

# WESTEND SENIORS ACTIVITY CENTRE

A Charitable Non-profit Organization for Seniors

## OBSERVER March 2020



### **ANNUAL GENERAL MEETING WEDNESDAY, MARCH 25 @ 10 AM**

Pick up an Annual Report at our AGM. Be informed and updated on the progress of our organization. Please bring your membership fob in order to vote.



### **Happy** **St. Patrick's Day!**

**St. Patrick's Pub Night  
Tuesday, March 17 from 6-9**

**Members \$16  
& Non-members \$18  
More details inside**



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[www.weseniors.ca](http://www.weseniors.ca)

# Executive Director's News    Haidong Liang, Ph. D.

Dear Members,

I would like to invite you to attend our Annual General Meeting (AGM) on Wednesday, March 25 @10 am in our Community Cafe. Since 2019 has been a very successful year with a lot of positive changes, the Board and the Staff are eager to tell you all about all it. Also, the AGM is a great opportunity for you to better understand what is currently happening and our plans for the future. I look forward to seeing you there.

I want to re-emphasize why a community hub like Westend Seniors Activity Centre (WSAC) is so important in facing our aging population challenges. WSAC not only is a place that you take classes and go to drop-in activities, it is also a place where you receive support and make friends. This organization is not a "COLD" organization that is strictly business, but a "WARM" and "Welcoming" place to form relationships, connections, and even "family-like" friendships.

Over the past few weeks, we have had several staff and members lose loved ones; fortunately, they have us here to support them and provide any necessary assistance they may need. For example, one of our long-term volunteers told the staff and her friends, "People here are my family. This Centre is where I get hugs!" Let's continue to work together and build WSAC to be one of the most caring and welcoming senior community hubs in the City.

I'm going to continue to keep you updated about any potential health risks that may affect seniors. As you already know, there are two strains of the flu (i.e., Influenza A and B) going around the province. At the same time, people are concerned about the Coronavirus (COVID-19) and its potential spread.

Currently:

- Alberta Health Services stressed that the current overall risk to Albertans is still considered **low** by medical experts.
- There are **NO** confirmed or probable cases of the COVID-19 in Alberta at this time.

To help protect against the flu and COVID-19, Alberta Health strongly advises:

- Use good hygiene practices, such as frequent hand-washing.
- **Stay at home** and away, if you are feeling ill and **call Health Link (811) for advice.**
- Call 911 if you are seriously ill and need immediate medical attention.

Also, just my personal advice:

- Exercise at your own capacity. I strongly recommend resistance training because that, to me, is the only type of exercise that I can actually gain something (i.e., strength, muscles and confidence) that is functional.
- Drink enough healthy liquids, especially water. Hot or cold, tea, smoothies, or anything healthy. Have a glass of wine, if it is mentally healthy and relaxes you.
- Take enough Vitamin C. You need at least 1,000 mg per day.
- And most importantly, be happy, be positive. Don't be afraid to ask staff and friends at WSAC for support.

I wish everyone a very healthy 2020. Let's get through this hurdle together.

## Candidate Forum

**Thursday, March 5 at 1:30 pm in our Community Cafe**

All of the nominees for Board of Directors positions have been invited to speak at the upcoming Candidate Forum on Thursday, March 5<sup>th</sup> at 1:30 pm in the Community Cafe.

All Westend Seniors Activity Centre Members who want to **learn more** about these candidates and the work of the Board are invited to come to this Forum and to ask questions if they wish.

# OUTREACH NEWS



Hi, my name is Shirley and I would like to introduce myself as the new Outreach Manager here at Westend Seniors Activity Centre. I have worked for Edmonton Seniors Centre in the position of Outreach Manager for 18 years so I come with a great amount of experience. My first day here was February 3, 2020 and I have to say that I have enjoyed meeting staff, members, volunteers and visitors. You have all welcomed me and made me feel part of your community. If I have not met you yet, please come by my office and say Hi. I would love to meet you! I am in the office two days a week, Tuesdays and Fridays and my door is always open. If you or someone you know needs assistance in finding resources, doing paperwork, needs one-on-one support, advocacy, referrals etc. please do not hesitate to call me at 780 483-1209. Help is just a phone call away!

## PROGRAM NEWS

### MEMBERSHIPS

A friendly reminder that the 2020 membership fees are **now due**. Thank you in advance for taking the time to renew your membership! **Memberships are required for all drop in and registered programs.** If you are a reciprocal member, please be sure to add your membership number to our files. As well, please note that the Central Lions membership is no longer valid within the reciprocal agreement therefore a valid WSAC membership will need to be purchased. Thank you!

### SIGNING IN AT THE COMPUTER

WSAC needs your help! Our funding is contingent upon our ability to create and present accurate statistics regarding our services provided to members on a daily basis. In order for us to continue to provide and expand services for you, we need to demonstrate the current level of service to our funders. We also use the data to determine which programs are viable, so please ensure that you sign in for every program that you attend - both registered and drop-in. As well, if you are a volunteer, please register your hours on our computer system for the same purposes. Our front desk volunteers would be happy to assist you, if you need it! Thank you

### SAVE THE DATE!

WSAC's Golf Group will be in full swing again for Spring and Summer 2020. Members will be playing at Deer Meadows Golf Course on Tuesday and Wednesday mornings. Register to play by attending the information meeting on **April 1, 2020 at 10:00 am in the cafe**. Please ensure that your 2020 membership has been purchased prior to registering.

### QUILLERS

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

### BILLIARDS & PINGPONG

Please note that Billiards and Ping Pong are cancelled on March 17 for the St. Patrick's Pub Night.

### PROGRAM EQUIPMENT

We are missing a large container of exercise bands and 7 bender balls. If you have taken equipment outside of the centre, please kindly return it so that we can continue to offer programs at a low cost to all members. If the equipment has been damaged and discarded, please inform your instructor so that it can be communicated to the Programs Team. Thank you!

# TOONIE TALKS

## **Chemical Awareness Workshop: Your Environment and Your Health - Monday, March 2nd at 1:30 p.m. Presented by Health Canada's Environmental Health Program**

Do you know what goes into the products you use each day? Is there a health risk or hazard? How can you reduce the risks to yourself and those in your care? The CALM workshop can help you answer them!

## **Elder Abuse Awareness and Prevention - Tuesday, March 3rd at 1:30 p.m. Presented by Catholic Social Services – Children, Family and Community Services**

Come join us as we discuss the following topics:

- What is Elder Abuse?
- Elder Abuse in our community,
- Types of Elder Abuse, and the Resources available in Edmonton.

## **Senior Care Funding - Monday, March 9th at 1:30 p.m. Presented by Exquisicare Care at Home**

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

## **Picking The Right Paint & How Best To Apply - Tuesday, March 10th at 1:30 p.m. Presented by The Brilliant Brush**

Did you know that the paint product you pick is as important as the colour! Learn a little science about paint to help understand why there are so many paint product choices. This understanding will help you pick the right product for your project. We will then give an overview of the industry standard application sequence and give you some tips and tricks when applying.

## **Could you be the Next Victim- Monday, March 16th at 1:30 p.m. Presented by Jeremy Nicols, Senior Fraud Investigator – Servus Credit Union**

Come learn about common scams including – internet, telephone scams, face to face, plastic cards and bank accounts. Jeremy will also give solid practical ways to keep yourself safe in today's modern environment.

## **Reverse Chip Mortgage - Monday March 23rd at 1:30 p.m. Presented by Alexis Hlady – Realtor**

You don't always have to sell your home. A Reverse Chip Mortgage could be one product that may work for you. A Reverse Chip Mortgage allows you to access up to 55% of the equity in your home. Come join realtor Alexis Hlady and mortgage broker Sandra Forscutt as they outline key points about Reverse Chip Mortgages.

## **3 Things you need to know before you buy your next set of glasses - Tuesday March 24th at 1:30 p.m. Presented by Everywhere Eyecare**

Remember when life was easier and your vision was perfect and you didn't need to wear glasses? (I was not that lucky but many of you were). There are so many styles of lenses you can have but if you don't do these 3 things you may get something you don't want and miss out of the very things you need to get the vision that you deserve from your glasses. We have big expectations from the glasses we wear, make sure you know what to look for and what to ask about for the next time you are ready to replace your existing pair or pairs of glasses.

## **The Joy of Downsizing and moving forward - Monday, March 30th at 1:30 p.m. Presented by Jody Lambertus of Century 21**

During this session, you will learn the pros and cons of purchasing vs renting and aging in place and how to evaluate and determine the best options available for your lifestyle, budget, and peace of mind moving forward. Everyone will receive a Workbook to make your next move count and a look at all the options available: This talk will cover the pros and cons of independent living, assisted living and aging in place.



# SPECIAL EVENTS



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



**SAVE THE DATE**

Heartfelt   
**THANKS**  
**TO OUR VOLUNTEERS!**

**V♥LUNTEER  
APPRECIATION**

*We ♥ our  
Volunteers*

**Tuesday, April 21 from 1:30-3:00 pm**

All of WSAC's volunteers are invited to join us for an afternoon of refreshments and fun.

This is our opportunity to thank YOU for everything you do.  
Watch for details soon.



**Mother's Day High Tea**

**Friday, May 1 from 2 pm to 4 pm**  
**\$10 member & \$12 non-members**  
**Doors open at 1:45 pm**

Let's celebrate all the moms out there and enjoy a lovely spring afternoon of tea, savouries and dainties. Tea hats and pearls encouraged but not required.



**Westend Singers Night of Music**

**Friday, May 8 from 4:30 pm - 8:00 pm**  
**Doors open at 4:00 pm. Tickets \$20**

This year the Westend Singers  
will share a musical story  
in memory of the end of World War II.  
Join us for a wonderful evening of music  
& a delicious dinner. Tickets \$20

# TRAVEL TRIPS

## A Night At The Theatre on Tuesday, March 31

Bus Pick up at WSAC: 6:15 pm

Bus Pick up at Theatre: 9:45 pm & return to WSAC by 10:30 pm

Cost: \$26 for members & \$31 for non-members

Theatre only – a meal will not be provided.

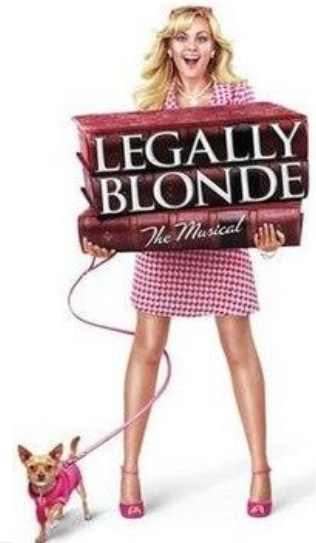
A WSAC multi-generational event!

Bring your children, grandchildren, friends and neighbours to a fun night at the theatre! The McEwan University will be performing,

***“Legally Blonde – The Musical”***

for your enjoyment at Triffo Theatre in Allard Hall.

**Ticket deadline of February 21.**



## South Edmonton's Bountiful Farmers' Market on Friday, April 24

Bus pick up at WSAC at 10:00 am

Bus pick up from the market at 12:30 pm & return to WSAC by 1:30 pm

Cost: \$9 for members & \$14 for non-members



Join your peers to explore the Bountiful Farmers' Market, located in Edmonton's south side! Browse the many vendors, who sell everything from your favorite fruits and vegetables, to crafts, art, jewellery and more! Snack vendors are also onsite, for an additional fee. **Ticket deadline is March 27.**

## Greenland Garden Centre in Sherwood Park

Tuesday, May 26, 2020

Price: \$25 for members & \$30 for Non-members

Pick up at WSAC: 9:30 am & Drop off at WSAC: 12:45 pm





# ADVERTISING OPPORTUNITIES FOR BUSINESSES SERVING SENIORS



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

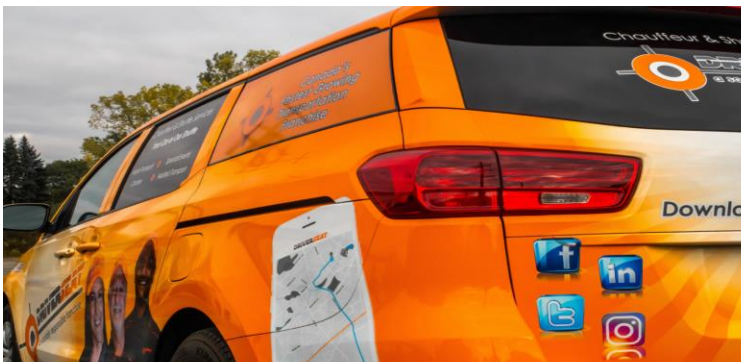
**\$40.00** - 1/4 page 4"w x 5"h

**\$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.*



## Private Shuttle Service

We will get you where you need to go, safely! Hourly Rate!

## Chauffeur Service

Have a Chauffeur drive you and your car where you need to go! Hourly Rate!

[WWW.DRIVERSEATINC.COM/LOCATIONS/DRIVERSEAT-EDMONTON/](http://WWW.DRIVERSEATINC.COM/LOCATIONS/DRIVERSEAT-EDMONTON/)

## Airport Private Shuttle

Up to 6-passenger! Flat Rates!



North Edmonton \$65  
Central Edmonton \$55  
South Edmonton \$45

**#Pre-Book  
Only!**



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[Edmonton@driverseatinc.com](mailto:Edmonton@driverseatinc.com)

**Your Car or Our Car!  
Contact us for more  
details!**



**DRIVERSEAT**  
a socially responsible franchise



## 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](http://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](http://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          | • Roast Beef with Gravy              | • Slow Cooked Beer Flavoured Beef |
| • Chicken Stew            | • Turkey with Cranberry Orange Sauce | • Tomato Vegetable Lasagna        |
| • Hash Brown Breakfast    |                                      |                                   |
| • Swedish-Style Meatballs |                                      |                                   |





# VOLUNTEER OPPORTUNITIES

## Casino Volunteers

We have one last position to fill for our Casino. We are in need of one more volunteer for the count room starting at 11 pm Wednesday March 11 until 3:30 am. If you were hoping to help out with the Casino but weren't able to get a position, please let us know and we can add you to our back up list in case of a cancellation. Thank you to everyone who is giving their time towards this important fundraiser for our centre.

## Volunteer Equipment Cleaner

We are looking for 3-4 individuals who would be able to come in once a month to clean the fitness equipment throughout the centre and maintain . This could include balls, weights, bands and wiping down the equipment in the fitness room. Time commitment would be approximately 1 1/2 to 2 hours a month.

## Birthday Party Volunteers

We are again in need of a few new volunteers to help out with our monthly Birthday parties. On the 3rd Wednesday of every month, we celebrate anyone who may have a birthday that month with cake, coffee and entertainment. Our Birthday party volunteers decorate the tables, serve coffee and cake, socialize with guests and assist with clean up after the event. Time commitment would be approximately 2 hours per month.

## Fitness Room Orientation Volunteers

Are you passionate about fitness and helping people learn how to properly use equipment for an optimal workout. We are looking for 1 or 2 volunteers to do orientations in our fitness room once a week. You would be going through and showing members how to use each piece of equipment properly as well as going over safety rules and guidelines with them. Time commitment would be 2 hours a week.

## Event Bartending

WSAC holds several events throughout the year where we serve alcohol and are looking for someone to help out at these events as a bartender. You would work with another volunteer who would look after the cash, you would just be serving the drinks. Our events are always a good time and you would get to enjoy music, entertainment and the good company of others while helping out. **Previous bartending experience is helpful. Pro-Serve certification will be required and can be done online if interested.**

# 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 implemented 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.



# NUTRITION

ORIGINAL		
Nutrition Facts		
Valeur nutritive		
Per 250 mL / par 250 mL		
Amount		% Daily Value
Teneur		% valeur quotidienne
Calories / Calories 110		
Fat / Lipides 0 g		0 %
Saturated / saturés 0 g		0 %
+ Trans / trans 0 g		0 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 0 mg		0 %
Carbohydrate / Glucides 26 g		9 %
Fibre / Fibres 0 g		0 %
Sugars / Sucres 22 g		
Protein / Protéines 2 g		
Vitamin A / Vitamine A 0 %		
Vitamin C / Vitamine C 120 %		
Calcium / Calcium 2 %		
Iron / Fer 0 %		

Calories is larger  
and stands out  
more with bold  
line below

mg amounts  
are shown

New % Daily Value  
footnote

NEW

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 110	
	% Daily Value*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Serving size  
stands out more  
and is more  
similar on  
similar foods

Daily Values  
updated

New % Daily Value  
for total sugars

Updated list of  
minerals of public  
health concern

## Food Nutrition Facts Table

In Canada, most packaged food must have a nutrition facts table. A nutrition facts table can help you make informed food choices when grocery shopping and preparing food at home.

Since 2017, the main changes to improve the nutrition facts table, including:

- Making the serving size similar on similar foods
- Stressing the calories number
- Listing some important minerals of public health concern
- Adding daily value footnote

### How to use this table?

- Step 1 – reading the serving size
- Step 2 – checking the calories
- Step 3 – checking fat, especially **saturated** and **trans fat** should be limited
- Step 4 – checking carbohydrates, especially the **sugar** should be limited
- Step 5 – checking **cholesterol** and **sodium**, both should be limited
- Step 6 – Checking **fibre**, **vitamins**, **calcium** and **iron** and making sure you **get enough** of them every day.

### How to limit or get enough nutrients?

The percent daily value (% DV) found in a nutrition facts table can help you make informed food choices. The % DV is not meant to track the total amount of nutrients you have had for the day because some of the foods you eat do not have a nutrition fact table such as fresh fruits and vegetables, raw meat and seafood. However, the % DV is really useful when you are comparing the same type of foods. Use the % DV to choose food containing higher fibre, potassium, calcium, iron and lower sugar, sodium, saturated fats, trans fat.

Want to know more? Please visit:

<https://www.canada.ca/en/health-canada/services/nutrients/sugars.html#us>

<https://www.canada.ca/en/health-canada/services/understanding-food-labels/percent-daily-value.html>

<https://www.canada.ca/content/dam/canada/health-canada/migration/healthy-canadians/alt/pdf/publications/eating-nutrition/label-etiquetage/fact-fiche-eng.pdf>





## Join Us For Potluck

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

Please bring a dish  
for 4-6 people!

## Monthly Birthday Party

**March 18 @ 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



## BOYS & GIRLS CLUBS

*Want to spend time chatting with kids, playing games and cards, making crafts and more?*

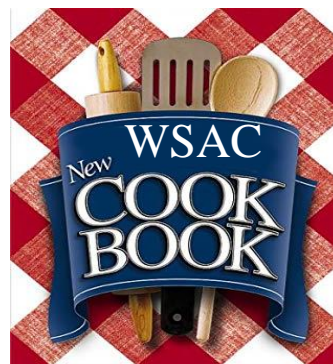
*Beginning in mid-March, kids (age 8-12) from the West Boys and Girls Club will be coming to WSAC as a part of their after school leadership program. They will be here every second Thursday from 3-4 pm from mid-March - June. The dates are March 12, April 9 and 23, May 7 and 21 and June 4.*

*There is no cost and light refreshments will be provided. If you are interested in signing up, please go to the front desk or email Heather at [heather@weseniors.ca](mailto:heather@weseniors.ca).*



## Library News

A special Thank You to everyone  
who filled out a puzzle survey.  
Your feedback is appreciated.



## WSAC Cookbook Initiative

**Book Launch & Dinner**

**Friday April 3**  
**from**

**5:00 pm to 7:30 pm**

This new initiative will be highlighting favourite recipes of our kitchen volunteers and will raise funds towards a new BBQ for lunches and special events.

April 3 will be an evening spent with friends trying out the recipes and getting a first look at the cookbook. Ticket prices to be announced.

## Committee Meetings



### Travel Committee

Tuesday, March 10 @ 11:00 am

### Special Events

Tuesday, March 10 @ 9:30 am

### Planning & Maintenance Committee

Thursday, March 12 @ 1:30 am

### Finance Committee

Thursday, March 19 @ 8:30 am

### Board Meeting

Thursday, March 19 @ 9:30 am

## Kitchen News

### Pre & Post Snacks for Fitness Programs

The cafe staff will be coming into each individual fitness class and promoting samples of our pre/post snacks for our fitness programs for you to try.



Thank you to the volunteers who helped us with Robbie Burns event, especially the Special Events Committee who stayed to help with clean up, It was greatly appreciated!



# Thank You! Tyr ITF Taekwon-Do Club

## \$1606!

**They generously donated 50% of the funds  
they raised at their annual Board Breaking fundraiser**

**This is a unique fundraiser hosted by Tyr ITF Taekwon Do Club,  
who have been renting our gym space for over 10 years!**

