

SUNBURST

The Newsletter for Seniors United Now

Sherwood Business Center – Park Centre Hotel
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Telephone 780-449-1816 Toll Free 1-855-786-8669
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SENIORS UNITED NOW
The Voice of Seniors in Alberta

World Elder Abuse Awareness Day (WEAAD) is recognized annually on June 15

What is Alberta Elder Abuse Awareness Council?

The Alberta Elder Abuse Awareness Council is a group of Albertans dedicated to increasing awareness and supporting a community response to elder abuse. Canada's fastest growing population is over the age of 65 and rapidly becoming vulnerable to abuse that can rob them of their well-being, dignity and, horrifyingly, their lives.

Can you recognize the signs of abuse of seniors?
Do you know what to do when you see these signs?

The Government of Alberta, in partnership with the Alberta Elder Abuse Awareness Network has produced a video to raise awareness of elder abuse and to let those affected know there is help available.

Visit www.albertaelderabuse.ca

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*Happy 150th
Birthday Canada*

President's Report:

The 2017 Annual General Meeting (AGM) was held on April 26th at the Santa Maria Goretti Community Centre, Edmonton. We had a great turnout and the facility and food were excellent. Our keynote speaker was Dr. Sheree Kwong See, Seniors Advocate Alberta. Her speech was very informative and well received. She allotted time to answer a multitude of questions and a lively information exchange was enjoyed by all.

This year promises to be a challenging one for seniors. Following are the concerns I raised in my AGM, President's report.

This year is going to see some new challenges for SUN. 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 cost will be \$300.00 per couple. This is the amount the government will use to provide a rebate to 60% of Albertans. Some economists advise that the impact may be nearer to \$ 2,000.00 per couple per year. This would leave the rebate program, woefully inadequate. SUN will monitor the carbon tax impact on seniors' income and respond to our current government appropriately.

Our Health care system continues to be in turmoil and is significantly underfunded. The current approach seems to be to hold the line on costs and to wait for revenues to improve before attempting to provide a health delivery system based on needs. Access to health care services is not acceptable. Our current wait times are getting longer and longer. This is a significant barrier to seniors. Not receiving timely health care will have a negative impact on senior's recovery period. This, also, increases costs.

In addition, they promised to increase the number of low income housing units and to upgrade the existing units.

The existing units are in an unacceptable state. The government is faced with a \$1 billion maintenance deficit. They have announced an upgrading program but it will take time to achieve. This means seniors, and other Albertans, will continue to live in substandard accommodations.

The number of low housing units in Alberta continues to be inadequate. SUN members are currently preparing a position paper on this issue and the board is in full support. Once the paper is approved, a plan to distribute it will be developed.

Our first step will be to present the approved position paper to the Minister for Seniors and Housing.

A continuing concern is the suggestion by the Minister of Health that this government was discussing implementing an income based pharmaceutical program. Sun wrote a letter to the Honourable Sarah Hoffman expressing our objection to an income based program, but encouraged the government to review and expand the current system. We have been advised that there is no current plan to implement an income based pharmaceutical program. Sun will continue to monitor the development of a revised pharmaceutical program

One of our ongoing primary objectives is to continue to expand out chapters across Alberta.

We are currently working on chapter expansion in Red Deer and Lethbridge. We hope to have one up and running by year end. As our chapters expand, so does our local input, and our membership numbers.

On a provincial basis, the slump in oil prices continues to have a negative impact on the Current Provincial budget. I do not believe the NDP government can continue to incur large deficits and will be forced to trim programs. This will put seniors' programs at risk. Even with a large deficit, this fiscal year, it will not fix the problems in our current system. It will only maintain the status quo. Resources will not meet need; therefore, seniors will continue to be under serviced. The short-term future for Albertans does not appear to be very rosy. The oil price decline will continue to have a serious impact on the government's ability to expand services to meet current need.

We seniors, now, more than ever must be at the table to ensure that senior's issues are treated fairly and equitably. Your board will continue to be involved, at the political level, will work hard to represent your interests and endeavor to make a difference for all seniors of Alberta.

Gordon Voth, President

Executive Director's Report:

This spring, my tasks have been focussed on increasing membership by working on public awareness of the benefits of joining Seniors United Now. The more members the greater our voice. Laurie Christensen (Volunteer Coordinator) and I have been phoning past due members and we are working on strategies to get our voice out to the public and politicians.

In addition, the focus for May and June was to work with the new committee for West Edmonton emerging chapter for re-establishing meetings in the fall. Also, the membership committee and I will meet with members in Lethbridge on June 16 as there has been a strong interest in establishing a chapter for the Lethbridge area. We are going to work on a plan to have a chapter meeting in the fall of 2017.

Meetings that I attend that are of interest to our members are the monthly Public Interest Alberta Task Force and the Edmonton Seniors Centres Strategy workshops, their purpose is to achieve a community centre model for service delivery to meet the needs of older adults.

It was my pleasure to personally meet the members who attended our A.G.M. The attendees had an opportunity to view our new power point which we will be using in our presentation to interest groups in the coming months.

As we move into the summer months, I wish the members of SUN a relaxing time and look forward to what SUN has planned for the fall.

Linda Osborne
Executive Director

SUN BOARD OF DIRECTORS

2017 - 2018

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**Laurie Christiansen
Volunteer Coordinator**

**Lynn Penner
Office Administration**



**SUN AGM VOLUNTEERS & SPONSORS
APPLAUDED**

A big thanks to all the volunteers and sponsors who helped make this event a success!!

Seniors Home Care by Angels, Driving Miss Daisy, Priority Care Call and Johnson Insurance.



CARE CALL

Peace of mind at the touch of a button



Volunteer Coordinator:

My first few months have been spent getting to know Seniors United Now. I've been exploring diverse ways I can support the organization through volunteer involvement. I've discovered many!

I've come to realize that my job as Volunteer Coordinator really works hand in hand with growing membership and with marketing. So, in my pursuits to increase volunteer participation, I have, in effect, been helping to grow the membership (after all – why “just” volunteer when you can be a member?) And all of that, in turn, involves marketing SUN! There are many different and exciting avenues available to me when I think of it in those terms.

There's so much to get involved in for our members/volunteers. There's the simple but extremely important tasks like setting up for meetings - making sure the chairs are set out and coffee and goodies are ready. There's serving on a Steering Committee for an active Chapter – our current volunteers are working very hard and can always use some help – or maybe even a break! How about serving on the Steering Committee for a NEW Chapter? Taking the driver's seat and setting up a new, enthusiastic group!

Or what about working behind the scenes to assist our Board with researching issues they are interested in pursuing, or actively advocating for and helping individuals who contact us for assistance? Those are very satisfying jobs which also result in your own learning and growth....as volunteer jobs often do.

We are an organization who takes the statement “I wish someone would DO something...,” and turns it into – “We've taken steps, had our say, and we are seeing progress.” Come and be a part of a group who truly values the points of view that can only be developed through years of living. Contact me if you'd like to be involved!

If you already are a volunteer, please provide me with the hours you've put in as often as you can (once a month would be great). These statistics are often requested by Government, granting agencies, and other non-profit groups. The higher our volunteer hours the better we look as a valid and active organization!

Laurie Christiansen
E-mail: suncoord@telus.net
Or phone (780) 257-5959



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.

Our 2017 SUN casino February 6 and 7 went off without a hitch. Even though the temperature plunged all positions were filled and volunteers showed up on time. As of this writing the amount of our take is still unknown. It is my pleasure to again thank everyone involved in making this a success.

*Respectfully Ed Hamaliuk
2017 Casino Chair*

If you want to touch the past, touch a rock. If you want to touch the present, touch a flower. If you want to touch the future, touch a life. ~ Author Unknown

Strategic Planning Input

The SUN Board of Directors and our Executive Director have scheduled a Strategic Planning Session for June 21, 2017. We are inviting you to provide us feedback on what are your Priorities and why.

This can be completed online until June 21, 2017 by visiting our website www.seniorsunitednow.com

Or complete and mail to: Seniors United Now
Attn: Board of Directors - Survey
#15 2016 Sherwood Drive, Sherwood Park, AB T8A3X3

SUN 2016 - 2017 Priorities (June 24, 2016)

- **Continuing Care**
 - To promote the implementation of standards of care, at all levels of continuing care and that these standards be monitored by Alberta Health.
- **Public Pensions**
 - To advocate that public pensions be appropriately funded and provide adequate payments.
- **Home Care Delivery Plan**
 - To advocate that home care be adequately resourced, compatible with need.
- **Affordable Housing**
 - To advocate for an increase in subsidized housing to meet the current need.
- **Public Health** - Publicly Funded, Availability & Timely Access
- **Long Term Care** - Expand beds to meet need
- **Income Thresholds** - Standardize through all programs
- **Independent Seniors Advocate** - Advocate that a position be created.
- **PharmaCare** - Monitor and respond as needed

Please advise if any of the current priorities have negatively affected you.

Which are your three (3) top priorities from the 2016 -2017 list?

1) _____

2) _____

3) _____

Do you have a priority that is not on the 2016 -2017 list? Please advise of your concern.

Optional:

Name: _____

Letter to the Editor

A NEW CONCEPT IN AFFORDABLE HOUSING OPTIONS FOR SENIORS

After Ardrossan's Travelling Cafe presentation, the seniors were invited to speak. My wish is a Mobile Home with suites at each end (one for my caregiver) with shared kitchen and living area, in a Seniors Mobile Home Garden Park, with fruit trees and grape vines. During cleanup, several people quietly came to say what a great idea, and added *their* thoughts:

- Rezoning, Clubhouse
- Downsizing is tough
- Finding affordable, suitable small accommodation is much tougher.

The possibilities are endless! There would be a few jobs for the residents of Ardrossan. We need publicity to generate interest in this concept. We really need more feedback. Thank you.

F. Reed - Ardrossan

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We're sending 1 **GRAND PRIZE WINNER** on an unforgettable Canadian adventure for 2⁺—where that adventure leads is up to you.

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Johnson Insurance is a trademark of Johnson Inc. ("Johnson") and operates as Johnson Insurance Services in British Columbia. Johnson is a licensed insurance intermediary. Home and auto policies underwritten and claims handled, by Royal & Sun Alliance Insurance Company of Canada (RSA) in Quebec and primarily underwritten and claims handled, by Unifund Assurance Company (Unifund) in the rest of Canada. Johnson, RSA and Unifund share common ownership. Auto insurance not available in NU, BC, SK or MB. Eligibility requirements, limitations, exclusions or additional costs may apply and/or may vary by province or territory. †NO PURCHASE NECESSARY. Open March 15 - December 31, 2017 to legal residents of Canada (excluding QC, and Nunavut) who have reached the age of majority in their jurisdiction of residence and are a recognized group of the Sponsor (excluding OH college groups). One (1) grand prize available (\$5,000 travel voucher for 2+); secondary prizes available, each consisting of one (1) Canada-themed gift packs (Approx. value \$200 each). Odds of winning depend on the number of eligible entries received. Math skill test required. Rules: Johnson.ca/150rules.

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 780-718-7253
 Workbooks can be purchased for
 \$14.95+GST.



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...

March 10, 2017

Topic: Hearing Loss - Cindy Gordon, Director of Rehabilitation Services - Bridges Support Services

April 2017

No Chapter meeting was held in April. Instead, many members attended the SUN AGM and helped as volunteers.

May 12, 2017

Topic: Senior's Foot Care - Dr. Meng Limmany, Limmany Foot and Ankle Clinic

What's Upcoming...

June 9, 2017

Topic: Healthy Aging at Home

Speaker: Jacqueline Lovely - Good Samaritan Society

September 8, 2017 A possible topic will be Managing Medication

We welcome everyone to our meeting. Please join us. We are also looking for more volunteers to become part of our executive. If you are interested, please contact one of the two executive members below:

Cynthia Lazarenko 780-436-9720

Robert Price 780-437-9694

Co-chairs Edmonton South Chapter



Calgary Chapter Quarterly Activity Summary

The Calgary Chapter meets regularly in January, April, June and October. We don't have a permanent meeting location but like to change it up so that our meetings can be attended by all interested seniors who live in the various areas of the city.

What's Happened...

April 06, 2017, we met in the Nose Hill Library on Northmount Drive N.W. The guest speaker was Samantha Reay from the Alzheimer Society of Calgary. The topic was Understanding Dementia and Alzheimer Disease. There are approximately 12,000 people over age 65 in the Calgary area who suffer from dementia and about half of these people currently live at home. Samantha discussed the various forms of dementia; the warning signs; and what steps can be taken to lessen the chance of developing this disease. She also stressed that the Society provides help for dementia caregivers. The website address is <http://www.alzheimercalgary.ca>. Toll free 1-877-569-4357 or in Calgary direct at 403-290-0110.

The University of Calgary is testing the impact of **Free Preventive Medications** in Seniors. Call 1-844-944-8927 to confirm if you are eligible to take part in this study.

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: June 15, 2017 (Thursday)

Time: 12:30pm

Location: Nicholls Family Library, Westbrook C'Train
1421 – 33St SW

Topic: Travel for Seniors

Guest Speaker: Mary Male, Alberta Motor Assoc.

Please come and join us - Everyone is welcome

Interested in making a difference for Alberta seniors? We are always looking for volunteers to help "lighten the load". If you want to find out more about SUN and our advocacy work with the provincial government, 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 current SUN Board activities as well as providing guest speakers to discuss senior related topics, including a question and answer session.

What's Happened...

March 14, 2017 Tracy Fedorak, owner of Periosmart – Mobile Dental Hygiene and Dentures, gave an excellent presentation on “The Link Between Oral Health and Overall Health.

April 11, 2017 Dale Gillis from A.M.A. Travel, presented his 4th presentation to SUN Chapters and appreciated our large turnout. Included in his presentation was preparing for travel, safety and scams to watch out for.

May 09, 2017 Laura Johnston – BSc, C.H.N. gave an excellent presentation on “Nutrition for the Experienced Adult.”

What's Upcoming...

June 13, 2017, we are celebrating with a Chapter Social/Volunteer recognition meeting. Come and enjoy the light lunch. Our Guest Speaker will be SUN Executive Director, Linda Osborne and she will present an excellent power point presentation on SUN.

Sept 12, 2017 AUTUMN ACTIVITIES....

We will be asking our chapter members what activities they would enjoy. Perhaps a field trip, using a free E.T.S. Charter Bus to see some of the new city center facilities. Or perhaps a City of Edmonton Historian could be scheduled to present the history of Edmonton. If you have any ideas let us know.

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

As special thank you to Londonderry Mall Save – on – Foods for donating delicious pastries for our meetings.

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...

March 21, 2017 Clinton Alexander, president, Strathcona County Taxpayers Assn. spoke about residential property taxes in Strathcona County. This was followed by a Q&A session.

Residents were invited to attend the early morning meetings at Albert's Restaurant on Thursday @7:00AM
www.strathconacountytaxpayers.org

April 18, 2017 Karen Lencucha spoke on Household Downsizing & Estate Dispersal, this was followed by a Q&A session. Karen cautioned the audience when holding a garage sale or when advertising on-line.

May 16, 2017 What is Seniors United Now?

An open invitation to the community

What's Upcoming...

Tuesday **June 20, 2017**

Topic: History of Sherwood Park and Strathcona County

Speaker: John Ashton, Q.C. - historian A short video will be shown followed by a presentation.

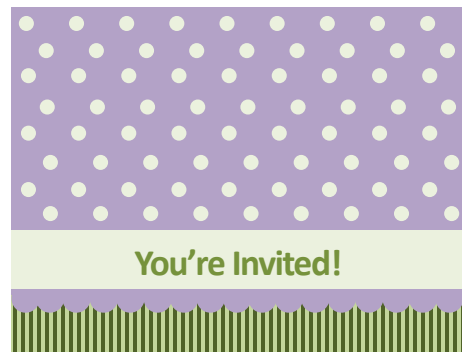
Coffee and cake to mark Canada's 150th birthday

Tuesday **September 19, 2017**

Topic: TBA

Submitted by Lillian Bulman

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



North West Edmonton Chapter Quarterly Activity Summary

The North-West Edmonton Chapter continues to re-organize with the goal of having this chapter up and running in the Autumn of 2017.

A scheduled steering committee will meet in May. To date, Keith Hembroff and Murray Ramsden have stepped forward as chapter volunteers. If you are interested in assisting with this chapter, contact SUN Volunteer Coordinator Laurie Christiansen.

E-mail: suncoord@telus.net
Or phone (780) 257-5959

Lethbridge Chapter Development

The formation of a Chapter for the Lethbridge area is in the initial stages, with the goal of having this chapter up and running in the near future.

An information session is scheduled for:

Friday June 16, 2017 10:30am
McKillop United Church
2329 – 15 Ave S. Lethbridge

Linda Osborne – SUN Executive Director
Denis Beaudry – Sun Chapter Leader – Sherwood Park
Wayne Sorenson SUN Provincial Board Secretary

Everyone is Welcome – No Charge

If you are interested in assisting with this chapter, contact SUN Volunteer Coordinator Laurie Christiansen.

E-mail: suncoord@telus.net
Or phone (780) 257-5959

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 critical issues including: changes to Health Care, seniors' benefits, and other issues of importance to seniors.

What's Happened...

March 27, 2017 State of the City - Mayor Nolan Crouse

April 24, 2017 Jacki Whitford - Alberta Aids to Daily Living (AADL) program. AADL benefits those who cannot afford rehab and day to day equipment to function. Equipment such as wheelchairs and items such as walkers, toileting aids, grab bars and the like are available. These aids are available after assessments performed by doctors, therapists and other professionals. There are approved vendors who supply, repair and maintain equipment. AADL

May 22, 2017 – No meeting held Victoria Day

What's Upcoming...

Monday June 26, 2017

Topic: Seniors Driving

Speaker: Caroline Gee - AMA - Seniors Specialist

Monday September 25, 2017

Topic: TBA

It is not the critic who counts, not the man who points out how the strong man stumbles or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes short again and again because there is no effort without error and shortcomings, who knows the great devotion, who spends himself in a worthy cause, who at best knows in the end the high achievement of triumph and who at worst, if he fails while daring greatly, knows his place shall never be with those timid and cold souls who know neither victory nor defeat.
--Theodore Roosevelt

Seniors Online

People across the country spend a lot of their time online, and Canadians aged 65 and older represent the fastest growing group of Internet users. Furthermore, among senior Internet users, approximately 70% go online every day.

Just like anyone else online, it's important that seniors stay informed on how to stay safe when using computers and the Internet. Here are some simple steps you can take to help make sure your online experience is a safe and enjoyable one.

Security Software

Two of the most important steps you can take are to always use security software, including an antivirus and firewall, and to keep your software up to date. Computer viruses and other malicious software often take advantage of known flaws in your software and older version of security programs to steal your information or take control of your computer. Most software gives you update notices, or better yet automatically updates or delivers the newest version straight to your device on its own. These updates are important and can go a long way to keeping you safe. If you're not sure if your software is staying up to date, ask a trusted family member or a reputable computer retailer or service provider.

Using Email

Email is one of the easiest ways for cyber criminals to target ordinary citizens. A good rule of thumb is to automatically delete anything that looks out of the ordinary. If the email was from someone you know, they'll either try again or find another way to get in touch with you.

Protecting Your Identity

Identity theft happens when someone uses your personal information without you knowing about it. And the risks can be significant. When you do things like log on to a website, enter a contest, sign up for a social network or pay bills through online banking, you're providing a wealth of information that can be stolen.

Using Passwords

Make sure your passwords contain at least eight characters, and one symbol.

On Social Networks

Seniors are signing on to social networks in record numbers. Do it safely, making sure you protect your privacy. Three of the easiest things you can do to be sure of your privacy on social networking sites are:

- Choose a strong password
- Take the time to set your privacy setting to control who can see what
- Always think carefully about any information you choose to share online

Visit the Government of Canada Cyber Safe website

Get Cyber Safe

<https://www.getcybersafe.gc.ca/cnt/rsks/scms-frd/index-en.aspx>

RAFFLE RULES

Summer Flip Flop Fun - cash RAFFLE

Name(s): _____

Address: _____

Phone #: _____ For Office USE: _____

Email _____

Individual Tickets: _____ Tickets \$5.00 each \$_____ (100 available)

5 tickets \$20.00 _____ Sets \$20.00 each \$_____ (100 sets available)

10 tickets \$30.00 _____ Sets \$30.00 each \$_____ (50 sets available)

Draw Date July 25, 2017 License #465136

Please make your cheque payable to SUN



- 1) Raffle tickets must not be sold to a person under the age of 18 years.
- 2) The purchase price of each ticket shall be: \$5.00 each OR 5 tickets \$20.00 OR 10 tickets \$30.00
- 3) To be eligible for draws, the ticket order and purchase amount must be received in SUN office by 10:00am, July 25, 2017
- 4) The prize payout shall be as follows:
1st prize 25% 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: #15 2016 Sherwood Drive, Sherwood Park, AB T8A3X3 prior to 3pm, July 25, 2017
- 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 May - September 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 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)

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: