



WESTEND SENIORS ACTIVITY CENTRE

A Charitable Non-profit Organization for Seniors

OBSERVER October 2019

**SAVE
THE DATE!**



Murder Mystery - Murder Among the Mateys

Thursday, October 24 from 3:00 pm to 5:30 pm

Snacks & a Cash Bar

Tickets \$10 members, \$12 non-members

Tickets must be purchased ahead of time

Ticket deadline October 10



Remembrance Day Ceremony

Friday November 8 at 10:30 am - 11:30 am

Join us in remembering the sacrifice of our fallen soldiers, the contribution of our veterans, and honouring the men and women who continue to serve our country.



Remembrance Day Lunch

Friday, November 8 at 11:30 am

Stuffed Pork Loin, Roasted Potatoes,
Seasoned Vegetables, Dessert, Tea and Coffee

Tickets - \$10

***Tickets must be purchased ahead of time**

- Ticket Deadline November 1

St. Albert Dinner Theatre

- Homecoming by Leeann Minogue

Thursday, November 14

from 5:15 pm to 11:00 pm

**Tickets \$74 members or \$84 non-members
includes bus, dinner buffet & show**

Ticket Deadline – Monday, October 21



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



www.weseniors.ca

Executive Director's News

Haidong Liang, Ph. D.

I would like to share some exciting data regarding our membership growth. As of September 24, the number of our Centre's membership has surpassed the 2,000 mark, making us one of the largest senior centres in Alberta! Since January 1, 2017 (when our Centre started the marketing campaign), WSAC recorded **1,381 new members** who have joined our WeSeniors family.

On the other hand, this growth also has posed a huge challenge to our administrative team, especially when we only have the resources to add one new part-time staff to the team this year. In order to better serve you, I decided to implement the following Morning Front Door Opening Procedure:

Morning Front Door Opening Procedure

1) **The Front Door will not be opened until 8:30 am.** However, certain members (e.g., members who are taking DATs) may arrive earlier than 8:30 am. In this case, we will let them in to wait in the front lobby area. During the Winter Season, we will **NEVER** leave any seniors waiting outside of the Front Door.

2) **At 8:30 am the Front Door will be unlocked.** However, the reception sliding gate and the hallway sliding gate will not be unlocked until **8:45 am**. The front lobby, the Harry Farmer Room, main washrooms, the Community Cafe, the Gym and the Kitchen will be opened to instructors, volunteers, and members.

This change is because our members' safety is our top priority. Due to the size of the building, there are numerous areas (e.g. fitness room, workshop, the independent washrooms) where someone could fall or get hurt and staff would not know. As I mentioned, we have limited staff and we are all busy setting up the Centre for the day. Also, just a friendly reminder that the rules for utilizing the fitness room, workshop and craft room require more than one person present at the same time.

Thank you for your understanding and cooperation!

The Board has been working on new Policies to accompany our new Bylaws and has now approved 24 Policies dealing with various governance, membership, and other issues. Despite this the Board still wants more input regarding these new Policies from our Members over the coming months. As a result we are starting this process by asking for written Member comments on eight of these Policies:

Framework Policy A 1 - Objects

Framework Policy A 2 - Mission, Vision, and Values

Framework Policy A 3 - Goals and Objectives

Governance Policy B 1 - Policy Making

Governance Policy B 2 - Board Authority and Expectations

Governance Policy B 3 - Board and Executive Director Responsibilities

Governance Policy B 4 - Roles and Responsibilities of the Executive Director

Governance Policy B 5 - Human Resources

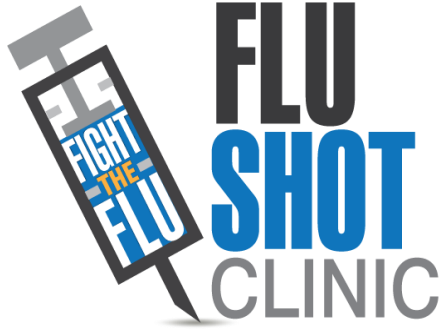
These Policies can be found in the "BOARD POLICIES" section of the WSAC website or you can request a written copy of these Policies at the front desk.

We would particularly appreciate your comments on Policy A 2 - MISSION, VISION, AND VALUES, Policy A 3 - GOALS AND OBJECTIVES, and Policy B 1 - POLICY MAKING.

Your written comments or questions (indicating which Policy or Policies the comments or questions apply to) should be put in the "Member Comments on Policies" box at the front desk or they should be e-mailed to haidong@weseniors.ca. As well, please provide your contact information along with your comments or questions.

Please submit your comments or questions on these Policies (or any of them) on or before Wednesday, October 30th.

PROGRAM NEWS



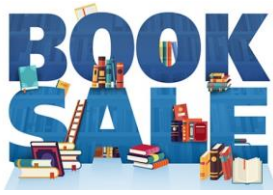
Tuesday, Oct. 22 from 12 pm - 4 pm

Thursday, Oct. 24 from 9 am - 12 pm

Friday, Oct. 25 from 9 am - 12 pm

Please bring your Alberta Health Card.

Please sign up at the front desk.



Flu Clinic Book Sale

Buy a book to help pass the time while you wait after your shot.
All books will be sold by making a donation to the Centre.

TOONIE TALKS

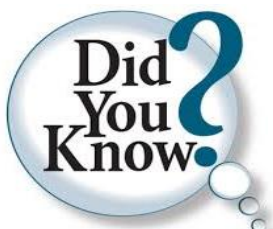
We recently had a question at our Coffee Conversation with a member regarding the cancellation of some of our Toonie Talks earlier this month. The member wanted to know why the Toonie Talk was cancelled.

Toonie Talks are hosted by our Friends of WSAC business community connectors. We need a minimum of 5 attendees to warrant the businesses coming to our centre to do their presentation. Unfortunately, earlier this month we had 2 Toonie Talks that had under 3 people registered. We contacted the business the morning of the presentation to let them know we were cancelling the presentation due to low enrolment and asked them if they would like to reschedule to a later date. We then called the people who signed up to let them know that the presentation had been cancelled. Later that day, 7 people came to the centre 30 minutes before the presentation was to begin wanting to register. We had to tell them the Toonie Talk had been cancelled.

Needless to say, both the members and the businesses were disappointed - for the members, they had come to the centre to see the presentation; for the businesses, that had spent time doing everything necessary to do a presentation, only to be told it was cancelled.

The good news...one of those businesses, Oliver Denture will be returning to our centre in November! 5th to do their presentation "What to Expect From Dentures."

We know our members love our toonie talks and we take great pride in the quality and the variety of the presentations. Please assist us by pre-registering for any talks that you would like to attend.



You do not have to have a membership to attend our Toonie Talk presentations?

We want to make these presentations open to everyone, so come join us!

Since January 2019, we have had 30 "Toonie Talk" presentations here at our centre with 680 people attending these presentations!

UPCOMING TOONIE TALKS IN OCTOBER



Fall Prevention and Equipment

Presented by Congdon's Aids To Daily Living
Tues Oct 1st – 1:30 p.m. to 3:00 p.m.



Photo Legacy

Presented by Karen Murdock, Your Organized Friend
Monday Oct 7th – 1:30 p.m. to 3:00 p.m.

6 Investing Basics that Women (& Couples) HAVE to Know

Presented by Brad Hurshowy of Investors Group
Tuesday Oct 8th – 1:30 p.m. to 3:00 p.m.

“Executor’s Role & Funerals” Information Every Executor Should Know

Presented by Dignity Memorial
Tues Oct. 15th – 1:30 p.m. to 3:00 p.m.

Learn The Truth About Hearing Aids – Tips & tricks for the everyday patient

Presented by Amplifon
Monday Oct 21st – 1:30 p.m. to 3:00 p.m.

Part One “Dementia/Alzheimer’s – Having The Conversation”

Presented by Homecare Assistance
Tuesday October 22nd – 1:30 p.m. to 3:00 p.m.



Tales From The Legal Crypt!

Presented by Estate Connection Law Firm
Friday Oct 25th – 1:30 p.m. to 3:00 p.m.



ARTHRITIS Symptoms, Management and Treatment

Presented by Terra Losa Pharmacy
Monday Oct 28th – 1:30 p.m. to 3:00 p.m.

Part Two “Dementia/Alzheimer’s – Having The Conversation”

– Presented by Homecare Assistance Edmonton
Tuesday October 29th – 1:30 p.m. to 3:00 p.m.

**Please see our Program Guide for full details on each Talk
and please sign up a minimum of one week in advance.**

PROGRAM NEWS



We have received many questions over the last several months as to why we have cut off dates for ticket sales for Special Events and Travel trips as well as why we ask you to sign up ahead of time for Toonie Talks.

For our Special Events and Travel Trips - we have volunteer committees for both of these and they work very hard to put together entertainment, food, decorations etc. for special events and transportation, admission etc. for trips.

Many of these things need to be booked or purchased ahead of time and sometimes require deposits and cancellations by a certain date. By having cut off dates, we have time to ensure we have sold enough tickets to run the event on a cost recovery basis and it gives us time to make final arrangements and complete purchases. We do not usually sell tickets at the door for events as we have already planned on a certain number for food, prizes etc.

For our Toonie Talks, we ask you to sign up ahead of time so that we can ensure we have enough people coming to make it worthwhile to hold the talk. We wouldn't want to have a presenter make the time to come to our centre and present and not have anyone come. It also makes it easier for the presenter to bring enough hand-outs for the people attending.

All of these events, trips and Toonie Talks are typically advertised at least 2 months in advance to give our members lots of time to purchase their tickets. So, make sure you get your tickets early to avoid disappointment. We have lots of great things happening and love to have as many people as possible able to enjoy them.

HISTORY OF CROKINOLE

Did you know Crokinole was invented in the late 19th century in southern Ontario?



The first crokinole board was built by Eckhardt Wettlaufer in 1876 in Sebastopol, Ontario. Wettlaufer was a woodworker and wagon-maker who made the board as a birthday gift for his son.

The relic currently hangs in the Joseph Schneider Haus Museum in Kitchener, ON. It is unclear where Wettlaufer got the idea from the game, but it's likely that it is derived from the Asian game of carroms by way of British colonists.

Carroms is also the ancestor, purportedly, of pocket pool, knips-brat, and pichenotte (associated with Quebec). The name "crokinole" is derived from the French 'croquignole' which means 'flick' or 'small biscuit'.

Before long, the game caught on and was being distributed commercially by mail-order giants such as Sears-Roebuck and Montgomery Ward and Co.. Crokinole soon became one of the most popular games in North America. It was very popular, in particular, with Mennonite and Amish groups, as the game had none of the shady associations of billiards or card-playing. The Montgomery Ward Catalogue refers to this squeaky-clean image when it describes crokinole as "a new and intensely interesting game for everybody, with *no objectionable features*."

If you are interested in playing, please visit our website @ weseniors.ca and complete the poll under our What's New Section.

PROGRAM NEWS



PICKLEBALL PROGRAM

A huge thank you goes out to all pickleball players who are working with us on the recent changes to the program! For those new to the program, please note:

There will be a maximum of 16 members per time slot. To reserve your spot, please scan your card at our reception desk computer no earlier than 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: 12:30 pm - 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



A very special THANK YOU to Val, Karen, Nancy, Ricci, Janet, Philip, Joanne, Chris and Cynthia, who joined the students at the University of Alberta on September 5 to discuss the important issue of ageism.

Your ideas were of tremendous value to the students as they begin their term this semester. As well, best wishes to the 18 WSAC members who will be partnering with the students for fitness training over the coming months! We hope that your partnership is very successful!

DID YOU KNOW?

Have you noticed how busy our centre has been over the past several months? We are definitely growing! We are ever expanding, trying to bring new courses to the WSAC members. As such, many classes run back to back with each other. ***For that reason, we want our valued members to know that the time assigned to each program is to be used for the set-up, the program itself and clean-up of the space.*** Class times can be found in our program guide. We have asked the instructors to adhere to their schedule to allow the next class to start on time. Thank you for helping us to keep things running smoothly!

MUSIC GROUPS

Registration for Choir is now closed, as we are at full capacity. It will open again next fall, as space allows.

The Silvertones drop-in group is now full. Should space become available in the future, we will accept new members to the program. In the meantime, please feel free to try the Ukulele or Open Jam drop-in programs.

Thank you for your understanding!

PROGRAM CANCELLATION

Please note that all drop-in programs will be cancelled on November 8 for our annual Remembrance Day Service. Thank you for your understanding. We do hope that you will join us in remembering those who have served so that we may enjoy our freedom today.

SPECIAL EVENTS

Korean Tasty Travel



We hope you all enjoyed the amazing food, entertainment and decorations at our Korean Tasty Travel lunch on September 4. It was a great success!

We would like to put out a huge thank you to the following people:

- Our event sponsors, Driverseat, whose generous donation helped us to provide fabulous entertainment for the event.
- Artist Stella Sook-kyung Song for donating her beautiful art to be displayed.
- Edmonton Hanbeat Samulnori and Korock Team for providing the entertainment.
- MP Kelly McCaulley, MLA Jon Carson, MLA Lori Sigurdson, and Jackie Lovely from the office of Josephine Pon, the Minister of Seniors and Housing.
- The numerous volunteers who prepared the wonderful meal and assisted with the running of the event. We couldn't do it without you.



Exciting News! Christmas Craft & Bake Sale

Saturday, November 23 from 10:00 AM to 4:00 pm



Get your Christmas shopping started. Pick up unique gifts for friends and family or treats to share at your holiday gatherings. All Homemade and Handcrafted Items!

Cash Lunch Concession, Silent Auction and FREE Admission.

VENDORS WANTED! Why not book a table at the craft sale to share your talents with others and perhaps make a little extra \$ for Christmas. Book your own or share with a friend.

This sale is for hand crafted items ONLY please.

Pick up a vendor application at the front desk or print one from our website to reserve your table now. Prices are as follows:



\$25 WSAC Current Membership Holder – 6" table provided

\$35 Non-member – 6" table provided

\$35 WSAC Current Membership Holder – 6" table with access to power

\$45 Non-member – 6" table provided with access to power

SPECIAL EVENTS



Murder Mystery - Murder Among the Mateys (Pirate Themed)

Thursday, October 24 from 3:00 pm to 5:30 pm

Snacks & a Cash Bar

Tickets \$10 members, \$12 non member

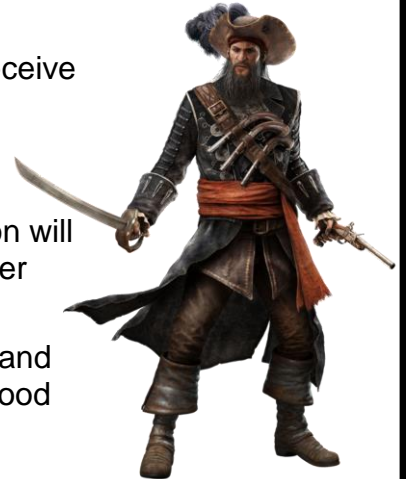
Tickets must be purchased ahead of time - Ticket deadline October 10

There are no spectators on the ship only participants!

Each guest is involved in the investigation as their own character and will receive a detailed character description 2 weeks before the event along with some background information on the party. This will give you time to familiarise yourself with the theme and come up with a costume.

Upon arrival, the host will read an introduction and explain how the afternoon will proceed. You will spend the afternoon chatting with other guests in character until the unthinkable occurs – A MURDER!

You will now need to find out more information from the other mateys to try and find out who the murderer is. This will be a fun filled afternoon of mystery, food and great company. Tickets include your murder mystery package, pirate themed food and non-alcoholic beverages.



Remembrance Day Ceremony

Friday November 8 at 10:30 am - 11:30 am

Join us in remembering the sacrifice of our fallen soldiers, the contribution of our veterans, and honouring the men and women who continue to serve our country.



Remembrance Day Lunch

Friday, November 8 at 11:30 am

Stuffed Pork Loin, Roasted Potatoes,
Seasoned Vegetables, Dessert, Tea and Coffee

Tickets - \$10

***Tickets must be purchased ahead of time
- Ticket Deadline November 1**



PROGRAM CANCELLATION

Please note that all drop-in programs will be cancelled on November 8 as the centre will be hosting our annual Remembrance Day Service. Thank you for your understanding. We do hope that you will join us in remembering those who have served so that we may enjoy our freedom today.

SPECIAL EVENTS



Christmas Dinners

We will be holding two Christmas events this year with delicious dinners and entertainment at each. On December 6th, will be WSAC's traditional Christmas dinner and on December 18th we will once more be holding Mavie's Mitten Tree. Both events will feature a turkey dinner with all the trimmings as well as a variety of entertainment. We ask you to purchase tickets for only one of these events so that others will have the opportunity to enjoy one of these fabulous, festive dinners. Save the dates! More details to follow in November.

DRIVE HAPPINESS *invites you to*

A FREE SCREENING OF THE CBC DOCUMENTARY
#BREAKINGLONELINESS
BY EDMONTON FILMMAKER
BRANDY YANCHYK

Real stories of people in Edmonton and Calgary
who are finding ways to escape loneliness and
social isolation by creating communities.

DATE: Saturday, October 5th
TIME: 6 pm to 8 pm
LOCATION: Westend Seniors Activity Centre
9629 176 St NW, Edmonton

Call the **Drive Happiness** office at **780-424-5248** to reserve your spot!

FUNDRAISING NEWS



The Fundraising Committee will be selling All Occasion Cards in the lobby in October. These cards are all handmade and designed by Kathy Katzenback, one of our WSAC members and member of the Quilling Group.

Kathy has generously donated these cards with all the proceeds going to WSAC. These cards are beautifully made. We hope you will drop by the display table to purchase some cards to have on hand for those special occasions. There is a wide selection of Christmas cards, birthday, anniversary, thank you, get well, sympathy, friendship, etc.

Cards cost \$2.00 each, or a selection of three cards for \$5.00. The Fundraising Committee will sell the cards in the lobby from October 7th-11th from 10:00 am – 1:00 pm. We thank you for your support of our fundraising efforts and we look forward to seeing you at the display table.



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 the Pub & Coffee House. You will also tour the Canadian Fathers Museum and the Michy Village. From there, the group will travel to Vegreville to see the large pysanka and then travel back to WSAC by approximately 5:00 pm.

SOLD OUT

St. Albert Dinner Theatre - Homecoming by Leeann Minogue

Thursday, November 14 from 5:15 pm to 11:00 pm

Tickets \$74 members or \$84 non-members
includes bus, dinner buffet & show



Jerry Wilson has always planned to pass his family farm on to the next generation.

When Jerry's broken leg spurs he and his wife Marlene to retire sooner than expected, the couple moves to a new home in nearby Stony Valley and their son Greg comes home from the city to take over the farm.

Hilarious results follow a series of gaffs as everyone tries to fulfil a role they aren't ready for!

Ticket Deadline – Monday, October 21

Jasper Park Lodge Seniors Fall Getaway

Jasper Park Lodge's Seniors Fall Getaway on October 15 – 19 is now SOLD OUT! To add your name to their waiting list please contact them directly at jasperparklodge@fairmont.com.

SOLD OUT

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.



Pass On Your Family Legacy to the Next Generation!



We can help you to:

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Call or email us for a free consultation:

Tel. 780.318.7383

carmen@foreverneat.ca

Or visit us at:

www.foreverneat.ca





Driving Miss Daisy Is A Caregiver That Comes With A Car

Driving Miss Daisy offers friendly and helpful through-the-door assistance and accompaniment, supported by safe and reliable transportation by caring and compassionate professionals for seniors and persons with disabilities

We will take you to:

- Medical appointments
- Grocery, holiday, and personal shopping
- Banking and hair appointments
- Seniors Activity Programs
- Adult Care Programs

To book an appointment,
call Shirley
780-777-8813

Edmonton's Best Kept Secret!



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www.aligrawineandspirits.com

10% Discount for WSAC Members!

Convenient location!

- West Edmonton Mall's entrance 58 - below Scotiabank Theatre
- Reserved parking for Aligra clients!

**Come join Aligra for their
"Roll Out The Barrels - Of Whisky!"
event here at our centre on
Wednesday Oct 30th @ 6:30 p.m.
Tickets at WSAC front desk!**

**Monday Oct 7th
10:00 a.m. - 1:00 p.m.**



Come
say
hello!

**Daisy Chain
Book Co.**

daisychainbook.co/

**Last chance to check out their
fantastic selection of books and
do some book shopping
- here in our centre's parking lot!**

WILLS, ESTATES & NOTARY.



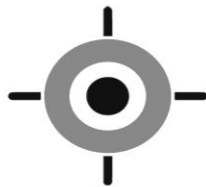
MARRAZZO LAW OFFICE

Lina Marrazzo B.A, LL.B

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airport runs, medical appointments, shopping trips, special events or other occasions when you don't want to deal with rush hour traffic, night time driving, snowy roads or going to places where it is hard to find parking

www.driverseatinc.com/locations/driverseat-edmonton/

Your angel will help you stay In your own home!

In-Home Care



Age in Place the right way — with an Angel by your side! True comfort, no matter what.

Meal Preparation



Let dad enjoy his consistent and nutritious meals while fitting his dietary needs! He can have his steak and eat it too.

Scheduled Reminders



It's hard to keep track of everything in your bustling life. So we'll be your planner.

4 to 24 Hour Care



Whether for 4 hours, or 24 hours—your schedule is our schedule!

Hygiene Assistance



Whether toileting or bathing, our trained & professional care staff will handle it all, and respect the dignity of your loved ones.

Grooming Assistance



We'll help doll you up, whether it be makeup, teeth or hair — we'll get you to your stylist!

Dressing Assistance



We make sure mom and dad are looking sharp every day! Dressed to the nines!

Errands & Shopping Aid



We'll pick up all the essentials! Groceries, clothes, household supplies—everything, including the kitchen sink!

Light Housekeeping



You don't have to worry about the laundry... and the dishes... and the floors... and the...

Friendly Companionship



You've got a friend in us! Social isolation is a thing of the past with your own personal caregiver!

Respite for Families



There's no shame in needing a break. Take a well deserved rest while we look after your loved ones.

Wheelchair Transport



We've got a wheelchair van, so you never have to worry about mom not making it to any of her appointments!



Call today and book your **Complimentary in-home Consultation!**
www.SeniorHomecareByAngels.com/Edmonton | (780) 487-4256

VOLUNTEER OPPORTUNITIES



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.

NEW! Outreach Volunteer Opportunities

Our Outreach department has grown dramatically this year and we are looking for some volunteers to help out by connecting with seniors and assisting them in a variety of ways. The following volunteers positions are now open to anyone interested in making a big difference to seniors, who may need assistance navigating our centre or who may be socially isolated. Job descriptions can be found on the Outreach bulletin board

1. Peer Support - Board Game Host - 2 positions available
2. Peer Support - Gentle Walking Group - 2 positions available
3. Peer Support - Friendly Phone Calls - 3 positions available
4. Peer Support - Follow Up Phone Calls - 2 positions available
5. Peer Support - Friendly Face - 3 positions available
6. Peer Support - Class Assistant - 2 positions available

We will be having an information session on Wednesday, October 16 at 1:30 for anyone who may be interested in volunteering for these outreach positions



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



Raffle Ticket Sellers

We are looking for a few volunteers to help us sell Raffle Tickets to help raise money for the Centre.

If you are interested in any of these volunteer opportunities, please contact Heather at 780-483-1209 or Heather@weseniors.ca.



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.

VOLUNTEER OPPORTUNITIES



Christmas Craft & Bake Sale

WSAC will be holding a Christmas Craft and Bake Sale on Saturday November 23, 2019 from 10:00 am to 4:00 pm and we are looking for some volunteers to help out that day. Please contact Heather, if you are interested or sign up at the front desk.

The following positions are available:

Sign in Table for Vendors – 2 volunteers from 8:30 am – 10:30 am

Silent Auction / Raffle Volunteers – 3 volunteers–2 hour shifts 10 am -12 pm, 12 pm-2 pm, 2-4

Kitchen Concession - 9:30 am - 11:30 am – 2 volunteers for coffee/muffins

11:30 am – 1:30 pm – 3 volunteers for lunch service

1:30 pm – 3:00 pm – 2 volunteers for coffee/cookies and kitchen clean up

Take down – 3 volunteers – 4:00 pm-4:30 pm – put away chairs and tables, sweep floors



Volunteer Key Holder

Our long time volunteer who has opened and closed our centre for evening and weekend rentals is stepping down and we are looking for 1-2 volunteers to take his place. Duties would involve opening front doors, turning off alarm, opening specific rooms for rentals, monitoring the building during the rental time, then lock up and setting the alarm at the end of the rental time.

This could involve 1 or 2 evenings a week and occasional weekends. Some weeks there may be no rentals and others there could be 2-3. Rental times do not start before 10:00 am or beyond 10:00 pm. Most of these bookings would be for area condo board meetings with occasional anniversary, weddings, or senior birthday parties. Please let us know if you are able to help out with this important duty.



Income Tax Clinic Volunteers

We are hoping to hold Income Tax Clinics in our centre for the 2020 tax season and are looking for 1-2 people who might be interested in helping out. Please read through the requirements and contact Heather, if you are interested.

You would have to be able to make a commitment to attend the clinic for a 2 1/2 to 3 hour time slot one day per week for 9 weeks (March and April), have very good software and computer skills, have the ability to uphold confidentiality when dealing with clients and clear a Police Records check (you will be reimbursed for the cost of this)



Flu Clinic Volunteers

WSAC will be holding flu clinics at the centre on October 22 from 12-4 pm, October 24 and October 25 from 9 am to 12 pm and we are looking for one of two people to help out at each shift to direct people into the clinic, provide them with forms and direct people down to the waiting area afterwards. Please let us know if you would like to help out.

NUTRITION

In the September Observer, we introduce the DASH diet to you, where we outlined how it can help you lower blood pressure.

However, did you know not only can the DASH diet decrease the blood pressure but it can also help to reduce the risk of dementia?

This month, we want to share some information about your diet and dementia with you.

According to Public Health Agency of Canada statistics in 2015, 19% of seniors above the age of 80 had dementia.

While dementia is not an inevitable part of aging, the World Health Organization has outlined some of the things we can do to help prevent dementia:



- physical activity,
 - avoid smoking,
 - eat a healthy balanced diet,
 - reduce or quit harmful alcohol use,
 - maintain a healthy weight
- and management of diabetes, high blood pressure, and unhealthy cholesterol levels.

Recent studies show that diet patterns like the Mediterranean, DASH and MIND diets have a role in protecting us against dementia.

Outlined is the difference between the DASH diet and the Mediterranean diet.

The Mediterranean diet comes from its namesake and is a traditional diet for that area of the world.

Many health professional recognize these 2 diets as a way to avoid a number of health issues.

HOW TWO HEALTHY DIETS COMPARE			
DASH		MEDITERRANEAN	
			
FOOD GROUP	DAILY SERVINGS	FOOD GROUP	RECOMMENDATION
Whole grains	7 to 8	Whole grains, vegetables, fruits, seeds, olive oil, beans, nuts, legumes	Base every meal on these foods
Vegetables	4 to 5		
Fruits	4 to 5		
Dairy, low-fat or nonfat	2 to 3		
Lean meats, poultry, fish	2 or fewer	Fish, seafood	Eat at least twice a week
Nuts, seeds, dry beans	4 to 5 per week	Poultry, eggs, yogurt, cheese	Eat moderate portions daily to weekly
Fats and oils	2 to 3	Meats and sweets	Eat less often than other foods
Sweets	5 per week	Wine	Drink in moderation

In the next month, we will talk to you about the MIND diet.

Want to learn more? Here are some website links you can read at your leisure!

Resources:

<https://health-infobase.canada.ca/ccdss/datatool/?HRs=00&DDLv=1&DDLm=ASPR&CBVS=on&1=M&2=F&DDLfM=2000&DDLt=2015&=10&VIEW=2>

<https://www.ncbi.nlm.nih.gov/pubmed/30689586>

<https://www.canada.ca/en/public-health/services/diseases/dementia.html#a2>

<https://apps.who.int/iris/bitstream/handle/10665/312180/9789241550543-eng.pdf?ua=1>

OUTREACH NEWS

Our Outreach department supports individuals over the age of 55 years in West Edmonton. Our aim is to reduce isolation and increase empowerment among seniors in this area. To do this, we work together with other agencies and organizations, keep ourselves up-to-date on resources and initiatives, and help navigate through the system when changes occur. We are also here to listen and support when you just need someone there.

Did you know?

73% of our cases support seniors in the community outside our Centre.

Ask your friend to contact us if they need connections to resources, information or support.

“When I’m 64” on Tuesday October 22, from 6:00 – 8:00 pm

Presenters from both Alberta Government and Service Canada will be here together to inform and answer questions about the provincial and federal seniors benefits and programs available to seniors. The last event was standing room only, so remember to register by phone or at the front desk.

New Outreach Programs - Thursdays: “Family Games Night in the Morning” is just a fun hour in the morning, with friends! 10:30 am “Gentle Walking Group” is excellent for those recovering from an injury or experiencing a disability. Come get your steps in! We take requests for your favourite music. 11:30-12:15pm

\$2 drop-in for each program, or combine them with Lunch and the Circle of Support for a \$10.

Volunteers

Want to help us reach more seniors and be part of reducing isolation?

We are looking for volunteers who are:

- fluent in another language
- want to connect with seniors over the phone
- would like to connect by walking, talking and playing games on a Thursday morning

If you are interested in any of these volunteer opportunities please contact Heather @

Heather@weseniors.ca or **780-483-1209**.

WSAC’s Member Code of Conduct

Have you looked at our Code of Conduct lately? The Code of Conduct helps us protect and nurture the positive environment and member experience at WSAC.

Have you experienced behaviour that breaches our Code of Conduct? Report It. We do enforce it.

How do we do it?

1. Come speak to someone in Outreach about your experience.
2. We oversee a process that **maintains confidentiality and protects everyone’s privacy and dignity** throughout. Outreach is best positioned in the Centre to do this.
3. We investigate alleged breaches discreetly, and ensure our findings are evidence-based.
4. Everyone in the process - including both the person with the complaint and the person with the complaint against them - remains with confidential and protected for their privacy and dignity.
5. We will resolve the issue with an action plan.
6. Our hope is to achieve a greater understanding of our interconnectedness and how our behaviour affects others.

We don’t need saints! We need self-awareness.

If you have seen or experienced behaviour in our Centre that challenges our Code of Conduct, come see us in Outreach.

Monthly Birthday Party

October 16 @ 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**



Fall is here! If you are in need of help with yard maintenance or minor home repairs, 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

The next Potluck
will be

**Thursday, October 31 @
5 pm in the Cafe**

Please bring a dish
for 4-6 people



Please continue to
enjoy our fresh coffee
everyday by visiting
our Café.

Coffee deliveries will
not be continued due
to our increasing
membership and
limited staff.

Committee Meetings



Fundraising Committee

Tuesday, October 1 @ 9:30 am

Travel Committee

Tuesday, October 8 @ 11:00 am

Special Events

Thursday, October 10 @ 9:30 am

Planning & Maintenance Committee

Thursday, October 10 @ 1:30 am

Finance Committee

Thursday, October 17 @ 8:30 am

Board Meeting

Thursday, October 17 @ 9:30 am

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?

Or, at 10:30 am Reconnect With a Childhood
Game (\$2 Drop-in fee).

Also included in the \$10 fee



always
choose happiness!



Saturday October 26th
Save The Date & Please Join Us!

IT'S A PARTY - COME JOIN US!

**Drive Happiness
&
Westend Seniors Activity Centre**

**Celebrating Our New Partnership
Our Volunteers
And Combined,
Over 60 Years Of Serving Seniors
Here In Edmonton!**

**11:00 a.m. to 3:00 p.m.
Lunch
Multi Cultural Entertainment
Door prizes**

**Tickets \$10.00
Please purchase tickets
at the WSAC
front desk**