

# SUNBURST

The Newsletter for Seniors United Now

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The Voice of Seniors in Alberta

## SUN WELCOMES NEW MEMBERSHIP / VOLUNTEER COORDINATOR, Lynn Fraser

As a coach, mentor, facilitator, 25-year business owner, wife of 34 years and mother of two young adults, Lynn brings practical life experience and a whole brain coach approach to her work. In conversations with seniors, family members, volunteers and service providers at SAGE Housing Forums, seniors center classes and events, Age Friendly Edmonton Phone Chats and in person decluttering and organizing with seniors in their homes, Lynn has gained a clear understanding of older person's issues. She has a special talent for connecting seniors and families with up-to-date, practical information and trustworthy service people and programs in their communities. She builds & nurtures relationships with program leaders, instructors, agency staff and service providers to engage and support seniors to stay healthy, happy and independent longer. For her own life balance, Lynn walks, gardens, cooks, self & buddy coaches and meditates daily. She catches local events with her husband & friends and loves to groove to the Blues.

Lynn said, "I'm looking forward to meeting our members and volunteers over the upcoming months. My role is to support you in being successful as SUN members and volunteers. I will build relationships with new and existing volunteers; find out what you need for support, both people and resources, and then connect the right people to the appropriate volunteer opportunity."

I know you bring a wealth of experience from your career and life. I'm open to learning more about you and how you would like to contribute to Improving the quality of life of all seniors in Alberta.

Please contact Lynn Fraser at **780-999-2313** Email: [suncoord@telus.net](mailto:suncoord@telus.net).  
I look forward to being of service!

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## ***President's Report:***

The 2019 Annual General Meeting (AGM) was held on April 24<sup>th</sup> at the Santa Maria Goretti Community Centre, Edmonton. We had a great turnout and the facility and food were excellent. Our keynote speaker was Sandra Azocar, Executive Director, Friends of Medicare. Her presentation was informative and well received.

This year promises to be a challenging one for senior issues. Following are the concerns I raised in my AGM President's Report.

The board is seeking a meeting with the new Minister of Seniors and Housing, The Honorable Josephine Pon. We plan to present, at this meeting, our revised priorities for 2019-2020 and to discuss with the minister a board position paper on our concerns regarding the lack of stable affordable housing in the province of Alberta.

More stable affordable housing is a priority for Alberta seniors. The current government funded affordable houses are mostly in disrepair. The NDP announced that 1.2 billion dollars are needed to bring these units up to approved government standards. Also, the number of governmental approved housing accommodations continues to be inadequate. The NDP government had announced that the amount of 1.2 billion dollars is needed to expand affordable housing units by 3,000 units. SUN will need to advocate to the new UCP government that these funds continue to be allocated to updating, replacing and adding new units. There is an urgent need, not only for seniors but for all low-income families.

A Pharmacare program and the cost of medications continues to be a priority for SUN members. SUN will continue monitoring the UCP governments' planning process and continue to be involved in the current group discussions on Pharmacare proposed changes for Alberta. Our Executive Director, Linda Osborne, is a leading member of the Alberta Pharmacare Working Group and keeps the Board apprised of the direction the working group is taking. SUN's position is that all seniors must receive the same benefits, regardless of their income. We all pay our taxes and should enjoy equitable benefits. There should not be a system based on income as a qualification for financial support.

Home care services, within the province, continue to be inadequate to meet the current need for services. SUN is receiving increased complaints that wait times for receiving services are getting longer. The Alberta senior's population is on the verge of unprecedented growth. The baby boomers have arrived. It is suggested that senior's numbers will double by 2040. Senior's preference is to remain in their homes for as long as possible. A long-range plan is needed to provide health care in the home. Not in a facility. Action to rectify this situation is needed as services to seniors needs to expand to meet need.

Continuing care continues to have long waiting lists and access is difficult to achieve. As the UCP government platform stated, they plan to move to continuing care being delivered by private companies from facilities being managed by Alberta Health. The question is, will this move increase available beds or just maintain the status quo. Alberta needs more facilities, not the status quo.

According to Statistics Canada, 74 - 90% of people over age 65 suffer at least one chronic condition and nearly 25% of them have multiple conditions. The NDP government had announced that they would add 2,000 more long-term care spaces to the 26,000 beds currently in service. This is an urgent need. SUN will advocate that these 2,000 beds continue to be a high priority and be supported by the UCP government.

The government must also be made aware that if there is not an improvement in access, nor an improvement in resident's quality of life and if operating costs actually increase, then nothing will have been gained over the status quo. We need improvement in the system not a different way to do the same thing.

During the recent election campaign, I reviewed the UCP party's platform. I noted a minimal-to-no mention of plans for a comprehensive program for senior's health. The question I have is, where is the plan to address a wide range of senior's health issues? A provincial health plan should address the increase of poverty amongst seniors, the shortage of geriatricians, the economic and social impact of caring for those with dementia or other cognitive impairment, the sustainability of Medicare and the impact on fixed incomes during rising costs and inflation. These are concerns felt by many seniors.

Our voice is to advocate for ongoing senior support or to make recommendations to the government on these issues of concern for the purpose of influencing government decisions. Advocacy means acting with integrity, building honest and lasting relationships, creating networks and creating good will. As a non-partisan organization, our objective is to ensure seniors are receiving an equitable share of the wealth of this province.

We seniors, now more than ever, must continue to be at the table discussing seniors concerns with the government. Your board continues to be involved, at the political level and with other senior organizations to ensure senior's voices are being heard and that the SUN message is a coordinated one.

Gordon Voth, President

## ***Executive Director's Report:***

This spring, my tasks have been focused on increasing the membership, by working on public awareness of the benefits of joining Seniors United Now and hiring a new Membership/Volunteer Coordinator.

I am pleased to welcome Lynn Fraser as our new coordinator. Lynn brings a wonderful enthusiasm and a background in working with seniors. Some of you have already had the opportunity to meet Lynn at our AGM in April. Lynn and I have also attended chapter meetings at North West, North East and St. Albert. As we move into the summer, Lynn Fraser and I will be working on strategies on how to increase membership and ways to support chapters. On June 26, 2019, we held a meeting with our chapter leaders to gain more insight into what they would like for support from SUN staff and the provincial Board.

It was my pleasure to meet the members who attended our AGM in April. The AGM was a success and our guest speaker, Sandra Azocar, Friends of Medicare, delighted our group with her presentation.

As a member of the Alberta Pharmacare Working Group (APWG), we were pleased with the Advisory Council Report on June 12, 2019 which recommended the Implementation of Pharmacare (a universal drug program for Canadian citizens). This is a huge step forward. The APWG has been working on collecting signatures on a petition for the past year. Linda Duncan, MP for Edmonton Strathcona, took the petition to Ottawa in May and held a press conference. In her presentation, Linda Duncan held up the 5,400 names signed petition and she listed some of the groups involved – one of them being Seniors United Now. The presentation can be viewed at:

<https://www.facebook.com/lindaduncanNDP/videos/10161832127315241/>

Wayne Sorenson and I have continued to support the North West Chapter in Edmonton which has now increased membership considerably. Lynn Fraser and I will continue to support all our chapters in the fall.

Now that we have a new government in Alberta, Gordon Voth and I will be meeting with the Minister of Seniors and Housing as soon as possible to present our SUN priorities for 2019 – 2020.

I wish the members of SUN a relaxing summer and look forward to what SUN has planned for the fall.

Respectfully Submitted,

Linda Osborne - Executive Director

### **Alberta Local Authorities Pension Plan (LAPP) Early Retirement Recovery**

The SUN Board has been advised that seniors who needed to take a pension from the Alberta Local Authorities Pension Plan before the age of 65, are paying the assessed recovery payments for life.

At the recent Board meeting, it was decided to ask the SUN membership if anyone took early retirement from the Alberta Local Authorities Pension Plan (LAPP). If so, are you still making recovery payments for life?

This information will be collated and will be used as a basis for a discussion with the governance board regarding the fairness of this clause in the LAPP Act.

Please advise the SUN Board of Directors by email or letter as to your specific situation.

By Email: [unitenow@telus.net](mailto:unitenow@telus.net)

SUBJECT LINE: LAPP – Payment Recovery

By Letter: SUN – Attention: LAPP – Payment Recovery

Unit#37 15-2016 Sherwood Drive Sherwood Park AB T8A3X3



**SUN SPSC - FIELD TRIP - WASTE MANAGEMENT FACILITY JUNE 2019**



**Membership / Volunteer Coordinator Report:**

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." Maya Angelou

I sincerely appreciate you welcoming me into the SUN community. I met several members at the AGM. Thanks so much to all members who attended, our expert volunteers, our Board members, our sponsors, our guest speaker; Sandra Azocar - Friends of Medicare, SUN staff Linda Osborne and Lynn Penner. The Santa Maria Goretti personnel provided a delicious meal; an informative meeting and presentation were enjoyed by all attendees.



In June, Linda Osborne and I attended the North West, North East and St Albert Chapter meetings. I plan to attend each chapter meeting in the fall. I will be providing extra support to the St Albert chapter leadership to grow and sustain their volunteers and membership. Please contact me if you have skills and talents to help with mentoring new teams in any chapters.

**Chapter Support:** Contact Lynn Fraser for Chapter Guest Speaker recommendations for your upcoming chapter meetings. Lynn is here to assist you and your chapter to be successful!

**Volunteer Resources:** Online resources for you to access at [www.seniorsunitednow.com](http://www.seniorsunitednow.com):

The following tools are under the Chapters tab - Chapter Resources

**Chapter Volunteer Sign-up Sheet:** Describes the Task and Frequency and then has spaces for prospective volunteers to fill in their names and phone numbers. Thanks to Wayne Sorenson and the NE Chapter for sharing this tool with all. 'Many hands make light work.'

**History & Introduction to SUN:** Volunteer Opportunities: Our history and description of volunteer positions. Contact Lynn Fraser for more information.

**Chapter Meeting Evaluation Form:** This is essential to your chapter's success! A tool to collect member and guest feedback/suggestions.

If you need assistance with the online forms, please contact me. I am happy to walk you through how to access and use these online resources over the phone.

Check out our 'Volunteer Opportunities with SUN' page 8 in this issue. You can also refer yourself or a friend to our SUN website under the Membership tab/Volunteer page. Fill in the contact form and click SUBMIT. I will contact you to arrange a conversation about your goals for your volunteer time and where your skills and talents are the best fit for SUN.

I look forward to connecting you with resources and people that can assist you in having the best experience as a SUN member and volunteer. I am available to you over the summer months. Just contact me!

With gratitude,

Lynn Fraser – Membership / Volunteer Coordinator

Cell: 780-999-2313 E-mail: [suncoord@telus.net](mailto:suncoord@telus.net)

"You can have everything in life you want, if you will just help other people get what they want." Zig Ziglar

**Chapter Leaders Brainstorm Session**

SUN Chapter Leaders met with Linda Osborne and Lynn Fraser on June 26<sup>th</sup> at the Park Center Hotel Boardroom, located upstairs from the SUN office. They met to share ideas, issues, and successful tools and strategies. Topics included greeter and phone committee guidelines, how to find a good fit for volunteers, welcoming new members, meeting formats, sponsors, SUN Chapter Resources and our Chapter Operating Manual. Linda and Lynn will review the minutes with President, Gordon Voth, and prioritize action steps. Thank you to our Chapter Leaders for sharing their ideas and experience.

**Sundowning.... What is sundowning?**

Sundowning is a symptom that can show up in people who have Alzheimer's disease or other dementias. When someone becomes confused, anxious, aggressive, agitated, or restless consistently later in the day (usually late afternoon or early evening), this is called sundowning.

It is thought that sundowning can be a problem for as many as 66% of people with Alzheimer's disease or other dementias. It can occur at any stage of the disease, but it tends to peak in the middle stages of dementia and lessens as the disease progresses.

Sundowning often affects the person's quality of life and it can be exhausting for the caregiver.

**Some behaviors are typical with sundowning** They include: Becoming demanding or aggressive - Experiencing delusions and hallucinations - Pacing or wandering - Doing impulsive things - Attempting to leave home - Having difficulty understanding others - Having difficulty doing tasks that were done without difficulty earlier in the day

**What causes sundowning?** A variety of events or issues can trigger sundowning.

These include: Being tired at the end of day (can lead to an inability to cope with stress) - Low lighting and more shadows (can create confusion and hallucinations, especially with common objects that look different when it is darker) - Disruption of the Circadian cycle (sleep/wake pattern) because of the dementia (the person cannot distinguish day from night) - Not as much or no activity in the afternoon compared to the morning (can lead to restlessness later in the day)

**Responding to sundowning**

Finding a way to respond to sundowning may take some trial and error. Every person is different and may react differently. Some ways to try to head off a sundowning episode or to lessen it once it has started are:

See if the behavior is being caused by discomfort (hunger, need to use the toilet, pain) - Allow for rest and naps between activities - Avoid making appointments, bathing, or other potentially stressful activities in the late afternoon or evening - Prevent over-stimulation from the television or radio, which can lead to increased confusion - Provide adequate lighting to lessen shadows when it begins to get dark - A rocking chair can provide stimulation while having a calming effect - Brisk walks or other forms of physical activity throughout the day may reduce restlessness or the need to wander later.

Keep active and distracted when sundowning may occur (for example, preparing dinner, setting the table) - Allow quiet time if this helps decrease agitation - Restrict the amount of caffeine and sugar in the morning - Maintain a regular eating and sleep schedule as much as possible - It may be helpful to keep a daily journal to pinpoint the causes of sundowning symptoms and see which strategies help - Familiar routines may help individuals feel more secure - They can include readying the home for evening (closing curtains, turning on lights) or bedtime routines that include warm milk and soft music - Change sleeping arrangements, for example, adding a comfortable chair to the room, a night light, or leaving a door open - Doctors may recommend certain medications to ease the symptoms, for example, antipsychotics, sedatives, or sleep-regulating hormones such as melatonin. These can help some people, but because many have serious side effects such as dizziness, sedation (causing sleepiness), or dependence, it is recommended that other options be tried before relying on drugs. Always discuss strategies with a physician.

**Alzheimer Society**  
CANADA

Reprinted from:

<https://alzheimer.ca/en/Home/Living-with-dementia/Understanding-behaviour/Sundowning>

**SUN BOARD OF DIRECTORS 2019 – 2020**

**Gordon Voth - President      Gerald Northam - Vice President      William Holtz - Treasurer**  
**Dellah Cohlmin - Secretary      Wayne Sorenson – Director      Bert Reich - Director**  
**Robert Price – Director**

**SUN STAFF**

**Linda Osborne - Executive Director 780-920-3058**  
**Lynn Fraser - Membership / Volunteer Coordinator 780-999-2313**  
**Lynn Penner - Office Administration 780-449-1816**

### 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 – 106 St. Coffee and snacks start at 1:00 pm for early arrivals, followed by a fifty-minute presentation, a ten-minute refreshment break, and a thirty-minute question period. We welcome everyone to our meetings, member or non-member. Please join us.

#### What's Happened...

**March 8, 2019** HOLISTIC DECLUTTERING AND DOWNSIZING with Lynn Fraser, owner of Balance Your World and Practical Life Balance Coach, and Professional Home Economist. This was an interesting and well-prepared presentation. A series of opening questions encouraged participants to consider their own situation regarding downsizing. Also important was a list of contacts to help individuals get rid of excessive clutter.

**May 10, 2019** AIR QUALITY AND HEALTH with Opel Vuzi, Regional Air Quality and Health Specialist Health Canada –Alberta and the Territories. The presentation included the following: \*Why be concerned with pollutants? \*Who is most at risk? \*Harmful health effects \*Sources of outdoor pollutants \*Air quality Health Index \*Sources of indoor air pollutants \*How to reduce exposure. It was a very thorough and informative presentation that drew many questions from the audience.

**June 14, 2019** HUMAN RIGHTS AND SENIORS IN ALBERTA with Sushila Samy, a certified professional in Human Resources with the Human Resource Institute of Alberta. Sushila is one of South Chapter's own executive members. Topics covered included the following: What is the human rights legislation? How does it apply to seniors? What action can seniors take when their human rights are contravened?

#### What's Upcoming...

**September 13<sup>th</sup>, 2019 October 11<sup>th</sup>, 2019  
November 8<sup>th</sup>, 2019**

Possible presentations for the fall: food allergies, Alberta Senior's Advocate, Seniors and Frauds, Seniors and Investments, Assisted dying, and Green Sleeve.

*We would like to thank Whitemud Public Library for allowing us to use their facilities. In addition, thanks to Millwoods McDonald's for the complimentary coffee.*

Cynthia Lazarenko & Robert Price  
Co-chairs Edmonton South Chapter



### Calgary Chapter Quarterly Activity Summary

The Calgary Chapter has been regularly meeting four times a year since inception in October 2015. These meetings are currently held in the Kerby Senior Centre, 1133- 7 Avenue S.W. which is adjacent to the Light Rail Transit (LRT) line and has ample free parking available.

#### What's Happened...

**April 11, 2019** Alanna Hargan, Calgary Chapter Chair welcomed the sixteen meeting attendees and presented an opening address, briefly covering the background of SUN and the purpose of today's meeting. Guest Speaker, Heather Erlen, Alberta Representative -Canadian Labour Congress. The basis of Heather's presentation was on the ongoing efforts of getting a pharmacare system into Canada at the national level. She opened with a brief background of how Medicare in Canada got started with Tommy Douglas in Saskatchewan, noting that public opinion can be changed with continued pressure. She noted, today, Canada is the only country that has a Medicare but not a pharmacare program in place. Full minutes are available on the SUN Website.

**June 13, 2019** The regular SUN meeting was held with sixteen attendees. Alanna Hargan, chair talked about the benefits of a SUN membership along with SUN's priorities and advocacy work with the provincial government. The guest speaker was Heather Schmidt, owner of Wildrose Organizing. Heather's presentation was for those of us who want or need to downsize. The task can seem daunting when deciding what to keep, discard, recycle, donate or shred. She had several suggestions including contacting the "Professional Organizers of Canada" to assist you. She suggested that you start small but dedicate time on a regular basis to get on top of your "stuff". We all agreed that garage sales are a lot of work for a little profit. Check out Heather's website and blog at [www.wildroseorganizing.com](http://www.wildroseorganizing.com) or contact her at 403-703-0605.

After the presentation, an election was held for vacant positions on the chapter executive. Margaret Gaudet conducted the elections for both the Chair and Vice Chair / Membership positions. The result of the election was that no one present was willing to take on these positions. The Calgary Chapter has temporarily been suspended until the positions are filled. If any members in Calgary are willing to volunteer for the positions, please contact Linda Osborne, Executive Director 780-920-3058

The Calgary Chapter operated for four years as a result of the hard work and dedication of the following volunteers: Lorraine Heming, Lynda Mountford, Sharon Stek, Jodi Trotman, Marg Trotman, Phil Colgate, Rose Hanssen, Donna Cheyne and Sue McPhee. Thank you all for being the voice of seniors in Calgary and area.

Alanna Hargan – Chair Calgary Chapter

**Sherwood Park / Strathcona County Chapter**

**Quarterly Activity Summary**

Chapter meetings are held on the 3<sup>rd</sup> 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 however a draw (Sobeys's Gift Card) is held at end of the meeting for members only. Sobeys donates cookies, and coffee is provided for attendees, however, donations are appreciated. Our presenters are thanked with an appreciation gift and answer many questions during and after their presentation.

**What's Happened...**

**February 19, 2019 What to Know about Condo Ownership**

Speakers: Sandi Danielson – Prince Property Inc. & Helena R. Smith – HRS Condominium Consulting  
 Helena compared living in a Condo to not living in a Condo. She Stressed the importance of knowing about the rights and responsibilities of Condo living. Many prospective buyers do not realize how much of the maintenance and financing they are responsible for and are surprised when they find out. Owners have the right to attend AGM, to run for the Board, to vote in elections and to vote on special resolutions. They have no right to cancel special liens or increases in fees. Negative aspects of Condo living can be rules, no age restrictions, or no control over neighbors. The positive aspects of Condo living include amenities, social activities and safety in numbers.

**March 19, 2019 Primary Care Network Speaker: Karen Lewis – Clinical Manager**

The PCN provides patients with a host of services: everything from Physicians to healthcare providers. This includes two dieticians, four nurses, two exercise specialists, four pharmacists, and four social workers to help navigate the system. Mental health issues are handled by referral only. The Chronic Disease Management Program CHANGE advances health by nutrition and exercise and is open to all. Other programs offered include Diabetes Education, Tobacco Cessation, Nutrition Education, Tips for Weight Management and Understanding Carbs.

**April 16, 2019 No meeting was held due to provincial election.**

**May 19, 2019 Bonnie Hoffman, Board Chair of BOSS**

Burial Options Society in Strathcona - Bonnie's passion is public education and advocacy. Strathcona County presently does not have a municipal cemetery as most other communities do. The county is presently exploring options. As a funeral director, she helps families navigate the pressures and stresses of final death care. Bonnie spoke about various funeral options on what is possible and what is practical in burials. Some interesting current options for dealing with ashes include using locally crafted urns; family planned original services and scattering gardens. Bonnie handed out maps of all the cemeteries in the county and briefly described each one. She stressed that all cemeteries make their own regulations so it is important to inquire what these include should one decide to use them.

**June 16, 2019** We went on a field trip to the Edmonton Waste Management Centre (EWMC) which is a unique collection of advance waste processing and research facilities. Owned and operated by the City of Edmonton. The EWMC is an integral part of Edmonton's sustainable approach to waste management. The coach tour will be provided compliments of Connelly and McKinley Funeral Services. See photos on page#3

**What's Upcoming...**

**September 17, 2019    October 15, 2019    November 19, 2019**  
**Speakers & Topics – TBA**

Submitted by Denis Beaudry Chairperson, SPSC Chapter  
 Join us! We welcome your wisdom, experience, and enthusiasm!



**CASH RAFFLE - Winners April 1, 2019**

Congratulations to SUN members:  
 Ticket #115 J.C. Stuart, St.Albert, Ab  
 Ticket #130 J. Martin, Lac La Biche, Ab



**Thanks to all members that purchased tickets!**

Our next Cash Raffle is  
**"FALL INTO FUNDS"**

see page 11 for ticket order form  
 Tickets \$5.00 each  
 5 Tickets \$10.00  
 20 tickets \$20.00  
 Draw Date September 30, 2019  
 License #528339



## 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 members 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...

**Monday March 25, 2019** Tax Tips for Seniors - Cheryl Wells - Regional Outreach Program Officer – Canada Revenue Agency

**Monday April 22, 2019** – Cancelled - SUN AGM

**Wednesday May 8, 2019** - Mike and Clara Marks helped Paul Stocker with the St. Albert Seniors Expo at the Red Willow Seniors Centre. Many visitors seemed interested in SUN and our upcoming June presentation.

**Monday May 27, 2019** Cancelled - Children's Festival

**Monday June 24, 2019** - 29 attendees

Guest speaker Arlene Huhn, Manager of Client Services and Programs for the Edmonton Regional Office of the Alzheimer Society of AB & NWT spoke on the forms of dementia including Alzheimer Disease. Currently, 1 in 11 persons will be diagnosed with dementia. Dementia also includes vascular (heart/mild stroke), mixed, Lewy Body, temporal (frontal lobe), behavioral forms of dementia. Symptoms and care of the condition were explained. Personal questions were answered during the session.

Vi Oko and Paul Stocker have resigned from Chapter Executive positions as of June 30<sup>th</sup> but will remain as active members to ease new volunteers into effective rolls.

### What's Upcoming...

**September 23, 2019 October 28, 2019 November 25, 2019**  
Speakers & Topics – TBA

Your support and talents are urgently needed, please consider volunteering for the St. Albert Chapter.

Lynn Fraser 780-999-2313 Email: [suncoord@telus.net](mailto:suncoord@telus.net)

SUN Membership / Volunteer Coordinator

Respectively submitted, Paul Stocker  
St. Albert Chapter Steering Committee

## VOLUNTEER OPPORTUNITIES WITH SUN

### Chapter Organizational Help

- Serving on a Chapter Steering Committee (Chair, Co-Chair, Secretary)
- Organization of Chapter meetings room set up, refreshment preparation, clean up
- Phoning meeting reminders
- Arranging and coordinating guest speakers
- Carrying out research as assigned by the Chapter Steering Committee
- These positions would report to the Chapter Steering Committees, with liaison through the Volunteer Coordinator

### Board of Directors

- Running for and serving on the Provincial Board of Directors.

### Trade Shows/Community Events

- Serving at SUN information booths to hand out printed information and talk with interested members of the public
- A thorough knowledge of SUN is required
- Supervision provided by the Volunteer Coordinator

### Research Assignments

- As requested by the Board of Directors through the Volunteer Coordinator
- Research would be related to priority issues the Board is involved in
- Reporting back to the Board through a written report or verbal if invited by the Board

### Provincial Phoning Committee

- Carrying out Province-wide phoning tasks as assigned by the Volunteer Coordinator

### Fundraising

- Serving on the fundraising committee
- Researching and reporting to the board on fundraising ideas
- Carrying out the work involved for fundraising events approved by the board
- Grant writing
- Supervision provided by the Volunteer Coordinator

To enquire about a volunteer position please contact:

**Membership / Volunteer Coordinator**

**Lynn Fraser**

**Cell: 780-999-2313 Email: [suncoord@telus.net](mailto:suncoord@telus.net)**





**North East Edmonton Chapter****Quarterly Activity Summary**

We hold our meetings at the Edmonton Public Library – main floor, Londonderry Mall 66th St. & 137 Ave. Our chapter meetings are held on the second Thursday of each month at 1:30 P.M. 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, followed by question and answer sessions.

**What's Happened...**

**February 14, 2019** Our chapter was pleased to have Shelly Ullery, R.C.M.P. Auxiliary Constable, inform us on recent frauds and scams that have been increasing in Alberta. Her information and tips on prevention was well received.

**March 14, 2019** Guest speaker Jasmine Monaghan presented information on tips when completing your income tax return, including seniors' benefits and where to seek assistance in completing your tax return.

**April 16, 2019** Thirty-three people attended Brian Finley's power point presentation. Topics covered were the Property Tax deferral program, moving into condos, assisted living and when to sell your home.

**May 19, 2019** Thirty-five people attended Dr. Kirstin Veugelers power point presentation, "How to get the most from your Doctor visits". This information was very well received.

**June 13, 2019** Our annual Chapter members appreciation event provided a light lunch, an opportunity to socialize with their chapter members, and to become informed on relative chapter matters. Everyone enjoyed this event.

**What's Upcoming...**

After enjoying our summer break, we are excited about organizing our fall Chapter activities. A big thank you to Arlene Johnson for scheduling our guest speakers.

**September 12<sup>th</sup>, 2019** Condo Living & New Condo Legislation - Helena R. Smith, ACCI, FCCI -HRS Condominium Consulting Helena will present an informative session on Condo living and how the new condo legislation will affect condo boards.

**October 10<sup>th</sup>, 2019** Slowing down the Aging Brain Learn about the cognitive, emotional, physical, and social benefits of recreational therapies and practices for seniors. Includes tips to enrich and improve your quality of life, or your loved ones. Also covered will be aging in place, slowing down the cognitive decline, and wellness as a way of life. Wendy Swanson Wellness Therapist, Age Friendly Edmonton

**November 14<sup>th</sup>, 2019** Speakers & Topic – TBA

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

Wayne Sorenson Chairperson, Edmonton North East Chapter

***A special thank you to Save on Foods & Starbucks - Londonderry Mall locations  
For donating delicious pastries and providing discounted coffee for our meetings.***

**CASINO VOLUNTEERS March 20 & 21, 2019**

A big thank you goes out to all the SUN casino volunteers.

Those who were chip runners, bankers, cashiers, general managers, and count room workers, all contributed in making this a very successful event. This casino revenue is critical to the ongoing operations of Seniors United Now. The Alberta Gaming & Liquor Commission has scheduled SUN's next casino for April – June 2021.

Submitted by Casino Chairs  
Wayne Sorenson & Ed Hamaliuk



## North West Edmonton Chapter Quarterly Activity Summary

The North West Edmonton Chapter meets the second Monday of the month (subject to Statutory holidays), except July, August and December. Join us at the Jasper Place Library 9010 - 156 St. Meeting Registration 1:00PM Presentation 1:30PM. Before each meeting attendees enjoy the coffee and snacks that are provided. SUN Board members provide updates on the Boards' activities for the previous month. Linda Osborne, Executive Director continue to provide support at our Chapter meetings.

### What's Happened...

**Monday March 11, 2019** Speaker: Kirsten Veugelers, PhD (Biochemistry) - Personal Patient Navigator - Get more from your doctor's visit. After a doctor's visit, do you ever discover you have forgotten some important information? Or feel like the appointment didn't meet your needs? Or maybe you feel unsure about your next steps?

**Monday April 08, 2019** What to know about Condo Living & the New Condo Legislation Speaker: Helena R. Smith, ACCI, FCCI HRS Condominium Consulting. This was a strong interest for many of our members in Northwest and many questions were asked by our 35 participants.

**Monday May 08, 2019** Air Quality and Health - How pollutants affect health & ways to reduce exposure. Speaker: Opel Vuzi, Regional Air Quality and Health Specialist - Health Canada - Alberta and Territories. Our guest speaker spoke on not only the quality of air outside that affects us but also the quality of air in our homes including Radon gas. The 30 participants who attended were provided with information pamphlets and websites to review.

**Monday June 10, 2019** Irena Struk, Senior Consumer Education & Engagement Specialist from the Office of the Utilities Consumer Advocate (UCA), and Mary Thomas, Mediation officer, gave an informative talk on how the UCA office can help you resolve issues with your utility company, their online cost comparison tool, Winter Rules, etc.

### What's Upcoming...

Possible topics for this fall: Human Rights and Seniors in Alberta, Nutrition Education, Pension Reform update.

**September 09<sup>th</sup>, 2019    October 21<sup>st</sup>, 2019  
November 18<sup>th</sup>, 2019**

**W. Keith Hembroff**  
Edmonton NW Coordinator

**Please come and join us! Everyone is welcome!**

## Strategic Planning 2019 – 2020

As part of the boards strategic planning process, we met on June 5th with chapter representatives, to review our 2018-2019 priorities. We used feedback from members, chapters and a poll of members who attended the Annual General Meeting. Following is the revised list of priorities for the 2019-2020 year.

### Major Priorities

#### ❖ Pharmacare

- To monitor and respond to an anticipated governmental proposal.

#### ❖ Stable Affordable Housing

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

#### ❖ Home Care Delivery Plan

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

### Other Priorities

#### ❖ Social Isolation

- To monitor incidents of social isolation by seniors and to advocate for government programs designed to lessen social isolation by seniors.

#### ❖ Public Transportation

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

#### ❖ Long-term Care Facilities

- To advocate for an immediate increase in Long-term Care beds/facilities in Alberta.

The board would appreciate your feedback on the appropriateness of our priorities and whether you think we should include other issues, as the priorities are still in draft form. Gordon Voth, President

Your comments and suggestions should be sent to:

**Email: [unitenow@telus.net](mailto:unitenow@telus.net)**  
**SUBJECT: SUN Priorities 2019 2020**

**Mail: #37 15-2016 Sherwood Dr. Sherwood Park, AB T8A3X3**

**RAFFLE RULES**

**Fall into Funds - CASH RAFFLE**

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone # \_\_\_\_\_

For Office USE: \_\_\_\_\_

Email \_\_\_\_\_

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

5 tickets \$10.00 \_\_\_\_\_ Sets \$10.00 each \$ \_\_\_\_\_ (100 sets available)

20 tickets \$20.00 \_\_\_\_\_ Sets \$20.00 each \$ \_\_\_\_\_ (50 sets available)

**Draw Date September 30, 2019**

**License #528339**

**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 \$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, September 30, 2019
- 4) The prize payout shall be as follows:  
**1<sup>st</sup> prize 25% of the gross ticket sale revenue**  
**2<sup>nd</sup> 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, September 30, 2019
- 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 April – Sept 2019**

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

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

**Donation in addition to membership dues**

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

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

Signed Cheque(s) enclosed **Chq#** \_\_\_\_\_ **Total \$** \_\_\_\_\_ 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 Volunteer coordinator contact me.



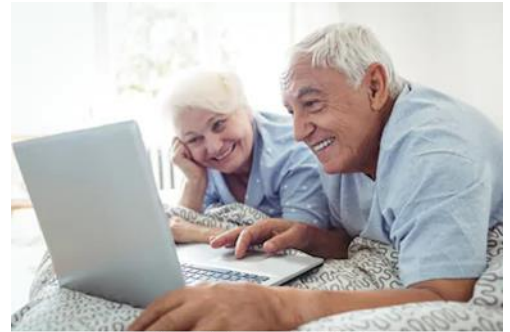
## Renewal Incentive

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!**

SUN uses the PayPal system, for secure renewal & donation options.

**\*\*\*NEW\*\*\*** Etransfer may also be used for membership payments.

Email: [unitenow@telus.net](mailto:unitenow@telus.net) Contact the SUN office for more information.



Visit: [www.seniorsunitednow.com](http://www.seniorsunitednow.com)



*Every Member, and all volunteers are an essential piece of the puzzle. Individual volunteers & all members play an important role in the ongoing success of SUN. Its true, many hands make light work – and we're incredibly grateful for the many volunteer hands we do have, but more are always needed and wanted!!!*

*Please consider sharing your time and talents!!*

### Return Undeliverable Canadian

#### Addresses to:

Unit #37 15 - 2016 Sherwood Drive,  
Sherwood Park, Alberta, T8A 3X3

Canadian publication

Agreement No. 40917510

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