

July 2023

Seniors United Now

3<sup>rd</sup> Quarter 2023

Issue 59

# SUNBURST

The Newsletter for Seniors United Now

Sherwood Business Center – Park Centre Hotel

#37 - 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



**SUN THANKS ALL MEMBERS NEW, OLD, AND  
THOSE SOON TO BE MEMBERS.  
WE ONLY SUCCEED WITH YOUR SUPPORT!**

**SUN IS SEEKING A PROVINCIAL BOARD SECRETARY**

**Please consider putting yourself forward to fill  
this critical position!!**

see page 2 for duties and responsibilities.

## Contents

President	2
Executive Director	3
Board of Directors	3
Membership Coordinator	16

## Chapter News

Edmonton South	4
Edmonton Northeast	6
Sherwood Park /	
Strathcona County	8/9
Edmonton Northwest	13

## Membership

Cash Raffle Winner	9
One Hit Wonder - Cash Raffle	9
Membership Survey results	12
Renewal / Donation Form	15
Are You Due?	16

## Special Interest / Articles

Board Secretary	2
Stay or Go – ProActive Seniors	7
Casino Volunteers	9
AGM in review	10
Travel Woes	13
Shell Canada – Donation	14
History - one hit wonder day	15

## Presidents Report

I am pleased to take this opportunity to give you my abbreviated version of my Presidents Report that I presented at our April 26<sup>th</sup> A.G.M.

Seniors United Now Society came out of a turbulent and chaotic reaction to the government cutbacks to seniors' programs in 2003. On our 20<sup>th</sup> anniversary it is important to note that since then, SUN has evolved into a much broader based, creditable, dynamic organization that is the leading resource and advocate on seniors' issues.

Going back in history, in April 2003 Yvonne Sutherland and Grahame Blundell formed SUN to fight for seniors' lost benefits. SUN was registered as a non-profit society during August 27, 2003. The SUN Board of Director's have had many vital and passionate volunteers over the years. We were especially fortunate to have our past President Gordon Voth volunteer sixteen years of his life to the SUN cause until his passing in June 2022. With Gordon's expertise and direction along with input from various Board members and staff, a Board of Directors manual was produced and implemented which acted as a guideline and resource in implementing and operating a successful Society.

I have listed only a small sample of SUN accomplishments, they are maintaining a professional website, developing a promotional power point presentation, SUN developed and delivers a free public speaking course. Hundreds of guest speakers have presented to our members and guests over the past twenty years and recently developed and implemented a Facebook page. While personal advocacy is not a primary focus for SUN, many seniors have benefited, received support and direction, in their time of need, from the SUN volunteer Advocacy committee. Also, SUN has worked with the Provincial Government for the implementation of the Property Tax Deferment Program, and the Seniors Home Adaptation Repair Program. SUN has also written numerous papers on various issues including Pensions.

Within the next few weeks, we are eagerly waiting for a written reply from the Local Authority Pension Board regarding adjustments required for the Cost-of-Living Adjustments and the unfair coordinated pension loan repayments.

A recent letter has been sent to our Alberta Premier requesting her reply to our May 4 letter to her, which identifies that Seniors continue to pay medical practitioners for a Seniors cognitive test which they need to retain their driver's license. Most of you remember that the Premier stated that no Albertan will have to pay money to see a doctor!

Stay healthy and active and I am looking forward to providing you with further updates this fall.

We appreciate the continued support we receive from your membership.

Wayne Sorenson, President



## SUN IS SEEKING A PROVINCIAL BOARD SECRETARY

The Provincial Board is seeking an individual to assume the vital role of Board Secretary. The Provincial Board meets monthly, usually on the first Wednesday of the month, excepting, July & August. Meetings are held on-line via the zoom platform.

The secretary is a member of the SUN executive team, acting as a signing officer of the Society, they keep accurate minutes of all meetings of the Society, records minutes at meetings, formats minutes into a word document, forwards the minutes electronically to the SUN administration office.

Please contact the SUN Executive Director Linda Osborne to express your interest or for further details.

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



**Executive Director Report**

I hope you are having a wonderful summer. Our Chapters meetings will be starting again this September and the Membership Committee will be working this summer to put together plans for increasing our membership this fall, so stay tuned.

Thank you to everyone who attended our AGM in April. We had a wonderful turnout of members, and it was so exciting to meet everyone in person again. Our guest speaker Josh Classen, chief meteorologist from CTV, delighted the attendees with his presentation. We also had the opportunity to welcome our newest board member, Rita DeLongchamp-Osborne. Rita is an enthusiastic person who has brought some new ideas to our board and has taken on the task as our temporary board secretary. I have written a letter to the Minister of Seniors, Community and Social Services, Jason Nixon, as an introduction regarding Seniors United Now priorities and our position on reinstating a Seniors Advocate in Alberta. We have requested a meeting with Honorable Nixon in the fall.

Over the past few months, I have continued to attend meetings with Public Interest Alberta Seniors Task Force, Pharmacare Working Group and Network Gathering Organization. Prior to the election in Alberta, I attended a press conference in St. Albert regarding Action for Pharmacare which was attended by two NDP MLAs from St. Albert and Morinville as well as many members from the Pharmacare Working Group. At the PIA Seniors Task Force, we discussed the fact that the first Black woman and Indigenous MLAs were elected and also organizations attending the meeting were encouraged to write a letter to the new Minister of Seniors regarding the reinstating of a Seniors Advocate for the benefit of seniors in Alberta (which I have already stated that Seniors United Now has already been written).

Respectfully yours,  
Linda Osborne

[sunexdir@telus.net](mailto:sunexdir@telus.net)

780-920-3058

**SUN Board of Directors 2023 - 2024**

Wayne Sorenson - President   Stan Poznanski - Vice-President   William Holtz - Treasurer   VACANT - Secretary  
 Robert Price - Director   Gerald Northam - Director   Carolyn Reed - Director  
 Frances Burkitt - Director   Rita DeLongchamp-Osborne - Director

**SUN Staff**

Linda Osborne - Executive Director   Lynn Penner - Office Admin   Deborah Wilson - Membership Coordinator



*May 2023 Board Orientation Session. Standing Left to Right: Stan Poznanski, Wayne Sorenson, William Holtz, Robert Price  
 Sitting: Rita DeLongchamp-Osborne, Carolyn Reed, Frances Burkitt   Missing – Gerald Northam*

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

The South Edmonton Chapter Meetings are held at the Whitemud Crossing Public Library in the Program Room 4211 -106 St. Registration at 1 pm and program starts at 1:30 pm. At the beginning of each meeting, we are now making an indigenous land acknowledgement. We appreciate greatly the use and support of the library facilities over the past year. We thank McDonalds and the manager at 23 Avenue and 110 St. for the complimentary coffee and muffins provided for each meeting, first by Reagan K. and later by Ely T.



Thanks to Cynthia for picking up the coffee and snacks. Thanks also to other members of the executive: Sushila, Bert, Gloria, Mimi, and Ratma. Sushila contacted the guest speakers and others contributed by phoning, bringing in supplies, and helping to set up. Also, several members of our chapter attended the AGM in April and volunteered to help it run smoothly. We hold regular steering committee meetings every month to plan for upcoming presentations, and to inform the chapter executive about Provincial Board discussions. We would appreciate any suggested topics on senior issues by our members. In addition, we have set up a Publicity Committee to let more people know about our monthly presentations. This includes senior organizations, senior congregate homes, and businesses in South Edmonton.

**WHAT HAPPENED...**

**May 19, 2023** - Kelly Reinprecht, Registered Dietitian, spoke on the topic, Dietitians Helping You Age Well. This was a very thorough and excellent presentation covering several aspects: what is a dietitian, how to find one, why is it important to have this help, when is help necessary and how is the service provided. Also, nutritional problems of seniors, solutions, and contact information were listed.

**June 16, 2023** - Opel Vuzi, Regional Air Quality and Health Specialist for Northern Alberta talked about Wildfire Smoke and Health Risks for Seniors. His fine speech followed by a question period covered health risk for seniors, how to reduce exposure and protect one's health, description of air pollutants and how they affect the body, how they weaken one's immunity and the body's defense system, the danger of both outdoor and indoor smoke, how to reduce their effects, the Air quality Health Index (AQHI) and how to access this information.

**WHAT'S UPCOMING...**

**September 15, 2023** Topic: Funeral Planning - Coming to terms with death - Cooperative Memorial Society

**October 20, 2023 & November 17, 2023** - Topics to be announced.

Chair: Robert Price  
780-250-7164 [rogp@shaw.ca](mailto:rogp@shaw.ca)

**When it's time to move – Proactive Seniors Housing Support is here to help**

*Determining which seniors' residence is the right one can be confusing and time-consuming*

We are here to help:

- In-person evaluation of needs, preferences and finances
- Determination of your best options and tour booking
- Private, public and dementia facilities



Call us at 403-809-1971 or email [info@proactiveseniors.ca](mailto:info@proactiveseniors.ca)

# WILLS, ESTATES & NOTARY



## MARRAZZO LAW OFFICE



### Do you have your LAST WILL AND TESTAMENT?

A Will allows you to choose who will get *your* assets, who will look after *your* children, and who will be in charge of distributing *your* estate.

*Dying without a Will may cost your family and friends hardship, money, and confusion.*

1.

### Do you have your LIVING WILLS?

These documents allow you to appoint someone to make your decisions in the event you become mentally incapable, better known as ENDURING POWER OF ATTORNEY (for financial decisions) and PERSONAL DIRECTIVE (for healthcare decisions).

2.

### How much is this going to cost me?

BASIC TESTAMENTARY PACKAGE (3 documents)

This includes your basic WILL, ENDURING POWER OF ATTORNEY and PERSONAL DIRECTIVE.  
Call today for a quote.

3.

### When can I meet with the Lawyer?

Call today to schedule your appointment.

Same day appointments subject to availability. Evenings and weekends available. Mobile appointments available\* (small towns, hospitals, senior homes, personal residences) \*extra fee

4.

## Call us today at (780) 756-5500



### MARRAZZO LAW OFFICE

**\$50 OFF** a basic wills package

(will, enduring power of attorney & personal directive)

9535 – 135 Avenue Edmonton, AB T5E 1N8



## Northeast Edmonton Chapter

## Quarterly Activity Summary

We continue to hold our meetings at our new location, Glengarry Community Hall, 13325 – 89 Street, Edmonton. Our volunteers continue to step forward to arrange the seating requirements as well as the after meeting clean up. At the present time we are looking for a volunteer to be the recording secretary or the Chapter chairperson. If you are interested in one of these positions, contact Wayne Sorenson.

At each meeting we have excellent guest speakers who discuss a variety of senior topics. At the end of each meeting,

we have a Save on Foods, door prize and a 50/50 draw. Everyone is welcome, bring a friend and enjoy the fellowship, baked goods, tea, and coffee. A very special thank you to save on foods located at 167 Ave. and 50th street for their donation of tasty treats for our meetings.



### WHATS HAPPENED?

**April 13, 2023** - Edmonton Police Service detective Scott Abbott and his partner Dwayne gave an excellent presentation on Types of Fraud and Scams Targeting Seniors. Their presentation focused on Grandparent, Lottery, Email, Internet, Investment, Romance Scams, identity theft and Fraud and Scam Prevention. Last year in Edmonton, 52 million dollars were lost due to scams. This presentation was a real eye opener, the audience was fully engaged and had lots of questions.

**May 11, 2023** - Carl Busch represented CNIB and explained how their Ambassador Program can assist with people with vision problems. He discussed warning signs of eye disease and where to get help. He displayed and demonstrated about 25 technical aides that can assist people with vision impairment.

**June 15, 2023** - A Chapter Member Social event is held annually in recognition of our SUN members and our volunteers. Lunch included deli sandwiches, veggie trays, fruit trays, coffee, tea, and pastries including a SUN 20th Anniversary Cake. Everyone enjoyed the event and celebrated the SUN anniversary.

### WHATS UPCOMING?

**September 14, 2023** – Registered dietitian, Kelly Reinprecht, representing Helpful Nutrition And Health Navigation, will conduct a presentation on seniors healthy eating, medical diets, texture modified diets, grocery shopping, meal preparation and more.

Looking forward to seeing you all there.

**October 12, 2023 – November 09, 2023** – Topics to be announced.

Wayne Sorenson – Chair, Northeast Edmonton Chapter

[wm.s1@telus.net](mailto:wm.s1@telus.net) 780-964-1142



## ATTENTION LIFETIME MEMBERS

**Are you a lifetime member that would prefer to receive the SUNBURST Newsletter via email?**

If that is your preference, please send an email to the SUN office Admin [unitenow@telus.net](mailto:unitenow@telus.net) and SUN would be happy to convert your membership file to E-Communication. As SUN does not need to manage renewal notices for your file this will result in printing & postage savings for SUN.

Annual members are also welcome to receive the Newsletter via email, but due to the administrative costs involved with managing each member's renewal manually, as opposed to the bulk management done via the hard copy newsletter process it doesn't result in cost savings for SUN.

## Important Considerations for Seniors Who Want to Stay Home and for Seniors Who Move to Seniors Residences

Most seniors want to try to stay in their own homes for as long as they can reasonably do so. There is familiarity with the space and location and the comfort of the memories made there. Staying home as one ages is usually quite feasible, but concessions are generally required. Most importantly, one must be willing to accept help from others and be willing to adjust the setting for mobility and safety purposes.

### Seniors Staying Home:

1. Consider home modifications and equipment for safety and mobility
2. Get help with harder tasks that put seniors at risk such as maintenance, housekeeping, laundry, cooking, etc.
3. Gauge the ability and comfort of caregivers (spouse and family) so they are working within their capability emotionally and physically
4. Be willing to have outside home care support when needed
5. Create strategies for staying socially engaged
6. Consider transportation alternatives when driving is no longer suitable
7. Understand the costs and plan for some additional expenses to stay home with help
8. Have a backup plan in case staying home doesn't work out

Moving to a seniors' residence is a big decision but the right decision when one is no longer thriving at home. Most often seniors will move to a supported living setting when the challenges of staying home are starting to outweigh the benefits. Whether for safety reasons, for care support, to ease the pressure of cooking and housekeeping or for socialization, seniors' residences are an opportunity to really enjoy and be supported in your senior years. Choosing the right location, that is the best fit with your needs, preferences, and budget, is critical to success.

### Seniors Moving to a Seniors Residence:

1. Understand the funding types: Subsidized, Publicly Funded (AHS), Private
2. Understand care levels: Independent, Assisted, Memory Care, Long Term Care
3. Determine what one is eligible for based on finances and care needs
4. Consider personal preferences: couple suite, kitchen, laundry, pets, balcony, activities of interest, all in pricing or a la carte pricing
5. Consider care needs now and in the future to determine the range of care needed
6. Understand the costs
7. Factor in availability and wait lists – shortages exist and will grow

## Sherwood Park / Strathcona County Chapter (SPSC)

## Quarterly Activity Summary

Chapter meetings are held on the 3<sup>rd</sup> Tuesday of each month except July, August, and December. Meetings commence at 1:30pm and are held at Bethel Lutheran Church located at 298 Bethel Drive, Sherwood Park, which is fully accessible. Members and non-members are welcome. Our presenters answer many questions during and after their presentations and are thanked with an appreciation gift. ***A special thank you to Sobey's – Nottingham-Sherwood Park for donating delicious cookies!***



### What's Happening? SUN is working for you.

The SUN Chapter in Sherwood Park and Strathcona County has been working hard advocating for you in the last two months! During Seniors Week our SPSC executive set up a table with two large posters giving a rationale as why we need a Seniors Community Centre Hub. Over one hundred promotional handouts were given out to seniors and we talked-it-up to many of them who expressed enthusiasm for our advocacy project.

Further to these efforts, two members of our executive met with three different County Councilors and have received favorable support from them for our project. We had many questions for them, and they reassured us that this project is still at the top of their priority list. One counsellor thought our idea of starting a Seniors' Foundation was a good one and will present it to the SAC (Seniors Advisory Committee) for consideration. SUN looks forward to further action and we were invited to make a presentation to council in the fall.

Why do we need a Seniors' Hub in Sherwood Park?

A Seniors' Community Centre HUB would:

- Focus all seniors' programming in one central location. Presently it is all over the map!
- Encourage Strathcona County to deal with one of the most concentrated seniors' populations in Alberta at 33% (55+)
- Provide one place for Seniors in Strathcona County similar to centres in Edmonton such as Northeast Edmonton Seniors Association (NEESA), Southeast Edmonton Seniors Association (SEESA), West End Seniors Activity Centre (We Seniors), Central Lions Recreation Centre and many smaller ones
- Work towards Strathcona County's vision of being one of the most livable places in Canada – SENIORS INCLUDED!
- Eliminate social isolation and fragmentation by providing a permanent structure capable of providing a holistic approach to senior wellness
- Enable us to raise money now and capitalize on grants to build our future

If we are lucky at some point in time, we all become seniors!

So, what do we do now? What are the next steps to getting this project started? SUN is suggesting that we have a HUB FOCUS meeting on Sept 19, 2023 at our regular meeting place at Bethel Lutheran Church. We plan to have a facilitator present, with a possible lunch provided, to help us in the process of getting started and envisioning what a Seniors Community Centre Hub should look like for the future!

**Can you Help?** Please call Denis Beaudry at 780 464 2871 or Claudette Mclean at 780 467 5269

The SPSC is still looking for a **Chapter Secretary**. This position is vital to the continuation of our chapter. The recording secretary records minutes at meeting, formats minutes into a word document, forwards the minutes electronically to the SUN administration office for posting on our chapter webpage.

The time required is about ninety minutes per month.

An Elite notebook is available for producing the minutes.





## Sherwood Park / Strathcona County Chapter (SPSC) CONTINUED

### WHATS HAPPENED?

**May 16, 2023** - Topic: Medical Assistance in Dying (MAID) Speakers: Jo Heggerud, RN, BScN, Navigator, MAID, North Sector. Dr. Paul Humphries, Family Practice. Held at the WeSeniors Centre, Strathcona Community Centre. Jo Heggerud and Dr. Paul Humphries conducted a question-and-answer session. No presentation was made as they stated they did not want to recruit or promote their topic. Discussions revolved around decision making, the role of the Navigator which was to help the family and patient with decision making, the role of an assessor who must make certain that all the rules are followed according to the criminal code of Canada. Other considerations discussed were “reasonably foreseeable death”, the loss of capacity to make decisions one or two years later and the certitude that only the person involved is allowed to make the decision to terminate life.

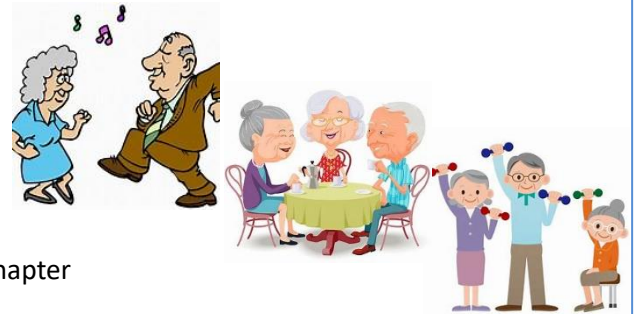
**June 20, 2023** - Topic: How to stay active in Summer and Tuned for the Fall

Speaker: Kelly Thomsen is an Adult Wellness Programmer and exercise physiologist with Strathcona County who has worked with many seniors for over 20 years. Kelly informed us about the many options for seniors, including fitness testing, instructor led exercises, Active Aging Week (Oct), aquatic classes, summer camps for seniors, 50-hour challenge walking and many others. Anne, her assistant, then demonstrated a variety of at-home fitness exercises we can do. The important thing is to move all the time to stay healthy.

### WHATS UPCOMING?

**September 19, 2023** - Topic: - Seniors Community Centre Hub FOCUS

**October 17, 2023 - November 21, 2023** Topics: - To be confirmed



Report respectfully submitted by: Denis Beaudry Chairperson, SPSC Chapter  
*Join us! We welcome your wisdom, experience, and enthusiasm!*

### Our next Cash Raffle is:



**“One Hit Wonders”**  
September 25, 2023  
License #646000

Join our growing list of SUN winners! See page 15 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.**

### CASH RAFFLE – Winners “Mother Goose Day”

May 01, 2023

License #632685

Congratulations to SUN members:  
J & F MacLellan – Edmonton, AB ticket #425  
S. Zinyk Sherwood Park, AB Ticket #493

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



### Casino Volunteers – Casino Chairperson needed

We are pleased to recently receive notification from the Alberta Gaming & Liquor Commission (AGLC) that SUN has been assigned casino volunteer hosting dates in the first quarter of 2024. We are scheduled at the Century Casino on Fort Road in Edmonton. We are currently looking for a Casino Chairperson and will be looking for all volunteers for this vital fundraising event once the dates are set. If you are interested in stepping forward as Casino Chairperson, please contact SUN Administration office 780-449-1816 [unitenow@telus.net](mailto:unitenow@telus.net)

### SUN AGM April 26,2023 Santa Maria Goretti Community Center - in Review

The 2023 AGM was successfully held, and all required business was concluded. SUN thanks the many volunteers that ensured it went smoothly; Gloria G., Diane V., Wendy J., Marg T., Elsie F., Sushila S., Deirdre H., Denis B., Bert R. Thanks also to the volunteer Board members: Wayne, Stan, Cynthia, Bob, Carolyn, Frances, Arlene, Mary Lou, William, and Gerald, for their work before during and after the AGM. SUN also acknowledges the efforts of staff, Linda, Deborah and Lynn.

SUN Annual General Meeting major sponsor was Johnson Insurance, many thanks go out to them. SUN also had several other sponsors, some who had information tables. (See below) Ninety individuals attended, members comments generally were excellent food, service, and location. Presenter Josh Clausen had an interesting presentation and was well received. An extra microphone for audience commentary proved helpful.

SUN has tentatively booked Santa Maria Goretti for April 24, 2024



Thanks to our major sponsors



Marrazzo Law Office  
Lina Marrazzo  
Probate, Preparation of Wills,  
Living Wills & Estates

Thanks to those that provided door prizes  
Heartfelting.ca Canadian Handcrafted  
textile art and curiosities, sold locally and  
around the world.  
Michael Paul - Author



SUN President – Wayne Sorenson

# Supporting families while promoting independence at home



Caregivers • Homemakers • Companions • Nurses

Talk to the Qualicare team about flexible options for AM/PM and 24/7 care, short or long term, help with errands and appointments, specialized care plans for dementia, ALS, Parkinson's, MS, palliative care, and more.

## Together, we've got this



Call now for a supportive care conversation 780-423-9100

[www.qualicare.com/edmonton-ab](http://www.qualicare.com/edmonton-ab)

SUN received numerous concerns from Alberta seniors that they have had to pay out of pocket to their medical practitioners for a medical cognitive test. This medical exam was required when renewing their driver's license. These concerns prompted SUN to initiate a survey of seniors, from Feb 9,2023 to May 1,2023.

The SUN Board of Directors has shared these results with: The Honourable Danielle Smith, Premier, The Honourable Rachel Notley, Leader of the Official Opposition, The Honourable Adriana LaGrange, Minister of Health and The Honourable Jeremy Nixon, Minister of Seniors, Community and Social Services. To date we have only received acknowledgment of the receipt of the letters but no detailed response. The SUN board will be following up with this advocacy item.

## DRIVERS MEDICAL FEES SURVEY

<b>TOTALS</b>		<b>212</b>
Hard copy	17.45%	37
online	82.55%	175
<b>1) When did you have your last medical for renewing your driver's licence?</b>		<b>212</b>
2023	20.28%	43
2022	48.11%	102
2021	21.70%	46
2020	4.25%	9
2019	5.19%	11
2018	0.47%	1
2017	0.00%	0
<b>2) Were you told you would have to pay a fee, prior to your examination.</b>		<b>212</b>
YES	85.38%	181
NO	14.62%	31
<b>3) What was your approx. cost of the exam?</b>		<b>212</b>
\$0.00	10.85%	23
under \$25	0.00%	0
under \$50	4.25%	9
under \$75	14.15%	30
under \$100	27.36%	58
under \$125	12.74%	27
under \$150	21.23%	45
under \$175	6.60%	14
\$200	2.83%	6
OVER \$200	0.00%	0
<b>4) Were you aware that Medical Practitioners may charge various fees for this service.</b>		<b>212</b>
YES	66.98%	142
NO	33.02%	70
<b>5) Your annual medical exam includes vision, hearing &amp; blood pressure tests which are covered by Alberta Health. Do you think cognitive ability tests should also be covered by Alberta Health?</b>		<b>212</b>
YES	93.40%	198
NO	6.60%	14
<b>6) Are you a SUN member</b>		<b>212</b>
YES	78.77%	167
NO	21.23%	45
Surveys submitted		212

## Thinking of a Vacation Outside of Canada?

This is the record of events of Richard & Karen, who went on a cruise with a well-known cruise line to the Caribbean in February of 2023. They were supposed to return home the night before Valentine's Day, but they didn't return for three weeks. They both got COVID on the ship, both had their vaccines, but Richard's health was compromised with COPD and asthma. He ended up in the ship's infirmary for 21 hours before docking in Florida. The ship charged \$9,000 to their VISA card, which was later discovered, when trying to purchase a portable oxygen concentrator for \$3000; a wheelchair, plus prescription medicine, which were all required for a train trip back to Alberta. *(Eventually it was determined the train was not a safe way for them to travel, due to Richard's unstable condition.)*

The Hospital in Fort Lauderdale required a \$5,000 deposit. Richard's wife, Karen, was told that a medivac was being organized by the insurance company, who were consulting with the doctor. They were told to prepare for departure and were able to return the medical aids for a refund. Karen was told that the medivac would cost \$60,000 and she had to pay \$10,000, as the cost exceeded the insurance coverage. Karen had to spend a huge amount of time consulting with VISA to increase her credit amount to \$45,000. The medivac flight was cancelled due to mechanical problems. Fortunately, the insurance company found an alternate company that would medivac them for \$38,000 and no additional personal cost.

Then there was the hotel bill for Karen, taxi to and from the hospital twice a day each day; daily meal costs and hotel expenses for their daughter, who flew early on to support them, and had to make her own arrangements home – all not covered by insurance.

Therefore, if you are thinking of taking a trip outside Canada, make sure you research available health insurance; and be sure to read the fine print so you will know what is covered and what is not. Be prepared to pay upfront and hope to receive reimbursement eventually.

*The names have been changed to protect their identities. Sadly, Richard died in an Edmonton Hospital a short time after their return.*

*Written by Carolyn Reed, SUN - Board of Directors*

three  
robins  
ACTIVE LIVING COMMUNITY

**A NEW VISION  
FOR SENIORS**

(780) 400-0575 3robinsemeraldhills.ca

three  
robins  
ACTIVE LIVING COMMUNITY

**RENTS  
STARTING AT  
\$1425**

**ALA CARTE SERVICES:**

- FOOD SERVICES AVAILABLE
- EMERGENCY CALL MONITORING
- COMMUNITY TRANSPORTATION
- PLANNED RECREATION ACTIVITIES

(780) 400-0575 3robinsemeraldhills.ca

### Northwest Edmonton Chapter A message to our chapter members

It is our sincere hope to revitalize the NW Chapter in 2023. Planning is underway and volunteers are needed.

We would also encourage members to attend Chapter meetings being held in either South Edmonton, Northeast Edmonton, or Sherwood Park, where you will be warmly welcomed. The NW Chapter is looking for individuals that would be interested in assisting with the organization of NW Chapter. If you have a few hours monthly to support your chapter, please contact:

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

## HISTORY OF ONE-HIT WONDER DAY

One-Hit Wonder Day was established in 1990 by music journalist Steve Rosen. Rosen wanted to pay tribute to all of those who have had their fifteen minutes (or less) of fame and subsequently vanished. It seems only fair that we take a few minutes to think about the talented artists who gave us the hits that are etched into our minds and hearts even today, every year adds new musicians to the list and that makes the celebrations that much richer and more fun.

You might be wondering what constitutes a one-hit-wonder, and we have the answer to that! A one-hit wonder is any song that reaches Number One on the 'Billboard' charts and the artist never had another song break into the Top 40 after that. A one-hit wonder doesn't mean an artist is unsuccessful or any better or worse than another artist who doesn't have that title. They are simply people whose names have faded from memory while their works have endured, and we believe they deserve another five minutes of fame every now and then to ensure their full legacy is preserved.

Try out some of these One-Hit Wonders to get started on a playlist:

Penguins: "Earth Angel" (1954) The Chords: "Sh-Boom" (1954) Gene Vincent & His Blue Caps: "Be-Bop-a-Lula" (1956)  
 The Archies: 'Sugar, Sugar' (1969) Bruce Channel: 'Hey! Baby' (1961) Mark Dinning: 'Teen Angel' (1960)  
 The Knack: 'My Sharona' (1979) Rupert Holmes: 'Escape' (The Piña Colada Song) (1979)  
 Norman Greenbaum: 'Spirit in the Sky' (1970) Dexy's Midnight Runners: 'Come On Eileen' (1982)  
 Bobby McFerrin: 'Don't Worry Be Happy' (1988) Los Lobos: 'La Bamba' (1987)  
 Chris de Burgh: 'The Lady in Red' (1986) Aqua: 'Barbie Girl' (1997) Semisonic: "Closing Time" (1996)

Although 'one-hit wonder' is a term often used in the music industry, it's also used in other fields like academics, sciences, and sports. Sports fans are well accustomed to a relatively unknown player coming out of nowhere and making a great play or putting in an explosive game or even full season, then disappearing into the ether, never to be heard from again. Obviously, everyone has their personal favorites, but these few top many lists.....



*SUN - Admin Lynn Penner gratefully accepts a donation from Shell Canada Energy - Scotford Facility, of three refurbished HP Elite Notebooks. Finance Manager Ryan Seeman made this donation possible. Presented by Chris Penner*

**Stephen Bradbury** - is an Australian legend and one of the biggest one-hit-wonders of all time. Bradbury became the first-ever Australian to win a gold medal in the Winter Olympics, during the 1,000m speed skating event in 2002. Bradbury was coming last, until a last corner pile-up took out the rest of his opponents and he skated past to win. After this career highlight, he promptly retired, and now appears in television ads in Australia.

**Greg Cook** - Bengals quarterback Greg Cook is probably the most heartbreaking story on this list, as his one-hit wonder status wasn't really his fault. Playing in 1969, with limited medical technology, Cook had an undiagnosed torn rotator cuff. Despite this he still passed for 1,854 yards, and still holds some rookie records. Unfortunately, his rotator cuff began to deteriorate, and he was forced to retire officially in 1973.

It is speculated that if he had been healthy, Cook may have been one of the greatest quarterbacks of all time, rather than just a one-hit-wonder.

**Scott Bjugstad**- Statistically, has the worst drop-off between seasons in NHL history. In the 1985-86 season with the North Stars, he benefited from being surrounded by talented players and scored 43 goals. He went on to play 317 games in the NHL and retired with a career total of 76 goals, never scoring more than 11 goals in any subsequent seasons.

**Austin Croshere** - is one of those guys who peaked at the right time, got a fat contract out of it and never played as well again. The NBA is full of this, but Croshere is particularly special. He was integral in the Pacers' first NBA Finals appearance, and was rewarded with a seven-year, \$51 million contract. Three seasons later, he played only 49 games in the season.

**Brady Anderson** - still holds several Orioles single-season records, and in 2004 he was inducted into the Orioles Hall of Fame, he also deserves a spot in the One-Hit Wonder HOF. In 1996 Anderson hit a respectable 50 home runs, in 1997 and 1998 he managed to hit 18 home runs apiece. Not exactly awe-inspiring. Brady was plagued by injury, and it is sad thinking about what could have been!

ONE HIT WONDERS

Name(s):

Address:

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

Email \_\_\_\_\_  
(please print)

Individual Tickets: \_\_\_\_\_ Tickets \$5.00 each \$ \_\_\_\_\_ (40 available)

5 tickets \$10.00 \_\_\_\_\_ Sets \$10.00 each \$ \_\_\_\_\_ (60 sets available)

20 tickets \$20.00 \_\_\_\_\_ Sets \$20.00 each \$ \_\_\_\_\_ (110 sets available)

Draw Date : September 25, 2023

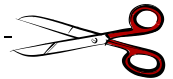
License #646000

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. Purchasers must be Alberta residents.
- 2) The purchase price of each ticket shall be: \$5.00 each OR 5 tickets \$10.00 OR 20 tickets \$20.00
- 3) To be eligible for draws, the ticket order and purchase amount must be received in SUN office by 10:00am, September 25, 2023
- 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, September 25, 2023
- 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 June – September 2023

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

Thank-You for your prompt renewal. Renewals & donations may also be made by Etransfer to [unitenow@telus.net](mailto:unitenow@telus.net) or online via our website

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 and donations. [unitenow@telus.net](mailto:unitenow@telus.net)

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

(Please print clearly)

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

## Message from your Membership Coordinator

Since returning from the pandemic break, I have been focusing my attention on increasing the awareness of SUN. I have been reaching out to organizations, non-profit groups, and businesses to consider SUNBURST as an advertising opportunity. This seemed to be a slow process, but with the focused time and effort we have made some new contacts. Many of these advertisers were also sponsors at our recent AGM. Some of the Chapters will be hosting our new contacts at upcoming meetings as guest speakers. I'm confident these resources will be helpful to our SUN members in their daily lives.

Another way to reaching out to members is by using our Facebook page. I know this is not for everyone but if you have access to Facebook, you can see our postings from Seniors United Now. We post Chapter Meetings, AGM information, guest speakers and newsletter updates. Consider finding our page.

If you have any ideas on how to increase our membership, I would be open to hearing from you. You can reach me by email at [suncoord@telus.net](mailto:suncoord@telus.net)

Chapters need your support to keep running so consider volunteering at their meetings. Membership has its rewards with benefits of new friendships, information, and support.

I look forward to working for you, and with you, for a better SUN.

Deborah Wilson

Membership Coordinator



## ARE YOU DUE?

Thank-you for being a SUN member, your membership information is available by contacting the SUN Administration office @ [unitenow@telus.net](mailto:unitenow@telus.net)



## Last Laugh

### Who needs their hearing checked?

A man goes to the doctor, concerned about his wife's hearing. The doctor says, "Stand behind her and say something and tell me how close you are when she hears you." The man goes home, sees his wife in the kitchen, cutting carrots on the countertop. About 15 feet away he says, "Honey, what's for dinner?" Nothing. He gets halfway to her and repeats the same question. Nothing. Very concerned, he gets right behind her and asks again "What's for dinner?" She turns around and says "For the THIRD time, beef stew!"

### IF MY BODY WERE A CAR...

If my body were a car, this is the time I would be thinking about trading it in for a newer model. I've got bumps and dents and scratches in my finish, and my paint job is getting a little dull. But that's not the worst of it. My headlights are out of focus, and it's especially hard to see things up close. My traction is not as graceful as it once was. I slip and slide and skid and bump into things even in the best of weather. My whitewalls are stained with varicose veins. It takes me hours to reach my maximum speed. My fuel rate burns inefficiently.

But here's the worst of it --

Almost every time I sneeze, cough, or laugh, either my radiator leaks or my exhaust backfires.