



## CLSA Train and Dinner Excursion to Alberta Prairie's Country Hideaway

Join us on a trip to Stettler on July 25 as we climb aboard a vintage passenger train from the 1920s and travel to Alberta Prairie's Country Hideaway at Warden Junction.

Enjoy a full course buffet style roast beef and gravy meal served in a hard walled tent amidst a beautiful natural park setting.

**BEWARE:** The Reynolds Raiders are bandits in the area who are known to rob the train while on horseback. So make sure you bring some cash to appease these country feigns. All monies raised is recovered by the law and given to Alberta Children's charities.

### THINGS TO KNOW:

- Transportation from CLSA to Stettler and return is FREE.
- Thursday, July 25, 2024
- Coach bus leaves CLSA at 9:00 AM sharp and will return around 7:00 PM.
- Cost is \$132.30 and includes the train ride, entertainment, and roast beef dinner.
- Walkers are welcome but our coach can't accommodate wheelchairs. You must be able to get on and off the bus and train on your own.
- Facilities are available on the bus and train.
- Bring cash for the robbery if you want to play along.
- Bring a warm jacket and water.

### Register by:

- Phoning CLSA at 780-496-7369,
- In-person at the CLSA front office,
- Online with the code SO-006.





## Message from the Board Chair, Alex Paterson

Hello fellow members:

Well, it's been a very nice winter, but it is still so very nice to feel spring in the air.

With spring and summer right around the corner it's time to prepare for the coming season. The staff have been working hard behind the scenes to prepare for our spring and summer programs. They have some very exciting things planned.

All things are full steam ahead for CLSA! The year is well under way and the activity at the Centre is back to normal and better than what we used to call normal. Spirits are high and the energy is infectious.

I hope you can join us in the activities planned for this spring and summer.

In my last message I shared this:

2024 looks like it is going to be an exciting year for our Association and its members. My personal goal, once again, is for CLSA to become the largest Seniors association in the province. Yes, we are headed to "world domination" by seniors. Just a pet project of mine.

I would invite you to invite a friend to join you at the Centre for an activity. I invited my wife to check it out and now I am a pickleball widow. I know her activity at the Centre has helped her make new friends and she looks forward to her time there.

On behalf of the Board, I wish each of you a Happy Spring!

Cheers,

Alex Paterson  
Board Chair



Like



Comment



Share

Follow us on Facebook and Instagram at  
[@CentralLionsSeniors](#)

## Join us on May 6 for Music Monday

### An Intergenerational Concert

*This musical event will showcase the musical talents of the Victoria School of Music and our own CLSA Bands.*



*Doors Open at 5:30 PM,  
Concert begins at 6:00 PM.*

*\$5/person at the door*

*Canteen Available*

## Meet Your 2024-25 Board of Directors

<b>Chair:</b>	Alex Paterson
<b>Vice Chair:</b>	Elaine Simmt
<b>Treasurer:</b>	Bernice Mills
<b>Secretary:</b>	Deb Ward
<b>Directors:</b>	Claire Redpath Dan Moynagh Bob MacDonald Douglas Adzich Adele Beaudry Thomas Slaymaker Deborah Alessi Ania Mysliwicz

On March 21, at our Annual General Meeting, the quorum in attendance confirmed the nominations and election by acclamation of the following new Board Members: Douglas Adzich, Adele Beaudry, Thomas Slaymaker, Deborah Alessi, Ania Mysliwicz.

Re-elected for a second term were Claire Redpath, Dan Moynagh, and Alex Paterson.

Congratulations to all the Board Members for taking on this leadership role, and for ensuring that CLSA continues to prosper into the future.

# Benefits of Exercise

Engaging in regular fitness activities can offer numerous benefits for seniors, contributing to their overall health and well-being. Here are some key advantages of seniors participating in fitness.

## 1. Improved Cardiovascular Health:

Regular exercise, such as walking, swimming, or cycling, can enhance cardiovascular health. It helps strengthen the heart, improve circulation, and lower the risk of heart disease and related issues.

## 2. Maintaining Healthy Weight:

Physical activity helps seniors manage and maintain a healthy weight. This is crucial in preventing obesity-related conditions such as diabetes, high blood pressure, and joint problems.

## 3. Enhanced Flexibility and Mobility:

Seniors who engage in exercises that focus on flexibility and range of motion can experience improved joint function and increased flexibility. This can lead to better mobility and reduced risk of falls and injuries.

## 4. Muscle Strength and Bone Density:

Weight-bearing exercises, such as resistance training and weightlifting, can help seniors maintain or increase muscle mass and bone density. This is particularly important in preventing osteoporosis and frailty.

## 5. Mental Health Benefits:

Regular physical activity has been linked to improved mental health. Exercise releases endorphins, which can help alleviate symptoms of depression and anxiety. Additionally, staying active promotes better cognitive function and may reduce the risk of cognitive decline.

## 6. Social Interaction:

Group fitness classes or activities provide opportunities for social interaction, which is vital

for mental and emotional well-being. Building connections with others through shared fitness experiences can combat feelings of isolation.

## 7. Improved Balance and Coordination:

Balance exercises, such as Tai Chi or certain yoga poses, can help seniors enhance their balance and coordination. This is crucial for preventing falls, a common concern among older adults.

## 8. Chronic Disease Management:

Regular exercise can assist in managing and preventing various chronic conditions such as diabetes, arthritis, and osteoporosis. It may also improve symptoms for individuals already dealing with these conditions.

## 9. Better Sleep:

Physical activity can contribute to improved sleep quality. Seniors who engage in regular exercise often experience better sleep patterns, promoting overall health and vitality.

## 10. Increased Independence:

By maintaining physical fitness, seniors can retain their independence for a longer period. Being able to perform daily activities without assistance contributes to a higher quality of life.

It's important for seniors to consult with healthcare professionals before starting any new fitness program to ensure it aligns with their



## Hold the Date!

- April 11: Cuppa A Corner
- April 15: Young@Heart spring concert, 1:00 PM in the atrium
- April 16: Bunny BINGO, 1:00 PM in the Atrium
- April 25: Cuppa Corner
- May 3: **TLC Health and Wellness Fair and Tradeshow.**
- May 6: Music Monday: Intergenerational Concert with Victoria Music School and CLSA Band Members
- May 9 Cuppa Corner
- May 10: Mother's Day Tea



## CLSA Board of Directors 2024 – 2025

- Chair:** Alex Paterson
- Vice Chair:** Elaine Simmt
- Treasurer:** Bernice Mills
- Secretary:** Deb Ward
- Directors:** Claire Redpath  
Dan Moynagh  
Bob MacDonald  
Douglas Adzich  
AdeleBeaudry  
Thomas Slaymaker  
Deborah Alessi  
Ania Mysliwicz

Executive Director: Janice Pearson  
Operations Manager: Tara Harris

## Cuppa Corner Events

**11:00 AM — 1:00 PM**

- April 11** Accessible Acupuncture—handling lower back pain.
- April 25** In Home Physical Therapy
- May 9** Seniors can Shumka
- May 23** Puzzle Competition



**All presentations begin at 12:00 PM**

**Enjoy free coffee, treats and great conversation.**

## Edmonton Foot Care Clinic 3rd Tuesday of Every Month at CLSA



**Our qualified nurses provide foot care for those who:**

- are diabetic
- are at high risk for foot disorders
- have impaired circulation
- want to take preventative measures

**Services include:**

- Clipping and shaping of nails
- assistance with ingrown nails/ fungal nails
- removal or reduction of corns/calluses
- plus referrals as needed

**Clinic by appointment only:**

To book an appointment call 780-488-5878 (call between Mon-Fri; 8-4 pm)

**Fee:** \$32 per visit for CLSA Members only

If you have moved in the last year or changed your phone number or



email, help keep our records up to date! Let us know at [info@CentralLions.org](mailto:info@CentralLions.org)

# The Importance of Good Mental Health

The relationship between seniors and mental health is complex. Mental health plays a crucial role in determining the quality of life for seniors, impacting their emotional resilience, cognitive function, and overall happiness. Several factors contribute to poor mental health, and addressing these factors is essential for promoting a positive aging experience.



## 1. Cognitive Health:

As individuals age, there may be a natural decline in cognitive abilities, leading to concerns about memory loss and cognitive impairment. Conditions such as Alzheimer's disease and other forms of dementia become more prevalent in older age. Engaging in activities that stimulate the mind, such as puzzles, games, and lifelong learning, can help maintain cognitive function and delay the onset of cognitive decline.

## 2. Social Isolation and Loneliness:

Many older adults may face social isolation and loneliness, especially if they live alone or have limited mobility. These factors can contribute to depression and anxiety. Encouraging seniors to participate in social activities, join CLSA, or engage in community events can foster meaningful connections, reducing the risk of mental health issues.

## 3. Grief and Loss:

Seniors often experience significant life changes, including the loss of friends, spouses, or family members. Coping with grief and adapting to life changes can take a toll on mental health. Providing emotional support, access to

counseling services, and creating a supportive environment are crucial.

## 4. Physical Health Impact:

There is a strong interconnection between physical and mental health in seniors. Chronic health conditions, pain, and limitations in mobility can contribute to feelings of frustration and helplessness. Regular exercise, proper nutrition, and access to healthcare services are essential for maintaining both physical and mental health.

## 5. Financial Stress:

When dealing with fixed incomes, rising healthcare costs and potential issues related to retirement savings, financial stress can contribute to anxiety and depression. Providing resources for financial planning, affordable healthcare options, and social support can alleviate some of the mental health burdens associated with financial concerns.

## 6. Role Transitions:

Retirement and changes in familial roles can lead to shifts in identity and purpose. Adjusting to these role transitions can be challenging. Encouraging seniors to explore new interests, engage in volunteer work, or participate in activities that bring a sense of purpose can positively influence mental health.

## 7. Access to Mental Health Services:

Despite the importance of mental health, there can be barriers to accessing services, including stigma, limited resources, and a lack of awareness. Promoting mental health awareness, reducing stigma, and ensuring affordable and accessible mental health services are critical steps in addressing this aspect of well-being.

Recognizing the unique challenges faced by seniors and implementing supportive measures can contribute to a positive and fulfilling mental health journey as individuals age.



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

[jason@jcspainting.ca](mailto:jason@jcspainting.ca)

780-238-0072

**Seniors Discount**

**Stay Informed:  
Sign up for our  
Email Newsletter  
Now!**

In an effort to control costs and be more efficient, we are trying to reduce mail outs for our newsletters and program guides.

Here are some ways you can get information from us: make sure you are on our email list (or provide a family member's email address), friend and follow us on Facebook and Instagram, check out our website occasionally, call our main line and listen to the voicemail message for updates, or buddy up with a CLSA friend who can share information with you.

**Avoid Disappointments — with Early Registration!**

Early registration results in fewer cancellations and fewer disappointments. Help our staff determine which programs have sufficient participants by registering early. If minimum participant registration is not met, the program will be cancelled five business days prior to the start date. You will be notified by phone, and you will be offered a credit toward another class.

If the activity that you wish to register in is full, you can be waitlisted. If there is a cancellation and a free spot available, we will contact members in the order received on the waitlist. If there is sufficient interest to run a second course (and depending on instructor or room availability) we will consider this.



# TLC Health & Wellness Fair and Tradeshow

## May 3, 9 AM - 3:00 PM

### Free Event

#### TLC Schedule

9:00 - 9:45	Tradeshow and Coffee
9:45 - 9:55	Welcome by Janice
<b>10:00 – 10:45</b>	<b>Session 1</b>
10:45 – 11:15	Tradeshow and Coffee
<b>11:15 – 12:00</b>	<b>Session 2</b>
12:00 – 1:15	Tradeshow and Lunch
<b>1:15 – 2:00</b>	<b>Session 3</b>
2:00- 2:45	Wrap up, Door Prizes & Tradeshow.

- First 200 participants to preregister for the event will receive a SWAG bag when they arrive.
- Enjoy over 25 tradeshow booths.
- Pick three workshops to attend out of the 15 offered.
- Enjoy free coffee & snacks
- Savor a Pierogi Buffet for only \$12/person.

#### Register in person, by phone, or online.

- Online registration begins on the Registration webpage. 1. Click on the “Courses” Menu tab
2. Click on the blue filter tab “Seasons” and choose TLC Fair 2024.
  3. Click Apply.
  4. Make your choices.

#### Topics will include:

- ♦ Elder Abuse & SAGE’s Safe House
- ♦ Impact on Caregivers
- ♦ Mental Health
- ♦ Senior Housing
- ♦ Secrets to Living Strong
- ♦ Introduction to Meditation
- ♦ Sound Bath Experience
- ♦ Prepare Rather Than Repair
- ♦ Yoga for Joy
- ♦ Avoiding Stress & Drama as an Executor
- ♦ Benefits of Recreational Therapeutic Programming
- ♦ Eight Pieces of Silk Chi Gong Form
- ♦ I Used To, I Want To... (AHS)
- ♦ Psychedelics Today



# Fun Isn't Just for Kids



Fostering a sense of joy, fulfillment, and enjoyment in your life is a crucial aspect of your overall well-being. Having fun not only enhances your quality of life but also contributes to better mental, emotional, and physical health.

**1. Social Activities:** Engaging in social activities is a fantastic way to have fun and build connections. This could include joining clubs, attending community events, participating in group outings, or simply spending time with friends and family. Social interactions not only provide enjoyment but also contribute to a sense of belonging and emotional well-being.

**2. Hobbies and Leisure Pursuits:** Exploring or rediscovering hobbies you are passionate about can bring immense joy. Whether it's gardening, painting, reading, or learning a musical instrument, pursuing personal interests fosters a sense of accomplishment and fulfillment.

**3. Games and Puzzles:** Playing games and solving puzzles is an entertaining and mentally stimulating way for anyone to have fun. Whether it's board games, card games, or jigsaw puzzles, these activities provide cognitive challenges and social interactions, promoting mental well-being.

**4. Creative Expression:** Engaging in creative activities such as art and crafts, writing, or even cooking, allows you to express yourself and tap

into your creativity. The process of creating something new can be deeply satisfying and enjoyable.

**5. Music and Dance:** Music has the power to evoke emotions and memories. You can attend concerts, join choirs, or simply enjoy listening to your favorite tunes. Dancing, whether in a formal setting or just in the living room, is a fun and physical way to connect with music.

**6. Volunteering:** Contributing to the community through volunteering can bring a sense of purpose and joy to your life. Whether it's helping at a local charity, reading to children, or participating in community events, the act of giving back can be immensely fulfilling.

**7. Technology and Learning:** Embracing technology can open up new opportunities for fun and learning. You can connect with friends and family through video calls, explore online courses to learn new skills, or even play interactive games on tablets or computers.

**8. Laughter and Humour:** Laughter is a universal source of joy. You can enjoy comedy shows, share jokes with friends, or participate in Laughter Yoga sessions. Maintaining a sense of humor can lighten the mood and contribute to a positive outlook on life.

Having fun is not only enjoyable but is also a key to healthy aging. Encouraging and facilitating various activities that bring joy, whether through social interactions, hobbies, travel, or creative expression, contributes to a fulfilling and vibrant lifestyle.





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**Call 780 - 394 - 5686  
natalia.bandola@century21.ca  
Century 21 All Stars Realty**



## Drums 101

Do you know that drums are found in nearly every culture in the world and have existed since before 6000 BC? Today, drums remain a fundamental element across genres and cultures, symbolizing rhythm's universal language.

Our Spring/Summer season has several sessions focused on drums including a frame drum making demo, a drum making workshop, introduction to hand drumming, and a workshop on rhythms & techniques.

Make some noise and join one of these upcoming classes.

## Floor Curling

Floor Curling is a great sport that can be adapted to accommodate any ability. The game works very similar to ice curling yet you remain warm and upright. No sweeping is involved so winning is all about the "shot". Consider joining this popular social activity floor on Thursdays from 1:00—4:00 PM at CLSA's north end. Hurray! Hurray! Hurray!



LIC#: 674783

Our new 50/50 raffle has begun and tickets will be on sale in the atrium from now until May 6, 2024. Our last winner took home \$1897.50. Let's see if our next winner takes home even more. Remember that our 50/50 proceeds help us to provide programming for all Members and helps fund Scholarships for low-income seniors. So buy, buy, buy. The winning ticket will be drawn at our Intergenerational Concert on May 6. You don't have to be in attendance to win. *Tickets may only be purchased or sold within Alberta.*

# Outreach Program Comes to CLSA

In partnership with the Seniors Coordinating Council, Central Lions will be providing an Outreach Worker located right in our facility. The Outreach Worker will be available on the third Wednesday of each month from 1:00 - 4:00 PM.

An Outreach Worker is a social worker who provides support to older adults, helping connect them with the resources and supports they need to thrive. They are community connectors that work with an older adult to provide short-term support through referrals, introduction to community services, form filling, support with navigation, and follow ups for participants within the system.

If your needs are more complex, the Outreach Worker can help you get the ongoing support that you need to navigate the system.

Community Supports may include:

- Diversity and Inclusion support
- Transportation
- Financial & Legal
- Information, Referral & Advocacy
- Nutrition/Food
- Home Supports
- Social Engagement
- Mental & Physical Health
- Caregivers
- Wellbeing
- Support Living

**To book an appointment with our Outreach Worker call our Main Line at 780-496-7369 or come in-person to our Main Office Reception. All appointments will remain confidential.**



# Seniors Coordinated Outreach



Seniors Coordinated Outreach is a program comprised of organizations across Edmonton that have Outreach and Support workers who can help connect Older Adults to relevant services and programs in our city.

This program can help you access a variety of supports in community:

- Applying for Old Age Security or the Canada Pension Plan
- Navigating community services
- We're here to help, if you need support as a senior just ask!

**211**

Call 211 and press 2 for the Seniors Information Phone Line. An operator will guide you to one of the following organizations that can support you. All seniors are welcome to any organization! See map on back page.

 ASSIST <b>ASSIST Community Services Centre</b>	 <b>Bent Arrow Traditional Healing Society</b>	 EMCN <b>Edmonton Mennonite Centre for Newcomers</b>	 <b>Jewish Family Services</b>	 <b>Multicultural Health Brokers Cooperative</b>
 <b>Operation Friendship Seniors Society</b>	 <b>Sage Seniors Association</b>	 <b>Strathcona Place Seniors Society</b>	 <b>The Shaama Centre</b>	 <b>Westend Seniors Activity Centre</b>

**Coordinated Outreach Info/Map:**  
[www.shorturl.at/gkrJ8](http://www.shorturl.at/gkrJ8)



**Seniors Home Supports Program Info:**  
[www.shorturl.at/pEKQX](http://www.shorturl.at/pEKQX)



**Social Prescribing Info:**  
[www.shorturl.at/awGT5](http://www.shorturl.at/awGT5)



## Interested in playing Jazz and Rock and Roll?



There has been some interest in starting up a group who enjoys playing Jazz or old Rock and Roll tunes. Please let us know if you're interested by emailing [info@centrallions.org](mailto:info@centrallions.org).

## Open Art Studio

**Every Tuesday from 9:00 - 12:00 PM**

Open Art Studio is a place to help inspire, connect, and create. Whether you are working on a project from class or from home this is a friendly space. Come and join other artists at work. Come find your happy place. All levels of artists are welcome.

## Lets Talk About Social Media...



CLSA posts often on **Facebook**, highlighting upcoming events or celebrating the events and people of our community. It's a great way to keep up-to-date. Please like and share each post to get the word out about our great Association.



**Instagram** is fairly new for our community but, again, its quick and easy to follow us on Instagram. You will receive three to four postings a week to help you keep up-to-date on all the happenings.

Follow us on Facebook and Instagram, just search for:  
**[CentralLionsSeniors](#)**

## SENIOR FRAUD ALERT

spot & stop senior scams

Check out [SeniorFraudAlert.ca](http://SeniorFraudAlert.ca) to help spot and stop senior scams. This free resource helps you learn how to identify fraudulent behaviour and to protect yourself. Resources include a free course and the ability to report scams.

## Reflexology & Chair Massage Clinic

4th Wednesday of Every Month at CLSA

Reflexology is a non-invasive (touch) method of applying compression to specific points of the body to help reduce pain and stress. Chair massage is a clothes-on gentle massage for the head, neck, and shoulders.

### Services:

1/2 Hour Chair Massage - CLSA Members \$40; Payable to Julie Leblanc

1 Hour Reflexology - CLSA Members \$60; Payable to Julie Leblanc

### Clinic by Appointment Only:

To book an appointment call Julie at 780-920-3149.

Must be a CLSA member to book.



## Got Bottles! Bring them To CLSA

Help support our  
programs by  
donating your  
bottles and cans.

Bring your bags/boxes/truck loads any day  
of the work week, 8:30 AM - 4:00 PM.

We will even help unload them.

All proceeds will go towards supporting  
operational costs at CLSA.



## Elder Abuse – Know the Facts

Did you know that **at least 1 in 10** Albertans may experience elder abuse, but *only 1/3 of cases* gets reported?

The World Health Organization (WHO) defines elder abuse as “a single or repeated act, or **lack of appropriate action, occurring within any relationship** where there is an **expectation of trust**, which causes **harm or distress** to an older person.”

§ Abused adults have a **200%** increased risk of early death.

§ The most common forms of elder abuse are **emotional and financial**.

§ A Government of Canada survey found that **63%** of older adults feel they have been **treated unfairly** due to their age – this is known as **ageism**.

§ At the Sage Seniors Safe House **40%** of older adults were abused by an **adult child/family member**.

§ **1/4** of older adults experiencing abuse report a history of **family violence**.

If you or someone you know is experiencing elder abuse, there is help.

### CALL

24/7 Seniors' Abuse Helpline: 780-454-8888

Elder Abuse Resource and Supports (EARS): 780-477-2929

Sage Seniors Safe House: 780-702-1520

**OR CLICK** [www.MySage.ca](http://www.MySage.ca) to view our Directory of Senior Services, visit page 20 for more resources on elder abuse.

### More Resources...

<https://www.alberta.ca/get-help-elder-abuse> Many of these resources are still being updated, so may have the old definition or an old ministry name.

The Alberta Elder Abuse Awareness Council also has links to lots of grant resources on their website (under the resources tab): <https://www.albertaelderabuse.ca/>

Their guide “Staying Safe: A Resource for Older Adults Living in Alberta” is also a great tool: <https://www.albertaelderabuse.ca/resources/staying-safe-a-resource-for-older-adults-living-in-alberta>

The Canadian Network for the Prevention of Elder Abuse also has lots of great resources from across the country under the “Tools” and “Resources” sections of their website: <https://cnpea.ca/en/>



# Who You Going to Call?



Issue	Report to?
Loud party at your neighbours	EPS Complaint
Loud vehicle	EPS Complaint
Loud business	311
Construction noise 9pm-7am	311
Person looking in to windows	911
Known drug house	EPS SCAN
Homeless person in need	211
Theft under \$5000	EPS Complaint Online / App
Vandalism – damage	EPS Complaint Online / App
Graffiti in progress	911
Lost property	EPS Complaint Online / App
Graffiti (not in progress)	EPS Complaint Online / App
<b>Bonus</b>	
Theft from vehicle	EPS Complaint Online / App
Come out to find your vehicle stolen	EPS Complaint Online / App
Theft of vehicle (in progress)	911
Person attempting to open vehicle door handles	911
Nuisance property: weeds, unsightly	311 / Online / App
Dog barking	311
Large pot holes	311 / Online / App
Street lights not working	311 / Online / App
Small child wandering alone	911

Issue	Report to?
Person in mental health distress	211 911 (if harming self or others)
Child left in vehicle	911
Group of teens walking in the neighbourhood	NO ONE
Snow or icy sidewalk	311 COE Online
Dead animal on public property	311 COE Online
Unlicensed Pet	311 COE Online
Residential Fire pit complaint	311
How to cook a turkey	Atco Blue Flamie Butterball Hotline
Vehicles leaving mud & dirt on the roadway	311
Littering	311
See someone dumping garbage or waste	311
Smoking in a prohibited area	311
Using a Vape cigarette in a public area	311
RV parked on public roadway	EPS
RV parked on private property	311
Portable signs	1 <sup>st</sup> the advertiser 311
Report a crime anonymously	Crime Stoppers
Find your home was broken in to when away	EPS Complaint Online / App
Break & enter in progress	911
Teenager at the playground	NO ONE
Complaint about neighbour's hens	311

# Join us on May 10 for our Annual Mother's Day Tea



Enjoy the traditional music of Newfoundland performed by Norman Rice. Norman has recorded several CDs, both Gospel and Newfoundland Folk Music, and is a joy to listen to.

Bring your mother, your daughter, your granddaughter or even your better half as we celebrate all Mothers with tea, coffee, cakes, and music. Don't forget to dress up!

**Friday, May 10, 2:00 PM in the Atrium.**

**Please pre-register by phone or in-person.**



## Do You Need A Little More Drama in Your Life....



We warmly welcome any new folks who would like to join us, with an extra special invitation to the gentlemen out there. No experience necessary – just enthusiasm and a willingness to work hard and have fun.

We meet every Thursday from 1 - 4 pm. Contact Bernadette at 780-953-0215 for more information. All Members welcomed. Join us and unleash your inner performer.

## Now Open

Book a free consultation today!



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We are located on  
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Call now at 825-512-6219

## CLSA Gift Certificates Available!

Gift shopping made easy! CLSA gift certificates are available at our front desk or by calling 780-496-7369.

Buy the gift of art, music, fitness, or recreation for your loved one.



# Easy is always on hand.

Open your freezer to many easy meals made especially for seniors, delivered for free\*.



Locally owned by Chetan and Roshni Bahl

Get your **FREE** Menu  
**780-666-2336**

[HeartToHomeMeals.ca](http://HeartToHomeMeals.ca)

\*Some conditions  
may apply.



We accept Veteran Affairs Allowances and offer Special Diet Options

# SENIORS HOME SUPPORTS PROGRAM FOR CLSA

Members of Central Lions Seniors Association have access to the Seniors Home Support Program which provides referrals to screened businesses, community groups and individuals that offer:

- |                          |                                      |
|--------------------------|--------------------------------------|
| <b>SNOW REMOVAL</b>      | <b>YARD HELP</b>                     |
| <b>MOVING HELP</b>       | <b>HOUSEKEEPING</b>                  |
| <b>PERSONAL SERVICES</b> | <b>HOME REPAIR &amp; MAINTENANCE</b> |

**Which Home Supports Coordinator do I contact to receive referrals?**

This program is divided into four districts, and each has their own Home Supports Coordinator. Depending on what the first three digits of your postal code is, you contact the coordinator for your postal area. Although there is no coordinator physically located at CLSA, our members still have access to the program.

**How much does it cost? Is the service free?**

The referrals are free, the services are not. The businesses or individuals that are on the referral list charge for their services and costs vary. We encourage you to speak with each service provider to determine the costs. You will be provided with three service providers for you to contact. You can contact the coordinator to receive more names if needed.

**Are the service providers reputable? Is this program safe?**

Each service provider on the list went through a vetting process. The service providers on the list must provide a copy of their liability insurance (annually), a police information check including vulnerable sector and their references have been contacted. Each provider also goes through an interview process. We want to keep our seniors safe.

<p><b>Southwest</b> Contact: Barbara (780) 860-2931 <a href="mailto:homesupport3@jfse.org">homesupport3@jfse.org</a></p>	<p><b>Northwest</b> Contact: Kathy (780) 995-2908 <a href="mailto:homesupport4@jfse.org">homesupport4@jfse.org</a></p>	<p><b>Northeast</b> Contact: Amanda (780) 995-8072 <a href="mailto:homesupport2@jfse.org">homesupport2@jfse.org</a></p>	<p><b>Southeast</b> Contact: Jenny (587) 594-7884 <a href="mailto:homesupport1@jfse.org">homesupport1@jfse.org</a></p>
<p>T6G T6H T6J T6R T6W T6X T5T T6M T5R</p>	<p>T5M T5E T6V T5N T5G T5X T5P T5H T5L T5S T5J T5T T5V T5K</p>	<p>T5A T5Z T5B T6S T5C T5Y T5W T6A</p>	<p>T6K T6L T6N T6T T6B T6C T6E T6P</p>



**Delivered by Jewish Family Services Edmonton**

## With Costs Rising, Your Donation is Needed More Than Ever

Did you know that CLSA is a charity? Like all senior serving organizations, the past two years have been difficult. With costs rising our budget is stretched tight. If you are in a position to give to our community it would benefit all. All donations over \$20 receive a tax receipt.

### Ways to give...

- ◆ Go to our [give.crowdfunding.alberta.ca/GivetoCLSA](http://give.crowdfunding.alberta.ca/GivetoCLSA)
- ◆ In person at 11113-113 Street, Edmonton
- ◆ By phone: 780-496-7369
- ◆ By mail: 11113 – 113 St.,  
Edmonton, AB T5G 2V1



## INDEPENDENT LIVING

At Christenson, we understand that each lifestyle is unique, which is why we offer maintenance free living with **optional meals and personal services** at each of our **vibrant retirement communities**.

Visit us to learn how you can choose the best options for your current and future lifestyle.

[CDLHomes.com](http://CDLHomes.com)



## Support for Low Income Members at CLSA

CLSA has received generous donations that allow us to provide scholarships for low income seniors. Those Members who qualify may receive up to \$150 towards an activity of their choosing each qualifying year.

To qualify, Members need to acquire a City of Edmonton Leisure Access Pass and bring the pass to CLSA to register in your activity. For more information on the Leisure Access Pass go to [www.edmonton.ca/programs\\_services/leisure-access-program](http://www.edmonton.ca/programs_services/leisure-access-program).

For more information, talk to Tracy in the office.

## Navigating Life's Challenges: Expert Advice for Seniors

In this column, we enlist the expertise of a seasoned professional. Tammy Lautner is the owner and operator of **Peace of Mind Concierge**. She has dedicated her 22 year career as a Registered Social Worker to supporting seniors and their family caregivers.



Tammy is available to listen to your challenges and help you figure out solutions. Whether you are overwhelmed by daily tasks, need help navigating complex systems, such as health care and seniors housing, or would like to talk with someone that will listen, she is here for you.

### Question: What is Advance Planning and why is it important?

Advance Planning is a process that involves making decisions about your future healthcare, financial and end of life preferences while communicating those decisions to your loved ones. It is an essential aspect of ensuring that your wishes are respected and honoured, particularly in situations where you may be unable to communicate your preferences due to illness or injury.

Here are just a few reasons why you should plan ahead:

1. **Maintaining Control:** planning allows you to maintain control over your healthcare decisions, even if you become unable to communicate your wishes later in life. By outlining preferences for medical treatments, end-of-life care, and other important matters, you can ensure that your values and priorities guide other's decisions.
2. **Reducing Stress for Loved Ones:** Making decisions for a loved one who is unable to communicate their preferences can be extremely stressful and emotionally challenging. Advance planning relieves some of this stress by providing clear guidance to family members, thereby reducing the likelihood of conflicts and uncertainty during difficult times.
3. **Avoiding Unwanted Interventions:** Advance planning allows you to specify which medical interventions you do not wish to receive, thereby avoiding unwanted treatments that may prolong suffering or diminish quality of life. By clearly expressing preferences regarding resuscitation, life-sustaining measures, and other interventions, you can ensure that your healthcare aligns with your wishes and values.

I have created a resource guide to assist you in your advance planning journey. This document will assist your loved ones to know your wishes, assist with important decision making, and keep all of your pertinent information clearly organized all in one place.

If you are interested in receiving more information visit my website at: <https://www.peacemindconcierge.com/resources>

We encourage readers to submit their questions to 'Dear Tammy' by submitting them to [info@Centrallions.org](mailto:info@Centrallions.org)



PEACE OF MIND  
CONCIERGE



**To speak directly to Tammy, call 780-720-3035 or email [info@peacemindconcierge.com](mailto:info@peacemindconcierge.com)**



**Central Lions Seniors Association**  
 11113 – 113 St., Edmonton, AB T5G 2V1  
 Ph: 780-496-7369 Fax: 780-442-0946  
[www.CentralLions.org](http://www.CentralLions.org)  
 Email: info@CentralLions.org  
 Hours of operation: 8:30 AM to 4:00 PM

**WILLS, ESTATES & NOTARY.**

**MARRAZZO  
 LAW OFFICE**

**Lina Marrazzo B.A, LL.B**

*Call us today at (780) 756-5500*

5003 DeWolf Road NW, Edmonton, Alberta T5E 6R5

Email: mlo@marrazzolawoffice.com

**Featured Programs: Never stop learning and growing!**



**Zumba Gold**

A modified workout with low impact moves. Zumba Gold recreates the original moves you love at a lower intensity. It allows you to move to the beat of a song at your own speed. The routine focuses on balance, range of motion, cardiovascular and muscular conditioning, flexibility, and coordination. Please have indoor running shoes and come ready to have fun.

**Member Rate: \$70**  
**Wed., May 8—June 26,**  
**1:00—2: 00 PM**

**Grief Recovery Support**

Grief is the normal emotional response to change or loss – death, divorce, moving, finances, health, relationships, and so on. Grief is also the result of unmet hopes, dreams and expectations and the loss of intangible concepts such as safety, trust, security, respect, faith and hope. People say you must let go and move on in your life, but they don't tell you how to accomplish that. The Grief Recovery Method makes that possible.

**Member Rate \$15 + Workbook \$26**  
**Thur., May 9 - June 27,**  
**9:30 AM - 11:30 AM**

**Into to Leatherworking**

You will learn the artful skills of design and how to correctly produce beautiful, handcrafted projects. Upon completion you will have a better understanding of the trade, the qualities, versatilities, and strengths of leather. Class projects (time permitting): book marker with tooling and acrylic paint, mystery braid bracelet, cat or dog collar or luggage leash, card or billfold wallet. Supply kit is \$40, payable upon registration.

**Member Rate \$73 + Kit**  
**Fri., June 3 - 17,**  
**1:00 PM - 4:00 PM**

## A Final Thought....

We've had a great start to 2024 with more members than ever accessing CLSA programming. In fact, our enrollment in programs has never been higher. The program staff are busy setting up the Spring and Summer programs and are bringing some new and exciting programs to CLSA. Summer doesn't have to be dull. Consider taking an art class even if you can't draw a straight line. In fact, most art doesn't require even one straight line. How about a music class? Start small with harmonica lessons and be the hit at your fire pit this summer. Whatever you do, stay active and involved. Don't isolate. Just come for coffee or to browse in our Never Stop Reading Used Book Store. Your next summer novel is here and it's considerably less than a cup of coffee. With more events, more programs, and more Members, CLSA is a hive of activity. Come for the programs. Stay for the people!

Janice Pearson, Executive Director

## Got Books? We Got Room!

We are once again accepting gently used books. Please drop off your donation of books at the front. A donation of books helps us with program costs and funding our Scholarship Program for Low-income seniors.



## Let's Talk Refunds

CLSA, along with other senior associations in the city have a "no refund policy". Why? Because our instructors' contracts are set based on the number of people signed up for an activity. There are always exceptions and, if you feel you need a refund, please write a note to Janice, who will make the final decision. Thank you for understanding.