

WESTEND SENIORS ACTIVITY CENTRE

A Charitable Non-profit Organization for Seniors

OBSERVER January 2020



Rock n' Roll Hall of Fame



Saturday, February 29

5:00 to 11:00 pm



Doors open at 5 pm, Dinner at 6 pm

Tickets \$40 per person

Tickets on sale January 13

7 Piece Rock n' Roll
BRIDGE MOTEL



Dress in your favorite 50's, 60's or 70's style.



5050



MENU choice of:

One quarter baked spring chicken dinner with roast potato & honey glazed carrots OR vegetarian pasta primavera

Both options include house salad & sliced French bread & lemon chiffon for dessert.

Grand Door Prize:
Jasper Adventure Package
4 tickets for
Maligne Lake Boat Ride
with one night hotel
accommodation
Value: \$500

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



www.weseniors.ca

Executive Director's News

Haidong Liang, Ph. D.

Dear Members,

Welcome Back! Hope you had a wonderful holiday with your family and friends, and are now ready for WESeniors' over 100 exciting new programs and activities in 2020. On behalf of the WESeniors Staff Team, we wish you a healthy and happy year ahead!

Many people also asked what my 2020's wishes are. I would like to share a quote that fits me perfectly and one I hope you will also inspire you:

*It's a year to leap;
to write that action plan.
Move forward fearlessly.*

*It's a year of reinvention;
make room for things
that matter.*

*Invest in yourself:
physically, mentally,
and spiritually.*

Workout more.

Care less.

Hug more.

Actually do what you want.



Did you Know?

2020 is also the year of the Rat according to Chinese Zodiac. This is the Year of Metal Rat, starting on Chinese New Year, January 25, 2020 (travelchinaguide.com).

Rat is the first in the 12-year cycle of Chinese zodiac. The Years of the Rat include 1912, 1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008, 2020, 2032...

Though people don't consider rats cute or cuddly, and rat is sometimes even used as a derogatory term, it ranks first on the Chinese Zodiac. Rat's characteristics are spirit, wit, alertness, delicacy, flexibility and vitality. If you are a rat celebrate this year!

Third-year nursing students from MacEwan University were 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 1, 2019 to January 31, 2020. The students thank you for your participation.

The first group of 4 nursing students (i.e., Holly, Khysa, Nicole and Megan) would like to share with our members about their research findings from a holistic nursing perspective:

The top 3 challenges faced by caregivers are:

Emotional Burnout

Physical Burnout

Access to Resources

Many of the recommendations are actually in line with the programs and services WSAC has offered. In 2020, it is our Centre's focus to address dementia issues for seniors and challenges for caregivers.

PROGRAM NEWS

Membership Fees Are Due

Your 2020 membership is due in January regardless of which month you originally bought your membership. Memberships must be purchased in person and are needed to be able to register online.

Membership Information Updates

We are in the process of updating our information on My Seniors 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 or addition in phone numbers, 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 at the centre and we need to contact someone for you.

Program Guide For Winter 2020

Winter 2020 Programs are now available for registration! For a list of all programs, please pick up a copy of our latest guide, available today at the centre. Registration for programs may be done at our reception desk or online at www.myactivecenter.com. You will require a 2020 WSAC membership in order to register.

Program Evaluations

Fall 2019 Program Evaluation Surveys were distributed in the classes during the month of December. Did you miss receiving one? Do you want to provide your feedback? Please contact Shelley Kulak, Recreation Coordinator, to obtain your survey form. Thank you for taking the time to provide us with your thoughts!

U of A Training Program

The University One on One Fitness Training Program Registration is gearing up for another season! Thank you to all who signed up to participate in the program! **We are at capacity for this term, but hope to run it again in the fall of 2020.** Important dates for the program for the winter 2020 term of the U of A One on One Fitness Training Program are:

January 7 - WSAC's Program Team will meet the university students.

January 9 - Conversation Cafe at University of Alberta (For members who pre-registered in December).

January 7-12 - The students will register to participate in the program.

January 13 - 17 - Members and students will be matched by WSAC's Program Team. The team will be in touch with members to provide information on their match during this week. The number of WSAC members who will be participating will depend on the number of students who register for the program. If a match is not feasible for a member who has registered during December 2019, your registration form will be carried forward to the next session and you will be given priority.

Week of February 3 - The program begins!

Week of February 17 - Reading Week (Students may opt to take this week off for their studies).

Week of March 30 - Final week of the program.

All meetings will take place at WSAC, in the fitness room. The cost is \$2 per session. Please check in at our front desk and scan into the "Fitness Room" on the computer.

EVENTS & TRIPS



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.



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 notorious 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.



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 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 if you wish, enjoy a tour of the centre.

♥ 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 on 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.



St. Patrick's Pub Night
Tuesday, March 17 from 6-9 pm
Live Musical Entertainment
Snacks & Cash Bar
Members \$16 & Non-members \$18



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.

MARRAZZO LAW OFFICE

Lina Marrazzo B.A, LL.B

Call us today at (780) 756-5500

Fax: (780) 757-5505 | 9535 - 135 Avenue Edmonton, AB. T5E 1N8

Email: mlo@marrazzolawoffice.com



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


HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS™

Favourites 8 dishes for \$70!
and receive a **FREE Carrot Cake!**

- Turkey Pot Pie
- Chicken Stew
- Hash Brown Breakfast
- Swedish-Style Meatballs
- Roast Beef with Gravy
- Turkey with Cranberry Orange Sauce
- Slow Cooked Beer Flavoured Beef
- Tomato Vegetable Lasagna



BOARD ELECTION

Nomination Day for the 2020 Board of Directors election is Wednesday, January 29th.

How many positions are to be filled in this election?

Eight. These are the position of President (who serves a one-year term) and seven Director positions (Directors serve two-year terms).

Who is eligible to run?

To be eligible a candidate:

- *must currently be an Ordinary or Lifetime Member of the Westend Seniors Activity Centre (WSAC),*
- *if an Ordinary WSAC Member, must also have been an Ordinary Member for at least a year when nominated,*
- *must be nominated by another person who is currently an Ordinary or Lifetime WSAC Member, and*
- *must submit a correctly completed Nomination Form to the Returning Officer by 4:30 p.m. on Nomination Day.*

Where can I get a Nomination Form?

Presidential Nomination Forms and Director Nomination Forms are available at the Front desk starting on Monday, January 6th.

What are the key responsibilities of the President?

The President leads and speaks for the Board, presides over Board meetings and WSAC's Annual General Meeting, and supervises the Executive Director on behalf of the Board. As well the President chairs the Executive Committee and the Human Resources Committee, and is an ex officio member of all other Board committees.

What are the key responsibilities of the Directors?

The Directors of the Westend Seniors Activity Centre have the following important responsibilities:

- *reviewing and approving WSAC's Policies,*
- *approving its strategic plan and budget, and modifying either or both if appropriate,*
- *promoting the objectives of WSAC and membership in our organization, and*
- *encouraging participation in our programs, services, and activities.*

Directors are also expected to attend the monthly Board meetings, serve on one or more Board committees (such as the Finance Committee, the Planning Committee, the Policy Committee, and the Nominations Committee), and abide by the Board Member Code of Conduct. In addition the Board selects one of the Directors to be the Vice President and another to be the Treasurer.

More important information about the Board and about Board elections is available in our Bylaws and in the WESTEND SENIORS ACTIVITY CENTRE POLICY MANUAL. The most relevant Policies are the following:

- *Board Policy B 2 - BOARD AUTHORITY AND EXPECTATIONS,*
- *Board Policy B 3 - BOARD AND EXECUTIVE DIRECTOR RESPONSIBILITIES,*
- *Board Policy B 6 - BOARD STANDING AND AD HOC COMMITTEES,*
- *Board Policy B 7 - NOMINATIONS AND ELECTIONS, and*
- *Board Policy B 8 - RETURNING OFFICER.*

Any other questions?

These should be referred to our Executive Director, Haidong Liang, who is also the Returning Officer. He will either reply directly or refer the question or questions to someone else who can respond.

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 RESPONSE 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 Heather know if you are able to help out with this important duty.

Income Tax Clinic Volunteers

We are hoping to hold an Income Tax Clinic in our centre for the 2020 tax season. We 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 the Police Record check).

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

THANK YOU

Thank you Volunteers!

We are sending out a big thank you to all of the volunteers who put in an incredible number of hours helping out at the centre in 2019.

You have accomplished so many great things and will continue to do so in 2020.

On a special note, We would like to thank Pat Norris and Josie Lerminiaux who have volunteered for many years being our Centre Decorator and Outdoor Plant Maintenance Volunteer respectively. They now have both stepped down from these positions and passed them on to a wonderful group of ladies who will work together on both indoor and outdoor decorating. I would also like to thank Ross Lacroix who has been responsible for opening and closing our centre for evening and weekend renters. He has taken on this responsibility for many years and will be passing the torch on to someone new.

Christmas Bake Sale



We would like to thank all the vendors who made our Christmas Craft and Bake Sale a huge success. We would also like to thank all of the vendors who donated items to our silent auction. We raised \$200 towards our subsidy program at the centre.

Attention Quilling Group

Please note that on the following dates: **February 21, March 20 and April 17** the Art Room will be utilized for one day programming. For that reason, the craft room will be the only room available for the Quilling Drop In Program. Thank you for your understanding as we endeavour to bring you new arts and crafts at WSAC!

NUTRITION

Diabetes - Part two

We talked about type 2 diabetes and what is the glycemic index (GI) in the last month. At the end of the last month, there is a limitation in the GI and we will introduce the glycemic load (GL) this month.

Let's review GI first. The GI shows how rapidly a carbohydrate in a food is digested and released as glucose into the bloodstream. However, GI cannot tell you how high the blood sugar will be raised when you eat food because the serving size is not counted in the GI. That is why we want to introduce GL. GL takes into account both serving size and GI so that GL can show how high blood sugar will go. There is an equation between GL and GI.

$GL = (GI \times \text{grams of carbohydrate in the serving}) \div 100$

	Low	Medium	High
Glycemic Index	≤ 55	56 – 69	≥ 70
Glycemic Load	≤ 10	11 - 19	≥ 20

The table above shows the different levels of GI & GL. The best way is combining the GI and GL when you want to design your diets. Here are some tips for you based on low GI and GL.

Tips for using the Glycemic Index and Glycemic Load:

- Eat more fruits and vegetables.
- Choose higher fibre foods and more whole grains.
- Keep in mind, liquids digest quickly and raise blood sugar levels faster than solids.
- Limit high fat, lower GI foods (like chocolate bars)!

See some common GI & GL foods on the following page.

Want to know more? Please visit:

https://diabetes.ucsf.edu/sites/diabetes.ucsf.edu/files/PE_DS%20Glycemic%20Index.pdf

<https://www.health.harvard.edu/diseases-and-conditions/the-lowdown-on-glycemic-index-and-glycemic-load>

NUTRITION

Food	Glycemic Index	Serving Size	Glycemic Load
Peanuts	14	¼ cup	1
Grapefruit	25	½ large	1.4
Kidney beans	28	1 cup	7
Cheese pizza	30	2 slices	5.1
Skim milk	32	1 cup (8 oz)	4
Low-fat yogurt (plain)	33	1 cup	10.2
Apple, raw	38	1 medium	6
Pear, raw	38	1 medium	4
All Bran cereal	38	1 cup	9
Spaghetti (white, boiled 5 minutes)	38	1 cup	15
Spaghetti (white, boiled 15 minutes)	44	1 cup	18
Orange, fresh	48	1 medium	4.4
Banana, fresh	52	1 large	12.4
Snickers candy bar	55	1 bar	22.1
Honey	55	1 Tbsp.	11.9
Brown rice (boiled)	55	1 cup	18
Oatmeal (cooked)	58	1 cup	11.7
Raisins	64	2 Tbsp.	27.3
White rice (boiled)	64	1 cup	23
White table sugar	68	2 tsp.	7
Popcorn (air popped, plain)	72	2 cups	5.7
Watermelon	72	2 cups	4.3
White bread	73	1 slice	10
Doughnut	76	1 medium	17
Russet potato (baked)	76	1 medium	23
Rice cakes	78	3 cakes	17
Jelly beans	78	10 large	22
Corn Flakes	81	1 cup	21
Carrots, boiled	92	½ cup	3.9

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.





Join Us For Potluck

The next Potluck
will be
Thursday, January 30 @
5 pm in the Cafe

Please bring a dish
for 4-6 people!

Thank you Amy and Linda Campbell for bringing the
Girl Guides to the last Potluck!

Monthly Birthday Party January 15 @ 2:00 pm

Join us for cake
& ice cream in the Café



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

Thank you Ken Wiancko for the ice cream



& Rose Boucher for the cake donations

Library News

Come play with us as we celebrate National
Puzzle Day on Thursday, January 30.

Whether its Jigsaws in the Library, Crosswords at
Reception, or Sudoku in the Community Cafe,
have fun while you exercise your mind.



**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 the home supports website for
more info www.seniorshomesupports.com

HAVE YOU BOUGHT YOUR WSAC T-SHIRT YET?



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

Upcoming Travel Trips

Please watch for information regarding the
following Travel Trips during 2020 at WSAC.
Tickets will be on sale soon! For more details,
please check for posters around our centre or ask
one of our front desk staff.

- February** - Royal Alberta Museum
- March** - McEwan University Theatre
- Legally Blonde, The Musical
- April** - Bountiful Market
- May** - Greenland Garden Centre
- June** - U of A Botanical Gardens
(Formerly Devonian Gardens)

Committee Meetings

Fundraising Committee
Tuesday, January 7 @ 9:30 am

Travel Committee
Tuesday, January 14 @ 11:00 am

Special Events
Thursday, January 9 @ 9:30 am

Planning & Maintenance Committee
Thursday, January 9 @ 1:30 am

Finance Committee
Thursday, January 16 @ 8:30 am

Board Meeting
Thursday, January 16 @ 9:30 am