

SUNBURST

The Newsletter for Seniors United Now

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SENIORS UNITED NOW
The Voice of Seniors in Alberta

Strategic Planning

The Board of Directors and Chapter Representatives met on June 28th, 2017 and spent the day reviewing current strategies and setting priorities for the 2017 and 2018 years.

Following is a list of our current priorities:

Major Priorities:

Stable Affordable Housing

- o To promote the "Improving Seniors Affordable Housing Report" developed by SUN members.

Public Transportation

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

Home Care Delivery Plan

- o To advocate for the existing program to be more adequately resourced, compatible with current needs.

Other Priorities:

Public Pensions

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

Independent Seniors Advocate

- o To advocate for a position to be created, reporting to the Legislative Assembly.

PharmaCare

- o To monitor and respond to an anticipated governmental proposal.

If you have any comments or recommendations regarding these priorities, please forward your comments to:

sunexdir@telus.net 780-920-3058

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President's Report:

The Board of Directors have concluded their strategic planning process. We reviewed the current challenges facing seniors in Alberta and what challenges we anticipate may be coming. Based on our deliberations, we have revised our three-year strategic plan and have approved a list of priorities for the 2017-2018 operating years. We thank all our members who took the time to respond to our survey or forwarded their concerns directly to the board.

At the September 6, 2017 board meeting, we reviewed a report on "Improving Seniors Affordable Housing" drafted by the St Albert chapter. This report was approved and will be presented to the Honourable Lori Sigurdson, Minister of Seniors and Housing.

One of our ongoing priorities is to meet with the Honourable Joe Ceci, President of the Treasury Board and Minister of Finance. Our agenda is to discuss two changes to public pensions. To move cola (cost of living adjustment) to 100% and to discuss future funding of public pensions. A formal position paper is being finalized and will be presented to the minister when a meeting date has been established.

The board and the membership committee continue to work on expanding our membership and creating new chapters. The advocacy committee continues to address individual members concerns as well as provincial wide senior's issues. These teams are encouraged by the membership support they receive.

The board continues to work on your behalf as the voice of seniors in Alberta. We are committed to representing our members and all seniors in Alberta.

Gordon Voth, President

Executive Director's Report:

Now that fall has arrived everyone is busy with new adventures after summer.

The Volunteer Coordinator and I have been working on projects over the summer. The Northwest Chapter is starting up again October 11th and we have a wonderful speaker Donna Durand speaking about Seniors Fraud. We are planning a chapter start up meeting in Lethbridge in November. Laurie and I will be calling all members in that area with the exact date.

Seniors United Now had a display at the Seniors Housing Forum in the Central Lions Recreation Centre, Edmonton and at the Kirby Center Expo in Calgary on September 23, 2017 and will also be at the Health and Wellness Forum on November 4, 2017 at Central Lions Recreation Centre, Edmonton. The main purpose of attending these forums is to help seniors become aware of what SUN is all about and how we are the voice of seniors in Alberta.

As soon as our new brochures with the 2017 -2018 priorities arrive from the printers, I am planning on distributing some to MLA offices to increase awareness of Seniors United Now across the province.

May you have a wonderful fall.

Linda Osborne
Executive Director

Volunteer Coordinator:

Hi all!

A couple of reminders first – I still am not getting very many volunteer timesheets in. Please remember it is important to record our volunteer hours to show how much work all of us are putting into the organization, and, this data is required for grant applications. The volunteer hours may be submitted online. Visit the SUN website www.seniorsunitednow.com

Under "Membership" tab click on "Become a Volunteer", and at the bottom of that page is "Volunteer Reporting Login"

This does require a login ID and password which can be provided to you by contacting myself or the SUN office.

If you wish to be an active volunteer with SUN – please fill out the volunteer form which you can find on the website, or see page 5 in this newsletter.

Following are the volunteer positions we need filled asap:

- Telephoning – 1 or 2 volunteers to phone out to members with Chapter meeting information (the above is URGENT – and it would be great if you had a long-distance plan on your phone!)
- Manning the booth at Sage's Health & Wellness show on November 4 (Central Lions)
- Openings are available on the following Committees: Fundraising / Membership / Advocacy / Communications-PR / Volunteers

Please contact me at suncoord@telus.net – or through the office.
Have a great Fall!!

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

Improving Seniors Affordable Housing

SUN would commend the St. Albert Chapter Housing Committee of Dick Tansey, Don Diack, Ann Gouegon, Paul Stocker & Ireen Slater.

Their efforts have resulted in the completion of a board approved presentation consisting of a six-page summary report and an in depth 36-page report. Both documents have been shared with the Minister of Seniors and Housing, Lori Sigurdson. SUN representatives will be meeting with Minister Sigurdson soon, to discuss the reports.

"Improving Seniors Affordable Housing" reports are available for viewing on the SUN website news – Communications. Hard copies are available by request to the SUN administration office.

unitenow@telus.net 780-449-1816 Toll Free 1-855-786-8669

SUN BOARD OF DIRECTORS

2017 - 2018

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Vice President

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Ed Hamaliuk
Director

Alanna Hargan
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Paul Stocker
Director

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Bob Price
Director

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Linda Osborne
Executive Director

Laurie Christiansen
Volunteer Coordinator

Lynn Penner
Office Administration





INTERNATIONAL VOLUNTEER DAY - December 5

International Volunteer Day was established by the United Nations General Assembly on December 17, 1985. On International Volunteer Day, we celebrate and recognize volunteerism in all its facets. If your volunteering helps youth, aids in moving towards global peace or sustainable human development it all contributes to building a stronger community somewhere. SUN recognizes all volunteer commitments and applaud hundreds of millions of people who volunteer to make the world a better place.

Your voluntary engagement might sometimes go unnoticed to the world, but your actions count in the communities that have benefited from your efforts, and they certainly count to SENIORS UNITED NOW.

Thank you for dedicating time to volunteer and join us in celebrating Alberta’s amazing spirit of volunteerism.

If you wish to be an active volunteer with SUN – please fill out the volunteer form which you can find on the website, or complete the form below and mail it to the SUN administration office.

CONTACT INFORMATION (please print)

Name: _____

Address: _____

City: _____ Postal Code: _____

Telephone: (home) _____ Telephone: (cell) _____

E-mail: _____

VOLUNTEER INTERESTS (please check all those that apply)

- Chapter involvement
- Phoning
- Fundraising
- Community events
- Provincial Board / Committee involvement (see page 5)
- Research for committee members
- Administrative support (typing, filing etc.)
- Other

Are there any specific skills or interests that you want to share with us?

SUN COMMITTEES

LIAISON COMMITTEE (ADHOC)

To facilitate coordination and communication between SUN and Elected municipal, provincial and federal politicians, and other senior organizations in Alberta.

FUND RAISING COMMITTEE (ADHOC)

To facilitate Fundraising in helping to provide funds in the growth of provincial chapters and other activities that will attract new members and retain existing members.

MEMBERSHIP COMMITTEE (BYLAW)

To facilitate membership growth through the creation of provincial regions and chapters and other activities that will attract new members and retain existing members.

ADVOCACY COMMITTEE (BYLAW)

To create change by influencing government or society to act. To take part in a process involving intentional action. To facilitate handling of advocacy issues through the creation of provincial chapters and other activities

MEDIA & PUBLIC RELATIONS COMMITTEE (BYLAW)

Working with the media, on behalf of SUN, to allow for awareness of SUN to be raised as well as the ability to create an impact with a chosen audience which helps in building public support and mobilizing public opinion for SUN. This is done through a wide range of media and can be used to encourage two-way communication.

COMMUNICATIONS, MARKETING & PUBLICITY COMMITTEE (BYLAW)

Communications - oversees the process by which information is shared and understood between SUN and other individuals

Publicity - to gain public visibility or awareness of SUN's mission and policies and maintain communication to the public To develop a common message that defines the work of SUN for use in any internal and external media/communications platform. To ensure SUN's internal and external communications are consistent with key SUN documents such as strategic direction, bylaws and policies.

VOLUNTEER COMMITTEE (BYLAW)

To create a strong volunteer base to promote senior issues.

CASINO COMMITTEE (ADHOC)

To plan and organize Casinos

If you are willing to share your talents and time, volunteers are needed to participate in these committees.

If you wish to be an active volunteer with SUN – Visit the SUN website www.seniorsunitednow.com
Under the "Membership" tab click on "Become a Volunteer", or complete the form on page 4 of this newsletter and mail it to the SUN administration office. SUN's Volunteer coordinator will be happy to find a role that is suitable for you.

ADVOCACY COMMITTEE REPORT

There have been over a dozen new personal advocacy cases that SUN has aided since last March.

1. I'm happy to report success in helping change several bus route changes by ETS. Seniors in south central Edmonton will be served by new Routes 55, 318 and 319 which will go into effect Sept. 5. Please contact ETS for the new maps serving this area.
2. The 91-year-old senior living in an assisted living apartment in St. Albert since it opened had noticed that meal quality and portions have deteriorated. Other issues include security and safety issues which SUN addressed in a letter to management. A reply has come back and action as needed was addressed.
3. A retired RN from Red Deer has had problems with her condo board president having spent over \$10,000 in trying to have problems solved through a lawyer. She was referred to Consumer Affairs who were of little use. She cannot sell her unit without divulging the issues to a potential buyer because of disclosure laws. The province is consulting its citizens to reform the Condominium Act to better protect consumers from these egregious practices.
4. A lady in Bedford Manor, Sherwood Park has suffered abuse (annoyance) from a stressed manager. The writer advised her to step away when this happens and record the event with a witness. The staff is employed to serve the residents and not the other way around. She is free to share these events with the manor's owner should they continue.
5. A gentleman was having problems with Blue Cross over a blood thinner that they don't cover. I advised that he should discuss this with a specialist after filling out an ABC 60019 eligibility form. The drug would cost him over \$600 for 3 doses over 9 months.
6. An Edmonton senior sold her home and was interested in a place to live in Sherwood Park or St. Albert that she could share with her dog. Both areas lack affordable places to rent. The SAGE directory may help in narrowing her needs to meet her income. She was advised to add her name to the waiting list(s) as soon as she could. Seniors ought to plan well ahead in advance should they decide to sell their homes. Affordable rental apartments and lodges are extremely scarce now and will be so well into the future.
7. A senior living in a Vista apartment has noticed paint odors emanating from her registers. She was advised that this inconvenience may have to be endured during normal maintenance periods. She also didn't like the carpet odor and used Febreze liberally then complained.

Other thorny issues remain such as property tax relief, pension reform, early hospital discharge, driving licence cessation, personal physician retirements and seniors seeking scarce affordable retirement facilities at the last minute.

Anyone interested in volunteering a position in your local chapter or on the SUN Provincial Board is encouraged to join our team. We welcome any assistance that you wish to provide. Numbers speak. Help us advocate for the programs that benefit of all seniors!

Paul Stocker

SUN Board Director – Advocacy; St. Albert Chapter Steering Committee member

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

Coffee and snacks start at 1:00 pm for early arrivals, followed by a 50-minute presentation, a 10-minute refreshment break, and a 30-minute question period.

What's Happened...

September 8, 2017 Colleen Derksen from This Full house/Long Term Social Work of SAGE presented AN OVERVIEW OF THE HOARDING DISORDER - learning how to identify between clutter and hoarding. Colleen showed that therapists dealing with this problem are very accommodating to seniors who have a hoarding disorder, showing consideration, kindness and moving at a speed that individuals can handle.

What's Upcoming...

October 13, 2017

Topic: AGE FRIENDLY SERVICES that ETS Provides

Speaker: Margaret Dorey - Accessible Transit Coordinator - Edmonton Transit Service

This will include accessibility, fare options, safety and security, where to get the ETS schedule, and trip planning information.

November 10, 2017

Topic: has not been fully determined, possible topics are, STRIKE OUT STROKES or Managing Medications.

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...

June 15, 2017 – We met in the Nicholls Family Library attached to the Westbrook C Train Station at 1421 – 33 St. SW. In attendance were Wayne Sorenson, Linda Osborne and Denis Beaudry who are principals with the Edmonton and area SUN chapters and on the executive. They gave updates on the activities of SUN. The guest speaker was Mary Male from the Alberta Motor Association. The topic was Travel for Seniors. Mary discussed the best practices of travelling seniors and typical tourist scams. There was a presentation on the necessity for both travel and medical insurance and the extreme costs to be avoided with proper insurance should an emergency arise when travelling. Call 1-866-989-6595 to speak to a travel medical insurance specialist or visit your nearest AMA Travel centre for more details.

What's Upcoming....

Date: **October 12, 2017 (Thursday)**

Time: 12:30pm

Location: Nose Hill Library - Program Room 1530
Northmount Drive NW Calgary

Topic: Keep Your Independence

Guest Speaker: Shawna Rauqust-Smith

Finding Balance Campaign

(dedicated to reducing seniors' falls)

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

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...

Tuesday **June 20, 2017**

Topic: History of Sherwood Park and Strathcona County

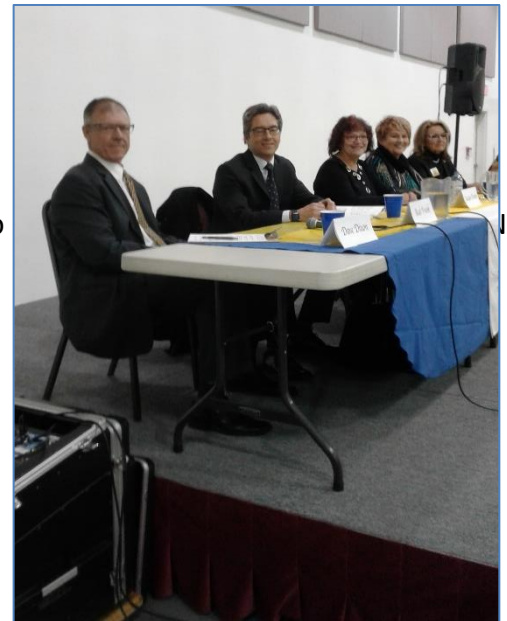
Speaker: John Ashton, Q.C. - historian A short video was shown followed by a presentation.

Tuesday **September 19, 2017**

Topic: Mayoral Election Forum

Congratulations to everyone who helped with the Mayoral Forum.

By all accounts it was a remarkable success with almost 300 people in attendance! It really amazes me what SUN can accomplish when we set out to do something. Special thanks again to Sheila Gordon and Peggy Fleet who organized it while I was in Ireland. Also thanks to volunteers (Glenda and Henry our moderators) who kept everything in check and moving along. A job well done!



*September 19, 2017
Mayoral Candidates*

What's Upcoming...

Tuesday **October 17, 2017**

Topic and Speaker: TBA

Tuesday **November 21, 2017**

Topic and Speaker: TBA



Join our Chapter as an active member. Volunteers wanted and appreciated.

Submitted by Lillian Bulman

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



September 19, 2017 Bethel Lutheran Church - Mayoral Candidate Forum

**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...

June 13, 2017

We held a **Chapter Social/Volunteer recognition** meeting which included a light lunch for those that attended. Our Guest Speakers, SUN Executive Director, Linda Osborne and Director Denis Beaudry presented an excellent SUN power point presentation. This event was so well received, that we are looking forward to doing the same in 2018.

Sept 12, 2017

After our summer break, we kicked off our fall meeting with a good turnout which included a few new people in attendance. Our guest speaker Deborah Miville from “seniors’ Support” conducted an excellent presentation on “**Resources for Edmonton Seniors and Older Adults**”, which included an excellent resource handout sheet. Questions were answered throughout the presentation.

What’s Upcoming...

OCT 10, 2017 We have arranged to have the **Arthritis Society** conduct a presentation, which I know will be of interest to seniors.

NOV 14, 2017 Mr. Ed Gibbons, Edmonton Councilor will be our guest speaker and his topic will be, “**The Future of North East Edmonton**”.

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

**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...

June 26, 2017

AMA’s presentation **Safe Driving for Seniors** was roundly received. Caroline Gee gave most of the talk with Rick assisting with driving and refresher information courses available to seniors. Local course dates and pamphlets were provided. A Q&A session followed with much interest from attendees. Guests were advised to get help to polish their driving habits if needed before mandatory testing and become familiar with alternative ways to get around before their health and abilities deteriorate. A road signage recognition quiz ended the presentation.

September 25, 2017

Topic: **Meet Your Local Candidates**

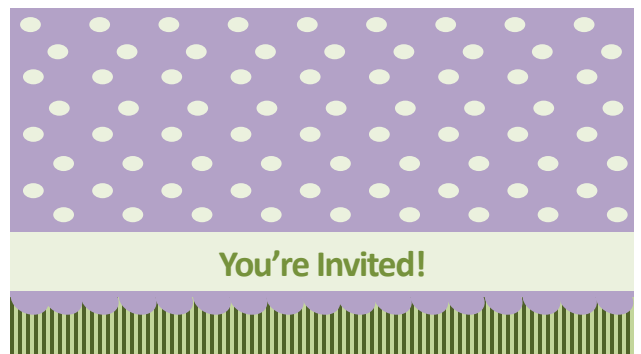
As this meeting was held after the newsletter was submitted for printing. No update was available.

What’s Upcoming...

Monday October 23, 2017

Monday November 27, 2017

Topic & Speaker TBA



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 will be scheduled in November 2017. Visit the SUN website for updates. All Lethbridge & are SUN members will be personally contacted with the meeting information.

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

**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.

What's Upcoming...

Wednesday October 11, 2017
Topic: **Seniors and Fraud Awareness**
Speaker: Donna Durand – Executive Director
Alberta Council on Aging

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

**Flip Flop Fun Cash RAFFLE
Winners July 25, 2017**

Congratulations to the following SUN members:

- Ticket #164 L. Solaczek – Calgary, Ab**
- Ticket #054 T. Bendick – Edmonton, Ab**

Thanks to all members that purchased tickets!



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.

**YOU COULD WIN A TRIP TO YOUR
DREAM DESTINATION IN CANADA***

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

Plus **10 WINNERS** will receive Canadian-themed prize packages¹, delivered right to you.

Call for a home or auto insurance quote and you'll be automatically entered to win!
Plus find out how Alberta Seniors United Now members can get exclusive savings through Johnson!

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RAFFLE RULES

Winter Freeze - 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 December 15, 2017 License #471714

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, December 14, 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, December 15, 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 Sept - December 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 \$ _____ Raffle \$ _____ 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 electronic 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



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

Canadian publication
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