



WESTEND SENIORS ACTIVITY CENTRE OBSERVER December 2018

HAPPY HOLIDAYS!

Wine Basket Christmas Raffle (\$300 Value)

Tickets \$2 each or 3 for \$5

Get your tickets at the front desk (only 650 tickets printed)

Draw date: Wednesday, December 19 @ Mavie's Mitten Tree Celebration

Special General Meeting

of the membership to discuss and vote on the proposed new Bylaws on
Wednesday, December 5 at 9:30 am in the Café Door Prizes

Christmas Dinner
Friday, December 7
at 11:30 am
Price \$10



**SOLD
OUT**

Members Only

Mavie's Mitten Tree

Wednesday,
December 19
at 11:30 am

Members
\$10
Non-members
\$12

Christmas Lights Tour
Wednesday, December 12
Bus departs at 6:30
And returns at 9:00 pm
\$25 members
& \$30 non-members

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



www.weseniors.ca

Executive Director's News Haidong Liang

Dear Members, when you receive the Winter 2019 Program Guide on December 3 and look through all the classes and activities you want to register for, you will notice the difference.

Westend Seniors Activity Centre, as a leading edge organization in the senior sector, will serve as your information hub to help you access all the info you need to help you age in place.

This program guide is our first step. Check out the colour coding system for all the fitness programs (also available on the back cover of our December Newsletter for your convenience). It will help you make informed decisions when you are choosing from a wide variety of programs.

I would like to thank my entire team, especially the program team: Heather, Shelley, Sabine, Lorena and Donna. This team worked tirelessly for the past few weeks to put everything together for you!

Look forward to a healthier, stronger, and happier New Year! Seasons Greetings!



Did you know the new proposed By-laws were prepared and compiled by five highly educated and extremely knowledgeable Board Members:

Jay Pritchard (President), Marilyn Tywoniuk (1st President), Barbara Gibson (2nd President), John Kennedy (Director), and Brian Quickfall (Director).

Since last year, they have selflessly devoted close to 1,000 hours of their own time to go through over 30 versions of revisions, with one goal in mind - How to make WSAC the best senior centre in Edmonton, Alberta. On behalf of the Admin Team, I would like to thank them for all of their "behind the scenes" hard work!

Haidong's Research Corner Women and Heart Disease

One of the leading causes of death for Canadian women is heart disease. Despite successful and ongoing heart health campaigns aimed at women, the 2018 *Ms. Understood* Heart & Stroke report on women and heart disease notes that many continue to be unaware that it is a leading cause of death. The report also emphasizes that women are not aware of the signs and symptoms of cardiovascular disease or how heart disease affects men and women differently in treatment and care.

To better understand how women perceive heart health information the U of A recruited focus group participants from the Westend Seniors Activity Centre who were instrumental in this first stage of our research project. U of A noted, "Our research found that women were uncertain about heart disease symptoms; that they trusted information given to them by healthcare professionals but that they evaluated this information in terms of their own personal experiences and expertise. They preferred information about heart health that was realistic and doable instead of a message such as "lose weight"-women were more receptive to a suggestion to "walk three times a week." Women are often the health gate-keepers in their families and it is important to provide heart-health related messages to all members of a woman's network, not just individuals. The findings from the "Women and heart disease messages" study have been presented at The International Society of Behavioral Nutrition and Physical Activity in Hong Kong and at the Association for Information Science and Technology in Vancouver. These results have led to a second study that we are now undertaking—understanding what women think of heart-health messages related to physical activity.



We are indebted to Haidong Liang and the staff at the Westend Seniors Activity Centre for supporting and promoting this research."

PROGRAM NEWS

NEW Winter Program Guide available December 3 **Registration starts online & in person December 10 @ 9 am**

- Some of the long running programs may have changed times to accommodate other programs in the same rooms. Please make sure you check the program dates and times carefully to ensure that they work with your schedule.
- Please bring indoor shoes to use while in the Centre during the winter. This helps protect the floors and equipment for everyone to enjoy.

Class & Drop-in Cancellations

Friday, December 7

There will be no Fit For Life class and no Pickleball drop-in due to the Christmas Dinner.

Wednesday, December 12

The event that was scheduled for December 12 in the Games Room has been cancelled.
Regular drop in programs will run as usual that day.

Wednesday, December 19

Badminton Drop-in cancelled due to Mavie's Mitten Tree

Volunteers

We are looking for volunteers in the following areas.

Kitchen Cashiers

We are looking for volunteers to help do cash in the Kitchen from **11:00 am to 1:30 pm**.

Outdoor Plant Maintenance

Our long-time volunteer who maintains the plants in the summer and the artificial seasonal plants during the winter is hoping that someone shares her love for plants and would like to take over the job. If you love gardening and like to be creative for holidays, please consider helping out.

If you are interested in either of these positions please let our Program Manager, Heather Riberdy know @ heather@weseniors.ca or 780-483-1209.



SPECIAL GENERAL MEETING

Wednesday, December 5 @ 9:30 am

WSAC is celebrating its 40th Anniversary and we believe this is now time to make significant changes to our Bylaws. The existing Bylaws are no longer suited to an organization of our size. As a result, the Board has undertaken a complete review and rewrite of these Bylaws. We are proposing many significant changes, including laying out the specific process for electing Directors, ensuring that key Board documents are freely accessible to our members, and reorganizing Board structures and functions.

The full text of our proposed new Bylaws was posted on our website on November 1 and paper copies are being made available at the front desk starting then. This is to enable members to review the proposed new Bylaws before attending the meeting to consider them.

The special resolution to be considered at this meeting is “the Westend Seniors Activity Centre amend its Bylaws by rescinding its existing Bylaws in their entirety and approving the proposed new Bylaws in their place.”

We will hold a Special General Meeting of the membership to discuss and vote on the proposed new Bylaws on Wednesday, December 5, 2018 at 9:30 am in the Café.

We encourage you to attend.



New Member Welcome Tea

Wednesday, January 30 from 1:30 pm - 3:30 pm

Are you a new member? Join us in the Cafe for some tea and coffee and a chance to meet some other new members and some of our staff. A more in-depth introduction to the Centre will be provided and there will be an opportunity to ask questions.

♥ 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

Thursday, 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 door for \$2/card. Bingo chips will be provided. Tickets on sale now!

SPECIAL EVENTS

WSAC Christmas Dinner

Friday, December 7 @ 11:30 am

MEMBERS ONLY

Price \$10

Entertainment provided by

Our Westend Singers Choir & WSAC Drama Group



Mavie's Mitten Tree

Wednesday, December 19 @ 11:30 am

Members \$10, Non-members \$12

Lunch, entertainment & special guests from an elementary school will receive mittens from Mavie's Mitten Tree & a Visit from Santa



TRAVEL



Christmas Lights Tour

Wednesday, December 12 - 6:30 pm to 9:00 pm

Member \$25 and Non-Member \$30

Bus Departs @ 6:30 pm & returns at 9:00 pm

Please note our Centre will be closed so there is no access to washrooms or phones. The tour includes stops at the Alberta Legislature Buildings, Candy Cane Lane and Government House.



February

March

April

May

June

July

August

September

October

November

December

River Cree Casino

Muttart Conservatory

Jasper Park Lodge Seniors Trip, April 01 to 04
(offered by JPL; info on the bulletin board)

Barr Estate & Greenland Garden Centre

Devonian Gardens

River Cree Casino

Battle River Railway

Vegreville Trip

River Cree Casino

Devon Dinner Theatre

Christmas Themed Event

2019 TRIP



8 Week Seniors Fitness Program – Week 4

Walk 4 days

- 7 minute warm up
- Marches (high knees) for 2 minutes
- 5 minute light effort walk

- 20 minute brisk walk
- 5-7 minute cool down



Visit our website www.weseniors.ca for a free download of this program.

Add the seniors stretch routine to your cool down when possible

DAY 1 EXERCISE INSTRUCTIONS



Curl Ups, 3 sets of 10 reps

- Start on back with knees bent and arms on chest
- Tighten abdominal muscles
- Breathe in and then exhale as you lift your shoulders off the ground/bed
- Hold for 2-3 seconds, keeping abdominal muscles tight
- Slowly relax back down



Ball Squats – 3 sets of 10 reps

- Stand with feet shoulder width apart, exercise ball between your back and the wall
- Slowly bend your knees to lower your body down
- Keep your torso as upright as possible
- Only go as far as is comfortable and pain-free
- Hold for 1-2 seconds
- Return to start position – try coming up fairly quickly in order to develop power



Clock Game with Chair

- Stand on taped 'X' with feet shoulder width apart
- Hold onto chair for support
- Have a partner call out different times while you bring a foot to that time
- You should use your right foot for 1, 2, 3, 4, 5
- You should use your left foot for 11, 10, 9, 8, 7
- You can use either foot for 12 and 6



Hip Adduction (Squeeze) – 3 sets of 10 reps, each leg

- Attach one end of band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly bring your leg across your body
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly bring leg back across



Knee Bends with Resistance – 3 sets of 10 reps, each leg

- Attach resistance band to chair leg or under one foot and the other end around your other ankle
- Stand using a chair to balance
- Bend your knee backward as high as you can
- Hold for 2-3 seconds
- Slowly lower leg back down

Toolkit Created by Haidong Liang, Ph.D. & in partnership with

8 Week Seniors Fitness Program – Week 4

DAY 2 EXERCISE INSTRUCTIONS



Balance Walk – 3 sets of 20 steps

- Raise arms to sides at shoulder height
- Choose a spot ahead of you to focus on to help keep you steady
- Walk in a straight line with one foot in front of the other
- As you walk, lift your back leg
- Pause for 1 second before stepping forward



Wall Push-ups

- Face wall, standing a little more than arms' length away with feet shoulder-width apart
- Lean your body forward with your palms on the wall about shoulder width apart
- Slowly bend your elbows and lower your upper body toward the wall
- Hold for 1-2 seconds
- Slowly return to start position

Note: Try to keep your abdominal muscles tight to keep your hips from sagging forward. You can adjust the difficulty by moving your feet closer to or further from the wall.



Chair Lean Backs – 3 sets, 10 reps

- Sit near front of chair with arms across chest
- Tighten your abdominal muscles
- Slowly lean back to a comfortable angle, where you feel your muscles working, but are not in any pain or discomfort
- Slowly come back to the start position



Side Shoulder Raise with Weight – 3 sets, 10 reps

- Sit in chair with feet flat on floor, shoulder width apart
- Hold weights at your sides with palms facing inwards
- Raise both arms out to your side until you reach shoulder height
- Try to raise your arms with a bit of speed to train power production. Be sure to keep the movement controlled
- Hold for 1 second
- Slowly bring arms back down to sides



Bicep Curls with Weight – 3 sets, 10 reps

- Hold weight in hand at your side with palm facing inward
- Bend your elbow while rotating
- Hold your palm upward
- Hold for 1-2 seconds
- Slowly lower back to start position

Executive Director Dr. Haidong Liang is the author and project lead for this Seniors Helping Seniors Toolkit. He is an exercise specialist and gerontologist who has studied and served seniors since 2002.

Haidong devoted all of his three degrees to Physical Activity, Recreation and Gerontology:

- Doctor of Philosophy in Leisure, Recreation and Gerontology - University of Alberta
- Master of Arts in Tourism, Information Technology and Gerontology - University of Manitoba
- Bachelor of Recreation Management & Community Development and Gerontology – University of Manitoba

Haidong was also the sessional instructor for the “**Physical Activity and the Aging Adult Course**” at the University of Alberta. "I firmly believe that the prevention of health problems and illness is more important than treatment and medicine."

What is “Friends of WSAC?”

Friends of WSAC are businesses vetted by the Westend Seniors Activity Centre that are dedicated to providing services to Edmonton and area seniors. They belong to an elite networking group focused on addressing the needs and challenges seniors face in their daily lives.

FRIENDS OF WSAC PRESENTATIONS

Aging In Place - Presented by Your Organized Friend



Tuesday, January 8 from 1:30 pm – 3:00 pm

Cost: \$2

Thinking about your future? Let's talk about what it really takes to age in place. Have you started a plan that you can build on into your future? Let's talk about the good, bad, and reality of Aging in Place. Karen Murdock, owner of Your Organized Friend, will lead you through the first steps of developing your personalized plan.

Want To Avoid Feeling S.A.D. This Winter? - Presented by Flaman Fitness



Wednesday, January 9 from 1:30 pm – 3:00 pm

Cost: \$2

Seasonal Affective Disorder (SAD) is the seasonal exhibit of depressive symptoms commonly during winter months. The combination of being active and going out during our cold weather months is an effective treatment against Seasonal Affective Disorder and Depression. Come learn how this can affect you and how you can start managing symptoms.

Excellent Executors - Presented by Estate Connection Law Firm



ESTATE CONNECTION
Law Firm

Leave your loved ones
Solutions...Not problems

www.estateconnection.com / 780 458 8228

Tuesday, January 15 from 1:30 pm – 3:00 pm

Cost: \$2

Being named as an Executor is an honour but can be a major undertaking, depending on the estate and the complexity of issues that arise. A potential Executor should make sure he/she understands what he/she is getting into before accepting this role. Stacy Maurier will outline the steps needed to close an estate and give a breakdown of the timeframe of when duties should be completed and the issues that can arise when dealing with beneficiaries and closing an estate. She will also discuss the legal role and liabilities of the Executor as well as the 7 things you need to know before you write your will.

Functional Strength and Stability - Presented by Touchmark at Wedgewood

Location: Members will be shuttled from WSAC to Touchmark at Wedgewood, located at 18333 Lessard Road, NW. Return transportation to WSAC and lunch are also provided.



Friday, January 18, 2019 from 10:30 am – 1:45 pm

Cost: \$5

Shuttle Pick up: 10:30 am at WSAC

Class: 11:00 am – 11:45 am & Buffet Lunch at 12:00 pm Presentation at 12:45 pm

Shuttle departs for WSAC at 1:15 pm

This class will help you live life as independently as possible. In this 45 minute class we incorporate multiple muscle groups while performing exercises that mimic activities of daily living. This class will challenge your balance, strength and flexibility to achieve a more “functionally fit” lifestyle. Taught by a Certified Personal Trainer, Certified Group Exercise Leader and Functional Aging Specialist, you can feel confident that all the information and exercises will be demonstrated safely and effectively for all fitness levels.

Please come prepared to move!

Maximum 16 people so please register early.

FRIENDS OF WSAC PRESENTATIONS

Fall Prevention Awareness - Presented by Congdon's Aids to Daily Living



Tuesday, January 22 from 1:30 pm - 3:00 pm

Cost: \$2

Some practical advice for preventing falls and tips for what types of products are available to seniors. Learn where the most common area for falls occur, what the most common injuries from falls are and how to prevent falls using some common sense techniques. You will also learn about the different funding options that are available and how to access various funding programs.

Making Life Easier For Executors - Presented by Brad Hurshowy - Investors Group



Tuesday, January 29 from 1:30 pm – 3:00 pm

Cost: \$2

Imagine one of your close family members has given you the legal responsibility to take care of a deceased person's remaining financial obligations. Sagely advice: run! Short of that; Brad will make it easy for you to connect with his team of trusted investment professionals who will help make the job easier by showing you some simple and easy steps to take right now.

Executors Role And Funerals - Presented by Dignity Memorial



Tuesday, February 5 from 1:30 pm – 3:00 pm

Cost: \$2

There are many decisions that need to be made by executors when planning funerals. What is the role of the executor when it comes to funerals? What is the difference between pre-arranged funerals versus at need funerals with no arrangements in place? What information does the funeral home need from the executor? These are just some of the answers you will learn during Dignity Memorial's presentation.

Dental Pearls: Tips And Tricks For The Everyday Patient - Presented by Summerlea Dental



Tuesday, February 12 from 1:30 pm – 3:00 pm

Cost: \$2

A presentation of tips, tricks, helpful advice and myths regarding dentistry, oral health and maintenance.

Learn The Truth About Hearing Aids" - Presented by Miracle Ear



Tuesday, February 19 from 1:30 pm – 3:00 pm

Cost: \$2

Hearing better in noise.... is it possible? Mircacle Ear will discuss what hearing aids can and cannot do, as well as why hearing aids cost so much and are they worth the price? Finally, they will note how to choose a hearing Healthcare provider.

Forget Me Not: Different Faces Of Dementia - Presented by Home Care Assistance



Tuesday, February 26 from 1:30 pm – 3:00 pm

Cost: \$2

Almost 40 percent of people over the age of 65 experience some form of memory loss. Alzheimer's disease and dementia, however, are not a part of normal aging. Alzheimer's is a disease where brain cells progressively degenerate. This results in memory loss, difficulty performing familiar tasks, problems with language, impaired judgement and even personality disorder and changes. Caring for a person with Alzheimer's or dementia is unlike caring for anyone else. Patience is key. Avoid criticizing, correcting or arguing. Speak in simple sentences. When things get tough, distract and redirect. In other words, get them thinking about something else. Come and find out more to help your loved ones, and friends.

FRIENDS OF WSAC PRESENTATIONS

Arthritis: Symptoms, Management And Treatment - Presented by Terra Losa Pharmacy

Terra Losa Pharmacy



Always There to Care

Tuesday, March 5 from 1:30 pm – 3:00 pm

Cost: \$2

Arthritis is a highly prevalent chronic condition that increases with age. Coping with ongoing pain can be the hardest part of living with arthritis or a related condition. Pain can affect every aspect of your life, and many areas of your life can also affect your pain. Come and learn more about causes, symptoms, management, treatment options and tips to live better with arthritis.

Optometrists, Ophthalmologists And Opticians- Do You Know The Difference?

Presented by Everywhere Eyecare



Tuesday, March 12 from 1:30 pm – 3:00 pm

Cost: \$2

There are quite a few people with different skills and specialities that you deal with when you have vision issues. We will be defining who does what, and where to go to get the help you need. Know what questions you need to ask and how to get the best care for your particular situation.

When Should I See A Denturist? - Presented by Oliver Denture



Tuesday, March 19 from 1:30 pm – 3:00 pm

Cost: \$2

Many patients feel they only need to visit a denturist when they are feeling pain. In this presentation, we discuss how often a check-up appointment is needed. Patients will learn how to properly care for the dentures and apply for senior's assistance.

Real Estate Law and Selling Your Home - Presented by Masuch Law



Tuesday, March 26 from 1:30 pm – 3:00 pm

Cost: \$2

Thinking about downsizing and selling your home? We will explore a residential real estate sales contract and discuss some important considerations you need to make, whether you are just thinking about selling your home or it is already on the market.

Get More From Your Doctor's Visit - Presented by Navigate Your Health



NAVIGATE
YOUR HEALTH

Wednesday, March 6 from 1:30 pm – 3:00 pm

Cost: \$2

After a doctor's visit, do you ever discover you have forgotten some important information? Or feel like the appointment didn't meet your needs? Or maybe you feel unsure about your next steps? Are you a caregiver who worries that the same happens to your loved one? Learn some simple tips to make the most of your time with your doctor, and questions to ask yourself to know when it's important to bring extra support to your appointments. Also learn about publicly-funded and private services that can support and empower patients and their loved-ones who are managing a difficult health journey.

Real Talk On Being a Caregiver - Presented by Revera Retirement Living



Tuesday, April 2 from 1:30 pm – 3:00 pm

Cost: \$2

Whether you chose this role, or this role chose you – you'll learn valuable resources and strategies to assist you in your caregiver role. We're cutting out the fluff and focusing on the nitty gritty details of being a caregiver and maintaining your sanity too. Jolyn Hall is a previous Registered Nurse and is part of the Caregivers Alberta professional network. She works with families every day and often provides assistance to caregivers.

Monthly Birthday Party

December 19 @ 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

Join Us For Our Christmas Potluck

Thursday,
December 20

@ 5 pm

Please bring a dish
for 4-6 people
& a gift (\$5 value)
for a Christmas
Gift exchange.



EPCOR PROJECT UPDATE

EPCOR has completed most of the construction work including the storm pipe installation, the outlet structure, the control structure, the 95 Avenue road restoration and flood retaining wall.

However, due to the weather, the permanent concrete, asphalt and landscaping work will have to be completed in spring 2019.

Rough grading and removal of the barricades/fences and equipment will be completed by the end of November.

For the Westend Seniors Centre area, rough grading will be completed in November. The remaining work will need to be completed in spring 2019:

- Install the fiberglass wheelchair ramp from deck to lower yard;
- Install the chain link fence and the double gate;
- Install the shale path;
- Install concrete walkway and bench pad;
- Reinstall and adjust level of salvaged shed, and supply and install topsoil, planting bed, shrubs and sod

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.



KITCHEN NEWS

In addition to our hearty homemade meals, the Silvertones will be entertaining you with some good music in the Café the last Wednesday of every month from 11:45 am to 12:45 pm. On these days our Kitchen Team will provide a tasty pub style meal (Chicken Wings, Pork Ribs, Grilled Shrimp Skewer, with Celery Stick & Dip & Punch / Cocktail) to go with the great music you will be hearing.

We also offer a selection of freshly home-style made sandwiches on a daily basis, and hot meals on selected week days - healthy breakfasts, tea and coffee, hot meals, sandwiches, soups, salads, desserts (in house made pies, muffins, cookies, and cakes). Fresh frozen soups are also available for sale to enjoy in the comfort of your home.

Please Note: The Cafe will be closed on Dec 7 (JP Lunch), 19 (Mavie's) & 20 (Staff & Board Lunch).

Committee Meetings

Special Events

No meeting in December

Planning & Maintenance Committee

Thursday, December 13 @ 1:30 pm

Travel Committee






Tuesday, December 11 @ 11:00 am

Board Meeting

Thursday, December 20 @ 9:30 am

Upcoming Events At A Glance

Pick up our NEW Winter Program Guide!

Program Levels & Explanations	
	<u>GENTLE FITNESS:</u> This course will be <i>slightly challenging</i> . It will be good for someone just starting back to a fitness routine. A good match for someone with specific limitations or returning after an injury. If you are looking for a seated class that is no/low impact, this class would be a good match!
	<u>DEVELOPING FITNESS:</u> This course will be <i>slightly more challenging</i> . It is for the novice exerciser and is good for someone wanting a bit more challenge, but not as demanding as some of the other courses that WSAC offers.
	<u>INTERMEDIATE FITNESS:</u> This course will be <i>challenging</i> . It will meet the needs of a regular exercising member, who possesses little or few limitations, and is looking for a little "extra push" to meet a fitness goal.
	<u>MODERATE & MORE FITNESS:</u> This course will be <i>more challenging</i> and is for the member who regularly exercises. If you have few or no physical limitations, want to get the heart rate going and muscles moving, Level 4 is for you.
	<u>ADVANCED FITNESS:</u> This course will be the <i>most challenging</i> that WSAC has to offer. It is for the member who enjoys consistent and ongoing physical fitness activities as part of a regular health regimen. Very few or no physical limitations are recommended for a member to enjoy this workout, that helps you strive to the limit.

Special General Meeting

of the membership to discuss and vote on the proposed new Bylaws on Wednesday, December 5, 2018 at 9:30 am.



**SOLD
OUT**

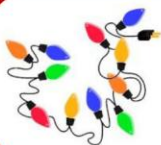
WSAC Christmas Dinner

Friday, December 7 @ 11:30 am
MEMBERS ONLY



Mavie's Mitten Tree

Wednesday, December 19 @ 11:30 am
Members \$10, Non-members \$12



Christmas Lights Tour

Wednesday December 12 - 6:30 pm to 9:00 pm
Member \$25 and Non-Member \$30
Bus Departs @ 6:30 pm & returns at 9:00 pm



Please Note Westend Seniors will be closed December 24 to January 2