



WESTEND SENIORS ACTIVITY CENTRE

OBSERVER February 2019



ALL THE CLASSES
YOU LOVE & MORE!



Annual General Meeting



**Mark Your
Calendar**

Wednesday, March 27

at 9:30 am

In the Community Café

Pick up an Annual Report
at our AGM & be updated on the
progress of our organization.

Please bring your membership
fobs to validate your membership
in order to vote. Thank you.



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



www.weseniors.ca

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

New Year, New Facility Improvement, New Staff Promotion, New Board Member Candidates, New Nutrition Standard and New Partnerships.



Network Infrastructure Upgrade:

Connecting with the world DIGITALLY never grows old! Enjoy the FREE high speed Wifi Internet access in every corner of our Centre! A huge "Thank You" to the City of Edmonton for supporting this project, especially since we are not owned by the City, and do not receive regular maintenance support. Ask our friendly staff and front desk ladies for the updated Wifi password starting February 13th.



Staff Promotion:

Effective January 16th, 2019, Ms. Sabine Burgess is now the Office Manager. She will be responsible for the smooth operation of day-to-day business of the Centre. Serving our Centre for almost two decades, Sabine is truly a walking encyclopedia. When you see Sabine in the Centre, please extend your congratulations to her on a well-deserved promotion.

During my vacation in February, Sabine will be the Acting Executive Director effective January 30th, 2019.

New Board Member Candidates:

Westend Seniors Activity Centre has a Governance Board of Directors, which governs the Organization, sets its overall direction, and establishes, upholds, and where appropriate modifies the Organization's Policies. We are hosting a candidate forum on **Wednesday, February 13 @ 1:30 pm in the Cafe**. I encourage you to come and meet with our candidates for our upcoming Board Elections, ask questions and share your expectations. We look forward to seeing you!

Candidates will have approximately 5 minutes for their presentation and address questions such as:

1. Tell us about your background and why you are interested in becoming a WSAC Board Member.
2. What do you see as WSAC Board priorities?
3. What are important factors for team building?



New Nutrition Standard:

Our Community Cafe cares about your health and listens to your constructive feedback. In 2019, our dedicated kitchen staff and volunteers will follow Canada's Food Guide and will provide you with healthy and delicious meals. One action we recently started taking is to reduce the amount of the salt/sodium in your meals. According to research, too much sodium can lead to high blood pressure and cardiovascular disease. Since kidney function decreases with age, seniors might have a more difficult time removing excess sodium from the body, so they must be particularly cautious of dietary sodium intake. We are also aware that salt taste is quite subjective to different people; therefore, we encourage you to talk to our kitchen staff to see how we can help you to bring out the flavours of the food.

Executive Director's News Continued

New Partnerships:

In January, we had two new organizations join our Community Connectors:

Edmonton Seniors Centre and Kyrgyz Association in Alberta!



The mission of the **Edmonton Seniors Centre (ESC)** is to provide opportunities and support to seniors to further their overall well-being and quality of life. It's important to note that ESC is an LGBTQIA2S Safe Space. Our Centre is happy to partner with ESC to expand our service and embrace diversity.



Kyrgyz Association in Alberta

Kyrgyz Association in Alberta is a cultural group that had performed in our 2017 Alberta Culture Days event. Their dance group has been invited to perform across Canada, including Carassauga Festival of Culture in Ontario, Edmonton Heritage Festival and The Calgary Stampede. Their Dance Group will become a member of WSAC's Musical Talent Family (including Choir, ESSO Tunes and Silver Tones) as well as our Community Outreach Program which brings cultural performances to our members and communities.

Policy of the Month - Framework

MISSION

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

VISION

- Service the physical, social and mental well-being of seniors in Edmonton.
- Enhance the quality of life for seniors.
- Maintain a sense of community and inclusion for seniors.
- Provide a safe and secure environment for seniors.
- Become an integral component of the community.

VALUES

- Respect
- Trust
- Appreciation
- Inclusion
- Engagement
- Wellness



In January, I shared my three new year's resolutions and I'm working hard to achieve all three!



If you would like to share your new year's resolutions with us, just drop them off at the front desk and you could win a great prize!

Three prizes will be given out:

- (1) A program pass that will allow you to try 5 different classes that you never tried before. One session per class.
- (2) One year's membership.
- (3) A Surprise Prize that won't disappoint you! I look forward to hearing from you!

Rat	1912	1924	1936	1948	1960	1972	1984	1996	2008
Ox	1913	1925	1937	1949	1961	1973	1985	1997	2009
Tiger	1914	1926	1938	1950	1962	1974	1986	1998	2010
Rabbit	1915	1927	1939	1951	1963	1975	1987	1999	2011
Dragon	1916	1928	1940	1952	1964	1976	1988	2000	2012
Snake	1917	1929	1941	1953	1965	1977	1989	2001	2013
Horse	1918	1930	1942	1954	1966	1978	1990	2002	2014
Sheep	1919	1931	1943	1955	1967	1979	1991	2003	2015
Monkey	1920	1932	1944	1956	1968	1980	1992	2004	2016
Rooster	1921	1933	1945	1957	1969	1981	1993	2005	2017
Dog	1922	1934	1946	1958	1970	1982	1994	2006	2018
Pig	1923	1935	1947	1959	1971	1983	1995	2007	2019



2019 Marks the Year of the Pig, and I hope we can all benefit from the sign's good fortune this year.

Did you know: in Chinese culture, pigs are the symbol of wealth. Recent years of the Pig are: **1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019.**

Pigs have a beautiful personality and are blessed with good fortune in life. Pigs are the most compatible with Tigers. The brave Tiger gives Pigs the security they need. A Rabbit will be attracted by the Pig's intelligence and warmth. Goats and pigs will have many common interests.

2019 Alberta Survey of Physical Activity, Sedentary Behaviour & Sleep

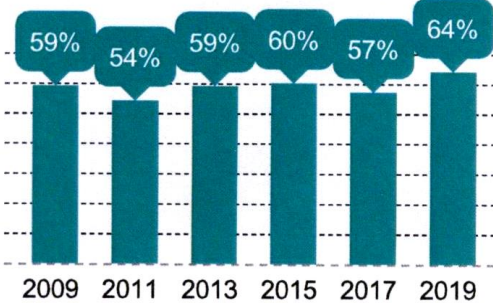
The Alberta Survey on Physical Activity has reported on adult physical activity status and determinants of physical activity in the province since 1993. In 2019, sleep behaviour was examined. The main findings and recommendations are included in this infographic. See the full report for details.

Active living is a way of life that incorporates a combination of:

- 150 minutes of moderate-to-vigorous physical activity weekly,
- incidental physical activity every hour, and
- low levels of sedentary behaviour during waking hours.

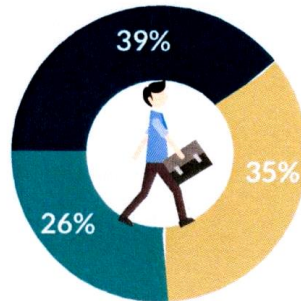
Overall Physical Activity Levels of Albertans 2009-2019

Although highest in 2019, physical activity levels have remained relatively consistent over the last decade.



Overall Walking Levels

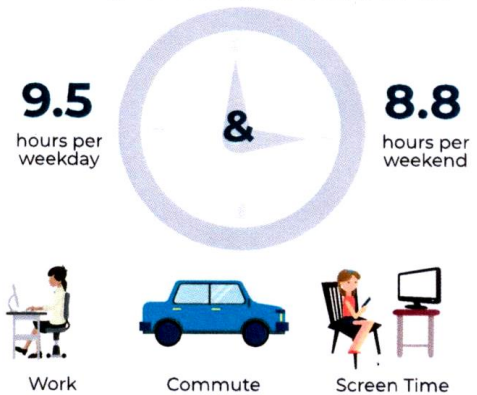
26% of Albertans achieve high levels of walking



- Low level of walking: < 600 MET-min/week
- Moderate level of walking: 600 - 2,999 MET-min/week
- High level of walking: ≥ 3,000 MET-min/week

Sedentary Behaviour

During the week, Albertans sit for:



Sleep Behaviour

Albertans sleep an average of 7.6 hours per weekday and 8.3 hours per weekend day

- 70% of Albertans have an electronic device* in the bedroom
- 75% of Albertans rate their quality of sleep as fairly good to very good
- 65% of Albertans with electronic devices* in the bedroom use them within 30 minutes of going to bed
- 71% of sufficiently active Albertans meet the sleep recommendations

*Electronic device includes: television, computer, tablet, smartphone, or video games

Sleep Recommendations

- Adults, 18 to 64 years, of age should achieve 7 to 9 hours of sleep.
- Adults ≥ 65 years should achieve 7 to 8 hours of sleep.

Building Healthy Sleep Habits

- Make time for sleep.
- Maintain a regular sleep schedule.
- Limit distractions including light and sound.
- Avoid electronic devices at least 30 minutes before bed.
- Engage in regular physical activity mid-day or late afternoon to avoid sleep disruptions.
- Keep track of sleep patterns.

PROGRAMS NEWS



Question of the Month for the Program Department

Answer:

All classes are subject to a minimum number of registrants and are run on a **cost recovery** basis. If an insufficient number of members register, the class will unfortunately have to be cancelled. This is decided one week before the class starts to give both the instructor and students reasonable notice.

If you have any questions or would like to discuss any program related topics, please contact
Shelley Kulak, Recreation Coordinator
(shelley@weseniors.ca)
or **Heather Riberdy, Program Manager**
(heather@weseniors.ca).



Pickleball Fee Increase

Did you know that WSAC offers the most senior centre pickleball hours at one of the lowest rate in the City?

However, due to rising costs and space usage analysis for new WSAC programs, we will be raising the drop-in fee to \$4.00 on April 29.

This increase allows us to offer new programs, as well as bringing WSAC comparatively in line with the fees (\$5.00-\$8.00) charged by other city fitness centres.

New Member Welcome Tea Wednesday, April 24 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 as well as some of our staff and board members. A more in-depth introduction to the Centre will be provided and there will be an opportunity to ask questions and take a tour.

Covenant Health Volunteer Opportunities Information Session - March 6 @ 10:30 am in the Cafe

The Misericordia Community Hospital and Villa Caritas are currently looking for volunteers in a variety of areas and will be holding an information session at our centre. If you are interested in helping people by volunteering in areas such as the gift shop, visiting patients, greeters/escorts, reception, recreation therapy, home knitting and more, please come out and take part. A

Coordinator from Covenant Health will be here to provide a brief presentation and answer any questions you may have. There is no charge for this session, however, we do ask that you add your name to sign up sheet at the front desk so that we know how many people to expect.

8 Week Seniors Fitness Program – Week 6

Walk 3 days

- 5 minute light effort walking warm up
- 25 minute brisk, moderate-effort walk (incorporate 2 flights of stairs to this part of the workout)
- 5-7 minute light effort cool down

Add the seniors stretch routine to your cool down when possible.



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

DAY 1 EXERCISE INSTRUCTIONS



Heal-to-toe Walk – 3 sets of 20 steps

- Position the heel of one foot just in front of the toes of the other foot
Your heels and toes should touch or almost touch
- Choose a spot ahead of you to focus on to keep you steady as you walk
- Take a step. Put your heel just in front of the toe of your other foot



Partial Sit to Stand – 3 sets of 10 reps

- Begin by standing with a chair behind you, your knees just in front of the seat
- Lean forwards as you bend your knees and lower yourself towards the chair as if attempting to sit
- Before you touch the chair, pause for 1-2 seconds and then stand up again



Step Downs – 3 sets

- Step up onto the bottom step of a flight of stairs
- Turn around and step down onto the landing
- Repeat this 10 times on each leg



Single Leg Step Up – 3 sets of 10 reps, each leg

- Stand on landing at bottom of stairs
- Hold railing for support if needed
- Step up with one leg
- Hold for 1-2 seconds
- Slowly lower back down



Reverse Straight Leg Raise – 3 sets of 10 reps, each leg

- Lie on back and tighten your abdominal muscles
- Bring one knee toward your chest
- Keep other leg straight on the floor
- Straighten the bent leg and slowly lower it to the floor

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



8 Week Seniors Fitness Program – Week 6

DAY 2 EXERCISE INSTRUCTIONS



Bent Knee Raise – 3 sets of 10 reps

- Lie on back with knees bent
- Tighten abdominal muscles, think of your belly button pressing into your spine
- Lift your knees ONE AT A TIME toward your chest
- Hold for 5 seconds
- Return both legs to the floor

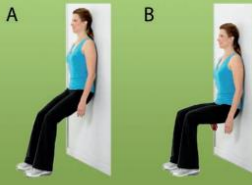
Tips: 1. Don't over-bend your knee joint 2. Place palms on the floor/bed for support



Wall Push-ups – 3 sets of 10 reps

- Face wall, standing a little more than arms' length away and 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.



Wall Squats – 3 sets of 10 reps

- Stand with feet shoulder width apart and lean backward so back is against wall
- Slowly bend your knees to lower your back down the wall
- Only go as far as is comfortable and pain-free
- Hold for 2-3 seconds
- Return to start position



Overhead Press – 2 sets of 10 reps

- Sit in chair with feet flat on floor, shoulder width apart
- Hold weights at your sides at shoulder height with palms facing forward
- Raise both arms up over your head, keeping a slight bend in elbows
- DO NOT lock your elbows at the top
- Hold for 2 seconds
- Slowly lower arms



Side Shoulder Raises – 3 sets of 10 reps

- Sit in chair with feet flat on floor, shoulder width apart
- Don't use weights – we will progress to weight later
- Slowly raise both arms out to your side until you reach shoulder height
- Hold for 1-2 seconds
- Slowly bring arms back down to sides

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."

VOLUNTEER NEWS



We are looking for volunteers in the following areas:

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.

Holiday Decorating

Our long-time volunteer who coordinates all of the beautiful holiday and seasonal decorating is looking for someone to take over her duties. This would involve 1-2 hours every two months or so depending on the time of year to take down decorations and put up new ones. This is a position that could be shared by 2 or 3 people.

Older, Bolder, Better™

We will start looking for volunteers in the next month or so for this awesome Centre-wide event. Watch the bulletin board by the front desk for the sign-up sheets or contact Heather if there is a specific position you would like. We will need help with information tables, greeters, kitchen help, coffee helpers, ticket sellers, silent auction and traffic control outside. This event is always a huge success every year because of our volunteers! Contact Heather Riberdy, Program Manager @ the centre or @ heather@weseniors.ca



Drive Happiness-Seniors Assisted Transportation

Main Office 10740 19 Ave. 780-424-5438, drivehappiness.ca

Volunteer Drivers Needed: If you enjoy visiting and like to drive, Drive Happiness would love to hear from you. Volunteer drivers make their own schedule and select where they will drive.

Drive Happiness offers a small reimbursement towards gas and vehicle wear and tear. Even two hours a week can change a senior's life. Call 780-424-5438, ext. 3 for details.

SPECIAL EVENTS

Valentine's Bingo				
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 Price: \$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 at \$2 per card. Bingo chips will be provided. Tickets on sale now at the front desk.



St. Patrick's Day Pub Night

Saturday, March 16 from 6:00 – 9:00 pm
Entertainment, Billiards, Snacks, Food & Cash Bar
\$16 member & \$21 non-member



Spring Country Hoedown
Friday, April 12 more details coming soon!
Save the Date!



TRAVEL TRIPS



River Cree Trip February 20
Cost: \$10 for members & \$15 non-members
Bus Departs at 10:30 am & Returns at 3:00 pm

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

Please pre-purchase tickets at the front desk.

Muttart Conservatory Trip

Thursday, March 21 from 10:15 am to 2:00 pm
Cost \$32 for members & \$37 for non-members



Shake off the winter blues with a trip to this oasis in the city. Your ticket includes transportation, admission and a group tour. You will have the opportunity to purchase lunch in the restaurant. This trip is fully wheelchair accessible and we will have two buses with space for 3 wheelchairs. If purchasing a ticket for a wheelchair spot, please let the ladies at the front desk know and we also ask that a ticket for a companion to accompany and assist you on the trip be purchased.

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

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 questions that will be answered 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 provide information on 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 or dementia 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.

Monthly Birthday Party

February 20 @ 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 Potluck

Thursday,
February 28
@ 5 pm
in the Cafe

Please bring
a dish
for 4-6 people



Read The Movie



Seen a good movie or TV show lately?

Did you know that many of them are either based on books or have been put into novel form?

Did you know that our Library has had many of them donated?

During February, the Library committee will have a special display of movie related books for you to borrow. So, when you settle in to watch all the award shows this month like the Academy Awards or Golden Globes, remember to visit our Library and READ THE MOVIE!

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!

The deadline for the March issue: February 15
Send submissions to marketing@weseniors.ca
A one-time set up fee of \$30.00 may apply if
your ad is not print ready.

Committee Meetings



Fundraising Committee

Tuesday, February 5 @ 9:30 am

Travel Committee

Tuesday, February 12 @ 11:00 am

Special Events

Thursday, February 14 @ 11:30 am

Planning & Maintenance Committee

Thursday, February 14 @ 1:30 pm

Board Meeting

Thursday, February 21 @ 9:30 am

How Do I Register for Programs Online?



IMPORTANT NOTICE:

In order to register for classes online, you need to sign up for an account with My Active Center www.myactivecenter.com which is part of the database we use at our centre called **My Seniors Center**. You must have a valid current membership, the key tag you were issued by Westend Seniors Activity Centre and an email address.

*Please Note: You **CANNOT** purchase or renew your membership online. That has to be done in person at the centre.*

Step by step on how to get started and activate your account:

1. Go to myactivecenter.com
2. Click on **New Users** on the top right hand of the page.
3. Please select center (Westend Seniors Activity Centre).
4. To Activate your account you will need to enter your key fob #, email address, name and phone number. You will also need to create a password.
5. Once your account is active, as long as you hold an active membership with our centre you will be able to register for all registered programs and classes online.

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.