



Annual General Meeting

To address our succession planning, several board positions are available to be filled. Members attending the AGM will hear from the Board candidates and vote on new and current directors running for a second two-year term.

Corporate Registries has advised us that some changes are needed in our Bylaws. We need your votes to make these amendments, so be sure to attend on August 20 from 1:00 to 2:30 p.m.

Have your voice heard as we move **forward together!**

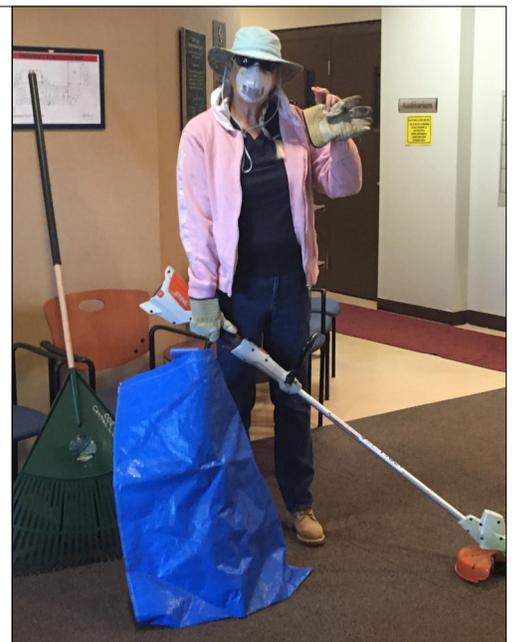
Flexible City Staff Hard at Work

With so many City personal having been laid off, (including Cashier **Sharon** and Admin Assistant **Brandy**) remaining staff were deployed to work in other departments.

Our amazing Custodian **Cheryl** was sent to the transit system. Fortunately, our Facility Manager, **Dawn Linman** and Programmer **Carol Mudryk** have been working hard to ensure the building remains standing and fall program planning move forward.

Because the Parks department was short staffed and only permitted to do the basics, Dawn took on the role of groundskeeper. "This qualifies as '10% other duties' in my job description." says Linman in her positive, humorous way.

We tip our hats in a show of respect and appreciation to our amazing co-workers. Thank you Carol and Dawn.



A Note to Our Valued Members

It's been a while since we've seen your friendly faces at CLSA. We miss you!

We know you have many questions on how and when we can relaunch safely. After reviewing what some other seniors' centres have offered during this unprecedented time, we have chosen not to offer online classes due to our limited staff numbers, the expense involved in the set-up, and the production and delivery of this option. Additionally, with City staff being on furlough, we do not have a way to collect payment, and have instead, left these classes to established retail providers like private instructors and YouTube. Rest assured that we have not forgotten about you.

Due to the pandemic, **we will not be moving forward with Summer programs**. This is a heart-breaking situation for you, our instructors, and the staff who have spent so much time planning summer courses.

During our shutdown, our staff have been working remotely and developed exciting new operational measures to serve you better when you do return.

We are 85% complete in our programming plans for the Fall 2020 terms, and if we are allowed to open, the first class of the first term will start the week of September 14th. If not allowed to relaunch by then, our Plan B is to start Term 2 on November 3rd. Pending that date being cancelled, we will plan for the Winter 2021 session.

Our plans are taking into consideration physical distancing, with class sizes being reduced. As required, and for everyone's protection, we will be taking temperatures, providing face masks, installing sneeze guards at the reception desks and adding more sanitizing gel stations and wipes.

We will also be accommodating required changes for the operation of clubs and drop-in activities. More news will be shared as plans are solidified.

In other news:

If you have received a refund cheque from the City of Edmonton for courses that were cancelled, some members have stated they want to donate these refunds to CLSA to cover costs and pay instructors. However, we encourage you to cash them, which will allow the City to balance their books.

On a final note:

Several members have started a **walking group**. On nice-weather days, they meet at the centre at 1:00 p.m. and walk around the building. **Tai Chi** is also stopping by to practice and socialize on Fridays. They gather between 1-1:30 p.m.

You are invited to join them for a bit of socializing, as long as you follow personal safety protocols as set out by Alberta Health Services. The building won't be open so come with an empty bladder and a full bottle of water.

We hope to see you all very soon.



This newsletter celebrates CLSA, its staff, members and the choices CLSA provides!

2019-20 Board of Directors

President and Chair: Vic Kowalewich
Vice President / Chair Dennis Horrigan
Treasurer: Keith Anderson
Secretary: Marie Danielson
Past Chair: Alex Paterson
Directors:
Ramona Gallant Grant Robertson
Jeff Pearson Cassandra Wallace
Sharon Campbell Bob McKenzie
Gladys Loong
Executive Director: Susan Mann

The CLSA AGM is on August 20 from 1:00 - 2:30 pm.

Hold the Date!

Here are some upcoming activities dates to be aware of:

Soft Launch (TBC) - mid July
Fall Program guide - July 27
Registration week - Aug. 17
Annual General Meeting - Aug. 20
Fall Clubs - Sept. 7
Fall Program Term 1 - Sept. 14
Fall Program Term 2 - Nov. 1

Welcome To Central Lions
for those 55 and over.

If you would like a guided tour
please call 780-496-7369.

This newsletter appears in full colour on our
website: www.CentralLions.org

We are now on Facebook
with **416 followers!**

Like us, share and
comment on our posts.
Get the latest news, views and more!
[https://www.facebook.com/
CentralLionsSeniors/](https://www.facebook.com/CentralLionsSeniors/)



50/50 Raffle

The Fund Development committee has six 50/50
draws each year. Tickets are available at the
front office for \$5 each.

Revenue generated through this fundraising
activity supports our program expenses.

The winner of the March draw of \$72.50 is Ron
Strauss. Congratulations!

The next draw date will **to be determined.**

We are now accepting ads for this newsletter
with a reach of approximately 1,500.

Newsletter rates are as follows:

Business Card (3" x 2.5") \$25
¼ page (4" x 5.25") \$40
½ page (8" x 5.25" or 4" x 10.5") \$80
Full Page (8" x 10.5") \$150

Deadline is the 15th of each month for the
following month. A set-up fee may be
required. Email Francine@CentralLions.org

Central Lions Seniors Association

11113 - 113 Street, Edmonton AB T5G 2V1
Website: www.CentralLions.org
Phone: 780-496-7369 Fax: 780-442-0946
Email: info@CentralLions.org
Hours of operation: 8:30 am to 4:30 pm

WILLS, ESTATES & NOTARY.

MARRAZZO LAW OFFICE

Lina Marrazzo B.A, LL.B

Call us today at (780) 756-5500

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

Email: mlo@marrazzolawoffice.com



Introducing our Newest Staff Member

Hello! My name is **Francine Wong**, and I am delighted to join CLSA as the new **Marketing and Communications Coordinator**.

I come to CLSA with three years experience as a freelance communications advisor where I did marketing and re-branding work for organizations such as the Institute for the Advancement of Aboriginal Women and Millar Power Skating. I will be working at CLSA while I complete my Professional Communications degree at MacEwan University.

I am currently working on a new CLSA website, and I can't wait to share it with you all.

In the future, I'll be working on the program guide and newsletters, and I'll be transitioning into the role of **Volunteer Coordinator** while our Office Manager Tracy Thorne works hard to ensure that our new registration software is up and running for the fall.

Outside of the office, I volunteer as an editor for the *Bolo Tie Collective*, which is MacEwan's creative writing club, and for *Pathways*, and archaeology journal from the University of Saskatchewan.

On my days off, you can find me curled up with a good book, practicing my poetry writing, or coasting on my road bike along the river valley.

I'm excited to be a part of the team at CLSA, and I'm eager to contribute to the communication efforts here. I hope to meet many of you in person as I settle in and learn more about the vibrant community of Central Lions!

VOLUNTEERS remain the Heart of our Centre

CLSA will be sending out a **short survey** to our current volunteer base and club coordinators to determine your interest in changing roles as we relaunch under Phase 2. As we reopen the facility, our need for volunteers to support administration, the fitness centre, the in-house ambassador program and the new registration software will increase. We will need a little extra help over the next few months.

We will temporarily relax some of the volunteer application process to facilitate speedy placement of volunteers who will be critical to our reopening.

We need volunteers in the following positions:

Ambassador - Greet and screen members; take temperatures and distribute masks; ensure everyone practices personal hygiene; act as host for instructors and general interest presentations.

Program Registration - Assist members with online registrations, both in-person and over the phone. A two-hour training session will be provided in July, and schedules will be made to fit your availability. Basic computer skills are required.

If you are not a current volunteer but are interested in a role to assist with our relaunch plans, please send an email to Francine@CentralLions.org.

If you have a little extra time and want to support CLSA, we'd welcome your time and effort.

Do you wanna know a secret?

Our *Road to Independence* from the City of Edmonton continues with the creation and implementation of new registration software. "We have been working on this exciting new component for almost a year and are very excited (and a little bit nervous) to launch the new process for the fall 2020 session." said Executive Director Susan Mann. She adds "Members will be able to renew memberships and register for programs online in a seamless process that will allow them to view and select courses and clubs right in the software."

The software resembles other retail sites where shoppers add items to their cart, check out and pay by credit card. Cash payments will still have to be made in person at the centre. Volunteers will be on hand (and over the phone) to assist members in the process, but it's pretty intuitive!

All current members will be sent an email in August advising them that the software is live, complete with instructions on how to access the site, change their password, confirm personal information and proceed to purchase barcodes for upcoming programs. Information also displays the number of participants registered in a course, allows waitlists, and materials needed and more.

The software and data are housed in Canada with tight security measures in place. "We explored many different software packages before making the decision to go with this provider. We wanted a simple, user-friendly, seamless, integrated system where we have control over content," says Mann.

We were extremely lucky to receive a grant from the City of Edmonton to purchase this software and are grateful that the City continues to support us.

The software launch will coincide with our new website and logo; both bring a more contemporary look and feel, along with a grateful nod to our founders, the Host Lions.

Zion Senior Home Care



VISION

To improve the quality of care for seniors in Edmonton.

MISSION

To provide our clients, their families and our community with affordable private home care service and support in a home base environment. We bring high quality care right to your front door, so that you can get better in an environment that is comfortable and familiar to you.

VALUES

We care for our client with the respect, dedication, teamwork, integrity, and compassion.



OUR SERVICES

- Companionship
- Respite Care
- Hospice care
- Alzheimer's & Dementia care
- Hospital & nursing Home companion --
- 24 Hours Care
- Senior Home care
- In-Home care
- In-facility caregivers
- Rehabilitation Centers
- Personal Care
- (Bathing, grooming, dressing, sweeping/mopping, light housekeeping, Laundry)
- Meal preparation
- Errand & Medication appointment & shopping
- Non-medical transportation services --
- Medication reminders
- Prescription pick-up
- Child Care (New mom who need helping hand)

Zion Senior Home Care



10161 80 Street
Edmonton AB, T6A3H9
Office Phone Tel 780-328-4412
Cell Phone Tel 587-507-5494
zionseniorhomecare@yahoo.com

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for a free consultation**
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Attention Club Members

When the pandemic clobbered the world, everyone scrambled to shelter in place. CLSA was no exception. No one could have imagined the questions and concerns we would be faced with, personally and organizationally. It has taken us a while to analyze the repercussions of the madness that encompassed us for the first month of lockdown.

CLSA responded to the immediate priorities by refunding program fees and paying instructors, developing processes for staff working from home, establishing Zoom accounts to continue with important meetings and other behind-the-scene activities.

It took us a while but we have determined how to deal with club fees that were paid to participate from January to August. **Refunds will not be issued through the city's RAMS system** but rather, each member will have a **credit on their new account**, pro-rated from March 16 to August 31.

Plans to open are dependent on permission and preparedness by our landlord, the City of Edmonton. Our hope is for a 'soft launch' midsummer (fingers crossed). This plan has many moving parts, and our philosophy is to be agile and responsive with the focus on safety.

Stay tuned to our website and check your email for updates as we move **forward together**.

Central Park Apartments

For Rent:

Renovated, spacious, two bedroom, 2-bath suites in downtown Edmonton.

- ◆ Adult building
- ◆ Tile and laminate flooring
- ◆ 4 kitchen appliances
- ◆ Private park for residents' use
- ◆ Close to Grandin LRT station
- ◆ Laundry facilities close to suite
- ◆ Parking available
- ◆ Balcony
- ◆ Large in-suite storage
- ◆ Sorry, no pets.

Incentives Available

Call **Donna**
780-721-3248



I'm a Senior: Hear Me Roar!

I've worked hard all my life and am grateful for what I've accomplished. Making senior partner at my firm was a proud moment.

Sure, I've had challenges: personally and professionally. I have to wear glasses, and everyone around me speaks quieter. My knees creak and I wear insoles. My grandson calls me 'Granny' but I secretly love it.

I qualify for discounts and can park closer to the mall doors. I know how to email, Zoom and order things online. I am wise and have so much to offer if you'll only ask my sage advice.

I am proud to be a 'senior,' gray hair and all!

anonymous



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CENTURY 21
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