

# SUNBURST

The Newsletter for Seniors United Now

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The Voice of Seniors in Alberta

## TIPS FOR OLDER ADULTS WITHOUT TECHNOLOGY TO AVOID SOCIAL ISOLATION



- Call friends and family - Schedule regular calls to stay in touch. An old-fashioned phone call can be worth its weight in gold. Set time aside to call two people you enjoy every day.
- Get outside once a day if you can - Go for a walk or sit on the porch. If that is not an option, sit by an open a window to get some fresh air. Incorporate this into your schedule to create a daily routine.
- Be creative - Paint, draw, sing, write - Everyone has a story to tell – maybe this is the time you have needed to write your book, paint that masterpiece or do some sketches. Pull out those crafts and art supplies and remember how creative you used to be when you had the time. Set aside time each day to use your creative side.
- Listen to music - Sing along or play an instrument. Music is soothing and can remind us of happy memories. Spend some time each day enjoying your favorite music. Consider the lost art of deep listening and just relax, close your eyes, and let the music fill your mind.
- Read a book - Re-read an old favorite or try a new book. Add reading into your routine by carving out some time each day just to do some reading. This can help stimulate your brain, reduce stress levels, and improve your vocabulary and knowledge base.
- Practice your favorite hobbies - Dig out your knitting, sewing, stamp collection, photo albums, crossword puzzles or other activities. Pass your time at home by indulging in activities that are entertaining and make you feel happy and relaxed. Plus, hobbies help you feel like you have accomplished something too.
- Create a family tree - This could be the perfect time to start researching your family tree. This allows you to reach out by phone to speak to relatives you might not have seen for a while, enjoy sharing memories and record your history in your own handwriting. Not keen to call with questions? Then just write down some of your own memories from your life to share with other family who might be doing a family tree.

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### LEST WE FORGET 2020

The Royal Canadian Legion is taking the unprecedented step of discouraging Canadians from attending Remembrance Day ceremonies this year as COVID-19 upends the traditional ways of honoring those who sacrificed their lives for Canada. Legion branches across the country are scrambling to plan stripped-down versions of the annual somber ceremonies on Wednesday November 11<sup>th</sup> 2020 as many local governments restrict large-scale gatherings due to the rising number of new COVID-19 cases.

The first Remembrance Day was observed on November 11, 1931 in Canada, after the Bill was passed by the House of Commons. On this day, Canadians offer their respect by observing a minute of silence and honoring those soldiers who took a bullet for the country. Poppies have a special place in every Canadian's heart.

Remembrance Day is not just about war and those we have lost, but about ideals and what we stand for. It is about respecting our past and looking hopefully forward, and more than anything, thanking those who have served. Ways to participate include not only watching on TV or online but wearing poppies once they become available later this month and recognizing two minutes of silence at 11 a.m. on Nov. 11 no matter where you are.



**Questions about seniors programs and services?**

**211 now provides enhanced information and referrals for a variety of seniors resources**



**Dial 2-1-1 to be connected to the Seniors Information Phone Line**

If you are feeling particularly isolated these days, you are not alone. To help you connect with others, several seniors' organizations are offering friendly calls. To get on a friendly call list, call 211 and press "2" You will be referred to a friendly call program to receive calls from a friendly volunteer on a regular, recurring basis.

211 is a helpline and website that provides information on and referrals to Alberta's community, social, health-related and government services. The vision for 211 Alberta is to be the primary source of information and gateway to human services for individuals and planners.

### SUN BOARD OF DIRECTORS 2020 – 2021

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

#### SUN STAFF

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

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

I would like to thank all the members who were able to attend our AGM by Zoom. Though we could not meet in person – it was nice to see your faces and hear some comments.

Over the past months, we have been considering alternatives to keep in touch with our members. Lynn Penner, Office Administrator has been doing a great job of sending out communications to our members by email and we will continue to do this as we cannot meet in person. Strathcona/Sherwood Park Chapter will be hosting zoom meetings in October and November for all members to attend and listen to the guest speakers. For further information regarding this, check out the Chapter Report by Strathcona/ Sherwood Park on the following pages.

I continue to represent SUN at the Public Interest Alberta Task Force which focusses on needs across all streams of continuing care, improving the quality of all residential senior's care and reform of home care services.

As I mentioned in my Executive Director Report for the AGM, please do not become isolated in these difficult times. There are others who would love to hear from you – they are isolated too.

Respectfully submitted,

Linda Osborne

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



## ***Membership Coordinator's Report:***

Well I am not sure where the time has gone but I am coming up to one year in the role in December with SUN as the membership coordinator. My name is Deborah Wilson and I got out to some of the chapter meetings to personally meet with some of our members and just when I was feeling like I was ready to branch out the pandemic hit and locked us all down. I am working from home as required and limiting my hours. I spent some time on the phone with members leading up to our Annual General Meeting. I was reminded how important it is to connect and how much we are missing our Chapter Meetings as a chance to get together, learn, and socialize.

Our Annual General Meeting was moved to an online platform and was a great success with over 50 members attending the Zoom meeting. It was a lot of learning to put together, but our Office Administrator and board did an excellent job and this gives us a solid foundation to move forward with online meetings. I am really looking forward to the first chapter ZOOM meeting this month. Be sure to check it out and join in the future meetings.

My role as your membership coordinator is to work with the chapter to expand our membership. Why you might ask, well as a nonpartisan voice for seniors we need members to ensure our voice is heard. As government moves to make changes, we must ensure we are putting forward our issues for consideration and the more voices we have the greater the chance of being heard by government. You can help by talking to friends, family and neighbours and tell them all about SUN. Share your copy of SUNBURST with anyone interested. Renew your membership. We need your voice to make a difference.

I am working on a Facebook page to enhance our digital attachment to members, to reach new members and as a vehicle to send out information, with members and to recruit new members. I'm learning as I go but this should be another great way to connect.

I am confident we will get through this together and I am happy to be working with SUN. If you wish to contact me: [suncoord@telus.net](mailto:suncoord@telus.net) or text or call 780-999-2313

Deborah Wilson

**Our next Cash Raffle is: "Solstice Dough"**

**Draw Date December 21, 2020**

**License #566309**

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

Please consider supporting SUN's critical fundraising.

Checkout our solstice data – "The Day the Sun Stands Still" on page 5



## Presidents Report

The onset of covid-19, in March, wreaked havoc on the Alberta economy, putting thousands out of work in a matter of a few weeks. We are now faced with an enormous challenge to put our province back together again and to develop a new normal. Jobs need to return, children need to go back to school, and our senior financial support system must be maintained. As we accept these challenges, the government must be the leader. It is SUN's responsibility to work effectively with the government, provide advice and to encourage a meaningful reduction in our province's current deficit funding. This is no easy task.

I suggest that the government's plan to reduce deficits must also consider a path to increase its revenues. It must be a process that is creative and provides support to the economy to grow and thereby create more revenues. It cannot be one sided with the entire emphasis on cost reductions. This strategy would have a negative impact on senior support programs that are currently in place. It would create the impression that the budget is being balanced on the backs of those Albertans who cannot afford any reduction in their standard of living. Albertans need a creative and fair plan. One which we can all work together on.

Financial analysts remain skeptical that recent market gains will hold. The market is tied to all our pension plans, investments, and savings. As the market goes, so does our standard of living. I suggest that our Federal and Provincial governments must continue to support the economy, but in a planned way over a prolonged period of years. If not, then our economy will be in jeopardy of continuing a downward slide, causing record levels of unemployment. Senior supports must be maintained.

I also suggest that we must continue to look for good news. To only dwell on bad news will lead to a depressed outlook on life. Remember, a vaccination is being worked on and will probably be available in 2021. We must persevere until then. Seniors are hardy, have experienced hard times before and have the resolve to do what is needed.

Take care of yourself and each other,  
Gordon Voth, President

## Seniors United Now – Annual General Meeting - Sept 30, 2020

### President's - Summation

The SUN Board of Directors held a zoom Annual General Meeting on September 30, 2020. We had a sufficient response to declare a quorum was in attendance. A quorum consists of a majority of the Board of Directors and 50 voting members in attendance. I am pleased to report that the entire board was in attendance.

The AGM was called to order at 10:10 am and motions were presented by members of the board and our Executive Director, Linda Osborne. These motions were seconded by SUN members in attendance. The motions were discussed and voted on. All motions passed.

The motions passed were the minutes of the 2019 AGM meeting, the Presidents report, Executive Directors report and the Treasurers report. I am pleased to report that SUN is in a reasonably stable financial position. We also anticipate holding a casino in the second quarter of 2021.

Nominations were held for the following vacant board positions:

Vice President - Wayne Sorenson    Secretary - Dellah Cohlmin    Treasurer - William Holtz  
Directors at Large - Gerald Northam & Stan Poznanski    All nominees were elected by acclamation

We then moved a motion for confirmation of proceedings and adjourned the meeting at 11:15 am. I extend the thanks of the board to the SUN staff who all worked so diligently to make this zoom AGM a remarkably successful meeting. The meeting was recorded, and we are developing a link for anyone who is interested in hearing the proceedings.

## The Day the Sun Stands Still

The term solstice comes from the Latin word solstitium, meaning 'the Sun stands still'. This is because on this day, the Sun reaches its southern-most position as seen from the Earth. The Sun seems to stand still at the Tropic of Capricorn, then reverses its direction. It is also common to call it the day the Sun turns around.



**1. Winter and Summer Solstice** It is the winter solstice in the Northern Hemisphere, where it is the darkest day of the year. In the Southern Hemisphere, it is the summer solstice and the longest day of the year, because equinoxes and solstices are opposite on opposite sides of the planet.

**2. A Specific Point in Time** - Most people count the whole day as the December Solstice. However, the Solstice is at a specific moment - when the Sun is exactly overhead the Tropic of Capricorn. December Solstice Monday, December 21, 2020 in Calgary 3:01AM in Edmonton 3:02AM

**3. Second Solstice of the Year** - Solstices happen twice a year - once around June 21 and then again around December 21. On the June Solstice, the Sun is directly overhead the Tropic of Cancer (latitude 23° 30' North) in the Northern Hemisphere, while on the December Solstice, the sun shines directly over the Tropic of Capricorn (latitude 23° 30' South) in the Southern Hemisphere.

**4. The Date Varies** - December 21<sup>st</sup> or 22<sup>nd</sup> solstices happen more often than December 20<sup>th</sup> and 23<sup>rd</sup> solstices. The last December 23<sup>rd</sup> solstice was in 1903 and will not happen again until 2303. A December 20<sup>th</sup> solstice has occurred very rarely, with the next one in the year 2080. Why Do the Dates Vary? The varying dates are mainly due to the calendar system. The Gregorian calendar, which is used in most western countries, has 365 days in a common year and 366 days in a leap year. However, the tropical year, which is the length of time the sun takes to return to the same position in the seasons cycle (as seen from Earth), is different to the calendar year. The tropical year is approximately 365.242199 days but varies from year to year because of the influence of other planets. The exact orbital and daily rotational motion of the Earth, such as the "wobble" in the Earth's axis (precession), also contributes to the changing solstice dates.

**5. It is the First Day of Astronomical Winter** - In the Northern Hemisphere, astronomers and scientists use the December Solstice as the start of the winter season, which ends on the March Equinox. For meteorologists, on the other hand, winter begins three weeks earlier on December 1<sup>st</sup> annually.

**6. The Earth Isn't Farthest from the Sun** - During winter in the Northern Hemisphere, the Earth is actually closest to the Sun. Different seasons are not defined by how far the Earth is from the Sun. Seasons occur because Earth orbits the Sun on a slant, with an axial tilt of around 23.4 degrees. Therefore, different amounts of sunlight reach the Northern and Southern Hemispheres, causing variation in temperatures and weather patterns throughout the year. In fact, the Earth is on its Perihelion - the point on the Earth's orbit closest to the Sun - a few weeks after the December Solstice.

**7. Earliest Sunset not on the Solstice** - Most places in the Northern Hemisphere see their earliest sunset a few days before the Solstice and their latest sunrise a few days after the Solstice. This happens because of the difference between how we measure time using watches and the time measured by a sundial.

**8. Daylight Hours Increase Faster in the North** - If you are in the Northern Hemisphere, the increased rate of daylight hours depends on your location's latitude - in more northern latitudes you will see a rapid increase in daylight hours compared to if you're in the more southern latitudes.

**9. Midnight Sun or Polar Night** - Being the longest day of the year, also means that people in the areas south of the Antarctic Circle towards the South Pole will see the Midnight Sun, i.e. have 24 hours of daylight, during this time of the year. For people in the Northern Hemisphere, the December solstice marks the exact opposite, the day of the year with fewest hours of daylight. North of the Arctic Circle towards the North Pole there is no direct sunlight at all during this time of the year.

**10. Celebrated Around the World - Solstices in Culture** - The December solstice has played an important role in cultures worldwide from ancient times until our day. Even Christmas celebrations are intricately linked to the observance of the December solstice. There are also customs linked to the June solstice along with traditions linked to the Spring (vernal) equinox and the Fall (autumnal) equinox.

**South Edmonton Chapter**

TO MEMBERS OF SOUTH SUN CHAPTER AND MEMBERS OF OTHER CHAPTERS:

At present we have no immediate plans to hold any presentations due to COVID-19. Our facility, Whitemud Public Library, is currently closed for all such events. I will keep in contact with them, and they will let us know when it will be again available for large groups. The SUN executive has determined that no events will be held in September and October, and it is not clear about the latter two months of the year. There probably will be no event until January at the very least.

We could possibly hold an executive meeting sometime in October after the AGM. All members had been contacted either by email by the office or by phone by volunteers on the executive about the AGM and the above matters.

At a recent PIA meeting in which I was invited to attend on behalf of SUN, we discussed senior issues particularly the matter of extended care for seniors. Issues discussed included the COVID-19 crisis in senior homes, private operators who avoid risks and refuse proper care, poor training, low wages, cross over of workers from one facility to another and increase in rent. A document containing the above ideas and other matters will be submitted to the government, so changes can be made.

The National Day for Older Persons was on October 1, so a joint press conference of PIA, SUN and other groups was held next to the old Federal Building. The AGM went very smoothly this year through use of Zoom, and we welcome the new executive. The next SUN provincial Board executive meeting was on October 7th where plans for the future will be discussed.

I have been consulting with other members of the South Chapter Executive about the possibility of having presentations using Zoom, but decision about using this format or when the event will occur has not been decided yet.

Thank you very much for your patience in these difficult times.

Cynthia Lazarenko & Robert Price  
Co-chairs Edmonton South Chapter



**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 online renewals & donations Etransfer may also be used for membership payments. Email: [unitenow@telus.net](mailto:unitenow@telus.net)

**CASH RAFFLE - Winners**

**July 06, 2020 “Umbrella Cover Day”**

Congratulations to SUN members:  
Ticket #1030 D.Cingel – Red Deer  
Ticket #941 P. Murphy - St.Albert



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

**ADMINISTRATION MODIFICATION TO MEMBERSHIP RENEWAL DUE DATES**

To simplify administrative labor, renewal months will be slightly changed for some members.

1st quarter - **JANUARY** (January February & March)

2<sup>nd</sup> Quarter – **APRIL** (April, May & June)

3<sup>rd</sup> Quarter - **SEPTEMBER** (July, August & September)

4<sup>th</sup> Quarter – **NOVEMBER** (October, November & December)

Memberships are considered current until the **END** of the quarter in which they are due for renewal.

Thanks for your understanding. Lynn Penner – Office Admin

**Sherwood Park / Strathcona County Chapter (SPSC)****Quarterly Activity Summary**

To all SPSC members and membership in general.

Covid 19 has changed everything and Seniors United Now is learning to adapt. We have just conducted our first ever Virtual AGM, using the Zoom platform and it proved to be great success. Rather than looking at Covid 19 as a setback we can choose to look at it as an opportunity to try something different. It's true that a zoom meeting on a computer cannot replace a face to face meeting in a friendly place where we have the opportunity to hear presenters, network at the coffee break and chat about some of the real issues that are affecting seniors without the "whole world" hearing what we are saying. Zoom meetings can be intimidating for a lot of folks (myself included) but perhaps we need to get over that and get on with the task at hand. When using a virtual zoom platform, it is hard to get feedback from your audience. It is difficult if not impossible to gage body language. Others may be reluctant to raise their hand and ask a question or be confused by the technology that requires you to unmute to speak or press buttons to vote on a motion. Users may be intimidated and frustrated when trying to work with a computer that may not be able to do the things, they need it to do.

So what are the options? Basically,

A: to do nothing and wait until the pandemic is over (which could be a long time) or

B: get on with the task at hand at least for now and until we can get back to a "new normal" if and when that is possible. On the positive side this is an opportunity for SUN and Seniors (Remember you are the "Voice of Seniors in Alberta") to use another platform to connect to each other on a much broader scale than we have ever done by connecting with our members across the province.

Lately our UCP government has been doing some very controversial things behind the scenes. A few months ago, they transferred the Alberta Teachers Retirement Plan to AIMCO without any consultation with the teachers, they are now in an epic fight with our doctors and some are threatening to leave the province. The energy sector is in a tailspin and the government is trying to change direction by spearheading efforts to promote hydrogen and other forms of clean burning fuel. If it had not been for the pandemic, I submit that seniors would have already been forced into adopting a prescription drug plan that we resisted several years ago under the former conservative government.

Yes, your voice matters, and seniors need to stay vigilant. Even if you don't want to participate in a zoom meeting at least treat it as a webinar where you go to learn something new and stay informed about what is happening at the political level in your province.

Our last Chapter meeting was In February with Jordan Walker MLA for Sherwood Park which was interactive and informative. We had prepared may questions for him in advance and that meeting was a chance for seniors to interact with their local MLA and raise concerns and questions about what the government plans to do Unfortunately since then meetings for March, April, May, June and September had to be postponed but the good news some are being rescheduled.

In June we did a telephone survey of our Sherwood Park and Strathcona Chapter members:

1. To solicit feedback on the possibility of Zoom meetings.
2. To encourage them to sign up for SCOOP (Strathcona County Online Opinion Panel) an online survey service and to encourage them to participate in surveys particularly related to seniors' issues.

We have now rescheduled our first Virtual Zoom meetings and are encouraging all chapters and SUN members and non-members, all seniors for that matter to participate in our meetings.

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**Sherwood Park / Strathcona County Chapter (SPSC)****Continued from page 7**

We are excited to expand our audience to all SUN chapters and members to the entire Province of Alberta. We hope that this will be the first of a series of Zoom Virtual Meetings that will involve all the SUN Chapters and that we will be able stay informed and voice our concerns on issues and concerns that matter to seniors.

If you wish to participate in the Zoom meetings you may do so by computer or telephone. You must first register with the SUN office by either sending an email or by telephoning the SUN office.

**October 20, 2020**

Topic: Defending Yourself, Your property, and your Family (Zoom)

Speaker: Barry Holland- Security advisor and Author of: No More Mr. Nice Guy

**November 17, 2020**

Topic: Brain Health for Seniors –

Speaker: Dr. Adrian Wagg (Zoom). Dr. Wagg MB, BS, FRCP(London), FRCP(Edin) FHEA (MD) is a specialist in Geriatric and General Medicine with expertise in health services research at the University of Alberta.

January - We will be working on rescheduling our meetings in January and we look forward to your participation in the meetings.

Report respectfully submitted by:

Denis Beaudry Chairperson, SPSC Chapter

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



After a busy day of visiting friends and family, going for hikes and exploring the community, Park Centre welcomes you home.

We have many on site amenities:

- Hair salon
- Full Service Day Spa
- Yoga Studio
- Liquor Store

As well as many other smaller and local businesses and services.

We are walking distance from Sherwood Park Mall, Cineplex, Gallery 501, Festival Place the Public Library and Community Centre.

[www.parkcentre.ca](http://www.parkcentre.ca)

2016 Sherwood Drive  
Sherwood Park

[info@parkcentre.ca](mailto:info@parkcentre.ca)

780-467-1234

**Park Centre Residences**  
A space for our senior community  
Monthly and Yearly Stays



## North East Edmonton Chapter

## A message to our chapter members

Prior to the corona virus pandemic, we held our meetings at the Edmonton Public Library – main floor, Londonderry Mall at 66 St. and 137 Ave. These meetings were held on the second Thursday in January, February, and March at 1:30 p.m. Our Chapter reported on current SUN Board activities as well as providing guest speakers, to discuss senior related topics, followed by question and answer sessions.

We hope that all of you are doing well and are keeping safe currently. While the impact of the pandemic is being felt by all, we recognize that it has special consequences for seniors. There are activities that we cannot safely undertake, including attending chapter meetings until safe to do so.

Once the government announces that meetings can be safely held, we will extend an open invitation to attend our chapter meetings again, enjoy the fellowship and refreshments, participate, listen, and learn from our informative speakers. Try your luck at the 50/50 draw and door prize.

Wayne Sorenson Chairperson, Edmonton North East Chapter

## St. Albert & Calgary Chapter

Currently there are no leadership volunteers for a chapter steering committee. These chapters will be in hiatus until volunteers are recruited. For further information please contact: SUN Executive Director Linda Osborne  
Cell: 780-920-3058 Email: sunexdir@telus.net



## Remember these lines?

Can you match these lines to the companies that used them? These 70s commercials that will instantly transport you back decades.

In the 1970s, a time before DVRs, Netflix, or even VCRs, we watched commercials. In truth, we had no choice—but the thing is, commercials during that era were also entertaining. They featured jingles and catchphrases that were not just earworms, they became permanent fixtures in our collective subconscious. Even today, almost 50 years later, we can still hum along or recite every word from our favorite 1970s commercials like it was yesterday.

## North West Edmonton Chapter

## A message to our chapter members

"I trust everyone is managing the safe distancing and masking up process, over the past 8 months. Hopefully, things will settle down soon and we can return to some sense of NORMAL.

We will re-start our NW Zone meetings when we can safely gather, and we will let you know when that will happen. I expect there will be a lot of interest in meeting topics related to the fall out from the current health crisis. "  
" Stay well and keep your distance."

W.K. Hembroff - NW Zone coordinator

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

- 1) "You deserve a break today"
- 2) "Hey Mikey! He likes it!"
- 3) "Don't leave home without it"
- 4) "I am stuck on \_\_\_\_\_, 'cause \_\_\_\_\_ stuck on me"
- 5) "It's the real thing"
- 6) "How many licks does it take? The world may never know"
- 7) " \_\_\_\_\_, take me away!"
- 8) "I can't believe I ate the whole thing"
- 9) "Reach out and touch someone"
- 10) "Strong enough for a man, but made for a woman"
- 11) "I'm a \_\_\_\_\_ wouldn't you like to be a \_\_\_\_\_ too"
- 12) "Please don't squeeze the \_\_\_\_\_"
- 13) One word repeated four times " \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_"

## Voting “commercials” AGM 2020

During the recent AGM, there were dead air pauses while voting polls were happening. SUN, was able to fill this dead air with a few informative “commercials” presented by Board Member Gerald Northam.



While the voting is going on It is Commercial time!

Just like when you are watching your favorite show and just at the best part there is that pesky commercial. Hopefully, these are not as aggravating but more informative than those commercials. We would like to give you some information about SENIORS in Alberta ... That's us! Much of this information you would have heard at one of the Chapter meetings in the last year or so - That is before Covid!

- 1) **Seniors are important, don't you agree!** In 2011, 11% or 1 in 10 Albertans were seniors age 65 years or older. By 2031, that number will double to 21.6% or 1 in 5 Albertans will be 65 or over. Seniors, we now outnumber young people 14 years and younger - SENIORS 17.5% vs “Youngens” 16% of the population in Canada. The population of seniors in Alberta is currently **over 640,000 - WOW!**
- 2) **How active are you????** Maybe this will encourage you or depress you... More than 80%...that's more than 4 of 5 seniors living independently suffers from a chronic health condition - You may be one of those!  
Here are some details on that ... Almost 50% of Alberta seniors report physical disabilities from illness or injury. The most common problems are **mobility**(34.4%), **agility**(32.3%) and **pain** issues(29.2%). Further - - Albertans over 65 represent:78% of all injury-related hospitalizations & 59% of all injury-related ER visits. We are not as sick as we are **accident prone**. And what kind of accidents? **Falls** lead the reasons for hospitalization among Alberta seniors. and they lead to 40% of all nursing home admissions result from falls. Further, 90% of all seniors' hip fractures are caused by falls, and sadly, 15-20% of these seniors will die from related complications. Several of the Chapters had sessions on fall prevention and how to stay safe in your own home.
- 3) **So how active are you???** Regular activity helps prevent falls and will speed recovery from a fall and other disease, stroke, osteoarthritis, and osteoporosis. Only 4 of 10 Alberta seniors report being moderately physically active ,and only 33% are active enough to achieve health benefits. While 50% of Alberta seniors report being overweight. For health-related benefits, physical activity guidelines recommend seniors get at least 150 minutes of moderate to vigorous physical activity per week. Regular activity helps prevent or slowdown age and chronic disease related functional decline. So Get Moving! Your Doctor will love You for it!
- 4) **National Institutes of Health (NIH)**, has a very good program on exercise just for seniors; **on YouTube** - 15-minute Sample Workout for Older Adults from Go4Life *or* Learn How You Can Go4Life (one hour exercise program) Yoga for seniors **on YouTube** - Yoga For Seniors | Slow and Gentle Yoga (28 minutes) *or* 7-Minute Yoga Workout for Older Adults.
- 5) **Are you getting Your fair share of the Financial Assistance programs?** Do not suffer in silence, Public Health in your community can assist you! **Alberta Seniors Benefit** - program including Dental/Optical Assistance - A monthly benefit paid to eligible seniors with low income including accommodation assistance for eligible seniors living in designated supportive living and long-term care. **Special Needs Assistance for Seniors program** - This program provides financial assistance to seniors with low income to assist with the cost of appliances and specific health and personal supports. Up to \$5,105 is available in a benefit year. **Seniors Property Tax Deferral program** - Senior homeowners can defer all or part of their property taxes through a low-interest home equity loan with the Government of Alberta. **Seniors Home Adaptation and Repair Program (SHARP)**
- 6) **Get a discount! Find them & use them**  
Full range of discounts available - [dealhack.ca](http://dealhack.ca)  
Canadian Senior Discount Guide: The Ultimate List.  
Major food stores have 15% off on the first Tuesday of the month (most have a minimum amount you must purchase, usually \$50.



**RAFFLE RULES**

- 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, December 21, 2020
- 4) The prize payout shall be as follows:  
**1<sup>st</sup> prize 30% 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, December 21, 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

**Solstice Dough**

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

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

Phone # \_\_\_\_\_ For Office USE: \_\_\_\_\_

Email \_\_\_\_\_

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

5 tickets \$10.00 \_\_\_\_\_ Sets \$10.00 each \$ \_\_\_\_\_ (50 sets available)

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

**Draw Date December 21, 2020**

**License #566309**



**Please make your cheque payable to SUN**

**SUN MEMBERSHIP Renewal / Donation Sept – December 2020**

Individual:  \$25 per year     \$50 2 years    Lifetime:  \$200  
Joint:  \$40 per year     \$80 2 years    Lifetime:  \$300

**SEE PAGE 6 – note ADMINISTRATION MODIFICATION TO MEMBERSHIP RENEWAL DATES / TERM**

**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)

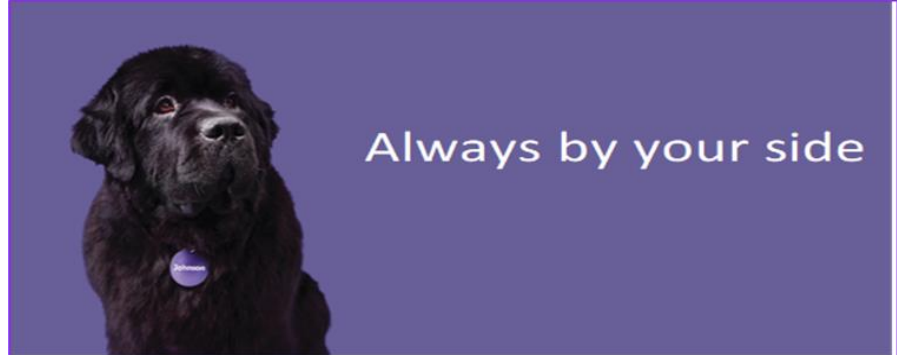
Renew your membership online! SUN uses the PayPal system, for secure online renewals & donations

Etransfer may also be used for membership payments. Email: [unitenow@telus.net](mailto:unitenow@telus.net)

Phone: \_\_\_\_\_ Email: \_\_\_\_\_ (send me electronic SUN information)

YES – I am interested in volunteering, please contact me.

Remember the Lines Answers	
1) McDonald's	(1)
2) Life Cereal	(2)
3) American Express	(3)
4) Band-Aid	(4)
5) Coca-Cola	(5)
6) Tootsie Pop	(6)
7) Calgon Bath Powder	(7)
8) Alka-Seltzer	(8)
9) Bell System	(9)
10) Secret Deodorant	(10)
11) Dr. Pepper	(11)
12) Charmin Toilet Paper	(12)
13) "Meow" Mix Cat Food	(13)



We're proud to have walked with Canadians for over 130 years and in these uncertain times, we want you to know that you can always depend on your friends at Johnson Insurance. We are there for you and we will get through this together.

1.877.742.7490

[Johnson.ca/savings](http://Johnson.ca/savings)



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**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  
 Agreement No. 40917510**