



WESTEND SENIORS ACTIVITY CENTRE

OBSERVER April 2019

Volunteer Appreciation

Thursday, April 18 from 1:30-3:00 pm

Welcome Spring at our Garden Party.

Pull those spring dresses, golf shirts and flowered hats out of storage and join us for refreshments and entertainment by Louis Pezzani, "Mentalist and Magician of the Mind".

Thank You!

for helping us

GROW!



Volunteers please pick up your tickets at the front desk.

9629-176 Street, Edmonton, AB T5T 6B3 / Ph: 780-483-1209



www.weseniors.ca

Executive Director's News

Haidong Liang, Ph. D.

Our Annual General Meeting on Wednesday, March 27 was well attended and a joyful celebration of our accomplishments in 2018. After recruiting three new Board members, we now have a team of 13 highly qualified professionals who will bring "tremendous credentials and outstanding previous experiences to the table" (quoted from our President). I can't wait to start working with this outstanding Board.

Our annual Volunteer Appreciation event will be held on Thursday, April 18 from 1:30 -3:00 pm. We love to see all your beautiful smiling faces on that day. Did you know that in 2018, our volunteers together put in 116,801 hours! They selflessly contributed \$175,211 value of work to the Westend Seniors Activity Centre.

You must love our latest Spring & Summer 2019 Program Guide! Here is the most exciting news I would like to share with you: on the first day of registration (March 25), we recorded over \$18,000 in registration revenue, which broke every single revenue record in WSAC's history for first day registration. We had members who are currently traveling in the US and Mexico register for classes online and phone the Centre. Just to help you understand the scope of improvement: last year around this time, we had very few registered classes and mostly drop-in activities in the Spring and Summer. What a change in just 6 months! A huge thank you to the entire staff team for putting this program guide together. Also a huuuuuuuge thank you to our front desk ladies who worked on that day! They are the Super Myrna, Super Lynne, and Super Gail.

If you are taking fitness classes in the Auditorium, I hope you are enjoying the new sound system that has made our instructors' lives much easier and enhanced the experiences of your participation.

We only launched our e-Newsletter and official Facebook page a few months ago, and now we have 1,055 subscribers and 589 followers, respectively. Through our digital platform, our members have been connected to the latest seniors-focused information all year round.



Again, I would like to thank my staff team for making WSAC one of the best senior centres in Edmonton. As I mentioned in the Annual Report, this team is a "Diamond" Team. Just like how people measure the quality of a diamond by using the 4 Cs – our Staff team is Cohesive, Collaborative, Creative and Cultural Diverse. With the support and dedication of this team, I look forward to a very successful 2019.

Did You Know?

Westend Seniors Activity Centre is a charitable non-profit organization. We rely on funds from three levels of government and we apply for funding every year to help this Organization maintain its financial stability.

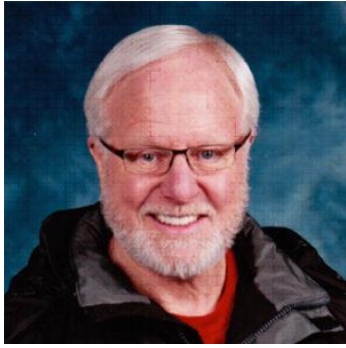
As I mentioned above, I have a "Diamond" team. However, our staff are not government employees and receive no government-level salaries and benefits. And most importantly, due to the limited funding, many of us are part-time staff. The reason why our talented staff are working so hard to bring WSAC to a leader level in the senior centre sector is because they sincerely love seniors and love serving seniors.

WSAC is fortunate to receive support from our volunteers. I want to emphasize three groups: our front desk ladies, kitchen helpers, and the Board. They are your peers and they are selflessly serving you because they love this Organization from the bottom of their hearts.

Our Centre is one of the three Senior Centres that is not City-owned. Our Centre has to look for financial support from different sources to maintain our building. The Volunteer-based Facility Committee has devoted thousands and thousands of hours to help lower the cost of looking after this big building.

We need all the support from our members. If you're proud of being part of this Centre, please be our ambassadors and advocates. Talk to your families and friends, talk to the businesses that you're dealing with, and talk to the three levels of Government so that they know Westend Seniors Activity Centre is one of the senior Centres that sincerely cares about seniors and wants to help seniors enhance their quality of life, reduce social isolation and achieve the ultimate goal – aging in place/communities.

OUR NEW 2019 BOARD OF DIRECTORS



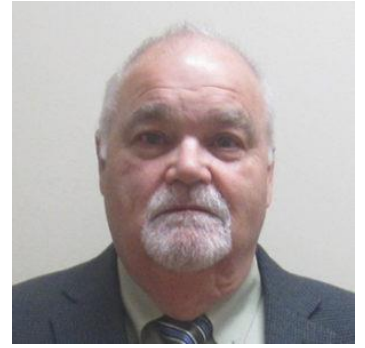
**President
Jay Pritchard**



**Board Member
Marilyn Tywoniuk**



**Board Member
Barbara Gibson**



**Board Member
Spurgeon Gammon**



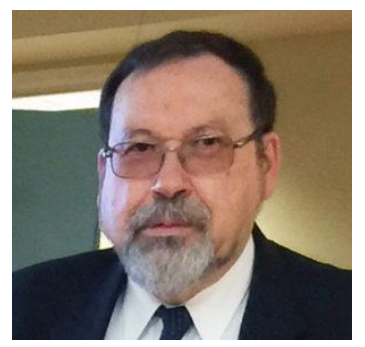
**Board Member
John Kennedy**



**Board Member
Donna-Mae Lambert**



**Board Member
Kaye Langager**



**Board Member
Brian Quickfall**



**Board Member
Burt Krull**



**Board Member
Ruth Ann Linklater**



**Board Member
Sharon Smith**



**Board Member
Wendy Laws**



**Board Member
Michael Alpern**

COFFEE AND CONVERSATION



Wednesday, April 24 at 9:00 am in the Café

The purpose of this informal meeting is for members to participate in open dialogue with The Board of Directors and Staff. We want to hear your ideas and views and hope to be able to share some of ours too. There will be no formal agenda, instead it will simply be a time to share "Coffee and Conversation" in the Café. Hope to see you there.

The Spring & Summer session starts in April. Check out the new Program Guide, which came out on March 18. Registration for classes is currently OPEN! Please register a minimum of one week prior to the class start date.

Program Department



Question of the Month

Question:

How can I provide Westend Seniors Activity Centre feedback regarding a program that I have taken?

Answer:

The WSAC team values all feedback of all members! We use the comments that we receive to retain quality instructors and make improvements to programs. Please contact us with your thoughts at any time. You can communicate your ideas in a variety of ways:

1. **In person:** Contact Shelley Kulak, Recreation Coordinator, at the Centre. You can make an appointment to speak with her directly or ask to speak with her at the front desk.
2. **Online:** Contact Shelley Kulak via email at shelley@weseniors.ca.
3. **Letter:** You can write Shelley a letter and give it to one of our front desk volunteers to deliver. If you would like Shelley to follow up with you, please include your name and the best way to reach you.
4. **Survey:** At the end of each program guide session, we distribute a program evaluation survey to members via email. The next survey will be sent out by the beginning of May. A paper version will also be available at the front desk.

Regardless of how you submit your ideas to us, please ensure that you include your name and best way and time to reach you, if you would like Shelley to follow up. Of course, if you prefer, you can also submit your feedback anonymously.

Community Outreach & Social Wellness at WSAC

Our Community Outreach program is there to help you keep leading a bigger and more fulfilled life even with any changes that may come your way.

*What does it mean to **YOU** to reduce isolation and increase your empowerment?*

WSAC Outreach **shares knowledge, creates connections, and generates ideas, and develops solutions** for your change and crisis experiences.

This month's theme is Finances!

Sharing Knowledge: It's Tax Season!

Do you need help with completing your taxes? If your income is below \$35,000 (single) or \$45,000 (couple), these clinics are available in West Edmonton:

- Beulah Alliance Church, 17504-98A Ave. Saturdays 10-3pm.
- Jasper Place Wellness Clinic, 15626 - 100A Ave. Wednesdays 9-11am.

As these are drop-in only services, be prepared to wait. We suggest arriving early.

Creating Connections: 'When I'm 64' Free class at Edmonton West Primary Care Network

If you are 64 years of age, this free class lets you know how to access the provincial and federal seniors benefits available to you. Next class is April 10 from 6:30 p.m. - 8:30 p.m. at the Meadowlark Health & Shopping Centre, #124, 156 Street & 87 Avenue. To register, go to www.edmontonwestpcn.com or call 780-443-7477. Admission is **FREE!**

Generating Ideas: Connecting at WSAC

A great way to make new connections and brainstorm ideas for solving problems is to drop in to one of our WSAC outreach support groups. **Social Circle of Friends** is a very friendly peer-to-peer group that meets Mondays at 9:30-11am. **Circle of Support** is facilitated by our staff and a great resource for exploring mindset and gaining ideas on Thursdays from 1:00-2:30 pm. (\$2 Drop-in.)

FRIENDS OF WSAC PRESENTATIONS

Real Talk On Being a Caregiver - Presented by Revera Retirement Living



Tuesday, April 2 from 1:30 pm – 3:00 pm

Cost: \$2

Whether you chose this role, or this role chose you – you'll learn valuable resources and strategies to assist you in your caregiver role. We're cutting out the fluff and focusing on the nitty gritty details of being a caregiver and maintaining your sanity too. Jolyn Hall is a previous Registered Nurse, part of the Caregivers AB professional network, and works with families every day.

Hearing and Your Health - Presented by: Hear Canada



Monday, April 8 from 1:30 pm to 3:00 pm

Cost: \$2

This presentation will identify some of the health conditions that may contribute to or cause hearing loss and discuss health conditions that are known to be linked to hearing loss. You will learn about consequences of untreated hearing loss and recognize what you can do to reduce such health effects.

Could You Be The Next Victim?- Presented by: Servus Credit Union



Tuesday, April 9 from 1:30 pm to 3:00 pm

Cost: \$2

Could you be the next victim? Come learn about common scams including internet, phone face to face, plastic cards and bank accounts and general ways to keep yourself safe in today's modern environment.

Doing Your Taxes – What's In It For You? - Presented by: Canada Revenue Agency



Monday, April 15 from 1:30 pm – 3:00 pm

Cost: \$2

The role of Canada Revenue Agency's (CRA) Outreach Officers is to meet with community organizations, to build relationships and to promote CRA's resources and services. Our goal is to ensure that seniors don't miss out on benefits and credits they are entitled to, and are made aware of the various online tools and resources available to them. Come to an information session to find out about GST/HST credit, Medical Expenses, Pension Income Splitting, Disability Tax Credit, and more. Don't get scammed and get all your benefits on time!

Downsizing- Presented by: Your Organized Friend



Tuesday, April 23 from 1:30 pm – 3:00 pm

Cost: \$2

Join us to share your perspective on the emotional side of downsizing. Discover the benefits of taking a proactive look at downsizing vs. a reactive approach. Karen Murdock, Certified Executor Advisor, and owner of Your Organized Friend has worked with 100s of Edmonton families and will share her experience.

The Things You DON'T Know About Walking & Physical Activity - Presented by: Flaman Fitness



Monday, April 29 from 1:30 pm – 3:00 pm

Cost: \$2

Walking and physical activity is a vital part of everyday life and helps us stay healthy, happy and most importantly, independent. Walking and physical activity is often taken for granted and many people do not prepare for the future. When accidents or new realities are presented without warning, we can feel cut off at the knees and overwhelmed with how to stay independent. Aaron Yee, from Flaman Fitness, will share tools and supports to help prepare you for an adverse event and keeps you moving. If you have worries or barriers that are stopping you from getting out, there may be a solution for you. Aaron will show you how scooters, walkers and walking aids can keep you moving with confidence.

Writing Your Will – 7 Things To Know - Presented by: Estate Connection



Tuesday, April 30 from 1:30 pm - 3:00 pm

Cost: \$2

In this presentation, Stacy will outline the steps needed to be prepared and how to leave your family with solutions, not problems. This presentation will outline why we need a Will, what will happen if we don't have a Will or if it is outdated, and how to determine if we should update our existing documents. She will also discuss how to choose an executor; what information should be in your Will; what probate is; and rules for leaving gifts.

8 Week Seniors Fitness Program – Week 8

Walk 4 days

- 5 minute light effort walking warm up
- 30 minute brisk, moderate-effort walk (incorporate 2 flights of stairs to this part of the workout)
- 5-7 minute light effort cool down

Add the seniors stretch routine to your cool down when possible.



Visit our website
www.weseniors.ca
for a free download
of this program.

DAY 1 EXERCISE INSTRUCTIONS



Bent Knee Raise – 3 sets of 10 reps

- Lie on back with knees bent
- Tighten abdominal muscles, think of your belly button pressing into your spine
- Lift your knees ONE AT A TIME toward your chest
- Hold for 5 seconds
- Return both legs to the floor

Tips: 1. Don't over-bend your knee joint 2. Place palms on the floor/bed for support



Step Down Taps – 3 sets of 10 reps, each leg

- Stand on the last step facing down the stairs
- Lower one leg as if you are going down the stairs
- Touch your heel to the landing and then come back up



Wall Squats with Towel Squeeze – 3 sets of 10 steps

- Stand with feet shoulder width apart and lean backward so back is against wall
- Squeeze towel with knees
- Slowly bend your knees to lower your back down the wall
- Only go as far as is comfortable and pain-free
- Hold for 2-3 seconds
- Return to start position



High Chair Stands – 3 sets of 10 reps

- Start sitting on chair with feet flat on ground, shoulder-width apart
- Place pillows and/or books on chair to bring seat higher
- Stand up from seated position with arms cross over chest

Note: If this is too difficult, try extending your arms in front of you. If this is still too difficult, try using your hands on your thighs to help push you up



Side Leg Raise with Band – 3 sets of 10 reps

- Attach one end of band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly lift one leg out to the side
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds • Slowly lower leg back down

Toolkit Created by Haidong Liang, Ph.D. & in partnership with

8 Week Seniors Fitness Program – Week 8

DAY 2 EXERCISE INSTRUCTIONS



Sit Backs – 3 sets of 10 reps

- Sit with knees bent and arms crossed over chest
- Slowly sit back as far as comfortable
- Hold for 1-2 seconds
- Return to start position



Chair Dips – 3 sets of 10 reps

- Sit in a sturdy chair with armrests
- Keep feet flat on floor, shoulder-width apart
- Lean slightly forward, keeping your back and shoulders straight
- Grasp arms of chair and breathe in
- Breathe out and use your arms to push your body slowly off the chair
- Hold for 1-2 seconds
- Slowly lower back down into chair



Bicep Curl with Weight– 3 sets of 10 reps

- Sit in chair with feet flat on floor
- Place middle of band under your feet and hold each end of the band in each hand
- Bend your elbow while rotating your palm upward
- Hold for 1-2 seconds
- Slowly lower back to start position



Wall Push-ups – 3 sets of 10 reps

- Face wall, standing a little more than arms' length away and with feet shoulder-width apart
- Lean your body forward with your palms on the wall about shoulder width apart
- Slowly bend your elbows and lower your upper body toward the wall
- Hold for 1-2 seconds
- Slowly return to start position

Note: Try to keep your abdominal muscles tight to keep your hips from sagging forward. You can adjust the difficulty by moving your feet closer to or further from the wall.



Single Calf Leg Raise – 3 sets of 10 reps, each leg

- Stand with feet shoulder width apart using a chair to balance
- Slowly rise onto your toes
- Hold for 2 seconds
- Slowly lower heels to floor

Executive Director Dr. Haidong Liang is the author and project lead for this Seniors Helping Seniors Toolkit. He is an exercise specialist and gerontologist who has studied and served seniors since 2002.

Haidong devoted all of his three degrees to Physical Activity, Recreation and Gerontology:

- Doctor of Philosophy in Leisure, Recreation and Gerontology - University of Alberta
- Master of Arts in Tourism, Information Technology and Gerontology - University of Manitoba
- Bachelor of Recreation Management & Community Development and Gerontology – University of Manitoba

VOLUNTEER NEWS



We are looking for volunteers in the following areas:

Outdoor plant maintenance

Our long-time volunteer, who maintains the plants in the summer and the artificial seasonal plants during the winter, is hoping that someone shares her love for plants and would like to take over the job. If you love gardening and like to be creative for holidays, please consider helping out.



Birthday Parties

Our birthday party committee is in need of a few more people to help out with our monthly Birthday parties on the 3rd Wednesday of each month. As part of this wonderful group, you would assist with decorating, making coffee, serving cake and helping to make the occasion fun and festive.

Older, Bolder, Better™

The OBB volunteer sign-up sheet is now available on the bulletin board to the left of the front desk. We require many volunteers to help make this another successful day. There are slots available for greeters, volunteer/program table hosts, 50/50 sellers, kitchen helpers, BBQ helpers, coffee helpers, traffic directors, lunch ticket sellers, and silent auction attendants. Please sign up early to get the position and time that you would prefer.



Drive Happiness-Seniors Assisted Transportation

Main Office 10740 19 Ave. 780-424-5438, drivehappiness.ca

Volunteer Drivers Needed: If you enjoy visiting and like to drive, Drive Happiness would love to hear from you. Volunteer drivers make their own schedule and select where they will drive.

Drive Happiness offers a small reimbursement towards gas and vehicle wear and tear. Even two hours a week can change a senior's life. Call 780-424-5438, ext. 3 for details.



Alberta Health Services Volunteer Recruitment

Tuesday, April 9 from 9:00 am to 11:00 pm

AHS is looking for peer volunteers to help West Edmonton seniors living in their own homes who are isolated and without other supports.

SPECIAL EVENTS



New Member Welcome Tea

Wednesday, April 24 from 1:30 pm - 3:30 pm

Are you a new member? Join us in the Cafe for some tea and coffee and a chance to meet some other new members as well as some of our staff and Board members. A more in-depth introduction to the Centre will be provided. There will be an opportunity to ask questions and take a tour.



Spring Country Hoedown

Friday, April 12 from 6:00-9:00 pm

Snacks, Cash Bar, Country Music

Line Dancing Demo by our own Tracy Walters

Tickets Members \$16 & Non-members \$21

Ticket deadline Friday, April 5



Volunteer Appreciation Thank You For Helping Us Grow

Thursday, April 18 from 1:30-3:00 pm

**Volunteers please pick up your tickets at the front desk.
See the front cover for full details.**



Night of Music

The Saga of Martha & Henry Continues

Friday, May 10

Doors 4:30 pm, performance at 5 pm

**Join us for a wonderful evening of music
& a delicious dinner. Tickets \$20**

VINTAGE FASHION SHOW



Vintage Fashion Show

Saturday, May 25 from 1:30-4:30 pm

Tickets \$22

**Take a step back in time. Vintage fashion
& music from the 40's to 60's.**

50/50 draw, dessert & coffee/tea

Tickets MUST be purchased in advance.

Ticket purchase deadline - May 16.

SPECIAL EVENTS

**SAVE
THE DATE!**

Older Bolder Better!™

Thursday, June 6 from 9:30 am to 2:30 pm

- | | | | |
|-----------------|----------------|-----------------------|----------------------------|
| *Special Guests | *Symposium | *Exhibitor Trade Show | *Program Demos |
| *Entertainment | *Delicious BBQ | *Information Sessions | *Silent Auction |
| *Door Prizes | *Basket Raffle | *Book & Puzzle Sale | & much more ... |



As part of our fundraising efforts for this event, we are once again looking for raffle basket donations and silent auction items. We will also require many volunteers to help make this event successful. The OBB volunteer sign-up sheet is now available on the bulletin board to the left of the front desk.

TRAVEL TRIPS



Barr Estate Winery Tour in Sherwood Park Thursday, May 16

Cost: \$60 for members, \$65 for non-members

11:45 am - Board bus at WSAC
12:30 pm - Arrive at Barr Estate Winery
12:30 pm - 2:00 pm - BBQ Lunch
Lunch included in ticket price (vegetarian option available)
2:00 pm - 3:30 pm - Wine tour and tasting
3:30 pm - Board bus
4:15 pm - Arrive at WSAC



Battle River Train Excursion Camrose, Alberta Wednesday, August 7

Cost: \$175 members, \$180 non-members

Board the bus @ 8:30 am at WSAC & Travel to Camrose
Depart Camrose at 11:15 am by train
Return from Heisler, AB @ 3:30 pm by train
Board the bus in Camrose @ 4:00 pm
Arrive back at WSAC @ approximately 5:30 pm

Get out of the city! Travel by passenger train to small town Alberta, where you will dine in a vintage hotel, visit and hear stories at the historic St. Martin's Catholic Church and purchase the world's best sausage at the Heisler General Store. Local entertainment will be sure to please. The perfect outing for retirees.

Monthly Birthday Party

April 17 @ 2:00 pm

Join us for cake & ice cream
in the Café



**FREE for Members Celebrating
Their Birthdays! \$2 for guests**

Thank you Ken Wiancko for the ice cream

save on foods

& Rose Boucher for the cake donations

Join Us For Our Potluck

**Thursday,
April 25**

**@ 5 pm
in the Cafe**

**Please bring
a dish
for 4-6 people**



Community Café News

Our kitchen offers a selection of freshly made, home-style soups and sandwiches on a daily basis, and interesting, delicious, mouth-watering hot meals on selected days.



April Soup Sales

Serve your family and guests
fresh and delicious home-
made soups from our kitchen.

**Would you like to serve a nice Easter
Dinner without having all the work of
cooking it yourself?**

The following meals can be pre-ordered through the Kitchen and picked up by Thursday, April 17th at 1:30 pm: Turkey Dinner or Roast Beef Dinner or Grilled Fish Dinner. These dinners include salad and mashed potatoes and gravy. If you are interested in ordering any of these meals, please speak with Ani Joseph, our Kitchen Coordinator.

The last Wednesday of each month The Silvertones play for us in the Cafe and we serve a pub style lunch. **Join us April 24 for a delicious lunch with excellent entertainment!**



The kitchen Team Ani, Tracy, Sammy, and the volunteers look forward to seeing you in our Café for lunch.

Home Supports

Spring is here! If you are in need of assistance with yard maintenance or minor home repairs this spring, please give us a call. We have several vetted service providers in these areas. We will provide you with referrals to some of these service providers and you can then contact them to discuss costs and your projects.

Policy of the Month

"Hostile Work Environment" means a work situation where an employee or volunteer is subjected to one or more of the following:

- discrimination, harassment, or bullying by one or more co-workers, supervisors, or both,
- unreasonable work expectations,
- unfair performance evaluations, or
- the employer's refusal or failure to make reasonable working condition
- accommodations for the employee's or volunteer's special needs if the employee or volunteer has special needs.

Committee Meetings

Fundraising Committee

Tuesday, April 2 @ 9:30 am

Travel Committee

Tuesday, April 9 @ 11:00 am

Special Events

Thursday, April 4 @ 9:30 am

Planning & Maintenance Committee

Thursday, April 11 @ 1:30 pm

Board Meeting

Thursday, April 18 @ 9:30 am

How Do I Register for Programs Online?



IMPORTANT NOTICE:

In order to register for classes online, you need to sign up for an account with My Active Center www.myactivecenter.com which is part of the database we use at our Centre called **My Seniors Center**. You must have a valid current membership, the key tag you were issued by Westend Seniors Activity Centre and an email address.

Please Note: You **CANNOT** purchase or renew your membership online. That has to be done in person at the Centre.

Step by step on how to get started and activate your account:

1. Go to myactivecenter.com
2. Click on **New Users** on the top right hand of the page.
3. Please select center (Westend Seniors Activity Centre).
4. To activate your account you will need to enter your key fob #, email address, name and phone number. You will also need to create a password.
5. Once your account is active, as long as you hold an active membership with our Centre you will be able to register for all registered programs and classes online.

Pick up our NEW Winter Program Guide! Program Levels & Explanations

	<u>GENTLE FITNESS:</u> This course will be <i>slightly challenging</i> . It will be good for someone just starting back to a fitness routine. A good match for someone with specific limitations or returning after an injury. If you are looking for a seated class that is no/low impact, this class would be a good match!
	<u>DEVELOPING FITNESS:</u> This course will be <i>slightly more challenging</i> . It is for the novice exerciser and is good for someone wanting a bit more challenge, but not as demanding as some of the other courses that WSAC offers.
	<u>INTERMEDIATE FITNESS:</u> This course will be <i>challenging</i> . It will meet the needs of a regular exercising member, who possesses little or few limitations, and is looking for a little "extra push" to meet a fitness goal.
	<u>MODERATE & MORE FITNESS:</u> This course will be <i>more challenging</i> and is for the member who regularly exercises. If you have few or no physical limitations, want to get the heart rate going and muscles moving, Level 4 is for you.
	<u>ADVANCED FITNESS:</u> This course will be the <i>most challenging</i> that WSAC has to offer. It is for the member who enjoys consistent and ongoing physical fitness activities as part of a regular health regimen. Very few or no physical limitations are recommended for a member to enjoy this workout, that helps you strive to the limit.

PLEASE NOTE: WSAC will be closed for Good Friday April 19 & Easter Monday, April 22