

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

Fundraising Appeal to Membership

Seniors United Now is in a serious financial position. Approximately 20% of our annual budgeted income is received from membership fees. Most of our budgeted incomes is derived from Alberta Gaming casino revenue. It represents approximately 55% of our annual budgeted income. With the remaining 25% generated by personal donations and corporate support.

We have been able to continue our work, as a senior's advocate, seniors' educator, and your political representative due to the flow of casino revenues. For the past 18 months we have not been granted the opportunity to host a casino. We have now been advised that the earliest we will be able to host a casino is in the second quarter of 2022. If this casino is granted then, we will not receive casino funds until the third quarter of 2022.

We have applied for a Community Initiatives Grant from Alberta culture, multiculturalism, and status of women in the amount of \$20,000.00 to bridge out funding in 2022. This grant will not receive approval until March 2022 and funds would then be dispersed over a one-year period.

We are currently utilizing our membership funds and reserve savings to continue to provide a full-service program. Expenditures have been reduced wherever possible. Our savings will be consumed in early 2022. Without a new source of funding, we will not be able to continue paying our staff. Membership fees will pay our rent but will not allow us to actively represent seniors as our dedicated staff are needed for that level of activity.

The Board of Directors are asking for your additional support to keep SUN from becoming ineffective during this covid-19 pandemic. We require revenue to continue paying our staff over a four-to-six-month period. We are asking our members to consider donating, perhaps another membership fee or a larger amount if your finances permit. Unfortunately, SUN is a registered non-profit society, but not a charity, therefore your donation would not be income tax deductible.

We desperately need the memberships financial help for bridge funding between the period when our saving expires, and casino or grant funding begin. Both are not expected before mid-2022.

Thank you in advance for your generous donation

Seniors United Now Society - Board of Directors

Contents

President	2
Executive Director	2
Chapter News	
Sherwood Park /	
Strathcona County	4
Edmonton South	5
Edmonton North West	6
Edmonton North East	6
St. Albert	8
Calgary	8
Membership	
Cash Raffle Winner	4
SUN – Return Envelopes	10
Winter Windfall - Cash Raffle	11
Renewal / Donation Form	11
Are You Due?	12
Email communication	12
Special Interest / Articles	
Finding Balance Fall Prevention	3
History of Remembrance Day	5
International Obligations	7
Fall Prevention	8
Getting a good Sleep	9
Footwear & Foot Care	9
Do the Walk	10
Keeping Safe	10

Presidents Report

Seniors United Now continues to advocate for seniors during the current government restrictions, due to Covid-19. We are working at maintaining our communications with our members via the SUNBURST newsletter, electronic information bulletins and Zoom chapter meetings. We invite our members to contact our administration office if you have a question or wish to share your concerns with us. A member of the board will respond in a timely manner.

While we continue to be the voice for seniors, our ability to maintain our advocacy program will soon be compromised due to lack of financial resources. Early next year we expect to be in a revenue crisis. The board of directors are making an appeal to our members for donations to help us bridge this drastic situation. We look forward to your positive response.

We had hoped to return to face-to-face chapter meetings effective September 2021. Due to the fourth wave of Covid-19 this was not considered wise as there are government restrictions, and the board feels that such meetings could put our members at risk. Based on the latest information from the Alberta government, it now seems that the fourth wave will not abate until the last week in October. As we do not hold chapter meetings in December, it appears logical to remain patient and wait until 2022 to re-establish face-to-face chapter meetings. We anticipate that the situation will improve by 2022. We will continue to hold zoom meetings until this time.

We urge our members to get fully vaccinated and continue to follow the Alberta mask mandate. During these trying times, please be safe and remain in touch with friend, relatives and especially those who live alone.

Gordon Voth

Executive Director Report

Fall is now upon us, and I hope you had a very pleasant summer. Before I wrote this report, I looked back on my reports over the past years. Yes, many things have changed but the one constant was SUN's support of the membership and the support of the membership to SUN.

Though we haven't been able to meet in person since March 2020, we have tried to keep in contact with our members. Bulletins continue to be sent to members regarding SUN's activities and Zoom meetings have been held to continue to educate on matters that may or could affect our members. Chapter phoning committees and I are continuing to personally phone members to keep in touch.

I have continued to attend Zoom meetings with Public Interest Alberta - Seniors Task Force, ESCC (Edmonton Senior's Coordinating Council) Stewardship Round Table and other senior organizations to keep informed on issues that matter to our seniors.

I hope that you will continue to support SUN, as we are looking forward to continuing advocating for our members in this province.

Respectfully submitted,
Linda Osborne - Executive Director

Finding Balance

Falls Prevention Month

November is Seniors' Falls Prevention month across Canada. The Injury Prevention Centre developed and coordinated the Finding Balance Program which is an evidence-based education program and public awareness campaign designed to educate and empower older Albertans to stay independent and prevent falls.

To register visit: <https://findingbalancealberta.ca/2021-webinars/>

Webinar 1 - Vision & Eye Health - Staying Independent: What you should know about your vision and eye health.

Date: 4 November, 2021 Time: 11:00 am - 12:00 pm Presenter: Dr Tom Wilk

Taking steps early to protect your vision and eye health is important to maintaining your independence. Find out about the everyday things you can do to map the future you want. Join Dr. Tom Wilk as he helps you create a check list of the most important points you want to be sure to include on your list.

Webinar 2 - Medication Use - Medication Decisions that Reduce Risk for Falls

Date: 10 November, 2021 Time: 11:00 am - 12:00 pm Presenter(s): Cheryl A. Sadowski, B.Sc.(Pharm), Pharm.D., BCGP, FCSHP, CHE Professor, Faculty of Pharmacy & Pharmaceutical Sciences, University of Alberta

This webinar will focus on the relationship between falls and medications. Over 30 years of research and over 100 studies have shown us which medications put seniors at risk for falling. These risky over the counter and prescription medications will be discussed. The way medications are taken can also impact risk for falls. This webinar will support seniors to identify risky medications and begin discussions with their healthcare professionals to make informed decisions to reduce their risk for falls.

Webinar 3 - In and Around Your Home - Home modifications to support community dwelling older adults with staying independent and preventing falls in both rural and urban settings

Date: 16 November, 2021 Time: 10:00 - 11:00 a.m. Presenters: Rochelle Walker & Ric Alves

This webinar will focus on home modifications and renovations for individuals and their caregivers in both rural and urban settings. Whether you live in a private residence, senior's residence, assisted living site or long-term care environment, this topic will address optimizing function and safety in a barrier free environment. From large scope projects to low-cost interventions in home design, you will be sure to take away something in terms of fall prevention and aging in place principles. Planning for aging-in-place home design, renovations or upgrades is a conversation that we can start to have now. Other topics discussed in this webinar include: the role of the Occupational Therapist, Funding and Community Supports available, equipment and available resources. Let's start the conversation for you and your loved one's needs, now and for the future.



SUN BOARD OF DIRECTORS 2021 – 2022

Gordon Voth - President Wayne Sorenson - Vice President William Holtz - Treasurer
Secretary – Carolyn Reed Gerald Northam - Director Bert Reich - Director
Robert Price - 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

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

Despite the surge of Covid-19 in Alberta our SUN Chapter has been remarkably successful in delivering informative, educational, and safe sessions to many of our members in the region and around the province with an audience between 40 and 50 attendees on the Zoom platform. Kudos go out to our dedicated SUN executive who have helped to call our members and “check in” on them, many of whom are not able to participate online because of age or inadequate technology.

WHATS HAPPENED?**September 21, 2021 SUN Mayoralty Forum**

To be or not to be virtual? That was the question the SUN chapter in Sherwood Park and Strathcona County was faced with for their Mayoral Forum in June. It looked promising for an in-person debate when our premier told us that it would be the “best summer ever!” and now we know that it was not to be and that our local virtual forum would be set for the day after a national election! Other hurdles included candidates that announced their candidacy days before our Forum without any contact information and no way to get it from the County because the candidate had not yet signed an information release form. With the clock ticking and the date fast approaching, we reached out to the local newspaper in a desperate attempt to get some much-needed publicity and they came through with a big promotion article about our sponsorship of the event. Much to our good fortune, we were blessed to have a professional speaker coach, Glenda Sheard, who gave us advice and volunteered to be the moderator for the Forum. Our office manager, Lynn Penner, did a great job as the Zoom Master and our executive committee did an amazing job in hosting a very informative, insightful, and relevant Forum. Despite the odds and the obstacles, we were able to secure 4 of our 5 candidates to give their ideas, thoughts and visions related to Seniors’ Issues in the County of Strathcona. The Sherwood Park News did a great job of reporting the forum and setting out the views of the four candidates. Those who were not there would now have an opportunity to reflect on some of the issues that SUN members felt were important. Certainly, our voices were heard through our questions by the candidates and non-members alike. On that day SUN did become “the Voice of Seniors in Alberta”.

October 19, 2021 What is Digital Literacy and What can the library do to Help?

Speaker: Justin Unrau - Digital Literacy Librarian - Strathcona County Library gave an informative and educational session. Covering topics such as: How to increase the font size on various devices, information about, and how to use QR codes. Password security and the importance of secure passwords, he strongly suggested using a password manager such as bitwarden.com. Mr. Unrau also advised of Library tech courses available including on-line group programs and individual training on a variety of technology topics they can customize to your needs.

[Technology Help | Strathcona County Library \(sclibrary.ca\)](https://www.sclibrary.ca/tech-help) <https://www.sclibrary.ca/tech-help>

WHATS UPCOMING?

Upcoming Events are still in the planning stages, but our dates are set for presentations:

Mark Your calendars for other presentations:

November 16 2021, January 18 2022, February 15 2022, March 15 2022, April 19 2022, May 17 2022, June 21 2022

We are looking for Topics and Interesting speakers that may be available for minimal costs:

Please email us if you have a topic that you would like us to explore. Email us at: unitenow@telus.net

Report respectfully submitted by:

Denis Beaudry Chairperson, SPSC Chapter

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

**CASH RAFFLE – Winners**

Have a Healthy Heart

Sept 29, 2021 License #574580

Congratulations to SUN members:

A & F Jansen – St. Albert ticket #379

C. Garvey - Edmonton ticket #015

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

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

South Edmonton Chapter**A message to our chapter members**

We had a good October Board meeting, discussing many of the issues that have come up due to the continuing Covid crisis. It looks like no person-to-person meetings until possibly January, but Sherwood Park/Strathcona and Edmonton East have continued to hold virtual meetings through Zoom. If you are interested, you can attend these meetings through Zoom/telephone. Just contact the Office for further information. For South Chapter we usually do not hold meetings in December, so hopefully things will clear up by 2022.

There are several things that members can do to keep SUN operating. One, is to keep your membership up, and secondly, perhaps donate, equal, if possible, to your membership, to keep our organization running. SUN has few sources of income, especially because of the uncertainty of receiving casino revenue. Please check your membership due date on the back page of this SUNBURST.

Also, think seriously about joining our executive and helping once things get back to normal. Our executive will be contacting all members in the next few weeks to let you know more thoroughly what the situation is with SUN and how we hope to get running again.

If anybody is able and willing to organize a Zoom meeting presentation for South Chapter, please let us know. You can contact the co-chairs below if you have any questions or suggestions.

Cynthia Lazarenko and Robert Price Co-chair Edmonton South Chapter
Contact Bob at 780-250-7164 and e-mail: rogp@shaw.ca
Cynthia Lazarenko at 780-9720 or e-mail: lazarcj@shaw.ca

HISTORY OF REMEMBRANCE DAY

At 11 A.M. on November 11, 1918, the guns on the Western Front fell silent after more than four years of continuous warfare. The allied armies had driven the Germans back, having inflicted heavy defeats upon them over the preceding four months. In November, the Germans called for an armistice, or suspension of fighting, in order to secure a peace settlement. They accepted allied terms that amounted to an unconditional surrender.



The 11th hour of the 11th day of the 11th month attained a special significance in the post-war years. The moment when hostilities ceased on the Western Front became universally associated with the remembrance of those who had died in the war. This first modern world conflict had brought about the mobilization of over 70 million people and left between nine million and 13 million dead, perhaps as many as one-third of them with no known grave. The allied nations chose this day and time for the commemoration of their dead soldiers.

On the first anniversary of the armistice in 1919, two minutes' silence was instituted as part of the main commemorative ceremony at the new Cenotaph in London. The silence was proposed by Australian journalist Edward Honey, who was working in Fleet Street. At about the same time, a South African statesman made a similar proposal to the British Cabinet, which endorsed it.

The tradition of Remembrance Day evolved out of Armistice Day. The initial Armistice Day began at Buckingham Palace, with the king hosting a banquet honoring the French president. Later, during World War II, many countries changed the name of the holiday. The U.S. chose Veterans Day.

Remembrance Day in Canada, known as 'Jour du Souvenir,' remains a statutory holiday in six of the 10 provinces. The Armistice Day Act, which was held throughout the 1920s, declared that Canada's Thanksgiving would also be observed on Armistice Day — the Monday of the week in which November 11 fell. The government, in 1931, officially changed the date to November 11. The name also changed to Remembrance Day.

Canada has declared that the date is of "remembrance for the men and women who have served and continue to serve our country during times of war, conflict and peace," particularly the First and Second World Wars, the Korean War, and all conflicts since then in which members of the Canadian Armed Forces have participated.

The official Canadian national ceremonies are held under a strict protocol at the National War Memorial in Ottawa, Ontario. The armed services representatives carry out a service. In May 2000, the remains of an unidentified Canadian soldier who died in France during World War I were laid in the Tomb of the Unknown Soldier at the National War Memorial.

Northeast Edmonton Chapter**Quarterly Activity Summary**

In my last Sunburst article, I was very hopeful that some of the Covid-19 restrictions would be eased, and we could get back to our normal Chapter meetings. Unfortunately, as most of you are aware the Covid-19 variant is raising havoc with Albertans. Listening recently to the local news, the Provincial Government is now imposing mask wearing for most indoor activities. School attendance is now underway, and we can only hope for the best. In mid-August I contacted the Edmonton Public Library and at that time they were not renting out the meeting room that we normally use.

However, in the meantime we have been holding our monthly Zoom virtual meetings since February 2021. For you to stay connected, informed, and able to voice your thoughts on seniors' issues. You can join our Zoom meeting by computer or telephone. Prior to each meeting an email invitation, to join the meeting is sent out to all SUN members that have enlisted in our email program via our website. You may also contact the SUN office by either sending an email or phoning to get the Zoom link information. Please note a Zoom account is **NOT** required to participate in these sessions.

WHATS HAPPENED?

JUNE 10, 2021 Essential Oils 101 Guest speaker Darren & Kim Smadis conducted their Essential Oils 101 presentation. It covered pain management, mental clarity, and depression. The zoom participants enjoyed their informative presentation.

WHATS UPCOMING?**NOVEMBER 10, 2021(Wednesday) - Understanding Housing Options as You Age**

Are you confused by all the housing options? Not sure what would benefit you? Join Jolyn Hall of Edmonton55 as she helps clarify the types of options for housing and care as we age. Jolyn will demystify when to consider a move and help you understand financial implications of renting vs buying vs life lease. Learn to be proactive to stay in control of your housing choices as your needs change!

We have also been contacted by retired radio personality Bob Layton, who would like to discuss his new book release as well as performing his entertaining ventriloquist presentation, when it is appropriate for us to hold face to face chapter meetings.

We encourage and appreciate those of you that can attend these presentations!

Wayne Sorenson Chairperson, Edmonton Northeast Chapter

Our next Cash Raffle is: "Winter Windfall"

Draw Date: December 21, 2021

License #582504

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

Join our growing list of SUN winners!

See page 11 for ticket order form
or purchase online:
www.seniorsunitednow.com



Please consider supporting SUN's critical fundraising.

North West Edmonton Chapter**A message to our chapter members**

We will re-start our in-person NW Edmonton 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 fallout from the current health crisis. Both physical health and mental well-being.

In the meantime, we encourage you to join in on the Zoom meetings being hosted by Edmonton NE and Sherwood Park Chapters.

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

INTERNATIONAL OBLIGATIONS FOR CANADIANS**Guest Author**

What responsibilities do Canadians have for the well-being of other people and nations? Two issues come to mind. One is immediate and hopefully temporary while the other is very significant and long-term. Both are major concerns for American and Canadian politics. Reaction to both Covid-19 and climate change have demonstrated the indifference of many people about taking drastic action to help solve problems. As senior citizens of Canada we must play a role to in creating a better society.

ISSUE A: The immediate issue has to do with the Covid-19 pandemic. Do we have an obligation to provide underdeveloped countries with vaccines that they cannot make on their own to prevent infection and to save lives? Nigeria, for example, has only vaccinated 2% of its population, Afghanistan 4.6%, and Congo only .11% with at least one shot.

That, of course, could only be done if United States is manufacturing enough vaccines to handle its own population. One cynical argument would be to give away the vaccines that the anti-vaxxers are refusing to take. They had their chance but refused to take the jab. Some people say that's better than throwing them away, as these vaccines have a short lifespan.

Then there is the need to have vaccines to provide booster shots in both Canada and United States, as the effect of the previous shots might be waning. Also, experiments by Pfizer have recently concluded that children aged 5-11 can safely be given the shots. Should we look after our own people first or give freely to others? That is the ethical choice. Now we cannot supply enough for the rest of the world. Therefore, wouldn't the best long-term solution be the ability of other countries to manufacture their own vaccines? That could occur by importing the technology and the vaccine patents. Is Big Pharmacy willing to do that and cut into its profits? President Biden has indicated that the American government would purchase vaccines for other countries, so maybe Americans win on the ethical count and Big Pharmacy wins with more profits and control. It seems that Canada might be willing to do the same but would have to buy from United States. Remdesivir along with monoclonal antibodies have been used for treatment and oral antivirals are being developed. This creates additional problems for underdeveloped countries in securing these drugs.

ISSUE B: The other issue which is far more serious and complex than Covid-19 is climate change, as the future of the planet is in jeopardy. The major energy alternatives to fossil fuels include hydrogen, solar, wind, and geothermal. Should Canada eliminate the search, use, and distribution of fossil fuels, and go "cold turkey" to keep it promises through the Paris Accord?

If we did, we might be encouraging other countries to increase their oil production- countries like U.S.S.R., Saudi Arabia, Venezuela, or even the United States, which is not totally committed to change, particularly because of political instability. Will we allow the importation of foreign oil until we can make the appropriate transition to Green Energy? That is the challenge as Canada's dependence on a resource-based economy is a hindrance to change.

At the same time, developed nations have allowed Third World countries the option of using fossil fuels for a while (Do we really have a choice?) until they can develop green technology of their own even if it would be harder and more expensive. Harmful climate change would certainly be increased if people in poorer countries wanted vehicles run fossil fuels. The alternative for them might be to import the new technology at great cost. If we feel like others in Canada, then maybe we will still support fossil fuels to keep our economy going (code words for Alberta and Newfoundland economies) even though there would be several negative effects: failure to meet our quotas, not putting enough money and effort into renewable energy sources, Canada being considered a slacker by the rest of the world, and more seriously, increasing the greenhouse effect. I feel that Canada is not alone in this matter. In addition, many people on the extreme right, feel that our only obligation is to look after ourselves rather than others, whether we are concerned with Covid-19 or climate change.

I believe that only by co-operation can we really deal with the ominous threat of climate change but how do you reach this goal if some governments and many of their citizens refuse agree because of the fear of lost jobs and doubts about scientific evidence?

As senior citizens, I believe that we should show leadership and embrace the cause of younger generations in doing the right thing to prevent climatic cataclysm for future generations. This can be done through activism, writing, education and organizations like SUN through our meetings and discussion groups. Both above issues could be considered as pertinent topics for discussion within our chapters.

Robert Price – Guest Author

Falls Prevention Month



Visit your doctor or healthcare provider at least once a year. Finding Balance is an education program and public awareness campaign designed to educate and empower older Albertans to stay independent and prevent falls. Seniors can prevent falls by keeping active to improve their strength and balance, reviewing their medications yearly, and by visiting their eye doctor for a yearly eye exam.

Challenge Your Balance

Balance is controlling your movements. Practice movements like reaching while standing, toe and heel raises, stepping in different directions, step-ups or half-squats. Try tai chi, yoga or sports that challenge your balance.

Build Strength

Do exercises for your leg muscles. Use bands, weights, or your own body weight. Try squats, hamstring curls, and side leg lifts.

Be Active

Do activities you enjoy! Try to do 30 minutes or more of moderate to vigorous activity or exercise at least 5 times per week. Walk, dance, garden, bicycle, or swim.

Vision Tips

As you age, it is important to visit your optometrist or ophthalmologist for a comprehensive eye exam every year. They will ensure your prescription is current and will look for signs of eye disease. Early treatment provides for better long-term outcomes. Stay independent by taking care of your eye health!

Your vision changes with age, and these changes may increase your risk of falling. Some considerations include: Eyes take more time to adjust to changes in light and become more sensitive to glare.

It may be harder to identify objects, especially at night as more light is needed.

There can be a loss of depth perception making it harder to judge the height and depth of stairs, curbs, and the distance to hazardous items. Most eye diseases have no early signs or symptoms. You may be developing an eye disease such as cataracts, glaucoma, or macular degeneration that reduce vision. Some medications may cause blurred vision or double vision. If the medication is needed, ask your doctor for alternatives.

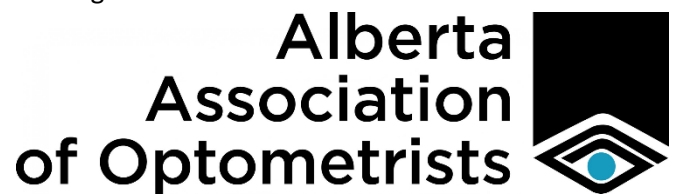
Take Action to Reduce Your Chance of Falling

Keep rooms well-lit. Use high-wattage bulbs. Use nightlights or motion sensors in the bathroom and hallways.

Wear sunglasses, even in the winter. Mark the edge of stairs with coloured paint or treads.

Keep lighting similar in every room. Always hold the handrail when using the stairs.

Speak with your eye doctor about multi-focal lenses.



St. Albert & Calgary Chapters

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

Getting A Good Night's Sleep

As you age, it can become more difficult to fall asleep and to stay asleep. In fact, older adults need 7-8 hours of sleep every night. Not getting enough sleep can increase your risk of falling.

To Improve Your Sleep

- Go to bed and get up about the same time each day.
- Keep your bedroom just for sleep. Avoid watching TV or using the computer or tablet in bed.

Just Before Bed

- Keep your bedroom dark, cool and quiet.
- Reduce light in the bedroom from the TV, radio, computer, or alarm clock.
- Use a nightlight with a motion sensor.
- Use a comfortable mattress and pillow.

In the Evening

- Avoid large meals right before bedtime.
- Limit drinking fluids in the evening.
- Reduce the amount of nicotine and alcohol you consume before bed.
- Avoid foods and beverages with caffeine such as coffee, tea, pop, and chocolate.
- Some medications contain caffeine. Talk to your doctor or pharmacist about alternatives.

During the Day

- Keep busy with different activities during the day to avoid naps. If you must nap, do so for only 15-30 minutes.
- Try to do 30 minutes or more of physical activity at least 5 days each week. Preferably in the morning or afternoon.
- It's important to get enough bright light during the day. Sit in front of a bright sunny window or go for a daytime walk.



Footwear and Footcare

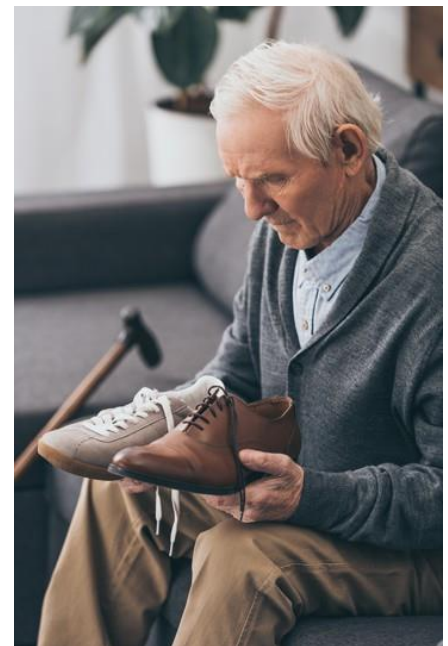
Taking care of your feet and wearing proper footwear are important to help prevent falls. Feet that are healthy and pain-free can help you keep your balance.

Proper foot care

- Use warm water to wash your feet.
- Dry your feet completely after washing, especially between your toes.
- Trim your toenails straight across and not too short.
- When sitting, put your feet up on a stool to decrease swelling.
- Check your feet often for corns, open sores, redness, dry skin and thickened nails. Ask for help or use a mirror to see your feet.

Suggestions

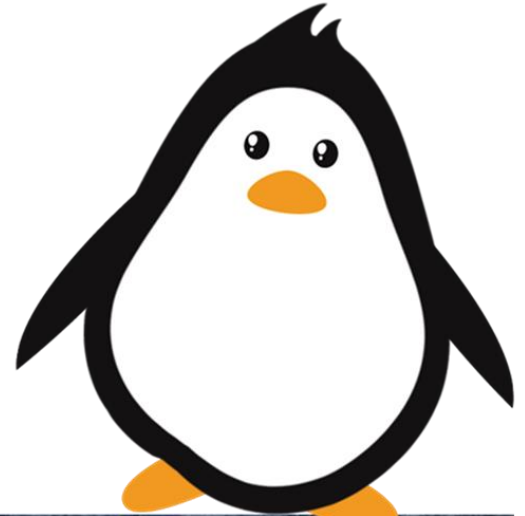
- Wear supportive footwear inside and outside your home.
- Avoid walking in bare feet, stockings, or floppy slippers with an open heel.
- Wear shoes that allow room for your feet to swell.
- Buy shoes with laces or Velcro® closures to ensure a snug fit.
- Wear shoes with a non-slip tread.
- Add ice grips to your footwear in the winter, and wear winter boots that will grip snow and ice.



Do the Penguin Walk!

Stay healthy and active, avoid a fall and possible injuries

- Bend slightly and walk flat footed
- Point your feet out slightly like a penguin
- Keep your centre of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance
- Go S-L-O-W-L-Y



KEEPING SAFE

What to do if you fall

If you do have a fall, lie still for a minute, try to stay calm and check yourself for injuries. Even if you are unhurt, make sure that you tell a healthcare professional, family member or health care practitioner that you have fallen.

If you know you can't get up, or feel pain in your hip or back, then try to call for help.

Having a phone or emergency pendant handy could certainly help in this emergency.

Try to keep warm by covering yourself with whatever is close by and try and keep moving your limbs and roll from side to side if you are able to.

Roll onto your side, and then push up onto your elbows.

Slide or raise the foot of your stronger leg forwards so it's flat on the floor.

Use your arms to push yourself onto your hands and knees.

Lean forwards and push up using your arms and front leg, slowly rising to a standing position.

Crawl towards a very stable piece of furniture (a sturdy chair or bed) and hold onto it for support.

Turn around and sit down.

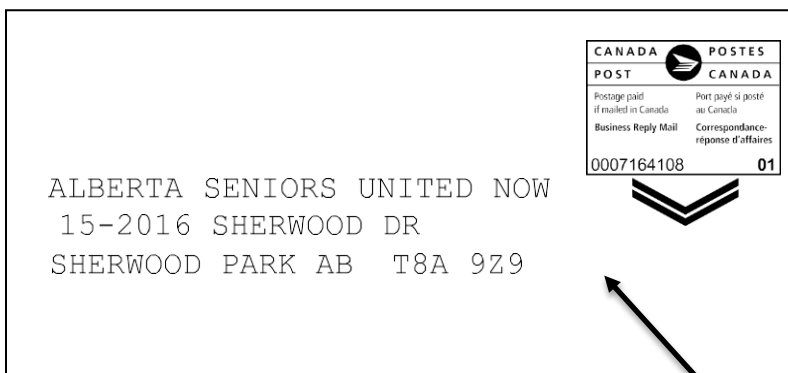
Sit for a minute or two and catch your breath

Seniors United Now – Return Envelope Change

Cancellation of Canada Post Business Reply Mail Envelopes and service

SUN is advising all members that we have cancelled our contract with Canada Post for the Business Reply Mail (BRM) envelopes effective July 31, 2021. These are the **postage paid** return envelopes addressed to:
**Alberta Seniors United Now 15-2016 Sherwood Dr.
Sherwood Park, AB T8A 9Z9.**

Unfortunately, we have had to cancel this service due to the extremely high cost of maintaining the service with Canada Post.



Please discard any of these envelopes you may have on hand
Canada Post will treat them as **Undeliverable mail**, and as such will be **disposed of by Canada Post without being opened.**

WINTER WINDFALL

Name(s): _____

Address: _____

Phone # _____ For Office USE: _____

Email _____
(please print)

Individual Tickets: _____ Tickets \$5.00 each \$ _____ (50 available)
5 tickets \$10.00 _____ Sets \$10.00 each \$ _____ (50 sets available)
20 tickets \$20.00 _____ Sets \$20.00 each \$ _____ (50 sets available)

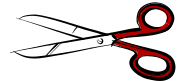
Draw Date : December 21, 2021
License #582504



Please make your cheque payable to SUN

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, 2021
- 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, December 21, 2021
- 6) The winning ticket buyers shall be notified by telephone; their names will be publicized in the next newsletter & on the SUN website. The winning ticket buyers will be awarded the prize via cheque drawn on SUN.
- 7) In the event of any concern or dispute regarding this raffle, please contact Lynn Penner at the SUN administration office. 780-449-1816
- 8) Raffle tickets are official when payment is received & numbers issued by the sun raffle chairman.
- 9) Your Ticket numbers are available by contacting the SUN office



SUN MEMBERSHIP Renewal / Donation Sept – December 2021

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

**IMPORTANT see PAGE 10
NEW RETURN
ENVELOPE INFORMATION**

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 \$ _____

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**

Phone: _____ Email: _____ (send me electronic SUN information)
(please print clearly)

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

**SAVINGS
FOR THE
ROAD.**



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

JOHNSON
INSURANCE
HOME • CAR

Johnson Insurance is a tradename of Johnson Inc. ("JI"), a licensed insurance intermediary. Home and car policies underwritten, and claims handled, by Unifund Assurance Company ("UAC"). Described coverage and benefits applicable only to policies underwritten by UAC in Alberta. JI and UAC share common ownership. Eligibility requirements, limitations, exclusions, additional costs and/or restrictions may apply.

E-Mail Communication

SUN Administrator
newsletter@seniorsunitednow.com

We thank all those members that have subscribed to our electronic communications that are sent out via our Website program. If you have not yet subscribed, you may do this by visiting our website and clicking JOIN OUR EMAIL LIST.

What communications are sent out?

Messages, information, and updates to all our members including the invitations to participate in the zoom virtual meetings. As these are preprogrammed messages sent in bulk, some members have had situations where their computer virus security program is automatically "unsubscribing" from our email communications. We suggest that this may be alleviated by adding the newsletter SUN administrator address newsletter@seniorsunitednow.com into your personal contacts.

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

**Return Undeliverable Canadian
Addresses to:**

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

**Canadian publication
Agreement No. 40917510**