



WESTEND SENIORS ACTIVITY CENTRE

A Charitable Non-profit Organization for Seniors

OBSERVER December 2019



Season's Greetings

Our Winter Program Guide is available Monday, December 2.

Visit our front desk any time or membership booth on Wednesday, December 4 to renew your membership before registration day.

2020 memberships are necessary to register for 2020 classes.

Registration starts Monday, December 9 at 9 am.

Receprocal membership registration starts December 23 at 9 am.

The Singing Christmas Tree Saturday, December 21 at the Jubilee is **SOLD OUT**

Christmas Dinner

Friday, December 6

at 11:30 am

Price \$12

Turkey with all the trimmings



Members Only

more details inside

Maive's Mitten Tree

Members & Non-members Welcome

21st

Anniversary

Wednesday,

December 18

at 11:30 am

Turkey with all the trimmings

Price \$12

more details inside

Christmas Wine Basket Raffle

Tickets \$2 each

or 3 for \$5



ON SALE

November 18

to December 18

Draw date December 18

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



www.weseniors.ca



Executive Director's News

Haidong Liang, Ph. D.



Dear Members,

Holiday season is just around the corner. As usual, I have positive, good news to share with you.



Our Centre's Walking Group nominated Mavie Darrah, our famous 97 year young walker, volunteer, and founder of the Mavie's Mitten Tree and she has been selected as a Global Edmonton MVP, which recognizes people who are committed to sports and the community.

She was interviewed on Tuesday, November 26 when the Walking Group was doing their regular walk and will be on Global Sports next Tuesday evening December 3rd at 6:00 pm and Global News at 11:00 pm.

Congratulations to Mavie for this well-deserved recognition!

Also, kudos to all the walkers who are demonstrating our Centre's spirit - Keeping Active Never Grows Old!

You may also have noticed the new changes in our facility: a renovated Community Cafe corner with new couches, a table, and bookshelves; a dimmer control for the Yoga Room; and lighting upgrade for the Library. In order to increase the number of spaces available to our members, WSAC staff (except certain staff who have special needs) have opted to park their vehicles on the street. The staff parking signs will be removed very soon. WSAC staff team is working diligently to make this organization a welcoming and comfortable place for our seniors. In 2020, expect to see more positive changes for the facility.

Our Centre has gained its reputation in reducing seniors social isolation and promoting connection. This year, the WSAC Board and Administration have decided to open our Centre on the following days: **Tuesday, December 24 from 9:00 am to 1:00 pm; Monday, December 30 from 9:00 am to 4:00 pm; and Tuesday, December 31 from 9:00 am to 1:00 pm.**

Please note that during those days, WSAC's lunch program **will not be open**; however, our Program and Outreach departments have prepared interactive activities and heart-warming support to the people who come to our Centre during those days.

Executive Director's News

Haidong Liang, Ph. D.

I would also like to update you about our Centre's new snow removal initiative. The Board and the Administration have decided to allocate our resources to clean our sidewalks and parking lot as promptly as possible. In order not to interfere with local residents' daily life and our Centre's evening and weekend rentals, the Centre will usually clean the snow on Friday evenings. Each time we call the contractor to clean the snow and sand the property with rock chips it costs over \$900. We will try to use their service when encountering heavy snowfalls and freezing rain.

I encourage you to participate in our Centre's physical activities to improve your strength and balance, which will significantly reduce the risk of falling and injury.

Q & A:

We received members' feedback through the comment box and would answer these questions here in our newsletter.

QUESTION: *Why was signage removed from bathrooms in the card game area?*

ANSWER: In an effort to ensure that every community member utilizing space at WSAC has the washroom space that they require, we removed the signage to facilitate the creation of gender neutral washrooms. Such action speaks to our mission to be an inclusive hub, for all seniors.

QUESTION: *To save money, could WSAC remove the extension phone lines in the library, games room, craft room or cafe? The phones aren't being used!*

ANSWER: Our paging system requires the lines to be distributed through the building and is used often for day to day communications as well as in the event of an emergency; thus, the lines cannot be removed. Thank you for the suggestion on saving money as we always look to improve our fiscal policies.

QUESTION: *Why do we have so many handicapped parking stalls? It seems excessive for an ACTIVE senior centre.*

ANSWER: As a seniors' community hub, we want to encourage the attendance of seniors of all abilities. There are many community members that require mobility devices in order to remain active and we want to ensure that they have what they need to participate at our centre. This would include having a place to park that would allow for them to utilize their mobility device, such as a walker, cane or wheelchair.

Research Update

Third-year nursing students from MacEwan University are conducting research on caregivers here at WSAC and would like your feedback. This will be done through a survey that will be available both online through Survey Monkey and at the Center. The goal of the survey is to gather more information about your experiences as a caregiver. Ultimately, this information will be used to create programs at WSAC which will empower members to advocate for themselves and their loved ones. The information gathered will be for research purposes only, and your personal information will be protected. The survey should not take more than 5 minutes to complete. The paper copy and online survey <https://www.surveymonkey.com/r/DV9CRPQ> will be available from December 1st to December 31st. The students thank you for your participation.

PROGRAM NEWS

Membership Information Updates

We are in the process of updating our information on MySeniors for all members. The next time you are at the Centre, please stop by the front desk to check to see if anything needs to be updated in your file. This could be a change in phone number, address or emergency contact info. It is important for us to have updated info in case we need to call you in the event of a cancelled class/event/travel trip, mail you a refund or if you have an emergency while at the centre and we need to contact someone on your behalf.

Program Time Changes

To best serve the growing number of members and programs at our centre, we have had to juggle a few programs to make everything fit into the "program puzzle" for the winter term. Thank you very much for your understanding as we work toward keeping current programs while adding new ones for you!

Effective January 1st, the following program time changes will be in effect:

DROP IN PROGRAMS - NEW PROGRAMS TIMES STARTING JANUARY 2020:

Badminton Wednesdays at 1:00 pm - 3:00 pm

Photo Club Wednesdays at 9:30 am - 11:30 am

Pickleball Drop-In The new times for the all levels welcome Pickleball Drop In program will be:

MONDAY Drop In Session #1: 12:30 pm - 2:10 pm **Drop In Session #2:** 2:10 pm - 3:50 pm

TUESDAY Drop In Session: 6:10 pm - 7:50 pm

THURSDAY Drop In Session #1: 12:30 pm - 2:10 pm **Drop In Session #2:** 2:10 pm - 3:50 pm

Beginner Pickleball Drop In

Tuesdays from 4:30 pm – 6:10 pm (No instruction provided)

Friday from 12:30 pm – 2:10 pm (Instruction provided by volunteers)

Pickleball Reservations

By request, members may reserve their time to play pickleball, up to one week in advance, on the reservation sheets outside of the gym. Have fun!

REGISTERED PROGRAMS - NEW PROGRAM TIMES STARTING JANUARY 2020:

Gentle Yoga Beginner (Freya Giroux)

Monday and Wednesdays at 10:40 am -11:40 am & 12:40 pm-1:40 pm

Structural Yoga Therapy for All (Marthe Murphy)

Friday at 9:00 am - 10:15 am

Intermediate Yoga (Pramila Sinha)

Friday at 10:25 am - 11:25 am

Chair Yoga (Neeru Prashar)

Friday at 11:35 am - 12:35 pm

Your Questions Answered:

QUESTION: Why did you not have Total Fit, Dance Fit and Stretch classes this week?

Who makes this decision?

Why don't you communicate with members instead of making one sided, authoritarian decisions?

ANSWER: Each term, we create the schedules in conjunction with the programs team and the instructors. Much communication occurs during the creation of each guide with members, instructors, volunteers and staff. The programs team relies on the instructors to know their classes the best, as well as to set limits for themselves as to a healthy work load.

Breaks between sessions have been scheduled to allow for:

- Time for make-up classes, in case a class needs to be cancelled due to instructor illness;
- Instructor vacation and/or wellness breaks;
- Programming space for other one day programs;
- Maintenance of the facility.

We have removed some of the breaks for the Winter 2020 session in hopes of serving you better. Ultimately, however, if the instructor prefers the break, we will continue to honor that.

Please note that the programs are a very large puzzle, requiring many staff, instructor and volunteer hours. Though we do try to accommodate every request, it unfortunately is not always possible.

Brought To You, By Request!

Vera Resera will be bringing **Interval Strength Training** back to WSAC in January 2020! You may remember Vera as a prior substitute instructor for the course. As well, she has been teaching Deep Relaxation with Tune Up Balls in the fall term. We are very excited to bring the course back to you, as requested! Vera is an excellent and very qualified instructor who will help you to get the work out that you deserve! Vera will also be offering a new **Conversational French** class for those folks wanting an introductory class focused on the essentials.

Jeri Tourand will also be back for the winter term, offering 2 classes - **Mindfulness for Wellbeing and Tools for a Happy and Fulfilling Life**.

You may have seen **Karen Selinger** at Older Bolder Better in June 2019. She was creating beautiful works of art as she marbled one of a kind silk scarves in the Harry Farmer Room. She is bringing her creativity to our centre to teach **Silk Scarf Marbling** in March and April of 2020.

Freya Giroux will also be adding a class for the winter term, titled **Advancing Yoga**. Be sure to put her new class on your bucket list for a great way to fulfill a New Year's resolution!

Kathleen Silverman will be bringing her creative talents to you once again for new art classes - **Card Making Magic** and **Introduction to Oil Pastels**. If you are new to art, no problem! Kathleen will walk you step by step through the process for each class to create wonderful pieces!

Please refer to the Winter 2020 Program Guide for more information on registering for these and more wonderful programs! We recommend registering early to secure your spot as classes do fill quickly and spots are limited.

Golf Program Survey Results

The results are in! An email was recently sent to members of the golf program survey. Because of the results we will be continuing to offer the program at Deer Meadows in 2020. We thank all members for taking the time to respond regarding the course and program. We will forward your concerns to the golf course and hope that you will enjoy a fun filled season next year!

Mavie's Mitten Tree Multi-generational Event

Wednesday, December 18 at 11:30 am – 1:30 pm Price \$12

Members & Non-members Welcome

21st Anniversary



Turkey with all the trimmings prepared by our Café.

Multi-cultural Entertainment

Special guests will receive mittens from Mavie's Mitten Tree & a visit from Santa

Ticket deadline December 11

Overflow parking available at Beulah Church; Shuttle service provided by 

Please note that regular lunch service will not be available in the Café due to this event.

Robbie Burns Dinner

Wednesday, January 29 at 5 pm
Members \$16 & Non-members \$18



Get yer kilt on' and shake off the winter blahs. Come help us celebrate the birthday of the infamous poet Robbie Burns with toe-tapping song, toasts and a traditional Burns roast beef dinner.

There will be a cash bar with Scotch tasting, door prizes and a 50/50 draw. We hope you will join us for an evening of good cheer and company Wednesday, January 29 at 5:00 pm.



ROCK N' ROLL HALL OF FAME

Fundraising

Dinner & Dance
Saturday, February 29

Doors 5:00 pm
Dinner 6:00 pm



BRIDGE MOTEL - FANTASTIC

7 PIECE *ROCK N' ROLL* BAND

covering rock songs from past to present
watch for more details soon



EVENTS & TRIPS

♥ Valentine				
B i n g o ♥				
13	9	20	23	22
3	8	12	24	2
1	10	♥	18	19
16	5	14	7	21
17	11	6	15	4

Valentine's Bingo

Friday, February 14

2:00 pm in the Café Cost: \$5

Prizes will be awarded to the lucky winners and there will be a door prize up for grabs!

\$5 includes your ticket, refreshments and your first card. Additional cards will be available for purchase at the front desk for \$2/card. Bingo chips will be provided.



New Member Tea

Wednesday, February 5 from 1:30-2:30 pm

This is an opportunity for any new members, current members who are looking to learn more about the centre and potential members to come in for an informal info session about our programs and services, staffing, events or anything else you might be curious about. We welcome you to enjoy a free cup of coffee, get to know some of our staff and volunteers and enjoy a tour of the centre if you wish.

TRAVEL TRIP



River Cree Resort & Casino Trip

Thursday, January 30

Cost: \$10 for members
& \$15 non-members

Bus *Departs WSAC* at 10:00 am
& *Departs River Cree* at 2:30 pm
to return to WSAC

Tickets cover transportation,
lunch, a gift and \$5 voucher.

Tickets must be **pre-purchased**
at the front desk.

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.

WILLS, ESTATES & NOTARY.

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Lina Marrazzo B.A, LL.B

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Email: mlo@marrazzolawoffice.com



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daisychainbook.co



Drive Happiness-Seniors Assisted Transportation

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 or drivehappiness.ca

Heart to Home Meals
delivers healthy meals made for seniors.



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. 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.

- **No contracts or commitments** - order whenever it suits you!
- Approved provider through Veteran Affairs of Canada **access to Nutrition Program**
- **Free delivery*** - we can even unpack them into your freezer!

*Some conditions may apply.

We deliver to most postal codes on a weekly or bi-weekly basis - ask us about delivery in your area. 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.

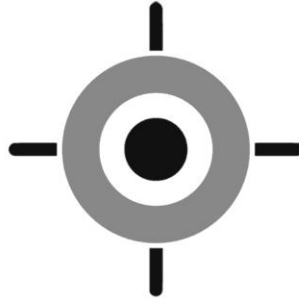
Our offices are open Monday to Friday, 9am - 5pm. If you'd prefer, you can order online at www.HeartToHomeMeals.ca

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- Turkey with Cranberry Orange Sauce
- Slow Cooked Beer Flavoured Beef
- Tomato Vegetable Lasagna





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

WE WOULD APPRECIATE YOUR FEEDBACK

The Board would like more input regarding our new Policies. At this point, we are requesting written comments from our Members regarding the following eight Board Policies:

- B 6 – BOARD STANDING AND AD HOC COMMITTEES
- B 7 – NOMINATIONS AND ELECTIONS
- B 8 – RETURNING OFFICER
- B 9 – RISK MANAGEMENT
- B 10 – FACILITY ACCESS AND EMERGENCY RESPONSE PLANNING
- B 11 – ALCOHOL, CANNABIS, TOBACCO AND ILLICIT DRUGS
- B 12 – FACILITY RENTALS, and
- B 13 - VOLUNTEERS



Each of 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 hearing your views and questions regarding Policy B 7 – NOMINATIONS AND ELECTIONS, Policy B 9 - RISK MANAGEMENT, and Policy B 10 – FACILITY ACCESS AND EMERGENCY RESPONNS PLANNING.

Your written comments or questions (indicating which Policy or Policies the comments or questions apply to) should be put in the “COMMENTS” box near the front desk or they could be e-mailed to haidong@weseniors.ca. Please provide your contact information along with your comments or questions.

Please submit your comments or questions on any of these Policies on or before Friday, January 17th.

VOLUNTEER SURVEY



WSAC’s Volunteer Survey will be available on our website weseniors.ca and are now also be available in hard copy.

We would appreciate feedback from all current volunteers on their volunteer experiences at the Centre.

COFFEE & CONVERSATION

COFFEE AND CONVERSATION



Tuesday, January 21 at 1:00 pm

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.

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.

Volunteer Key Holder

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)

Casino Volunteers Needed

Our next casino will be on **March 11th and 12th, 2020 (Wednesday and Thursday)** at the Starlight Casino in West Edmonton Mall. All volunteers will be trained and supported by an experienced Cash Cage advisor and Count Room Advisor. Please sign up on the bulletin board by the front desk for your preferred day/time/position and you will be contacted by the volunteer manager to be assigned a shift.

Volunteer Positions

General Manager	The General Manager supervises all aspects of the casino ensuring it is conducted according to Casino Terms Conditions and Operating Guidelines.
Banker	The banker controls the cash and chips in the cashier's cage
Cashier	The cashier receives chips from players and pays out the value to the players
Chip Runner	The chip runner (escorted by security) brings the chips from the banker to the dealer
Count Room Supervisor	The count room supervisor records and supervises the counting of the cash
Count Room Staff	The count room staff sorts and counts cash received via the table "drop boxes"

Shift Schedule

General Manager	9:00 am to 7:00 pm or 6:15 pm to 4:00 am
Banker	9:00 am to 7:15 pm or 6:15 pm to 4:00 am
Cashier	9:30 am or 11:30 am to 7:15 pm or 6:45 pm – 3:15 am
Chip Runner	9:30 am or 11:30 am to 7:15 pm or 6:15 pm – 3:15 am
Count Room	11:00 pm – 3:30 am

NUTRITION

Nutrition and Diabetes – Part One

Diabetes is another common chronic disease here in Canada. According to the Public Health Agency of Canada statistics in 2015, 1 in 3 seniors over 65 years old have diabetes in Canada.

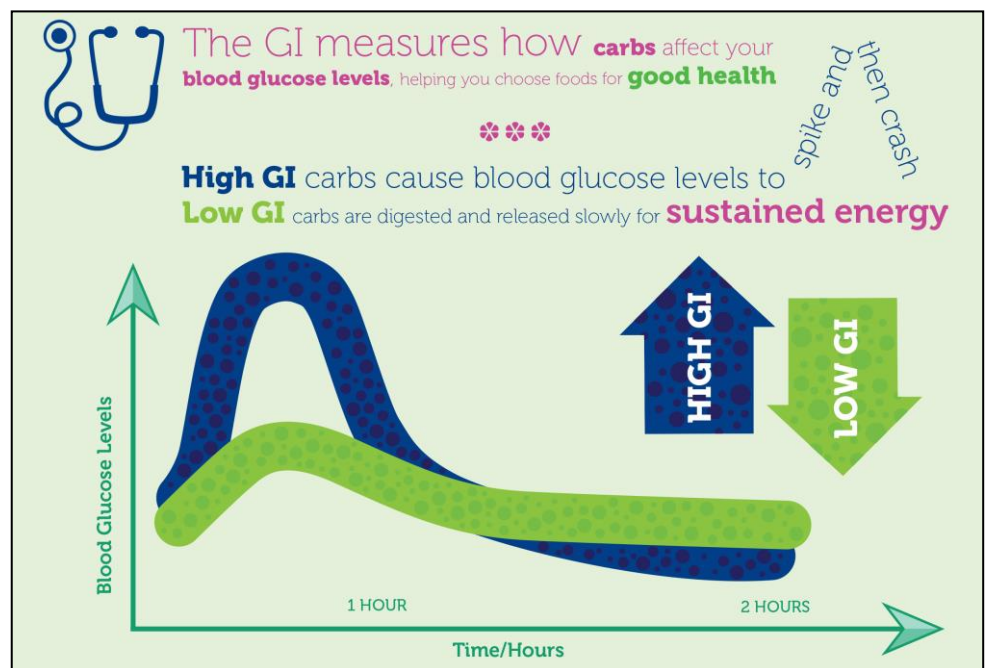
There are two main types of diabetes: type 1 and type 2. Type 1 diabetes is affected by the genes and only accounts for 10% of the total number of diabetes. The more common diabetes is type 2. So let's talk about type 2 diabetes.

Generally speaking, type 2 diabetes is when the body makes insulin but cannot use it properly. The main causes are excess body weight and physical inactivity. Type 2 diabetes is preventable if you have regularly physical activity and follow healthy diet pattern.

The best foods for preventing diabetes have a low glycemic index (GI). What is GI? The glycemic index shows how rapidly a carbohydrate in a food is digested and released as glucose into the blood stream. So a high GI food will surge and crash your blood sugar level in a short time, which is not good for diabetic people especially.

THE CHART

Choosing more low GI foods in your daily meals can help you prevent diabetes. However, not only do you need to consider the GI of a food, you also need think about the total sugar you consumed. GI can't help you know how many carbohydrates are in your diet because GI doesn't count the portion size. But the glycemic load (GL) can help you know. Let's talk about GL next time.



<https://guidelines.diabetes.ca/docs/patient-resources/glycemic-index-food-guide.pdf>

Want to know more? Please visit:

<https://www.canada.ca/en/public-health/services/chronic-diseases/diabetes.html>

<https://www.gisymbol.com/about-glycemic-index/>

You can find the low GI foods in the next page.

NUTRITION

Grains & Starches

**Low Glycemic Index
(55 or less)
Choose Most Often**

Breads:

Heavy Mixed Grain Breads
Spelt Bread
Sourdough Bread
Tortilla (Whole Grain)

Cereal:

All-Bran™ Cereal
All-Bran Buds™
With Psyllium Cereal

Oat Bran

Oats (Steel Cut)

Grains:

Barley
Bulgur
Mung Bean Noodles
Pasta (Al Dente, Firm)
Pulse Flours
Quinoa
Rice (Converted, Parboiled)

Other:

Peas
Popcorn
Sweet Potato
Winter Squash



Fruits

**Low Glycemic Index
(55 or less)
Choose Most Often**

Apple
Apricot (Fresh, Dried)
Banana (Green, Unripe)
Berries
Cantaloupe
Grapefruit
Honeydew Melon
Mango
Orange
Peach
Pear
Plum
Pomegranate
Prunes

Milk, Alternative & Other Beverages

**Low Glycemic Index
(55 or less)
Choose Most Often**

Almond Milk
Cow Milk
(Skim, 1%, 2%, Whole)
Frozen Yogurt 
Greek Yogurt
Soy Milk
Yogurt (Skim, 1%, 2%, Whole)

Meats & Alternatives

**Low Glycemic Index
(55 or less)
Choose Most Often**

Baked Beans
Chickpeas
Kidney Beans
Lentils
Mung Beans
Romano Beans
Soybeans/Edamame
Split Peas

RENTALS

Did you know that WSAC offers rentals of several of our spaces on evenings and weekends for meetings, memorials, anniversaries, adult birthdays, and weddings. On January 1, 2020 we will be implementing a new rate structure including discounts for 1/2 and full day rentals as well as a discount for WSAC members. The new rates are:

Harry Farmer Room or Meeting Room

- \$38/hour

Cafe with Galley Kitchen

- \$66/hour

Gymnasium

- \$110/hour

1/2 day rate

- 10% of reg price (minimum 4 hours)

full day rate

- 20% of reg price (minimum 8 hours)

WSAC Member

- 10% of reg price

A two hour minimum booking is required for all rentals.

Please contact Heather Riberdy, if you are looking for an affordable, accessible and attractive space to rent for an upcoming event.

FUNDRAISING

The Fundraising Committee wishes you much peace and happiness in 2020.

Thank you for supporting our fundraising efforts all year long!

Your efforts allow us to continue to help seniors live more active and fulfilled lives.

Save the date! Our next Fundraising Event will be a great night out!

Rock n' Roll Hall of Fame Dinner and Dance February 29, 2020.

Donna Mae Lambert, Judi Peterson, Linda Townsend, Obe Bangma, Ruth Ann Linklater, Vivian Leland, Wendy Laws, Sharon Quickfall, and Sharon Smith.

OUTREACH NEWS

12 Tips to Care for YOU this Holiday Season by Shalini Sinha

November brought us snow, ice and cold. I'm wondering what December has in store for you?

For some, this is a wonderful time - of kindness, generosity and being together with family and friends. For others, this is a difficult time - of loneliness, anxiety and added stress.

Some are looking forward to Christmas. Others dread it. Still others don't celebrate it at all and the gatherings and festivities keep reminding them how much their life exists at the margins.

Here, let's navigate through these experiences together with my top tips for Self Care, Mental Health, and Staying Safe.

SELF CARE - *"I care about me."*

1. **Treat yourself like someone you love, like and support.**

If you could give one gift this winter, give it to yourself and let it be the gift of treating yourself like your best loved one. Think about the things you do and say to yourself, that you wouldn't subject anyone else to. The fact is, the better you are cared for, the more patience and kindness you will have to give to others.

2. **Say 'No'. And also 'Yes'.**

One of the things many people struggle with is to say, '**No**,' to something that isn't good for us. We are afraid of what others might think and of offending another person. The person we are thinking about most... is someone else. However, we can also get into a comfort zone and stop saying '**Yes**' to new things that are different but also good for us. Here's a guide for when to say '**No**' and when to say '**Yes**':

Say 'No' when the activity or request puts too strong a burden on your energy, and doesn't give you a nourishing return like connection with others, fun, joy.

Yes 'Yes' when the activity or request brings you in contact with others in a way that allows you to have fun, engage in stimulating conversation, become a little more active, or bring some joy to your life - even when it costs you some energy to get involved.

"Sometimes our light goes out but is blown into flame by another human being.

Each of us owes deepest thanks to those who have rekindled this light." Albert Schweitzer

3. **Eat well, Move well, Sleep well.**

Essentially, we are physical beings with bodies. Seniors know more than most what it means to have a body! Eating nutritious food, engaging in some exercise and sleeping when we can - including having a nap if needed - is the best way to nourish your body and send yourself the message that you care about yourself.

- Remember, our WSAC kitchen sells frozen tubs of our homemade soups for \$5, and we have our Meals and Wheels freezer in reception, meals \$5.
- We will run our Gentle Walking group to your favourite music 11:30am each morning of Dec 23, 24, 30 and 31.

POSITIVE MENTAL HEALTH

- "All I want for Christmas is mental health empowerment for everyone." - Krupali Raval

These are the darkest days of the year, and while I'm grateful to the snow for reflecting light, it can be the darkest time in our minds as well. Here are some tips for helping to build more resilient mental health:

4. **Reach for a positive thought.**

A negative outlook takes hold in our minds, and we can feel justified in seeing the world this way given what we've been through.

OUTREACH NEWS

When negativity sets in as a habit, however, it can cause us even more harm over time. It's not easy to reach for positive thoughts in the middle of trauma, and even harder if we're alone.

However, I also know that those people with a positive mindset didn't achieve it because they suffered less. Even a person who has had relative comforts can develop the habit of finding fault with everything, and another person who has suffered greatly can develop the practice of reaching for something positive amidst it all. We are inspired by people who have been through great adversity and can still find hope and optimism. They have learned to do this as a practice, because it is the way of healing and of living.

Whatever you are going through, try to notice what is going well in the situation. It can be as simple as: "You've made it this far!" It can go further to notice that you have someone who cares about you, that you have something good in your life. Look for the positive as a practice. Find things you can be grateful for. In this way, you can take a step towards improving your mental health.

"Your worst enemy cannot harm you as much as your own unguarded thoughts." The Buddha

5. Meet people. Connect with a friend. Make a friend.

We don't improve our mental health in isolation. As humans, we need people, and friendship to pull ourselves out of darkness. Sometimes we have withdrawn from people because of bad experiences in the past. Recognizing that there are some people in your life you can't turn to, even if they are well meaning, is fine. However, making sure there is always at least one person you can connect with will help things move from negative to positive.

When you meet with a friend, don't bring the conversation down, take over or dominate. Receive support from them, and give support to them. There is nothing more powerful than being able to forget our troubles for a moment and support someone else. Our relationships work well when we *share*. Not just take, or just give, but always give and take. Sharing makes us equals.

"I will not let anyone walk through my mind with their dirty feet." Mahatma Gandhi

6. Connect with Nature

You may be afraid to go out this holiday season - because of cold or ice - but it still remains true that humans need nature. Being out in nature is known to positively impact mental health. See what support or equipment you can get that will help you connect with nature. Even if the best you can do is look out a window and remember a time when you did enjoy being in nature, you will benefit internally from that feel-good feeling.

If you immigrated here and did not grow up with this weather, you may develop greater feelings of isolation and resentment of what you've lost during the winter months. Do try to reach for something positive, even if it's marvelling at how there *are* people who love this weather and look at all the things they do in it!

7. Get Extra Support - Counselling Resources

It's always a good idea to draw in as many supports as possible, and accessing counselling and information support is part of this. Here are some resources:

- 24 Hour Distress Line, 780-482-4357 (780-482-HELP)
- Addiction Services (AB Health Services), 780-427-2736
- Grief Support (Edmonton Healing Centre for Grief & Loss) 780-454-1194
- Grief Support (Pilgrims Hospice Society), 780-413-9801 ext 102
- Drop-In Single Session Counselling (www.dropinyeg.ca), call 211 for hours and locations.
- Drop-In Single Session Crisis Counselling (Momentum Walk-In Counselling)
- Mercy Counselling (Catholic Social Services, all faiths and none welcome), 780-391-3233
- Integrity Counselling (Jewish family Services), 780-454-1194

OUTREACH NEWS

STAYING SAFE

8. Parties and Fun!

Going out and meeting people is a very good thing. If you are planning to enjoy the season with a few drinks, here's a reminder of a couple of services that can help you stay safe and not drink and drive.

Driverseat is a Friend of WSAC that provide Chauffeur services. That's right, they'll drive you home in your own car, which makes them a cheaper transportation option! Call them at 587-415-5040.

Yellow Cab, provide a seniors discount through their program of Seniors Dollars. You buy a book of \$50 Seniors Dollars for \$40, which is a 20% discount! Call 780-462-3456 to order the dollars. They will deliver them to your home. When you use their service, pay the fare with your Seniors Dollars.

9. Elder Abuse Supports and Resources

Many of us are not comfortable with the word abuse and think it's something that only happens to weak people. In fact, abuse can happen to anyone - especially the vocal and the strong. When somebody gains power over another, and uses that power to isolate, manipulate, belittle, hurt or control the other person; we need to think about abuse support.

Most abuse occurs from someone we know and are close to. It can even happen that adult children change in their relationship with their parent and become controlling. This creates a complicated situation, and many people being abused are afraid to tell anyone for fear of 'causing trouble' or 'making it worse'. You can be sure the experts working in this area are sensitive to this. Abuse can be financial, emotional, mental, spiritual, physical or sexual in form. Most of us only think about the last two, but emotional and mental abuse can be devastating. If you feel you may be experiencing abuse, please call:

- 911
- Seniors Abuse Helpline, 780-454-8888
- Elder Abuse Resource and Supports, 780-471-1122
- Sexual Assault Centre Support and Information Line, 780-423-4102
- 211

10. Stay Warm - Need an Emergency Contractor?

If something happens over the winter - like the furnace breaking down or a pipe bursting - and you need a referral to a reliable service provider, call our *Seniors Home Supports Coordinator*, Randi, for referrals to vetted service providers. These are paid services, and you can have peace of mind that they will not take advantage of seniors. Call 780-483-1209 (during open hours).

11. Come into the WSAC!

WSAC will be providing some extra programming while we're open over the Holiday period. Come in for a hot drink and a movie in our cafe in the morning and afternoon of December 23 and 30, and the morning of December 24 and 31.

12. We're here for you

Randi and Shalini in Outreach would like to wish you warmth, togetherness and safety over this holiday season. Come in to see us if you need resources, ideas or just someone to talk to, 780-483-1209.

Monthly Birthday Party December 11 @ 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



& Rose Boucher for the cake donations

HAVE YOU BOUGHT YOUR WSAC T-SHIRT YET?

Our mission is to be a community based hub for seniors providing services, programs, information and activities that support the healthy and active aging of seniors.



3 Colors to Choose From!

T-shirts are \$20.00 each

**Fundraising Special Offer!
Buy 3 t-shirts
and receive 1 FREE**

Limited Quantity In Stock - Order at Front Desk



Join Us For Potluck

The next Potluck
will be

**Thursday, December 19
@ 5 pm in the Cafe**

Please bring a dish
for 4-6 people!

Please bring a \$5 gift to the dinner, if you are able, for a fun gift exchange!

Committee Meetings



Fundraising Committee

Tuesday, December 3 @ 9:30 am

Travel Committee

Tuesday, December 10 @ 11:00 am

Special Events

Thursday, December 12 @ 9:30 am

Planning & Maintenance Committee

Thursday, December 12 @ 1:30 am

Finance Committee

Thursday, December 19 @ 8:30 am

Board Meeting

Thursday, December 19 @ 9:30 am



Hot Chocolate a Puzzle & Family Time.

Borrow a Puzzle for the
Holidays from our library.

There are many holiday
themed ones available
ranging from 250 to over
1000 pieces.

**Thursday, January 30 - come play with us
during National Puzzle Day. Look for the
day's activities in the January Observer.**



**SENIORS HOME
SUPPORTS PROGRAM**

The Edmonton Seniors
Home Supports Program
(SHSP) is a referral service
that gives seniors referrals
to screened service
providers.

Services include snow removal, yard help,
housekeeping, home repair and maintenance,
personal services, and moving help.

Please contact Randi at 780-483-1209,

or randi@weseniors.ca

or the home supports website for more info

www.seniorshomesupports.com



HAPPY HOLIDAYS!

WSAC will be OPEN

**Tuesday, December 24 from 9:00 am to 1:00 pm
Monday, December 30 from 9:00 am to 4:00 pm
Tuesday, December 31 from 9:00 am to 1:00 pm
LUNCH SERVICE WILL NOT BE AVAILABLE**

**WSAC will be closed for Holidays
on Wednesday, December 25,
Thursday, December 26
Friday, December 27
Wednesday, January 1**

**There will be no regular kitchen service
on the following days:
Friday, December 6
Wednesday, December 18
Thursday, December 19
Tuesday, December 24
Monday, December 30
Tuesday, December 31**