

SUNBURST

The Newsletter for Seniors United Now

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The Voice of Seniors in Alberta

NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the

Annual General Meeting of

Alberta Seniors United Now Society

will be held as follows:

Wednesday April 29th, 2020

Santa Maria Goretti Community Centre

11050 – 90th St Edmonton, AB

9:00am – 10:00am Meeting Registration

Keynote Speaker:

Honourable Richard Gotfried – MLA

For the purpose of:

1. President's Report
2. Receiving and considering financial statements for the year ended December 31, 2019 and the report of the auditors thereon
3. Electing Directors
4. Transacting such further business as may properly come before the meeting or any adjournment thereof

Dated 10th day of January 2020

Registration Required see page 2

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President's Report:

The United Conservative Party has been in power for eight months. It appears that their agenda is to make significant changes in government services to reduce costs and to balance the budget. It is becoming evident that these changes will have some impact on seniors' benefits, even though the UCP government has stated that there would be no senior's benefits reduction.

Albertans have been advised, by the UCP, to expect a smaller government but we will not experience an attack on services. I expect that a smaller government will have to deliver a reduction in senior services as there will be fewer public servants. It will make it more difficult to navigate a system as services will probably be combined to reduce costs. Seniors could lose out on defined benefits, they are entitled to, if the new system is more difficult to understand

The upcoming changes to the Alberta Seniors Benefit Drug Program are an example. This program will no longer provide coverage to non senior dependents of a senior. This will require a couple, where one is a senior and the other is not, to acquire separate coverage for the non senior. This will increase the couple's cost of health care coverage. This will result in an increased cost for the couple.

An example of a combined service is the merging of the seniors advocate with the health advocate. They have separate mandates and should not be merged. It is a loss of access to move the seniors advocate from the senior's minister to the health department. SUN has had a close working relationship with the seniors advocate as we have coordinated our advocacy program with the senior's advocates mandate. This partnership has worked very well. This relationship will probably be lost or reduced in efficiency. This means that all seniors could experience more confusion and stress in seeking access to senior services.

The board of SUN is concerned. Therefore, we have written a letter to the Ministers of Health and the Minister for seniors. We oppose this move and have asked for it to be reversed. It makes more sense for a senior advocate to report to the senior's minister.

In a statement released by Premier Kenny's office, he advised that changes were necessary to bring the provinces financial house in order. What impact this will ultimately have on seniors is not clear at this time. We trust that it will be minimum.

Your board will continue to monitor all changes to seniors' benefits and will communicate to the government to make our concerns known to the appropriate minister.

Gordon Voth, President

AGM Keynote Introduction:

The Honorable Mr. Richards Gotfried, MLA, Calgary Fish Creek

Mr. Gotfried is a second term MLA and has agreed to bring a message from the Honorable Josephine Pon, Minister of Seniors and Housing and the UCP government. Mr. Gotfried will speak on current seniors' issues in Alberta and the solutions the Government is proposing.

Mr. Gotfried currently serves as deputy chair of the standing Committee on Public accounts and as a member of the special standing committee members services.

He is a strong supporter of community engagements and has volunteered with several community associations. He has a history with the Canadian Home Builders Foundation.

Please plan on attending to hear and question Mr. Gotfried



AGM REGISTRATION

For online registration visit the SUN website

www.seniorsunitednow.com

Mail in registration form is located on page 16

Registration can also be made at any Chapter meeting prior to:

April 22nd 2020

Pension Reform:

Gordon Voth, President and Linda Osborne, Executive Director met with Public Interest Alberta, Seniors Task Force on December 11, 2019. SUN tabled a position paper requesting that “Public Interest Alberta, Seniors Task Force recognize that the coordinated pension, recovery for life clause represents a senior’s injustice and would endorse SUN’s position that LAPP amend this condition to include a sunset clause”.

The motion passed and the Seniors Task Force referred it to the governing PIA Board recommending that the PIA Board also approve the motion. We now must wait until the PIA Board meets and addresses this issue. We anticipate a positive response.

The seniors task force consists of 23 senior advocate organizations or organizations representing seniors. They have a vast voice across Alberta.

Following a positive response, we will seek a meeting with the new governance body of LAPP, now known as the Sponsor Board.

Gordon Voth

Executive Director’s Report:

Now we have headed into a new year, I am anticipating some interesting challenges and a positive action by Seniors United Now. As I mentioned in the previous newsletter, we were going to advertise for a new Membership Coordinator to help with getting a greater awareness of SUN in Alberta as well as increasing our membership. We advertised in November and received 75 applications for the position.

I am pleased to introduce Deborah Wilson as our Membership Coordinator. Deborah brings a wealth of experience from working in the public service for 34 years. She joined the SUN staff at the beginning of December and has been hard at work on our membership database and a new marketing plan.

On November 11, Wayne Sorensen and I had the privilege of laying the Seniors United Now wreath at the Remembrance Day Ceremony at the Kingsway Legion in Edmonton.

Seniors United Now continues to be affiliated with Public Interest Alberta Senior Task Force and the Pharmacare Working Group of Alberta. Since the Budget came out, I have been working with both groups to voice our senior’s concerns. Friends of Medicare has placed a section on their website called “Write A Letter” which is to encourage seniors to write letters to their MLAs and MP. The section on the website has sample letters.

The website is: www.friendsofmedicare.org/write_a_letter

In November and December, I have had contact with a Calgary seniors group and I look forward to the discussion with a variety of Calgary groups in January. More information to come in our next newsletter.

I encourage everyone to attend our Annual General Meeting in April. As it is a chance for us to get together as a group.

Respectfully Submitted,

Linda Osborne - Executive Director

sunexdir@telus.net cell: 780-920-3058

Seniors United Now - Position Paper***Public Service Pension Plans, Coordinated Pensions-Recovery for life***

Seniors United Now (SUN) received a complaint that the Local Authorities Pension Plan contract regarding recovery of coordinated pensions for life is punitive and disadvantages seniors who enjoy longevity of life. The amount recovered is not in keeping with a fair and reasonable recovery for the amounts advanced.

The board of SUN undertook steps to investigate the extent this clause had a negative financial impact on SUN members. We placed a notice in our Sunburst newsletter and were surprised by the extent of the response we received. The board ascertained that concern over this clause was widespread and affected many of our members. We conclude that there is a significantly larger number of LAPP retirees that are negatively affected by the application of this clause.

SUN's pension reform committee, to ascertain the extent of individual members overpayments, asked our members to contact LAPP and request their personal information on the amount of funds advanced and the amount of funds recovered. The committee was advised by LAPP that the requirement of "recovery for life" was cost neutral. We believe that the recovery should be revenue neutral to the retirees that enjoy longevity of life.

SUN's review of the Public Service Pension Act of 1993 does not specify that there is a requirement for recovery for life. We therefore conclude that this is a LAPP policy. As such, we suggest that it is within the jurisdiction of the sponsor board of LAPP to change this contractual condition. We have communicated with Mr. Chris Brown, President and CEO, LAPP Corporation suggesting that LAPP review this policy and develop a fair and equitable sunset clause.

It is the position of the board of directors that the LAPP actuarial adjustments, used to set recovery amounts may not be fair and equitable to 80 year and plus retirees that are currently repaying for life.

The Board of directors of SUN is requesting that Public Interest Alberta, Seniors Task Force recognize that this recovery clause represents a senior's injustice and would publicly endorse SUN's position that the LAPP coordinated pension, recovery for life clause be amended to include a sunset clause.

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 Arlene E. Harding – Director Stan Poznanski – Director

SUN STAFF

Linda Osborne - Executive Director 780-920-3058 sunexdir@telus.net
Deborah Wilson – SUN Membership Coordinator 780-999-2313 suncoord@telus.net
Lynn Penner - Office Administration 780-449-1816 unitenow@telus.net

Upcoming Changes to the Alberta Seniors Benefit Drug Program

The Alberta Seniors Benefit Drug Program provides coverage for non-senior dependents, such as partners and dependents under 65. By March 2020, that coverage for dependents will end. There are a lot of questions about the impact of these changes. So rightfully, senior households may be a little more nervous this Christmas season wondering what the New Year will bring. But unfortunately, right now there appears to be more questions than answers.

This change hits a very distinct demographic in relation to both access and affordability of basic health needs. Senior Households. More directly it unequally impacts female partners in senior households who are under the age of 65. As it is not rare that the female partner in a senior household is the younger partner. While by no means a rule, it is a generational reality.

It is worrisome to wonder how many senior partners who are living on a fixed income and unable to work will simply decide that they can't afford to fill their own medications. What is the cost if they end up in a hospital, and no longer can provide daily support to their "senior" partner?

The government is indicating that individuals impacted will be able to get their own coverage through another means, such as, Alberta Blue Cross. But there is a cost to that, and then there is the need to coordinate health care plans and the administration to do this.

Will this result in sending more seniors under the age of 65 to hospital emergency rooms, increasing already long wait-lines and physician volumes? How is forcing spouses from senior households to coordinate various health care coverage policies aligning to Red Tape Reduction?

NDP health critic David Shepherd has alluded that the changes are short-sighted and said up to 46,000 people could lose drug coverage. "When seniors are not able to afford their medications, that's going to create other costs throughout the health-care system, that's going to put them in emergency rooms, that's going to put them in hospitals and once seniors arrive in hospital, they often don't get back out and that's going to create more cost in our continuing-care system," Shepherd said.

Steve Buick, press secretary for Health Minister Tyler Shandro, shared with Global News "The Seniors Drug Program is for seniors — not for non-seniors, No other province covers non-seniors through a seniors drug program." Clarity is still lacking, but Mr. Buick has shared that "Albertans affected will be contacted by mail early in the new year".... and that "Pharmacists and other healthcare providers will also be notified."

The government states they can save \$36.5 million dollars by canceling coverage to 46,000 members of senior households. But at what cost?

RESOURCES:

For more information on the Seniors Health Benefit program go to:

<https://www.alberta.ca/seniors-health-benefits.aspx>

According to the government, non-seniors can get coverage through the Alberta Blue Cross Non-Group program. For more information on the Alberta Seniors Health Benefit plan

<https://www.alberta.ca/seniors-health-benefits.aspx>

VOLUNTEER OPPORTUNITIES WITH SUN

Chapter Organizational Help - serving on a chapter steering committee, organization of chapter meetings - room set up, refreshment preparation, clean up, phoning meeting reminders, arranging and coordinating guest speakers

Board of Directors - Trade Shows/Community Events - Research Assignments - Provincial Phoning Committee - Fundraising

To enquire about a volunteer position please contact: SUN Executive Director Linda Osborne
Cell: 780-920-3058 Email: sunexdir@telus.net

Excerpt - December 4, 2019

Honourable Josephine Pon

The Board of Directors of Seniors United Now is opposed to the decision of the United Conservative Party of Alberta to move the seniors advocate from the department of seniors and housing to the department of health.

The seniors advocate’s 2018-2019 annual report said that 28% of calls were about health concerns. That means that 72% of calls were for other senior concerns. To wrongly move those 72% of calls to health is a poor decision as they do not belong in the health portfolio and will create confusion for seniors.

Seniors United Now, also has a advocacy program that is currently coordinated with the Seniors Advocate and the Department of Seniors and Housing. It is working well. It is our experience that the majority of calls we receive are not health related. They are mainly related to residential, nutritional and financial benefits.

If your decision to combine the health advocate office with the seniors’ advocate office is fixed and will proceed, we recommend that they both report to the Minister of Seniors and Housing. This would continue to respect seniors and to assist them in navigating the government system.

SUN strongly objects to not having a Seniors Advocate reporting to the Minister of Seniors and Housing. This is the Ministry we relate to and consider it would be disadvantageous for Alberta seniors to not continue to have a senior’s ministry handle all of senior’s issues. It seems incongruous not to have a senior’s advocate report to a senior’s minister

We respectfully ask that the decision to move seniors’ issues out of the department and minister dedicated to seniors be rescinded.

cc The Honourable Tyler Shandro, Minister of Health
cc DR. Sheree Kwong See, Seniors Advocate



County Clothes-Line
COMMUNITY FIRST

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T8A 4C8



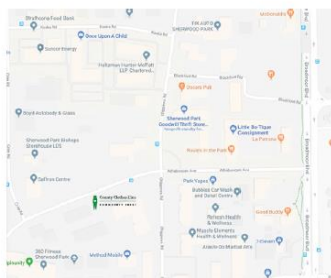
HOURS OF OPERATION

9:00 - 5:30 Mon, Tue, Wed & Fri

9:00 - 8:30 Thurs

9:00 - 5:30 Sat

www.countyclothes-line.com



THANKS TO THE
County
Clothes-Line
Foundation
Community First
For the generous
grant received in
support of Seniors
United Now Society



Social isolation of seniors: Minister Pon



Minister of Seniors and Housing Josephine Pon issued the following statement on the social isolation of seniors during the holiday season:

“Although the holidays are a joyous time for many Albertans, this can also be a difficult time of year.

While families, friends and neighbors’ gather to celebrate Christmas and the holiday season, social isolation is a serious issue for some people in our communities, including seniors.

“Social isolation occurs when seniors have limited quality connections with others. This could be due to living arrangements, the loss of a loved one, a change in health, lack of community resources, or reduced access to transportation.

“We know social isolation contributes to poor health, loneliness, and emotional distress. In extreme cases, social isolation is both a risk factor for and a result of elder abuse. Though social isolation is not tied to a particular time of year, some seniors may find it especially difficult to cope during the holidays.

“Fortunately, we all can help make a difference.

“I encourage all Albertans to reach out to the seniors in their lives. Call them to catch up, invite them to dinner, or join them for a holiday event in their residence or in their community. Even a small interaction can have a meaningful impact.

“Our government is committed to working with our partners to ensure communities and local organizations have the tools they need to identify, prevent and address social isolation and elder abuse.

“I’m pleased to announce that new resources are available to help raise awareness of social isolation. A poster, rack card and fact sheet will help ensure seniors know they are not alone, explain how to ask for help and how to provide help, and identify the relationship between social isolation, loneliness and elder abuse. I hope health providers, civil society organizations, private businesses and everyday Albertans put these resources to good use.

“Earlier this year, we released the Addressing Elder Abuse: A Toolkit for Developing a Coordinated Community Response to Elder Abuse. The toolkit provides a five-stage process to help communities develop local solutions to reduce the risk of elder abuse.

“These resources and many more are available on alberta.ca.

“In addition, the government awarded nearly \$800,000 to organizations across Alberta to focus on social inclusion of diverse seniors’ populations. Through these grants, local organizations focus on engaging seniors who may be at risk of becoming socially isolated.

“The Sage Seniors Association is an excellent example. It is developing a Virtual Seniors Centre to increase the accessibility of information and resources for seniors who experience barriers to accessing in-person services. I am so proud to support this meaningful work.

“Together, we can help identify, prevent and reduce social isolation and elder abuse year-round.”

Elk Island Regional Honour Choirs

We are an auditioned choir for youth aged 5 to 19.

Rehearsals are held on Monday evenings in Sherwood Park and there are many community concerts and activities for the choristers throughout the year.



CONTACT OUR CHOIR MANAGER:

manaqer.elkislandchoirs@gmail.com

CASH RAFFLE - Winners December 30, 2019



“Father Time”

Congratulations to SUN members:

Ticket #0217 M.Huston - Edmonton

Ticket #0259 J.Martin – Lac La Biche

Thanks to all members for supporting SUN’s critical fundraising by purchasing tickets!

NEW YEAR'S RESOLUTIONS are just for the young, right?

Not necessarily. Setting resolutions has practical value for older people and can impact your overall health positively. If nothing else, resolutions provide us with goals and purpose in our lives.

Eat Healthier - Eat more nutrient-dense foods. You need fewer calories with aging, but just as many nutrients. Eat more nutrient-rich fruits and vegetables, whole grains, seafood, lean meats and poultry, beans, nuts, and seeds. Also consider consuming less sugar-sweetened drinks and desserts, white bread and pasta made from refined grains. You can seek out healthy choices through your physician or a dietitian.

Be Active - Even if you have a diagnosis that impacts your health (like heart disease, diabetes or arthritis), physical activity can still be safe for older adults. Do a variety of physical activities. Older adults can benefit from doing four types of activity regularly. These include aerobic exercise, such as walking or swimming, for endurance; and activities to strengthen muscles, improve balance and increase flexibility, doing yoga, for example, combines balance, flexibility and strengthening.

Think positively - Studies show that a positive attitude has been linked to faster and better recovery from injury or disability, lower risk of chronic disease and memory loss, less isolation and loneliness, and handling stress better without ignoring difficulties.

Visit your Healthcare Provider - As a rule of thumb, you should schedule an annual wellness check with your healthcare provider around your birthday. At this visit you can discuss any changes or concerns that you may have, the current medications that you're taking, and any recommended health screenings or immunizations. The screenings may test your hearing, vision, or other conditions such as osteoporosis or breast or colon cancer. Of course, if you have any concerns about your health you should schedule an appointment with your provider right away.

Stimulate your mind - There are plenty of things you can do to engage your mind like read, do crossword puzzles, play solitaire or Sudoku. Challenging your brain to learn something new through a university or community class, book or movie club, or photography group, helps keep your brain healthy. Lifelong learning helps build cognitive reserve, the brain's resilience and ability to cope with stress and challenges.

Help other people - Research reveals volunteering improves health by reducing stress and depression risk, and keeping you physically, mentally and socially active.

Stay connected and make new friends. Social engagement and participation are especially important for older adults. These are linked to better cognition and overall health, and lower risk of depression and disability, reports Statistics Canada.

Prevent a Fall - Falls are the leading cause of injuries in older adults, and in fact, one in three older adults fall each year. There are steps you can take to help prevent a fall as well as exercises that can increase your strength, balance and flexibility. Check with your healthcare provider regarding medications you may be taking that increase your chance of falling.

Get Adequate Sleep - It's important to get enough sleep to feel your best. Older adults should get 7-8 hours of sleep each night. Avoid daytime naps if this keeps you up during the night. You should contact your medical provider if you have ongoing issues with getting adequate sleep.

Speak Up About Your Mental Health - About 1 in 5 older adults suffer from depression or anxiety. Some signs of depression are ongoing feelings of sadness, fatigue, changes in appetite, or losing the desire to do things that you enjoy. Also, you may have difficulty sleeping, feel worried or irritable, or a desire to isolate yourself. Talk to your support network and your healthcare provider if you're struggling, or if you're experiencing any of these signs for more than two weeks.

Share a good laugh - Humor, or a smile, can make you feel good even in difficult times. Laughter also strengthens your immune system, lifts mood, eases pain and lowers stress

We wish you a healthy and happy 2020!

South Edmonton Chapter

Quarterly Activity Summary

The South Edmonton Chapter meets on the second Friday of the month. Meetings are held at the 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...

October 11th, 2019 Fighting back against Fraud Speaker: Sgt. Neal York - Team Leader- Edmonton Provincial Financial Crime, Federal Serious and Organized Crime, RCMP: K Division Issues covered included theft of redirection of mail, identity theft, "family member" emergencies, grandparents scam, scare tactics, free money or gift push, notification of tax returns, lottery win, inheritance scam, mass marketing fraud, romantic fraud, help wanted fraud, computer scam, continuity scam, door-to-door scam, among several other types. Some solutions to counter the above, how to protect yourself, protect others and contact Canadian Anti-Fraud Centre. Sgt, York gave a detailed presentation with plenty of excellent examples.

November 8th, 2019 Dr. Sheree Kwong See, Senior's Advocate - Office of the Seniors Advocate - Dr. Kwong See spoke about her work while in office. This talk included an update on the Advocate's activities, reports of findings, and Governments' responses. She used an overhead and expanded greatly on the highlighted points in her presentation. She also distributed booklets of the Annual Report for 2017-18. Some interesting points: #1 opened 1,254 new client cases #2 engaged in almost 8,100 contacts #3 supported resolutions by facilitating self-advocacy, referral, or advocating on behalf of clients. Alberta referrals involved income and financial support, house and homes support, social supports, and health care supports.

December 11th, 2019 No presentation was held in December. Instead, we held a very successful Chapter Executive Volunteer Appreciation Night and Dinner at the red Lobster Restaurant at the Calgary Trail.

What's Upcoming...

January 10th, 2020 ENGAGING IN AN ACTIVE LIFESTYLE Jolyn Hall, BScN, SRES Learn about optimizing the aging experience to be able to enhance one's quality of life. This will involve understanding active aging, knowing how to advocate for one's self, and how to be proactive in maintaining the decisions one makes for one's self.

February 14th, 2020 - Green Sleeve Documents – Bea Clair, Healthy Aging Social Worker, Primary Care Network
Personal Directive, Enduring Power of Attorney and Goals of Care

March 13th, 2020 - Canada Food Guide -Food Choices & Eating Habits - Primary Care Network

April 10th, 2020 - Air Quality and Health – Adverse health effects of wildfire smoke and how to reduce exposure to air pollutants. Speaker: Opel Vuzi, Federal Government

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



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...

October 15th, 2019 - The Role of Advocacy for seniors through Public Interest Alberta. Terry Price, President of the Board of Directors of Public Interest Alberta (PIA). A former teacher, she has been an activist at all levels of public interest and is currently serving Chair of the Seniors' Task Force and other various roles with PIA. Terry spoke about the immense challenges involved in advocating for social change in all seven Task Forces. The Child Care and Early Learning Task Force are fighting to preserve and enhance our public services. The Democracy Task Force is working on furthering democratic reform by addressing citizen engagement, the electoral system, campaign and party financing and the role of our MLAs. The Human Services and Poverty Task Force promoted raising the minimum wage and social benefit rates. The Post-Secondary Education Task Force addressed tuition, health support and infrastructure issues. The Seniors' Task Force focused on having a single payer plan for senior services. The Environmental Action Task Force focuses on climate change issues. PIA is also addressing the issue of ageism and driving requirements. Terry gave us a lot of food for thought about protecting public interest.

November 19th, 2019 - Chemical Awareness; Your Home: Your Health - Odette Bose and Madison Pecoskie - Risk Communication Public Involvement Officers for Health Canada The workshop offered by our guest speakers aimed to educate participants with the ability to identify sources of exposure to chemical substances in daily activities and help minimize health risks. The topics discussed included: 1) Chemicals in our environment and their effects on human health. 2) The difference between hazard and exposure and how we can identify the risks. 3) How to manage risks properly. 4) How "Canada's Chemical Management Plan" helps the public manage risks from chemicals.

The Grab Bag activity and Hidden Hazards search involved the audience in identifying hazards and planning to avoid them. Of interest to the group was Radon detection and elimination. Radon Detection Kits can be purchased in Hardware Stores.

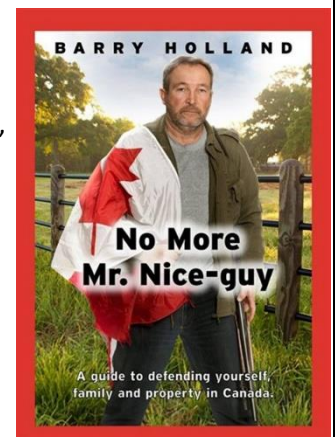
What's Upcoming...

January 21st, 2020 - Barry Holland- Author No more Mr. Nice Guy: a guide to defending yourself family and property. He is a Security Advisor with a long history of providing and teaching security, law enforcement, counterterrorism, military and private sector. You will learn what you can do legally; and it is not insignificant. What you should do in your everyday life to prepare for the day you must deal with criminals, and how to tactically deal with the criminals and prevail should the need arise.

February 18th, 2020 - Speaker & Topic – TBA

March 17th, 2020 - Speaker & Topic – 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!



Slam the Scam – Protect yourself against fraud – CRA Awareness

There are many fraud types, including new ones invented daily. Taxpayers should be vigilant when they receive, either by telephone, mail, text message or email, a fraudulent communication that claims to be from the Canada Revenue Agency (CRA) requesting personal information such as a social insurance number, credit card number, bank account number, or passport number. Scammers posing as Canada Revenue Agency (CRA) employees continue to contact Canadians, misleading them into paying false debt. These persistent scammers have created fear among people who now automatically assume that any communication from someone representing the CRA is not genuine.

By phone - The CRA will never ask for information about your passport, healthcare card, or driver's license, demand immediate payment by Interac e-transfer, bitcoin, prepaid credit cards or gift cards from retailers such as iTunes, Amazon, or others, use aggressive language or threaten you with arrest or sending the police, leave voicemails that are threatening or give personal or financial information.

By email - The CRA will never- give or ask for personal or financial information by email and ask you to click on a link, email you a link asking you to fill in an online form with personal or financial details, send you an email with a link to your refund, demand immediate payment, threaten you with arrest or a prison sentence.

By mail - The CRA will never set up a meeting with you in a public place to take a payment, demand immediate payment by Interac e-transfer, bitcoin, prepaid credit cards or gift cards from retailers such as iTunes, Amazon, or others, threaten you with arrest or a prison sentence.

By text messages/instant messaging - The CRA never uses text messages or instant messaging such as Facebook Messenger or WhatsApp to communicate with taxpayers under any circumstance. If a taxpayer receives text or instant messages claiming to be from the CRA, they are scams!

Before giving money or personal information over the phone - Make sure the caller is a CRA employee

Ask for, or make a note of, the caller's name, work section, and office location and tell them that you want to first verify their identity.

You can then check that the employee calling you about your taxes works for the CRA or that the CRA did contact you by calling 1-800-959-8281. If the call you received was about a government program such as Student Loans or Employment Insurance, call 1-866-864-5823.

When in doubt, ask yourself

Why is the caller pressuring me to act immediately? Am I certain the caller is a CRA employee? Did I file my tax return on time? Have I received a notice of assessment or reassessment saying I owe tax? Have I received written communication from the CRA by email or mail about the subject of the call? Does the CRA have my most recent contact information, such as my email and address? Is the caller asking for information I would not give in my tax return or that is not related to the money I owe the CRA? Have I received a statement of account about a government program I owe money to, such as employment insurance or Canada Student Loans?

More information on tax scams and fraud can be found at canada.ca/taxes-fraud-prevention.

Our next Cash Raffle is

“Leprechaun Luck” Draw Date March 17, 2020

See page 15 for ticket order form or
purchase online: www.seniorsunitednow.com

Tickets \$5.00 each 5 Tickets \$10.00 20 tickets \$20.00

Please consider supporting SUN's 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...

October 28th, 2019 "BeWasteWise"; what goes where with garbage, organics and recycling from Katie Burd, Waste & Diversion Associate with the city Utilities and Environment Department. For specific information, contact the department at 780-459-1557 or online at stalbert.ca/waste. General waste pickup schedule is in the mailer or online with your utility bills.

November 25th, 2019 a power point presentation by Raymond Cormie CEO on Homeland Housing. He noted that affordable subsidized accommodation was scarce especially in the city's region. In the next 10 years, 200 more units are needed due to the number of retiring seniors. Waiting times are now up to three years unless emergency cases increase. Please call 780-939-5116 or visit www.homelandhousing.ca for up to date information on costs and available units.

What's Upcoming...

January 27th, 2020 Navigating Aging - Aging in Place & developing a plan to age well - Jolyn Hall, BScN, SRES
Owner, Active Aging Advocate - Edmonton55

February 24th, 2020 A Healthy Home - Chemical Awareness - Your Home: Your Health - Tips to protect your home from chemicals & pollutants **Odette Bose** - Risk Communication & Public Involvement Officer - **Health Canada**

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

Contact SUN Executive Director Linda Osborne
Cell: 780-920-3058 Email: sunexdir@telus.net

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

Paul Stocker – St. Albert Steering Committee

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...

November 18th, 2019 Reverse Mortgages - Margaret Gaell, INVIS with support from Lynn Masters R.E. Agent - An excellent information session. The small group attending responded with many questions. We plan on rescheduling another presentation in the spring. Anyone owning property (single family home, condo, etc.) would get value from this session.

What's Upcoming...



January 13th, 2020 Seniors Isolation - Speaker: Heather Rowland PEGASIS

Social isolation is a complex issue and addressing it requires community involvement from multiple angles. By addressing a range of factors that may lead to social isolation, PEGASIS is encouraging and promoting healthy connections and building networks among seniors, caregivers, and communities.

We Invite all Edmonton and area SUN members to attend and bring a friend.

February 10th, 2020 Speaker & Topic – TBA

March 09th, 2020 Speaker & Topic – TBA

Your support and talents are wanted, please consider volunteering for our Chapter.

Contact SUN Executive Director Linda Osborne
Cell: 780-920-3058 Email: sunexdir@telus.net

W. Keith Hembroff - Edmonton NW Coordinator
Please come and join us! Everyone is welcome!

North East Edmonton Chapter**Quarterly Activity Summary**

We hold our meetings at the Edmonton Public Library – main floor, Londonderry Mall 66th St. & 137th 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...

September 12th, 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.

October 10th, 2019 We were pleased to have guest speaker Nicole Bedard, Revenue development manager from the Arthritis Society explain who they are and the services and resources that they provide. Information handout materials were provided.

November 14th, 2019 Alina Olszak, representing the Hearing Care Clinic, discussed hearing loss, its effects on people and displayed some hearing aid samples together with a question and answer session.

January 9th, 2020 Laurie Young from Alberta Health Services spoke about Mindful Aging... Mind, Body and Spirit.

What's Upcoming...

Arlene Johnson deserves a big thank you for scheduling the following speakers for the new year

February 13th, 2020 Irena Struk, representing the Utilities Consumer Advocate, will discuss how to reduce utilities costs and understanding your heat and power choices.

March 12th, 2020 Dynamic guest speaker Bob Layton is News Manager of Corus Edmonton Group of Radio Stations. He is celebrating 49 years of Broadcasting. His lighthearted topic will be "My Life in Broadcasting So Far".

April 09th, 2020 Vision Care & CNIB - Presented by, Merico Tesolin, Program Lead, Community Education for the CNIB Foundation, a passionate speaker who is both deaf and blind.

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***



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Calgary Chapter – Update

Seniors United Now has been contacted by a senior's group, located in Calgary. This group suggested a meeting with SUN to explore how seniors' issues in Calgary can be advanced by joint planning and actioning. A meeting is being arranged for mid January 2020.

The Board of Directors of SUN looks favourably on any coordinated effort, by independent seniors' organizations, to further seniors' issues. SUN brings experience in advocating for seniors and is more than willing to share our expertise or partnership to promote senior issues.

As discussions progress, we will keep our members up to date.

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

Renewal Incentive

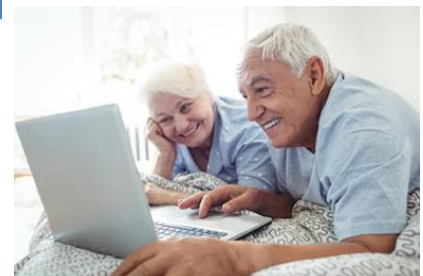
Renew your membership early or within your renewal quarter, and you will automatically be entered in a membership renewal appreciation draw, winner will be announced annually at the AGM.

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

Contact the SUN office for more information



Visit: 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!!

RAFFLE RULES

Leprechaun Luck - 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 March 17, 2020
License #555040

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, March 17, 2020
- 4) The prize payout shall be as follows:
1st prize 30% 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: #37 2016 Sherwood Drive, Sherwood Park, AB T8A3X3 prior to 3pm, March 17, 2020
- 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 Jan – Mar 2020

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 \$ _____ AGM \$ _____ 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 contact me.

AGM REGISTRATION FORM

17th Annual General Meeting

Alberta Seniors United Now Society - April 29th, 2020

Name(s): _____

Membership: # _____ # _____ Phone: _____

Address: _____ City: _____

(If different than indicated below)

Postal Code: _____ Email: _____

Tickets: \$10 per individual Current Member \$30 per non-member

Ticket price includes admission - light lunch & refreshments

(Tickets will be held for pick-up at AGM pre-paid registration table)

PAYMENT OPTIONS:

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

Etransfer: unitenow@telus.net (Contact the SUN office to confirm password)

Mail: Seniors United Now unit37 #15- 2016 Sherwood Drive, Sherwood Park, AB T8A 3X3

#of Tickets _____ Amount: \$_____ Cheque#_____ Registration deadline is April 22, 2020

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

Return Undeliverable Canadian

Addresses to:

Unit #37 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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