



WESTEND SENIORS ACTIVITY CENTRE

OBSERVER August 2019



Sawridge Inn Stay-cation Raffle

Raffle will start August 6

Tickets \$2 each or 3 for \$5

Draw date: September 19th at the High Tea

COFFEE AND CONVERSATION



Tuesday, September 24 10:30 am

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.

PATIO PARTY

Join us on the deck for a relaxing evening with friends, food & fun!

**SAVE
THE DATE!**

Join us FOR ALL THE
FUN!

Music, refreshments
& a cash bar.



**Monday, August 12
from 4:30-7:30 pm**

**\$12 member
\$14 non members**



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



www.weseniors.ca

Executive Director's News

Haidong Liang, Ph. D.

Dear Members,

Have you ever recalled our Centre offering so many Spring and Summer programs? Our Spring and Summer programs have been well-received and attendance at the Centre remains steady.

Please keep an eye out for our upcoming newly designed Fall 2019 Program Guide, which was available to the public on Monday, July 29. In this Fall 2019 Program Guide, you will notice we again included the programs and services offered by many of our previous partnering organizations (i.e., Edmonton Seniors Centre, Jewish Senior Citizens' Centre, ElderCare Edmonton) because we would like you to be aware of the senior serving organizations in different parts of the city. A few exciting additions to this guide include:

- A full list of our Board of Directors and Staff;
- We welcome our long-term partner **Drive Happiness**, and new friend, **Caregivers Alberta**, to our Community Connectors; and
- A bus route map that will guide you to use the Edmonton Transit Service to access our Centre.

I look forward to seeing your smiling faces on Tuesday, August 6, which is the date you can start registering for classes to ensure a happy and healthy year ahead.

More exciting news! We will be hosting our first ever Korean Tasty Travel Lunch on Wednesday, September 4 from 11:30 am to 1:30 pm. Without traveling a long distance to Korea, you can enjoy an authentic Korean dish prepared by our Outreach student Nammi Kim, traditional musical entertainment and an Exhibition of Folk Paint Art. Come and join us! You can tell your friends that you have visited Korea!

Haidong's Research Corner

I would like to share with you some shocking statistics from Alberta Health Services.

Approximately 34% of community-dwelling seniors in Canada are malnourished or at risk of malnutrition; moreover, a high rate of malnutrition in hospitalized patients (45%) is a long recognized clinical issue.

Seniors represent approximately 40% of the hospitalized population, suggesting that malnutrition may be disproportionately impacting this population. This high level of malnutrition is seen on admission to hospital, which suggests that the cause may not be related to hospital care but rather due to a lack of awareness and resources in the community.

It is estimated that approximately 30% of seniors who enter residential care could have remained at home if the correct community supports were in place. At a time when there are substantial numbers of people in acute care settings awaiting placement to residential care, it is important to find innovative ways to reduce this burden on the health care system.

Our centre's Community Cafe Program is well aware of this challenge and is working diligently to address this issue from different levels (Lunch Program, Education, toonie talks, etc.)

PROGRAM NEWS



Program Guide & Registration

The program guide is available now!

Registration will open on Tuesday, August 6.

We recommend having your 2019 WSAC membership in place prior to the registration date to make the registration process more efficient. Memberships can be purchased in person at the Centre.

Reciprocal Members

Beginning in the fall of 2019, seniors who own a yearly membership at a participating senior facility in the Edmonton region will be eligible to participate in some of our drop-in programming, at member pricing. The policy change reflects our desire to expand services to seniors, at an affordable rate. We recognize that some drop-ins are anticipated to be at capacity while serving our current membership in September and onward, such as Pickleball and Bridge; thus, such programs will continue to be offered exclusively to WSAC members. For more information, please consult the 2019 Fall Program Guide, which will be available in August.



Question Of The Month

I have submitted an idea for a new program at the Centre. Will it be in the program guide in September?

Answer:

Every week, we receive several requests for new programs. We want you to know that we read every submission and research the feasibility of the requests. There are several factors involved in the approval of a new course, including:

- Researching member interest;
- Finding room within our busy centre to accommodate the new course;
- Finding an instructor to teach;
- Negotiating a reasonable rate of pay for the instructor, while ensuring program fees are affordable; and
- Negotiating an instructor schedule that fits into our schedule.

We also want to ensure that new programs can fill a niche that needs filling - it is all quite a puzzle! We love to hear your ideas and thank you for taking the time to submit them!

PROGRAM NEWS

Drop-in Program Changes

Please note that, effective Tuesday, September 3, the ping pong drop in program time will be changing to Tuesday evenings from 5:30 pm - 7:45 pm.

Please note that badminton will be cancelled Wednesday, September 4 due to the Korean Tasty Travel Day.

The Golf Group wind-up will be held on Tuesday, September 17 at Deer Meadows Golf Course. For more information, please see the September newsletter.



Pickleball Changes

After hearing feedback from pickleball players and the membership as a whole, some changes are coming to the pickleball drop in program. Please note the following new policies, effective September 1, 2019:

There will be a maximum of 16 members per time slot. To reserve your spot, please scan your card at our reception desk computer up to a ½ hour prior to the time slot on the day you wish to play.

The time slots have been separated into more differentiated levels. The slots will be run as follows:

Monday: 12:30pm - 2:00 pm: Intermediate Level & 2:15 pm - 3:45 pm: Experienced Level

Tuesday: 4:30 pm - 6:00 pm: Beginner Level & 6:15 pm - 7:45 pm: Experienced Level

Thursday: 12:30 pm - 2:00 pm: Experienced Level & 2:15 pm - 3:45 pm: Intermediate Level

Friday: 12:30 pm - 2:00 pm: Beginner Level

There will also be a fee change from \$4 per time slot to \$2 per time slot, effective September 1.

Additions To The Spring/Summer Guide

Seated Stretch Fit – Tuesday

Instructor Kathy Paterson



Tuesday, Aug. 6 – 27 (4 classes) from 11:00 am – 11:55 am Cost: \$25

Want to feel better with gentle stretching, but unable to use a floor mat? This class is for you! Total body stretching will be done completely in a chair, at your own pace, and will promote improved circulation, flexibility, movement and digestion in addition to overall feelings of wellness. Studies stress the vital importance of stretching – so join us and feel better!

Seniors Stretch Fit – Tuesday

Instructor Kathy Paterson



Tuesday, August 6 – 27 (4 classes) from 10:00 am – 10:55 am Cost: \$25

The perfect way to start the day! The class consists of gentle flexibility - inducing stretches, done with easy progression, to soothing music. Studies prove that seniors benefit tremendously from stretching activities. Aging causes stiffness of joints and muscles, which frequently causes pain and poor balance, circulation, digestion, posture and flexibility. The easy remedy is stretching! This relaxing class is for everyone; it will involve standing and prone stretching with mats; however, it can be done with modifications while seated. ***Note: Yoga mat required.**

SPECIAL EVENTS

**SAVE
THE DATE!**



Patio Party

Monday, August 12 from 4:30-7:30 pm

\$12 member, \$14 non members

Join us **FUN!** FOR ALL THE



Cash Bar

Join us on the deck for a relaxing evening with friends, food & fun! Music provided by WSAC's Ukulele circle & Accordionist Kathy Dahlberg, BBQ'd Hamburgers & Salad

Ticket deadline Wednesday, August 7



Korean Tasty Travel Lunch

Musical Entertainment

by Samulnori & an

Exhibition of Folk Paint Art

Wednesday, September 4

from 11:30-1:30 pm

Price: \$12 Everyone Welcome!

Ticket deadline August 28



Fall Harvest High Tea

Thursday, September 19

from 2:00 pm to 4:00 pm

\$10 member & \$12 non-members

Enjoy a lovely fall afternoon of tea, savouries & dainties.

Fascinators, gloves & pearls encouraged but not required.

Ticket deadline Friday, September 13



Advertising Opportunities for Businesses Serving Seniors

\$25.00 Business card 4"w x 2 1/2"h

\$40.00 1/4 page 4"w x 5"h

\$80.00 1/2 Page 8"w X 5 "h or 4"w X 10"h

\$160.00 Full Page 8"w x 10"h

If you sign up for one year of advertising you will receive two months for FREE!

A one-time set up fee of \$30.00 may apply if your ad is not print ready.

Heart to Home Meals **Delivers Healthy Meals Made for Seniors**

We are delighted to announce our 12th Franchise in Canada and Edmonton being the 2nd in Alberta. We deliver delicious and nutritionally balanced frozen meals to seniors.

Our meals get prepared in Brampton in our Food Production Plant where our team of chefs make all of our meals in our federally inspected kitchens, ensuring the highest standards of quality and safety. We create meals for seniors that are both nutritious and delicious, with carefully controlled levels of salt, sugar and fat. They can be cooked from frozen in the microwave or oven, providing you with the convenience of a delicious meal in minutes.

We're pleased to feature our full range of over 200 meals, soups and desserts for you to choose from. With Heart to Home Meals, you'll benefit from:

- **No contracts or commitments** - order whenever it suits you!
- Approved provider through Veteran Affairs of Canada **access to Nutrition Program**
- **Free delivery***

Our delivery team is committed to delivering great customer service and are all police checked for your added peace of mind. We can even unpack and organize your meals in your freezer for you! We deliver to most postal codes on a weekly or bi-weekly basis - ask us about delivery in your area.

What could be easier?

Just give us a call at

1-800-704-4779

780-666-2336

when you're ready to place your order or if you have any questions about the service.

Our offices are open Monday to Friday, 9am - 5pm. If you'd prefer, you can order online at www.HeartToHomeMeals.ca



*Some conditions may apply.

Summer Special! 8 dishes for \$59! *and receive a **FREE** Chocolate Caramel Mousse Cup!*

- | | | |
|--------------------------|---|-------------------------|
| • Fish and Chips | • Salisbury Steakette with Barbecue Sauce | • Country Chicken |
| • Hunter's Chicken | • Cheddar Cheese Omelette with Sausages | • Garden Vegetable Soup |
| • Sweet and Sour Chicken | | |
| • Braised Beef | | |

Quote code **SUM19** to take advantage of this offer.

The special offer is available by phone only until **September 15, 2019**. One redemption per customer.

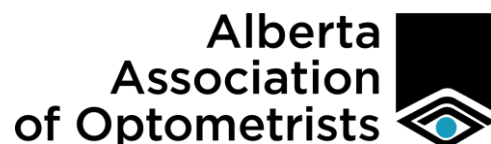


THANK YOU TO OUR OBB SPONSORS

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TRAVEL TRIPS



Vegreville & Mundare
Thursday, October 3, 2019
Cost: \$60 members, \$65 non-members

Board the bus @ 10:00 am and travel to Mundare where you will have lunch provided at Baba's Attic & Coffee House. You will also tour the Basilian Fathers Museum and Stawnichy Sausage. From there, the group will travel on to Mundare to see the large pysanka and then travel back to WSAC by approximately 5:00 pm.



River Cree Resort & Casino Trip
Thursday, September 12
Cost: \$10 for members
& \$15 non-members

Bus *Departs* at 11:00 am & *Returns* at 3:30 pm
Tickets cover transportation,
lunch, a gift and \$5 voucher.
Please pre-purchase tickets at the front desk.

RENTALS



Did you know that WSAC rents out space for weddings, anniversary parties, meetings and other adult social gatherings?

We offer affordable rates and great location and amenities.

Please contact Heather, if you are looking for a space for an upcoming event. **Heather@weseniors.ca** or **780-483-1209**.

VOLUNTEER NEWS

Watch for some exciting new volunteer opportunities coming up in September's Newsletter!

Centre Decorators

Our long-time volunteer who coordinates all of the beautiful holiday and seasonal decorating is looking for someone to take over her duties. This would involve 1-2 hours every two months or so depending on the time of year to take down decorations and put up new ones. This is a position that could be shared by 2 or 3 people.



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 of plants and would like to take over the job. If you love gardening and like to be creative for holidays, please consider helping.

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.



Volunteer Equipment Cleaner

Cleaning the fitness equipment throughout the Centre, including the yoga room, gymnasium and fitness room. Equipment includes 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 timeframe.

We have some exciting new volunteer opportunities coming up in our Outreach department. We will be looking for people to offer peer support in our centre and in the community through friendly phone calls, assisting members in our gentle walking group and during activities, representing our centre at community events and volunteers who might speak a language other than English to assist seniors in overcoming isolation. Watch the bulletin boards in the next few weeks for job postings on these new opportunities and let us know if you are interested.

New volunteers in our kitchen are always welcome - see our community cafe update to read a testimonial from one of our current volunteers.

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.



NUTRITION

Fact: high sodium and low potassium consumption in Canada

According to Health Canada, the estimate of sodium consumption is 2760mg per day in 2017, which is still higher than the upper limit of sodium consumption 2300mg per day.

For seniors who are 51 to 70 years old, 31% of females and 70% of males consume an excessive amount of sodium.



High sodium consumption accounts for over 30% of high blood pressure in Canada, and high blood pressure is also related to heart diseases and stroke. However, potassium consumption is much lower than the recommended amount in most age groups. The potassium can help to lower the blood pressure, and low consumption is another reason for high blood pressure among Canadians. Health Canada is always trying to make changes on the consumptions of sodium and potassium to decrease the risks of several chronic diseases like heart diseases and some types of cancer like stomach cancer.

Diet strategies for better sodium and potassium consumption include:

- Choosing less ultra-processed food like packaged dishes and soups;
- Eating less processed meat like bacon and canned meat;
- Adding no or less table salt to dishes;
- Having more fresh vegetables and fruit containing high amount of potassium
(Vegetables: broccoli, spinach, potatoes, squash, mushrooms, Swiss chard
Fruits: bananas, kiwifruits, apricots, melons, oranges, grapefruits, raisins); and
- Checking the nutrition fact tables on food packages for sodium and potassium contents.

Try alternative salts (potassium chloride).

Note: people who are at risk of hyperkalemia (high potassium blood) need to be cautious about high potassium consumption. If you are not sure, ask a health professional first!

References:

<https://www.canada.ca/en/health-canada/services/publications/food-nutrition/sodium-intake-canadians-2017.html#a13>

https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/fn-an/alt_formats/pdf/surveill/nutrition/commun/art-nutr-adult-eng.pdf

<https://hypertension.ca/wp-content/uploads/2019/01/Position-Statement-on-Dietary-Potassium-Hypertension-Canada-January-2019.pdf>

Food is essential to everyone, and research has shown the relationship between diet and diseases like high blood pressure, diabetes, and even some types of cancer. For seniors, nutrients in the diet, rather than energy, are a major consideration. In September, we will start to include a series of health topics about diet and health in this section (e.g. mental health, bone health, heart diseases and chronic diseases).

Monthly Birthday Party August 21 @ 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

Seniors Home Support Services

**SNOW
REMOVAL**

**YARD
WORK**

**HOUSE
KEEPING**

**MINOR
REPAIRS**



Summer is here! If you are in need of help with yard maintenance or minor home repairs this summer, 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.



Join Us For Potluck

**There is no Potluck
in July or August.**

**The next Potluck will be
Thursday, September 26
@ 5 pm in the Cafe**

Please bring a dish for 4-6 people

Community Café News

The community café always welcomes new volunteers. You can practice your skills, make contributions, establish new friendships! Apply today!

“This café is a good place for new people, and you can make friends here easily”

— Lorraine Doiron, one of café volunteers

Just a reminder: If you are not working in the kitchen, please do not just come in. If you must, please wear a hat like our Volunteers do.

Committee Meetings



Fundraising Committee

There will be no meeting in August.

Travel Committee

There will be no meeting in August.

Special Events

There will be no meeting in August.

Planning & Maintenance Committee

Thursday, August 8 @ 1:30 pm

Finance Committee

There will be no meeting in August.

Board Meeting

There will be no meeting in August.

Gentle Walking Group (In Our Gym) Thursdays from 11:30 am to 12:15 pm

**\$2 drop-in fee for just the walk
or \$10 fee for the walk, lunch & joining the
Circle of Support Group.**



Love to walk but have mobility issues?
Do you like the idea of slowly building
up your strength so you can join one of
our programs?

**10:30 am Reconnect With a Childhood Game
\$2 Drop-in fee or also included in the \$10 fee**

Preventing Dehydration In Seniors

**TIP
01**

Frequent Prompts

Prompt them to drink frequently throughout the day, and do so yourself.

**TIP
02**

Dark drinking Glass

Not seeing the clear liquids helps them to drink more.



**TIP
03**

Phone Reminders

If you are not around, set an alarm or call frequently to remind them.

**TIP
04**

Foods That Hydrate

Leafy greens, celery, berries, melon, cucumber, tomatoes, and apples should be added to the summer diet.

**TIP
05**

Medication Review

Certain meds increase the risk for dehydration, talk to your primary care physician about it.



HEAT EXHAUSTION: WHAT TO WATCH FOR

Heat exhaustion symptoms can include:



Heavy Sweating

Feeling Weak or Confused



Dizziness

Nausea



Headache

Cold, clammy skin



Fast, weak heartbeat

Heatstroke symptoms can include:



Lack of sweating

Confusion,
disorientation, staggering



Red, hot, and dry skin

Throbbing headache



Nausea and vomiting

Rapid heartbeat



Rapid, shallow breathing

Sources: The American Red Cross, American Academy of Family Physicians.