

# SUNBURST

The Newsletter for Seniors United Now

Sherwood Business Center – Park Centre Hotel  
#37 15 - 2016 Sherwood Drive, Sherwood Park, AB T8A3X3  
Telephone 780-449-1816 Toll Free 1-855-786-8669  
www.seniorsunitednow.com  
Email unitenow@telus.net



The Voice of Seniors in Alberta

## Thinking about your future? Plan now to Age in Place – A checklist Aging in Place on your terms

Most Canadian seniors want to remain in their own homes for as long as possible. Canadians are living longer and are increasingly reaching the age of 100. Between 2006 and 2011, the number of Canadian centenarians increased by almost 26%, the second highest increase of all age groups, after the 60 to 64 age group which increased by 29%. According to new data from the Office of the Chief Actuary, the average life span for Canadians aged 65 and above, is 87 for men and 89 for women.

Aging in place means having access to services and the health and social supports you need to live safely and independently in your home or your community for as long as you wish or are able. Thinking about the future and being prepared will help you to make the most of your later years and have more control over your decisions. Planning will give you the best chance to have a satisfying and positive experience as you age and will help you to age in place.

Thinking about what you would like your life to be like in 10, 15 or 20 years, and what you might be able to do now to give you more control over future changes, will help you to maintain your health and independence for as long as possible. Having a plan to age in place could prevent you from having to make hasty decisions in the future, especially when dealing with change resulting from a crisis.

Plan today to help you live the life you want tomorrow.

This booklet includes a checklist to help you review your plan, if you have one, and to help you think about what you can do now to improve your life as you age. It is based on the experiences of people like you, who have shared their thoughts about planning and preparing for their older years.

<https://www.canada.ca/en/employment-social-development/corporate/seniors/forum/aging-checklist.html>

or call 1 800 O-Canada (1-800-622-6232)

If you are a current SUN member and would like a hard copy of the "Plan now to Age in Place – A checklist" please contact the SUN administration office.

### Contents

President's Report	2
Executive Director	3

### Chapter News

Calgary	5
Edmonton South	5
Sherwood Park / Strathcona County	6
St. Albert	8
Edmonton North East	9
Edmonton North West	10

### Membership

Cash Raffle Winner	
"Fall into Cash"	7
Volunteer Opportunities	8
Father Time Cash RAFFLE	11
Renewal / Donation Form	11
Are You Due?	12
Renewal Incentive	12

### Special Interest / Articles

Do you know the face of senior isolation?	4
Red Tape Reduction Op-Ed	7
Volunteer Thanks & Needed	9
Utilities Consumer Advocate	10
Seniors Health & Wellness Forum – Age Friendly Edmonton	10

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

The government of Alberta has recently changed from an NDP government to a UCP government. The UCP government has stated that they intend to balance the Alberta budget by the year 2023. They are currently, only looking at cost reductions, not income increases to achieve a balanced budget. The UCP government has stated that they are looking for operating efficiencies to achieve a balanced budget. This could be another way of saying, program reductions are being planned. At this time, there is not a clear indication of any planned cost reductions in senior benefits. We will have to wait until the October 24th budget has been tabled to ascertain what impacts there will be on senior benefits.

The Premier has stated, that the objective for the budget is to lay the foundation for a 4-year plan to reduce Alberta's spending. It will present a pathway to balance the provincial budget.

What do these statements mean to senior services? Surely, you cannot balance the budget without, either a significant increase in revenues or a significant decrease in spending or both. I have difficulty believing that efficiencies alone will achieve a balanced budget, as proposed. Getting more bang for your buck is a great way to start, but I have trouble believing this endeavor will balance the current deficit, in the billions. It would seem SUN will have to monitor proposed cost savings over the next four years.

The senior population in Alberta is growing. Seniors will need more services in the future and therefore more funding to meet needs. A clear example of this need is the current critical state of a stable affordable housing strategy by the government. The current affordable housing units are in a serious state of disrepair. It is estimated that it will take 1.2 billion dollars to bring these units up to provincial housing standards. The NDP government had announced that 3000 new units were needed to meet demand. This increase in new units needs to be supported by the UCP government and included in the budget.

I met, informally with the Honourable Josephine Pon, Minister for Seniors and Housing. It was a meet and greet affair, with about 30 participants invited. The minister emphasized that her mandate is to find efficiencies and savings. The participants were encouraged to assist her in this objective. I presented the minister with SUN's 2019-2020 priorities and a SUN position paper on the need for a stable affordable housing strategy for all Albertans.

The 2019-2020 budget will follow the MacKinnon report which recommends expenses be cut by at least \$600 million by 2022-2023. Given the current deficit, this cut does not seem to be sufficient to reach the UCP goal of a balanced budget. I suggest more reductions are coming.

We need senior services to increase with population increases. The SUN board and staff are ready to continually monitor and react to budget decisions that will adversely affect seniors.

If you have any concerns, suggestions or recommendations, the board would like to hear from you. Please e-mail our office at [unitenow@telus.net](mailto:unitenow@telus.net)

Gordon Voth, President

### ***Membership / Volunteer Coordinator***

We wish to announce that Lynn Fraser, Membership/Volunteer Coordinator, is no longer an employee of SUN. We wish her success in her future endeavors.

Linda Osborne  
Executive Director  
[sunexdir@telus.net](mailto:sunexdir@telus.net)  
cell: 780-920-3058

### **Autumn Quotes**

"Anyone who thinks fallen leaves are dead has never watched them dancing on a windy day." Shira Tamir

"Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale." Lauren DeStefano

"Winter is an etching, spring a watercolor, summer an oil painting, and autumn a mosaic of them all." Stanley Horowitz

"I hope I can be the autumn leaf, who looked at the sky and lived. And when it was time to leave, gracefully it knew life was a gift." Dodinsky



## *Executive Director's Report:*

Now that the summer is over and we have moved into fall, our chapters have begun the 2019-2020 year with a new line-up of guest speakers. In addition to the speakers, we will have a business section to discuss our members' issues or concerns that are affecting them and the senior population.

I continue to support the chapters especially Edmonton northwest as an emerging chapter. If you are interested in volunteering at the chapter level in assistance with the operation such as greeters, recording secretary, helping with the set up / takedown of the chairs, plus contact the chapters directly or myself.

The Pharmacare Working Group which Seniors United Now is a part of, has been working on universal drug program for Canada and it is hope that after the election in October, that this will happen. Public Interest Alberta Seniors Task Force continues to focus on continuing care for all seniors in Alberta.

Seniors United Now had a very busy display table at the Seniors Housing Forum on September 28<sup>th</sup> and will also attend the Health and Wellness Forum November 2<sup>nd</sup> at the Central Lions Recreation Centre Edmonton. Both have key information for seniors. I recommend you consider attending the Nov 2<sup>nd</sup> forum. Registration information is located on page 10 of this newsletter.

I have had some speaking engagements in September to promote Seniors United Now. They were Toastmasters St. Albert and the Beaumaris Lake Condo group. I will continue to contact other groups in the fall for Albertans to become aware of the benefits of membership with Seniors United Now.

Once the budget for Alberta has been announced in October, Gordon Voth, President and I will be meeting with the Minister of Seniors and Housing, Honorable Josephine Pon to discuss SUN's priorities.

Emails were sent to members across Alberta regarding meetings with Dr. Sheree Kwong See, Alberta Seniors Advocate. The purpose of the meetings was to receive input from communities on the future directions of the Alberta Office of the Seniors Advocate. SUN hopes that members were able to attend these meetings to provide their input.

With our Membership/Volunteer Coordinator leaving in August, we have restructured the position to a Membership Coordinator, and will be advertising this position in October. The newly restructured position will work out of the SUN administration office and will work closely with existing staff and volunteers.

Respectfully Submitted,

Linda Osborne - Executive Director      [sunexdir@telus.net](mailto:sunexdir@telus.net) cell: 780-920-3058

### **Amplify your Voice, Amplify your Health**

Explore communication strategies for when your health concerns are dismissed, are waiting for attention, or are receiving fragmented care.

**Saturday, October 26, 2019 1:00-4:00 PM Hosanna Lutheran Church, 9009 163 Street NW, Edmonton, AB T5R 2N8**

**Tickets: \$35 Advance \$45 At the Door (Prices do not include GST)**

Within our stressed healthcare system, it's not unusual for patients to feel rushed and dismissed, and to wait a long time for treatment. Improve your overall wellbeing by learning what to say, and how to say it!

This workshop is for you if you are:

Experiencing barriers in communication with your doctor about your own healthcare

Experiencing overwhelm as you deal with a cancer diagnosis

A caregiver... including if you are worried that a loved-one is showing signs of memory trouble

A member of the sandwich generation who is caring for both elders and children, with little time for yourself

At this workshop you'll learn strategies and gain tools to:

Increase your efficiency, and waste less time getting the care you need

Promote your concerns and priorities when they've been dismissed

Promote overall well-being, instead of piecemeal symptom management

In this interactive workshop, be prepared to share your challenges and successes in managing your health, and to explore general information about our healthcare system and how to navigate it.



**NAVIGATE  
YOUR HEALTH**

**Phone: 780-224-0467    email: [info@navigateyourhealth.ca](mailto:info@navigateyourhealth.ca)**

**Guest Article****Kirstine Veugelers, PhD*****Do you Know the Face of Senior Isolation?***

Walter\*\*, diagnosed with Parkinson's disease, and Margaret\*\*, his caregiver spouse, are vulnerable to isolation. Walter spends a lot of time at home, because outings take a lot of work, and so he has lost many of his social contacts. Walter used to meet with a group of gentlemen for coffee each week, but he can no longer attend; his peers also don't visit Walter, because many of them have their own health struggles. Walter is mourning his loss of meaning and purpose. Walter also wasn't getting support to maintain muscle function and to prevent the worsening of his Parkinson's symptoms.

At the same time Margaret has also lost social connections, because she is busy caring for Walter. Even when she can get away, she is afraid to leave Walter for long, for fear that he might fall and get hurt while she is away. Margaret is losing weight without trying; she feels she is coping with her caregiver demands, but she is struggling with self-care, and putting her own health at risk. Importantly, if Margaret's health continues to decline, she will no longer be able to care for Walter.

Depression has caused Clara\*\* to become isolated, even though she has lived in a retirement home for over four years. Like Walter, Clara has been diagnosed with Parkinson's. More importantly, because of depression, Clara often chooses to stay in her apartment, rather than interact with the community in the retirement home. Clara misses out on the encouragement to move, and on building meaningful connections that can help to fight depression. Depression has made it hard for Clara to accept help, because she fears being a burden: she prefers to stay home when a volunteer comes to take Clara grocery shopping. Clara has lost a lot of muscle tone and was startlingly frail – a sign of advanced health decline.

Walter, Margaret, and Clara have different circumstances and journeys, but all are affected by isolation. Sadly, because they don't have enough supportive connections, all are at risk for or are experiencing loss of health. The Government of Canada's Report on Social Isolation of Seniors<sup>1</sup> discusses how social connections can influence individuals to practice health-positive behaviors, like physical activity, choosing foods rich in important nutrients, and avoiding or quitting smoking; meaningful connections also create purpose, which enhance motivation for those health-positive behaviors. On the other hand, seniors without a social network are more likely to drink, smoke, eat a poor-quality diet, and don't move enough. When seniors don't care for their health, they may increase *their risk for stroke and heart attack; they may also lose muscle, so they not only risk falls and losing independence, but they also have a higher risk of death if they become critically ill.* <sup>2,3</sup> *Socially isolated individuals also have a higher risk of depression, which decreases the chances they will properly care for themselves, and increases their risk of death by suicide.*

*In short, isolation can be a cause or a sign of declining health. Recognizing isolation is the first step in finding a solution, which must be personalized. It's time to act if you notice isolation is affecting you or a loved-one! Maybe access is an issue, such as if a person has limited mobility, limited finances or limited knowledge about local community groups and activities. Maybe there is depression and/or anxiety at play, or maybe there is a need for social cues to connect with others. Whether you're dealing with isolation, or have other healthcare concerns, if you don't know where to begin, let's have a conversation. Call (780-224-0467) or email us at [Navigate Your Health \(info@navigateyourhealth.ca\)](mailto:info@navigateyourhealth.ca) to connect with a trusted health navigator and advocate to explore your issues and possible solutions around isolation, and to navigate the next steps in your health journey.*

***You Don't Have to Journey Alone!***

*\*Adapted from 'Have you seen the face of Senior Isolation' originally published January 2019 at <https://www.navigateyourhealth.ca/new-blog/2019/1/8/what-does-social-isolation-of-seniors-look-like>*

*\*\*names are changed for privacy*

*1 Government of Canada. updated 2016. Report on the Social Isolation of Seniors. <https://www.canada.ca/en/national-seniors-council/programs/publications-reports/2014/social-isolation-seniors/page05.html>*

*2 Gariballa and Alessa. 2013. Sarcopenia: Prevalence and prognostic significance in hospitalized patients. Clinical Nutrition 32:772.*

*3 Vetrano et al. 2014. Association of sarcopenia with short- and long-term mortality in older adults admitted to acute care wards: results from a CRIME study. Journals of Gerontology. Series A, Biological Sciences and Medical Sciences 69:1154.*

**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...**

**September 13<sup>th</sup>, 2019** The presentation was on GRIEF AND LOSS by Speaker, William Tucker, MSW from the Edmonton Healing Centre for Grief and Loss. Understanding the grief journey helps one learn to live with a loss, gain personal confidence and acquire new skills for living well. William Tucker distinguished between the stages of grief, mourning and bereavement. He talked about the circumstances involved in the loss of a loved one such as by disease, accident, and suicide and how each has a different effect on the griever. The speaker also spoke about the importance of support from friends, relatives and social support networks to ease the pain of loss. Also, it is important to take care of one's personal health. The pain will often come back. It doesn't go away. However, there is nothing wrong in being happy while grieving. That too can be part of the healing process. Several people told stories of their own personal episodes of grief. About 30 people attended this event.

**What's Upcoming...**

**October 11<sup>th</sup>, 2019 Fighting back against Fraud** Speaker: Sgt. Neal York - Team Leader- Edmonton Provincial Financial Crime, Federal Serious and Organized Crime, RCMP: K Division

**November 8<sup>th</sup>, 2019 Dr. Sheree Kwong See**, Senior's Advocate - Office of the Seniors Advocate

**January 10<sup>th</sup>, 2020** Topic & Speaker TBA

Everyone welcome. See you on the Second Friday!



*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

**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 sunexdir@telus.net**  
**Lynn Penner - Office Administration**  
**780-449-1816 unitenow@telus.net**

**Calgary Chapter – Update**

The Calgary chapter has discontinued meetings, after four active years, as it was unable to attract a chairperson to lead the chapter. The provincial board is actively seeking a chairperson to volunteer to re-establish regular meetings. We are hopeful that a Calgary area member will step forward to assume this leadership role.

The board will continue to communicate to our Calgary members the status of our search. We trust that Calgary members will join with the board to re-establish this very successful chapter.

If you have any suggestions or wish to be involved in the process, please contact the SUN Executive Director.

**Linda Osborne Cell: 780-920-3058**  
**Email: [sunexdir@telus.net](mailto:sunexdir@telus.net)**



**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, 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. Sherwood Park Nottingham 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...**

**June 18<sup>th</sup>, 2019** The Sherwood Park SUN Chapter made a field trip to the City of Edmonton Waste Treatment Plant. A free bus was provided by the Connelly-McKinley Funeral Home for the occasion. Seventeen people attended the field trip and we were accompanied by three guides who toured us around the facility.

The Edmonton Waste Management Centre (EWMC) is comprised of the three main areas:

The Materials Recovery Facility or "MRF" (pronounced "merf") is an almost 6,000 square meter (64,000 square feet) recycling plant capable of processing 50,000 tons per year. The MRF processes all types of recyclables accepted in the City's Blue Bag, Blue Bin and Recycling Depot collection programs.

The Anaerobic Digestion Facility (ADF) will expand the City's organics waste processing capacity and contribute to the goal of diverting 90% of waste from landfill.

The ADF will enable the City to:

- Process up to 48,000 tons of organic waste per year and divert it from landfill
- Create renewable energy in the form of electricity and heat
- Produce high quality compost for use in agriculture and horticulture
- Reduce greenhouse gas emissions
- Remove odors created during the process by using bio-filters

The E-waste Recycling Facility uses cutting edge processes and equipment, the 45,000 square foot Global Electric and Electronic Processing Inc. (GEEP) facility processes more than 30,000 tons per year of old computers, televisions, and a wide range of electrical and electronic waste materials for recycling.

**September 17<sup>th</sup>, 2019 Topic: Let's Talk Greensleeve and Personal Directives**

Kirsten Veugelers Ph.D. Personal Patient Navigator offers empowerment to patients based on their needs and priorities and to give peace of mind. Kirsten compared Green Sleeves and Personal Directives for end of life care. Personal Directives are legal documents, usually kept with your Will. Green Sleeves provide the opportunity to choose levels of care among Resuscitative Care, Medical Care or Comfort Care (Palliative). Choices depend on a person's health and values. Goals can be changed at any time. A substitute decision-maker chosen can also be a team. Goals should be reviewed as a patient's circumstances change. They are based on what gives your life meaning and who do you trust to act on your wishes. Be prepared to have more than one conversation about them.

**What's Upcoming...****October 15<sup>th</sup>, 2019 - What is Public Interest Alberta (PIA) and what can it do for Seniors?**

Speaker: Terry Price - President of the Board of Directors for PIA

**November 19<sup>th</sup>, 2019 - Chemical Awareness: Your Home: Your Health**

Speakers: Odette Bose and Madison Pecoskie Risk Communication - Public Involvement Officers - Health Canada

**January 21<sup>st</sup>, 2020 - Speakers & Topics – TBA**

***A special thank you to Sobeys – Nottingham-Sherwood Park  
For donating delicious cookies!***

Submitted by Denis Beaudry Chairperson, SPSC Chapter

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



**Red Tape Reduction Op-Ed**

By Josephine Pon,  
Minister of Seniors and Housing



Our government knows that Albertans work hard to provide for their loved ones. That is why we committed to being mindful of every single tax dollar spent. Now, we are focused on cutting government red tape and making life better for everyday Albertans and businesses.

Have you ever found that accessing government-supported programs and services is needlessly complicated or difficult? As part of our commitment to cut red tape by one third, we are taking a close look at streamlining all government processes to empower Albertans and make their lives easier.

As Minister of Seniors and Housing, I am committed to reducing red tape. Already, we have introduced automatic enrolment in provincial seniors' financial assistance programs for Assured Income for the Severely Handicapped (AISH) recipients once they turn 65. Previously, AISH recipients had to submit a separate application for provincial seniors' benefits. It was clear to us that this was an unnecessary step causing needless stress and worry for recipients, and cumbersome for their caregivers and support workers. Now, about 125 AISH recipients turning 65 each month will benefit from a seamless process of automatic enrolment for supports available to all Alberta seniors. Thanks to this red tape reduction measure, these Albertans can be assured of uninterrupted access to the financial supports they rely on.

I'm proud that we have eliminated needless stress and paperwork for older AISH recipients. But it's just the beginning. We know there is still much work to do in reducing unnecessary regulations and administrative burdens on Albertans.

We want to hear from you. What are some ways we can remove barriers and improve access to seniors and affordable housing services? You can make your voice heard by submitting your ideas to us at [CutRedTape.alberta.ca](http://CutRedTape.alberta.ca). Your input will help ensure our government's actions reflect the needs of hardworking individuals and families across the province. Have your say, and let's work together to make life easier for all Albertans.

**CASH RAFFLE - Winners  
Sept 30, 2019  
"Fall Into Funds"**

Congratulations to SUN members:  
Ticket #093 M&S Gawlak Edmonton, Ab  
Ticket #434 A.Harding, Sherwood Park, Ab

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



**Our next Cash Raffle is  
"Father Time"**

See page 11 for ticket order form or purchase online: [www.seniorsunitednow.com](http://www.seniorsunitednow.com)

- Tickets \$5.00 each
- 5 Tickets \$10.00
- 20 tickets \$20.00
- Draw Date December 30, 2019



- License #540683
- 1st prize 30% of the gross ticket sale revenue
- 2nd prize 20% of the gross ticket sale revenue

Please consider supporting our critical fundraising

## St. Albert Chapter Quarterly Activity Summary

Chapter meetings are held on the fourth 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 September 23<sup>rd</sup>, 2019

Irena Struk, Utilities Consumer Advocate for the Alberta government, assisted by Mary Thompson, spoke on ways to use available information online to choose the best, lowest provider of heat and power out of around 30 service providers in our area. Albertans pay the highest costs in Canada except Newfoundland. Nonregulated energy costs brought in by the Klein government has resulted in higher consumer costs. Consumers are advised to consider not only floating rates versus fixed budget rates but also reasonable delivery and billing charges which can be costly. Contact the UCA office by phone at **780-310-4822** or online at [UCAhelps@gov.ab.ca](mailto:UCAhelps@gov.ab.ca) for assistance before you sign up with your providers.

**Wednesday October 02<sup>nd</sup>, 2019 – St. Albert Seniors Expo**  
Thanks to Paul Stocker, Mike Marks and Donna Brown for volunteering their time at this event!

### What's Upcoming...

**October 28<sup>th</sup>, 2019** St. Albert Public Works - current policies for waste sorting and collection

**November 25<sup>th</sup>, 2019** Raymond Cormie, CEO of Homeland Housing -2019 housing achievements & goals for 2020

**January 27<sup>th</sup>, 2020** Speaker & Topic – TBA

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

Contact SUN Executive Director Linda Osborne  
Cell: 780-920-3058 Email: [sunexdir@telus.net](mailto:sunexdir@telus.net)

New members are cordially invited to join our meetings. Visiting seniors are welcome to attend an introductory meeting at no obligation.

Paul Stocker – St. Albert Steering Committee

## VOLUNTEER OPPORTUNITIES WITH SUN

### Chapter Organizational Help

- Serving on a Chapter Steering Committee (Chair, Co-Chair, Secretary, Membership, Finance)
- 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

### 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

### Research Assignments

- As requested by the Board of Directors through the Executive Director
- 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

### 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

To enquire about a volunteer position please contact:

**SUN Executive Director Linda Osborne**

Cell: 780-920-3058 Email: [sunexdir@telus.net](mailto:sunexdir@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...**

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

**September 12<sup>th</sup>, 2019** Helena R. Smith, ACCI, FCCI, - HRS Condominium Consulting presented an informative presentation on condo living and how the new condo legislation will affect condo boards.

**What's Upcoming...**

We are pleased to bring you the following fall and new year activities. A big thank you to Arlene Johnson for scheduling our guest speakers.

**October 10<sup>th</sup>, 2019** Guest speaker Nicole Bedard, Revenue development manager from the Arthritis Society, will explain who they are and the services and resources that they provide.

**November 14<sup>th</sup>, 2019** Guest speaker Alina Olszak, representing the Hearing Care Clinic, will discuss hearing loss, its effects on people and display some hearing aid samples.

**January 9<sup>th</sup>, 2020** Guest speaker Laurie Young from Alberta Health Services will talk about Mindful Aging... Mind, Body and Spirit

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.***

**EVENT VOLUNTEERS**

Seniors Housing Forum  
Saturday Sept 28, 2019  
Thanks to SUN Members for  
volunteering their time to man  
the Seniors United Now  
Information Table  
Gordon Voth & Denis Beaudry  
Sherwood Park Members

**EVENT VOLUNTEERS NEEDED**

Seniors Health & Wellness Forum  
Saturday, November 2, 2019  
9:00am – 2:30pm  
Central Lions Seniors Recreation Centre  
11113 113 Street, Edmonton, AB  
If you can volunteer for a couple of hours,  
please contact:  
Linda Osborne Cell: 780-920-3058  
Email: sunexdir@telus.net

## 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 continues to provide support at our Chapter meetings.

### What's Happened...

**Monday September 09<sup>th</sup>, 2019** Topic: Human Rights & Seniors in Alberta  
Speaker: Sushila Samy - Certified Professional in Human Resources  
Human Rights Institute of Alberta

### What's Upcoming...

**October 28<sup>th</sup>, 2019 Seniors Isolation** Speaker - PEGASUS

**November 18<sup>th</sup>, 2019 Reverse Mortgages** - What is a Reverse Mortgage?

What are the benefits? Who is eligible? What are the conditions surrounding a reverse mortgage? Dispelling the Myths!

Speaker: Margaret Geall - Senior Mortgage Associate Invis

**January 13<sup>th</sup>, 2019** Speaker & Topic – TBA

**W. Keith Hembroff - Edmonton NW Coordinator**

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



The Seniors' Health & Wellness Forum, presented by Age Friendly Edmonton, is a free, one-day event that gives organizations and businesses a forum where seniors, their families and caregivers can obtain information and resources pertaining to health, wellness and social supports vital to aging in place. The Seniors' Health & Wellness Forum will follow the same event format as the annual Seniors' Housing Forum.

Sessions for the Forum have been developed with the Thinking About Your Future: Plan now to Age in Place checklist, produced by the Federal / Provincial / Territorial Ministers Responsible for Seniors, as a framework to identify the most appropriate information and topics for seniors to consider.

**Saturday, November 2, 2019**

9:00am – 2:30pm

Central Lions Seniors Recreation Centre  
11113 113 Street, Edmonton, AB

Participant registration opens October 1

**Register by phoning (780) 809-8604**

Complimentary on-site lunch and refreshments for participants, speakers and exhibitors.

Muffins, coffee and tea will also be served.

Free parking available on site.

## Utilities Consumer Advocate

### Electricity Disconnection - Winter Rules

According to the Distribution Tariff Regulation (which is part of the Electric Utilities Act), electricity services can't be fully disconnected between October 15th and April 15th or at any time when the temperature will be below 0 degrees Celsius in the 24-hour period after the proposed disconnection. In these cases, a limiter can be installed on your meter. The disconnection rules do not apply to commercial meters. Some distributors might fully disconnect services to units (apartments) in a centrally heated facility (apartment or condo building) any time of the year.

### Natural Gas Disconnection - Winter Rules

According to the terms and conditions of natural gas distributors, services can't be disconnected between November 1st and April 14th or at any time when the temperature will be below 0 degrees Celsius in the 24-hour period after the proposed disconnection. During winter months, natural gas distribution companies will only disconnect service if they receive a written request from the property owner. However, if a disconnection balance is still unpaid when winter rules end, your services will be disconnected. It can be costly to reconnect after a long period of disconnection.

**Financial assistance** may be available if you're experiencing financial difficulty. Below is a list of agencies who can help.

**Alberta Seniors - Special Needs Assistance Program** 1-877-644-9992 or (780) 644- 9992 in Edmonton Utility arrears coverage available for each utility (water, electricity and gas) once every three years. Applicant must be a utility account owner and have a disconnection notice in their name from the utility company.

**Alberta Seniors and Housing** - Direct to Tenant Rent Supplement Program Phone: 780-422-0122 Edmonton; 403-297-7453 Calgary; Toll-Free Alberta 310-0000 A subsidy paid directly to an eligible tenant to assist with their rental cost. Applicant must meet the 2014 Core Need Income Thresholds and citizenship requirements. Priority for assistance will be based on assisting those in greatest need first.

**Alberta Works or Alberta Supports** Phone: 1-877-644-9992 Emergency needs allowance. One-time utility assistance with disconnection notice (may assist second time but requires repayment). Deposits/reconnection fees are assessed separately.

**211 Alberta** - Edmonton, Calgary and Wood Buffalo Phone: 211 Community support information line. Contact to find what emergency grants are available in your region.



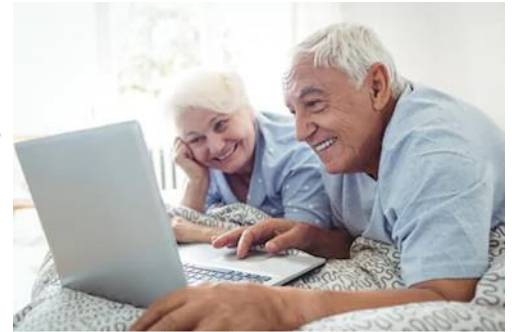
## Renewal Incentive

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. It's 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: