Sherwood Drive, Sherwood Park Alberta, T8A3X3

Take the Chill out of Winter Cash RAFFLE

Cash Raffle Winners December 16, 2016

Congratulations to the following
SUN members:

Ticket #225

C. Veeken – Sherwood Park, Ab

Ticket #069

H. Popowich – Edmonton, Ab

Thanks to all members that
purchased tickets!



ABOUT GROWING OLDER...

First ~ Eventually you will reach a point when you stop lying about your age and start bragging about it.

Second ~ The older we get, the fewer things seem worth waiting in line for.

Third ~ Some people try to turn back their odometers. Not me; I want people to know 'why' I look this way. I've traveled a long way, and some of the roads weren't paved.

Fourth ~ One must wait until evening to see how splendid the day has been.

And, finally ~ If you don't learn to laugh at trouble, you won't have anything to laugh at when you're old.



**South Edmonton Chapter
Quarterly Activity Summary**

The South Edmonton Chapter meets on the second Friday of the month. Meetings are held:
Whitemud Crossing Public Library - Program room – 4211 – 106th Street
(just south of Whitemud Drive at 106th Street)
Registration opens at 1:00pm and the formal meeting commences at 1:30pm

What’s Happened...

November 18, 2016 MOVING FOR HEALTH was presented by Devin Chaluk, a kinesiologist from AHS.

January 13, 2017 CURRENT SENIOR LICENSING ISSUES MYTHS & FACTS – Planning Ahead- Mobility Options, Licensing Process in Alberta, AMA Mature Driver Programs, Safe Driving Tips. Caroline Gee - AMA

February 10, 2017 LET’S TALK DIABETES presented by Ana Medrano – Canadian Diabetes Association

What’s Upcoming...

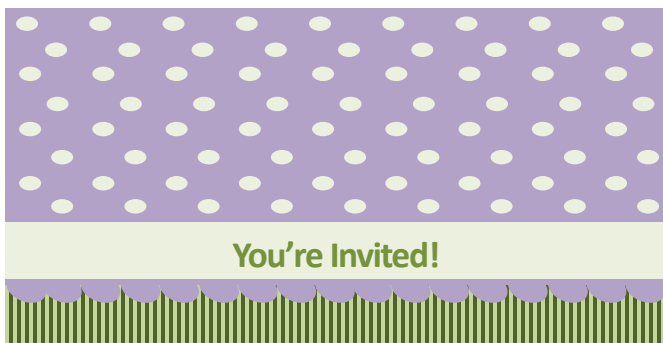
Friday March 10th 2017

Topic: Hearing Loss
Speaker: Cindy Gordon
Bridges Support Services

Note: There will be no meeting in April

We welcome everyone to our meetings. Please join us.

Cynthia Lazarenko and Robert Price
Co-chairs Edmonton South Chapter



**Calgary Chapter
Quarterly Activity Summary**

The Calgary Chapter regularly meets in January, April, June and October. We meet in various quadrants of the city so that interested seniors can attend these meetings.

What’s Happened...

January 12, 2017 We met in the Nicholls Family Library at the Westbrook C’Train Station. The guest speakers were Joanna New from the Public Guardian’s office and the Kerby Centre along with Alexandra Kushliak of Alberta Health Services. Alexandra is the Education Consultant of the Advance Care Planning Goals of Care group. The topic was Personal Directives – Who speaks for you when you are unable to make health care decisions for yourself because of illness or injury? These speakers stressed the need to complete a personal directive regardless of your age and that you can obtain the materials to complete your personal directive from Alberta Health Services without incurring the cost of having a lawyer complete one on your behalf.

The website address is
<http://www.humanservices.alberta.ca/guardianship-trusteeship/write-a-personal-directive.html>.

What’s Upcoming...

We are still finalizing the details for our next meeting location and the names of our speakers. So, please check the website closer to the date for specifics of this meeting.

Date: April 06, 2017 (Thursday)

Time: 12:30pm

Location: To be announced

Topic: Alzheimer signs and symptoms

Guest Speaker: Alzheimer Society of Calgary

Please come and join us - Everyone is welcome

We will be having elections for chapter positions at this our annual general meeting (AGM). We are always looking for volunteers to help “lighten the load”. If you want to find out more about these positions, please call or text me at 403-669-3793.

Alanna Hargan
Chair Calgary Chapter

**North East Edmonton Chapter
Quarterly Activity Summary**

We hold our meetings at McClure United Church located at 13708 – 74 Street Edmonton. Our chapter meetings are held on the second Tuesday of each month at 1:30pm except for July, August and December.

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

What’s Happened...

After enjoying the December Christmas break, we are excited about our 2017 New Year activities.

JANUARY 10, 2017 Our scheduled guest speaker Kathleen Ferretti, gave an excellent overview of Priority Care Services. They provide a reliable and cost effective emergency alarm system for seniors and people with disabilities. They also provide in home one on one information sessions with family, demonstrations and installations.

FEBRUARY 6 & 7 A special thank you to the 10 volunteers from our Northeast Edmonton Chapter, who performed various duties at Century Casino on behalf of Seniors United Now.

FEBRUARY 14, 2017 Michelle Piper from the “Nurse Next Door”. - Home Care Services.

What’s Upcoming...

March 14, 2017 The Link between Oral Health & Overall Health – Tracy Fedorak - Periosmart – Mobile Dental Hygiene and Dentures

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

Wayne Sorenson – Chairperson, Edmonton North East Chapter

**Sherwood Park / Strathcona County Chapter
Quarterly Activity Summary**

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

What’s Happened...

Nov 15,2016 Speaker - Dale Gillis - Sr. Consultant and Group Specialist at the A.M.A., Dale is a dynamic speaker whose topic was Advice for Seniors travelling. He also offered tips for the solo traveler.

Dec 19,2016 A group of 23 Sherwood Park Seniors visited Bedford Village for a tour and tea . Bedford Village is a Lifelease Housing Development in Sherwood Park. To visit, make an appointment. with the director.

Jan 17, 2017 Speaker- Doneka Simmons from Family and Community Services- She did a power point presentation of the services that are available to seniors in the Strathcona County community. Contact her department for help in such areas as home care.

Feb 21, 2017 Speaker- Isabelle Fleury-Hache Service Canada – CPP & OAS Benefits

What’s Upcoming...

Tuesday **March 21st 2017**
Topic: Residential Property Taxes
Speaker: Clinton Alexander – President
Strathcona County Tax Payers Assoc

Tuesday **April 18th 2017**
Topic: Household Downsizing & Estate Dispersal
Speaker: Karen Lencucha – Owner
Smooth Transitions – Edmonton & Area

Tuesday **May 16th 2017**
Topic: What is Seniors United Now?
An open invitation to the community.

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

North West Edmonton Chapter Quarterly Activity Summary

The North-West Edmonton meetings are held on the third Wednesday of each month except July, August & December. Meetings commence at 1:30pm and are held at Trinity United Church 8810 Meadowlark Road Edmonton.

What's Happened...

November 16, 2016

Provincial Board representatives met again with SUN members residing in Northwest Edmonton, to discuss how we can establish a steering committee. Our guest speaker was Dale Gillis, Travel Consultant and Group Specialist from AMA. Dale spoke about safe travel tips and traveling solo (Go Solo) during a power point presentation. He also displayed various travel-related items available for purchase from AMA.

February 15, 2017

Our guest speaker was Bonnie Gardner - Saint Elizabeth Society spoke about Fall prevention and Physical Care.

What's Upcoming...

March 15, 2017 – Speaker TBA

The Northwest Chapter is continuing to hold chapter meetings for SUN members with the support of the Provincial Board. We are in the process of creating a new steering committee; thank you to the SUN members residing in North West Edmonton who have volunteered to help us with this task. If you are interested in assisting contact SUN Volunteer Coordinator Laurie @ suncoord@telus.net

***Volunteerism is the voice of the people
put into action.***

***These actions shape and mold the
present into a future of which we can
all be proud – Helen Dyer***

St. Albert Chapter Quarterly Activity Summary

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

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

What's Happened...

November 16, 2016

Kathleen Ferretti, Client Care Representative of Priority Care Call Ltd. Kathleen passed a sample call button around and described the two ways it can be worn; a breakaway neck lanyard or a wrist band. The button is to be worn 24/7 and is waterproof. Over a half dozen questions were answered regarding specific things about the system and were given appropriate answers

January 23, 2017

Continuing Care Overview - Shannon Pollard – Alberta Health Services

February 27, 2017

Nutrition - Laura Johnston - BSc, C.H.N.
Wellbeing Counselor - Sobeys

What's Upcoming...

Monday March 27th 2017
Topic: State of the City
Speaker: Mayor Nolan Crouse



AGM REGISTRATION FORM

14th Annual General Meeting

Alberta Seniors United Now Society

Name(s) _____

Membership #: _____ # _____ Phone: _____

Address: _____ City: _____

Postal Code: _____ Email: _____

Tickets: \$5 per individual Current Member \$30 per non-member
Ticket price includes admission - light lunch & refreshments
(Tickets will be held for pick-up at AGM pre-paid registration table)

PAYMENT OPTIONS:

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

Mail: Seniors United Now #15 2016 Sherwood Drive, Sherwood Park, AB T8A 3X3

#of Tickets _____ Amount: \$ _____ Cheque# _____

Registration deadline is April 20, 2017

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

SUN MEMBERSHIP Renewal / Donation January – April 2017

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

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

Donation in addition to membership dues

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

Cheque(s) enclosed Chq# _____ Total \$ _____ **Please make cheque payable to Seniors United Now**

Renewal \$ _____ Donation \$ _____ AGM\$ _____ Your stamp on our return envelope helps us reduce postage costs

Membership # _____ (see Back Page)

Joint Member (if applicable) Membership # _____

YES - replace my membership card

YES - replace my membership card

(Please attach a stamped self-addressed stamped envelope)

Name: _____

Name: _____

Year of Birth: _____ (used for SUN demographics only)

Year of Birth: _____ (used for SUN demographics only)

Address: _____

(If different from mailing label on reverse)

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

YES – I'm interested in volunteering, please have the SUN coordinator of volunteers contact me.

Renewal Incentive

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

Renew your membership online!

Visit: www.seniorsunitednow.com



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



Return Undeliverable Canadian

Addresses to:

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

Canadian publication
Agreement No. 40917510

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