



WESTEND SENIORS ACTIVITY CENTRE

OBSERVER May 2019

SAVE THE DATE!

Older Bolder Better!™

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

***Key Note Speaker Bruce Bowie**

***Special Guests**

***Presentations**

***Entertainment**

***Delicious Lunch**

***Silent Auction**

***Door Prizes**

***Vendors Market**

***Basket Raffle**

***Book & Puzzle Sale**

***Bake Sale**

and much more...

See more details inside



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



www.weseniors.ca

Executive Director's News

Haidong Liang, Ph. D.

An inquiry to our members:

Dear members,

Since we launched our first marketing campaign in January 2017, our Centre has become a community hub for 1,154 NEW members and we now have close to 2,000 members. As you can see, WSAC offers over 130 different instructional classes and drop-in activities. In addition, our Community Outreach Program and Community Café Program have been working diligently to offer support to all seniors in the community even those who are not members. As you can imagine our staff and volunteers are working extremely hard to keep this organization running smoothly.

You may not realize that when compared to the growth of membership and the increased workload, the number of staff has not increased, but even has decreased due to lack of funding support. I did a workload analysis on my team and realized that almost every single staff has taken on at least 1.5 full-time staff's responsibilities. Very often, our staff are so busy that they can hardly find time to take their half-hour lunch break. I know why they are willingly sacrificing their well-deserved break. It is only because they sincerely love and care about you.

But I also care and worry about my staff's health and wellness. Therefore, I decided to implement a new policy. Effective May 1, 2019, WSAC staff will take turn to take a half hour lunch break between either **12:00 pm to 12:30 pm** or **12:30 to 1:00 pm**. During this break, a notice indicating which staff are on lunch break will be at the front desk.

Thank you for your understanding and cooperation!



Staff Update:

Effective April 25, 2019, Tracey Treidler is now the Community Café Program Manager. She will be responsible for the smooth operation of day-to-day business of the New Community Café Program. Serving our Centre for over 8 years, she has been the backbone of the kitchen, well-liked by our members, volunteers and staff. With her knowledge, personality and experience, I'm confident that the New Community Café Program will grow to be our Centre's happy hub that builds connection, provides support, and promotes healthy nutrition for seniors. When you see Tracey in the Centre, please extend your congratulations to her on a well-deserved promotion.

Community Cafe Update:



According to Statistics Canada (2017), 28.9% of Canadians who are 50 and over have been diagnosed with diabetes. Our Community Cafe Program is well aware of this challenge and will start serving delicious diabetic sensitive sweets such as muffins, cookies and loaves. One of our kitchen volunteers, Lorraine Doiron, will take the lead to prepare these treats for you from scratch, she is known for making the substitution for sugar as natural as possible. When you are enjoying these sugar-smart goodies, make sure to let her know how much you appreciate this considerate care.

We always welcome members to share their diabetic sensitive recipes with our Community Cafe program. We look forward to making our Community Cafe a healthy life style learning Cafe.

CANADA FOOD GUIDE RECOMMENDATIONS

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice

Choose
whole grain
foods

Canada's new food guide's recommendations on healthy eating:

- Have plenty of vegetables and fruits (visually: half your plate)
- Eat protein foods (visually: a quarter of your plate)
- Choose whole-grain foods (visually: a quarter of your plate)
- Make water your drink of choice

The guide focuses on how we make food choices. It reminds Canadians to cook more often, eat meals with others, be mindful of their eating habits, and enjoy food. It also advises us to use food labels, be aware of food marketing, and limit foods high in sodium, sugars or saturated fat.

HOW HEALTH CANADA MADE NEW DIETARY GUIDELINES

How Health Canada made the new dietary guidelines

Canada's Dietary Guidelines for Health Professionals and Policy Makers provides the evidence and rationale for the new food guide. It's based on thorough, info-packed evidence reviews, which are also available online. To prepare these documents, Health Canada examined over 100 systematic reviews on food topics, and notes that industry-commissioned reports were excluded from the review, in order to reduce any conflict of interest.

In fact, all of the media speculation that food companies, commodity groups and lobbying boards would be able to sneak in and add their voice to the food guide were unfounded. Health Canada stayed true to their original vision and did not meet with industry representatives to discuss the food guide. The final document is based on what they believe to be the most up-to-date nutrition science, not on the biased opinions of industry. It's a win for Canadians.

Reference: <https://food-guide.canada.ca/en/>

<https://www.canada.ca/en/health-canada/services/canada-food-guide/resources/evidence.html>

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.

The last Wednesday of each month The Silvertones play for us in the Cafe and we serve a pub style lunch. **Join us May 29 for a delicious lunch with excellent entertainment!**



PROGRAM NEWS

Many of you already know three of our long term fitness instructors, Kathy Paterson, Pramila Sinha and Shall Sinha, are not able to teach many of their classes during the Spring and Summer session due to medical reasons and have had to take a leave of absence. Refunds for Spring/Summer sessions will be paid by CHEQUE and will be available after May 10th. Any refunds owing for the bridge classes (April 15 to 26) missed by Kathy, Pramila or Shall will be refunded by CASH at the front desk.

Spring / Summer Sessions #1 & #2 – April 29th through August 30th

Classes that are **RUNNING**

Class	Dates	Time	INSTRUCTOR
Seated Stretch Fit	Mondays June 17 – July 22 – Session #2	11:00 am	Kathy Patterson
Seated Stretch Fit	Tuesdays April 30 – June 4- Session #1	10:00 am	Ilonka Wormsbecker
Seated Stretch Fit	Tuesdays June 18 – July 23- Session #2	10:00 am	Kathy Patterson
Seated Stretch Fit	Tuesday Aug 6 – Aug 27- Session #2	11:00 am	Kathy Patterson
Seated Stretch Fit	Wednesdays June 19- July 24- Session #2	11:15 am	Kathy Patterson
Sit Fit	Thursdays July 4-Aug 1- Session #2	10:00 am	Kathy Patterson

Our Program Department is working hard to put together some new classes so that members can continue to be active.

We hope to have information available by mid-May for potential new classes.

Drop-In Cancellations

Friday, May 10 - Pickleball Experienced from 2:20 pm to 4:00 pm)
is cancelled due to set up for Night Of Music.

Thursday, June 6 – ALL DROP-INS are CANCELLED due to Older, Bolder, Better TM.



Pickleball Program Changes:

As noted in the Spring and Summer Program Guide,
Pickleball on Tuesdays from:

March 19 - June inclusive, will be from 4:30 pm to 8:00 pm.

June 11 to August 20, inclusive, will be from 3:00 pm to 6:00 pm.

August 27 to September 9, inclusive, will be from 4:30 pm to 8:00 pm.

**Please note that effective April 29,
the fee for Drop-In Pickleball will increase to \$4.**

PROGRAM NEWS

Program Department



Question of the Month

Question:

How do I get a refund for a program that I didn't attend?

Answer:

You can find our refund policy on page 4 of the Spring and Summer Program Guide. It states that if we need to cancel a class, members will be notified in advance and a refund will always be issued for such circumstances. As well, the policy states that a member can initiate a refund request for a medical reason only and the request must be received prior to the class start date.

In order to initiate a program refund request, please submit a completed Program Refund Request Form; along with a doctor's note to the Program Department. Concerns will be reviewed on a case by case basis. We require all requests to be submitted before the class begins to avoid putting the class in a deficit financial position.

For Special Events and Travel Trips - ticket sales are considered a final sale. If you are unable to attend the event, you can sell your ticket to someone else. If you provide us with the ticket, we can attempt to sell it for you and would be happy to give you the full dollar value, if your ticket sells. If the ticket does not get re-sold, no money can be refunded. We thank all members for their understanding on this policy.

FRIENDS OF WSAC PRESENTATIONS

Seniors Protection Partnership

– Addressing Elder Abuse- Presented by: Senior Home Care By Angels



Monday, May 6 from 1:30 pm – 3:00 pm

Cost: \$2

The Seniors Protection Partnership is a partnership between the City of Edmonton, Edmonton Police Service, Covenant Health, Sage Seniors Association, and Catholic Social Services. Our mission is to prevent and respond to high-risk elder abuse by working in partnership with the community, thereby enhancing the wellbeing of older adults. Come learn about elder abuse, including the types, signs and symptoms, underlying factors and myths. We will have a question and answer period at the end of the presentation.

Improving Mobility and Accessibility

– Presented by: Congdon's Aids to Daily Living



Tuesday, May 7 from 1:30 pm – 3:00 pm

Cost: \$2

If mobility and accessibility could be an issue for you or a loved one, join Congdon's Aids to Daily Living to learn about products to make your life easier. This mobility and accessibility presentation will showcase different products to promote mobility at home and even when traveling. Accessibility products such as porch lifts and stair chairs will also be highlighted. Come to the discussion to find out what you need to know to make an informed decision before purchasing power mobility equipment to compliment your lifestyle.

FRIENDS OF WSAC PRESENTATIONS

Transition into a New Residency & Increase Your Retirement Income Paycheck – Presented by: Investors Group



Monday, May 13 from 1:30 pm – 3:00 pm

Cost: \$2

You've spent your whole life saving for retirement. Now you've finished working, are spending what you've saved and made the decision to move. For many seniors, the transition can be confusing or even traumatic: What can you afford? How will you minimize OAS claw back? What if there's a down market? What about taxes? Brad will make it easy for you to connect with his team of trusted investment professionals who will help give you a retirement planning reality check and show you how to increase your retirement income paycheck.

History of Funerals: Yesterday vs. Today – Presented by: Dignity Memorial



Tuesday, May 14 from 1:30 pm – 3:00 pm

Cost: \$2

Join Dignity Memorial as they answer many common questions regarding the history of funerals and how they have changed up to today, such as: When looking back over the past 20 years, what has changed with regard to funerals? How are funerals different with the increase in cremation? How much is a funeral? What options are available? I want to make it easier on the family so is a service or viewing necessary?

Making the Connection: Linking Oral and Total Health – Presented by: Summerlea Dental



Tuesday, May 21 from 1:30 pm – 3:00 pm

Cost: \$2

Did you know 91% of patients with heart disease also have periodontitis? A lot of people don't realize the direct connection between your oral health and your overall health. During this presentation you will learn how the regular maintenance of your oral health plays a vital role in preventing some of the most common diseases affecting patients today.

Senior Care Funding – Presented by: Care at Home



Wednesday, May 22 from 1:30 pm – 3:00 pm

Cost: \$2

It can be confusing and overwhelming to know where to turn when you need help. Wendy Hoover with Care at Home will outline some of the many resources available to seniors, and how to access them.

Learn the Truth About Hearing Aids – Presented by: Miracle Ear /Amplifon



Monday, May 27 from 1:30 pm – 3:00 pm

Cost: \$2

Improved hearing in a noisy environment.... is it possible? Join us to hear what hearing aids can do and also know their limitations. Discover what is involved in the cost of hearing aids and evaluate if they are worth the price. As well, information will be shared on how best to choose a hearing aid provider, to best suit your needs.

STRETCH ROUTINE



BACK STRETCHES



Back Extensions Hold for about 10 seconds Repeat 2-3 times

- Stand with feet shoulder width apart
- Place hands on your hips with palms against your bottom
- Arch your spine backward until you feel a stretch, but no discomfort



Back Flexion Hold for 20-30 seconds Repeat 2-3 times

- Sit in chair with feet shoulder width apart
- Slowly bend forward from your hips, keeping your back and neck straight
- Start to relax your neck and bend farther by sliding your hands down your legs toward your ankles
- Stop when you feel a stretch, but no discomfort



Back Rotation Hold for 20-30 seconds Repeat 2-3 times, each side

- Sit in chair with feet shoulder width apart
- Slowly twist to one side from your waist without moving your hips
- Turn your head to the same side
- Use the arms of the chair to help deepen the stretch if you do not feel a stretch yet



Upper Back Hold for 20-30 seconds Repeat 2-3 time

- Sit in chair with feet shoulder width apart
- Hold arms in front of you at shoulder height with palms facing outward
- Relax your shoulders, keep upper body still, and reach forward with your hands
- Stop and hold when you feel a stretch

CHEST & UPPER BODY STRETCHES



Chest Hold 20-30 seconds Repeat 2-3 times

- Keep feet on floor, shoulder width apart
- Hold arms at side at shoulder height, with palms facing forward
- Slowly move your arms back, squeezing your shoulder blades until you feel a stretch

Hint: You can do this stretch in a corner or a doorway to deepen the stretch

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

STRETCH ROUTINE

CHEST & UPPER BODY STRETCHES



Arm Circles

Repeat as often as needed

- Sit comfortably in chair with feet shoulder width apart, or cross-legged on the floor • Place fingertips on your shoulders
- Circle your shoulders 15 times forwards
- Then circle them 15 times backwards



Upper Body Hold for 20-30 seconds

Repeat 2-3 times

- Stand facing a wall slightly farther than arm's length from the wall, feet shoulder width apart
- Lean your body forward and put your palms flat against the wall at shoulder height and shoulder width apart
- Keeping your back straight, slowly walk your hands up the wall until you feel a stretch



Shoulder and Upper Arm Hold for 20 seconds

Repeat 2-3 times

- Stand with feet shoulder width apart and hold end of towel in one hand
- Raise and bend that arm to drape the towel down your back
- Reach behind your lower back with the opposite hand to grasp the other end of the towel with this hand
- Pull with your bottom hand to feel a stretch in the other arm



Neck Rotation Hold for 20-30 seconds

Repeat 2-3 times, each side

- Sit or stand with feet shoulder width apart
 - Slowly turn your head to one side, as if you are shoulder-checking, until you feel a stretch
 - Be careful not to tip or tilt your head forward or backward
- Note: you can apply light pressure to your cheek to deepen the stretch



Smelly Armpit Hold for 20-30 seconds

Repeat 2-3 times, each side

- Sit or stand with feet shoulder width apart
 - Slowly rotate your head forward and to one side, as if smelling your arm pit
 - Be careful not to slouch forward with your back
- Note: you can apply light pressure to back of head to deepen the stretch



Ear-to-Shoulder Hold for 20-30 seconds

Repeat 2-3 times, each side

- Sit or stand with feet shoulder width apart
 - Slowly tilt your head to one side, as if bringing your ear to your shoulder
 - Be careful not to tilt your body as well. You can hold the bottom of your seat to help prevent this.
- Note: you can apply light pressure to the opposite side of your head to deepen the stretch

STRETCH ROUTINE

LOWER BODY STRETCHES



Lower Back (Knees to side) Hold for 20-30 seconds
Repeat 2-3 times, each side

- Lie on your back with your legs together, knees bent and feet flat on floor/bed
- Keeping knees bent and together, slowly lower both legs to one side as far as comfortable and so you feel a stretch



Hip Opener Hold for 20-30 seconds
Repeat 2-3 times, each side

- Lie on back with your legs together, knees bent, and feet flat on the floor/bed try to keep shoulders on floor throughout the stretch
- Slowly lower one knee out to the side as far as you comfortably can
- Keep your feet close together and try not to move the other leg



Hamstring Stretch Hold for 20-30 seconds
Repeat 2-3 times, each leg

- Sit sideways on a bench or other hard surface
- Keeping back straight, stretch one leg out on the bench, toes pointing up
- Keep other foot flat on the floor
- Lean forward until you feel a stretch



Hang 10 Hold for 20-30 seconds
Repeat 2-3 times

- Stand on bottom step with heels hanging over the edge
- Hold onto railing for support
- Slowly lower your heels further off the step so you feel a stretch



Ankle Stretch Hold for 20-30 seconds
Repeat 2-3 sides, each side

- Sit on front edge of chair
- Bring one foot under the chair
- Gently push down on your foot until a stretch is felt

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



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

SPECIAL EVENTS

**SAVE
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Older Bolder Better!™

Symposium & Exhibition

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

Keynote Speaker Bruce Bowie

***Special Guests**

***Delicious Lunch**

***Vendors Market**

***Presentations**

***Silent Auction**

***Basket Raffle**

***Entertainment**

***Door Prizes**

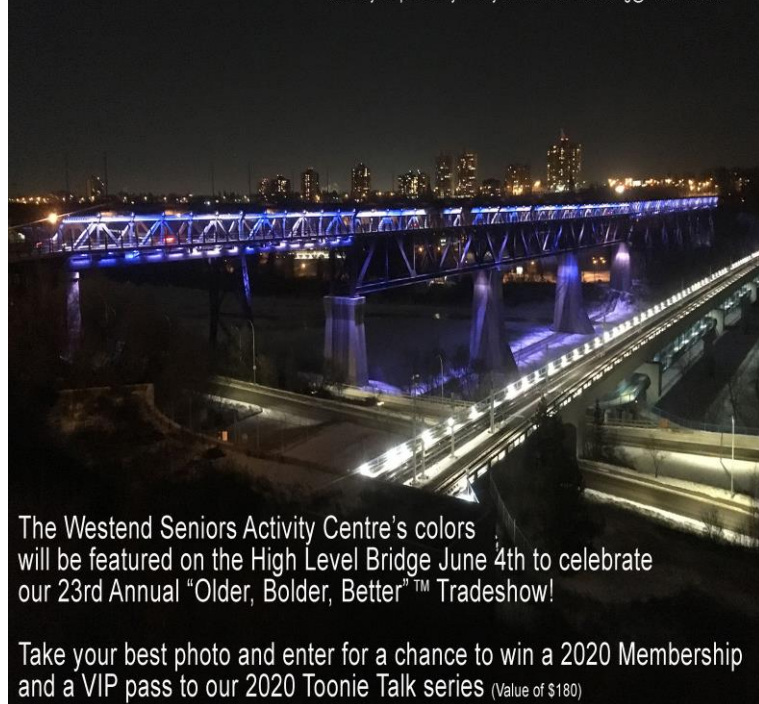
***Book & Puzzle & Bake Sale**



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

"Light The Bridge" Photo Contest

Submit your photos by Friday June 7th to marketing@weseniors.ca



The Westend Seniors Activity Centre's colors will be featured on the High Level Bridge June 4th to celebrate our 23rd Annual "Older, Bolder, Better"™ Tradeshaw!

Take your best photo and enter for a chance to win a 2020 Membership and a VIP pass to our 2020 Toonie Talk series (Value of \$180)

We will post the photos at the centre so members can vote on their favourite.

One winner will be chosen.

Lunch Menu:

Beef & Cheddar Melt
or Ham & Swiss Melt
on a potato scallion bun
with carrot & celery sticks
& a large cookie & drink

Price: \$7



We have 4 amazing Door Prizes:

1. A Fitness Room pass for 1 year (value of \$250)
2. VIP Coffee Pass for 1 year (value \$250)
3. Toonie Talk VIP Pass for 2 (value of \$150)
4. Cafe VIP Soup & Sandwich pass - 1 soup and sandwich/week for a year (value of \$300)

SPECIAL EVENTS

🎵 NIGHT OF MUSIC 🎵 **SOLD OUT** 🎵



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.

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.

Spring Wine Appreciation Class

Presented by ALIGRA WINE AND SPIRITS

NOTE:
No food
provided
Please have
a meal before
class

Also, do not
use mints,
gum or
mouth wash
before the
class



Store away the heavy reds and taste some lighter,
refreshing style Whites and Rosé wines.

We'll start with a fun Bubbly
followed by 3 white wines
and 3 Rosés.

We'll discuss where they are from,
how they are made and
what food pairings
to choose for entertaining.

We guarantee you will discover
some new favourites to enjoy
with your friends!

It's fun, it's educational and it's wine!

Monday, May 6th @ 6:30 p.m.
WSAC Community Cafe
Tickets \$15
- purchase at our front desk
Limited to 20 attendees

COME JOIN US FOR A WSAC ROAD TRIP!

Friday May 17th, 2019

Balance: A Multidimensional System Fitness Class

This 45 minute class is for anyone who has a fear of falling or maybe has fallen in the last 6 months. Balance is a multidimensional system that requires all 3 sensory systems to work together to anticipate and respond to the daily demands of maintaining good balance. Come learn more on how to incorporate exercises into your daily routine that help improve all areas of balance, which is essential to successful aging. During lunch, a short presentation will be provided regarding the three dimensions that affect balance.

*Taught by a Certified Personal Trainer, Tracy Divincenzo
Certified Group Exercise Leader and Functional Aging Specialist.*

All the information and exercises will be demonstrated safely and are for all fitness levels.

Bus leaves WSAC @ 10:30 a.m.

Fitness class @ 11:00 a.m. to 11:45 a.m.

Buffet lunch @ noon

Lunch presentation by your instructor with a short presentation regarding the three dimensions that affect balance. Handouts will be provided.

Bus leaves to return to WSAC at 1:15 p.m.

Cost \$5.00 (includes class, transportation & lunch)

Maximum of 16 spots Purchase tickets at the front desk.

Hosted by
Friends of WSAC Member



Touchmark at Wedgewood
18333 Lessard Road NW

VOLUNTEER NEWS

A Special Thank You to our Volunteer Appreciation Event Sponsors

The following businesses generously donated towards our decor, gifts and door prizes to our Volunteer Appreciation Event and helped to make it a very special day.

Costco West Edmonton, Mayfield Flowers, Bunches Riverbend, ARCH Greenhouses, Creekside Home and Garden, Panda Flowers Terra Losa and Canadian Tire West Edmonton. Westend Seniors Activity Centre would like to extend a huge thank you for their generosity.



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 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.

Volunteer Equipment Cleaner

Job duties: Cleaning the fitness equipment throughout the centre, including the yoga room, gymnasium and fitness room. Equipment would include balls, weights and bands. Ideally, the cleaning would occur on a weekly basis. The time would need to be coordinated with the Program Team to ensure that classes would not be running during the same time frame.



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.



**WESTEND
SENIORS
ACTIVITY
CENTRE**

COMMUNITY OUTREACH & SOCIAL WELLNESS



Community Outreach & Social Wellness at WSAC

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

In WSAC Outreach, we **share knowledge**, **create connections** and **generate ideas** with you for solutions to experiences of change and crisis.

This month's theme is Caregiver Support!

Sharing Knowledge - The Top 5 Things You Need to Know About Caregiving:

1. Caregiving is complicated - it is loving and rewarding, and also isolating and exhausting.
2. Almost half of all Canadians become a caregiver at some time. Most often, they are caring for parents. (Stats Canada)
3. Caregiver Burnout is a very real experience caused by prolonged stress and exhaustion related to caregiving, which causes real health risks.
4. Research shows that elderly caregivers are at a 63% higher risk of mortality than non-caregivers, and that 70% of caregivers over the age of 70 will die before their loved one. (University of Pittsburgh)
5. It's hard for Caregivers to recognize that prioritizing support for themselves is essential to providing sustainable care for their loved one.

Creating Connections:

WSAC Outreach's Partnership with Eldercare Caregiver Support Coordinator

- Cori Szostak is a dedicated Caregiver Support Coordinator.
- Cori provides support 1:1 and through a support group - Wednesdays at 1:30-3:30 in the Eldercare Edmonton Office at 17203-99th Ave (2nd floor, Lifestyle's Options Building). Call 780.434.4747 ext. 101 to register. This program is free.
- Call Shalini in WSAC Outreach at 780-483-1209 to connect with Caregiver supports at WSAC, and to share what you think would help Caregivers in our community.

Generating Ideas: Connecting at WSAC

Here are some ideas we came up with for solutions to the complex challenges Caregivers face:

- Think about where you are in the Caregiving process, and what kind of supports will help you succeed in the long-term.
- Make time to speak to someone about being a Caregiver.
- Read articles and get information from this 2018 Award Winner for Best Caregiver Website: Daily Caring <https://dailycaring.com/>. Check out the section on 'Caregiver Wellness'.

Are you or have you been a Caregiver? We want to hear about what you wish'd you knew then or need to know now to help with the Caregiver experience. Email your ideas to shalini@weseniors.ca, and help us develop more effective Caregiver supports.

Monthly Birthday Party May 15 @ 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, May 30 @ 5 pm in the Cafe

Please bring
a dish
for 4-6 people



Monday, July 1

from 11:30 am to 1:30 pm

**Play some outdoor games & enjoy a
Summer BBQ on our deck.**

Price: \$8 members, \$10 non members

Non-member Policy with Drop-in Activities

Toonie Talks and Friends of WSAC presentations are considered to be part of our Outreach providing helpful information to seniors. Non-members are able to attend.

Additionally, in order to encourage new membership and class participation, non-members are allowed to try out a (non-progressive) class or drop-in activity for free before deciding whether to take out membership providing the class isn't already full and as long as they sign a waiver first.

Home Supports

Spring is here! If you are in need of help 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 what projects you need done.

Committee Meetings



Fundraising Committee

Tuesday, May 7 @ 9:30 am

Travel Committee

Tuesday, May 14 @ 11:00 am

Special Events

Thursday, May 9 @ 9:30 am

Planning & Maintenance Committee

Thursday, May 9 @ 1:30 pm

Finance Committee

Thursday, May 16 @ 8:30 am

Board Meeting

Thursday, May 16 @ 9:30 am

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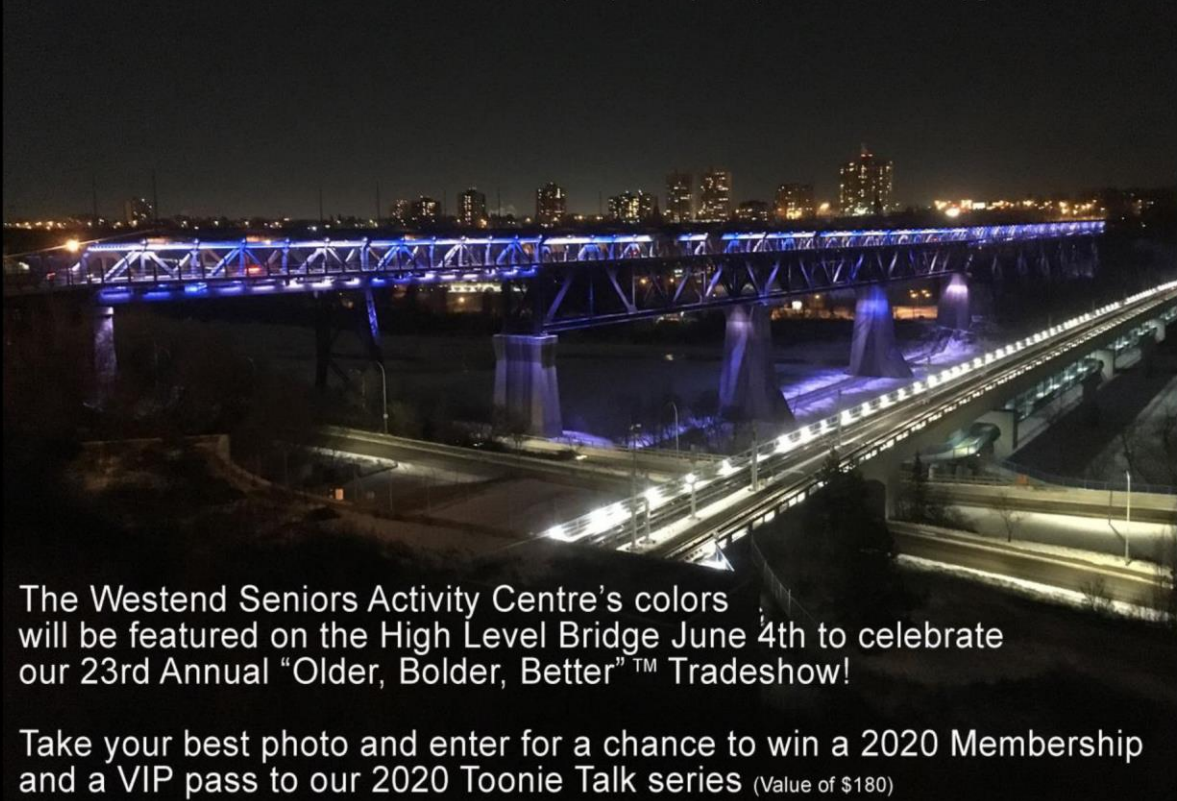
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And much more!!!

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Take your best photo and enter for a chance to win a 2020 Membership and a VIP pass to our 2020 Toonie Talk series (Value of \$180)

PLEASE NOTE: WSAC will be closed May 20 for Victoria Day