

MAY / JUNE 2020 EDITION



NORTH EDMONTON SENIORS NEWS

@ NORTHGATE LIONS SENIORS RECREATION CENTRE

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The Centre is closed and All Activities, Clubs & Events are Cancelled For Now

Please check our website or subscribe to our e-communications for updates on facility and NESA operations.

Visit us at www.nesa1.ca

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"The longer I live,
the more
beautiful
life becomes"

~ Frank Lloyd Wright

Next newsletter will be
July/August 2020
Cut-off for submissions is
Wednesday, 24 June 2020

Join us for Laughter, Learning & Living!

Message from the NESAs Board President:

The time since the actions to deal with the COVID-19 situation were announced, has been extremely challenging as we try to understand and cope with the situation we are facing. I have spent countless hours watching the news and reading about the effects of the coronavirus, trying to comprehend the effect on our lives and on the operations of NESAs. How will the various assistance programs announced by the different levels of government impact us? Do we qualify for assistance? How will our operations look? What will back to normal look like?

Recently the governments released more details on the wage subsidy as well as the possible relaunch schedule. Unfortunately the timelines are still unknown and recreation centres appear to be one of the last businesses to open.

The Board and almost all committees have not met since the closure of NESAs was implemented. Now that there is at least a little bit of clarity, the Board and committees will resume some activities. The financial statements are being prepared on a monthly basis. However, with the changing outlook on program delivery, a financial projection will also be prepared to forecast our year end results.

Proposed bylaw changes will be reviewed and finalized, ready to present to the membership at the AGM. With the restriction as to the number of people who can attend an event, we will not be able to have an in person AGM until this restriction is changed. The provincial government has allowed non-profits an extension of the deadline to have an AGM to September from June. As soon as the date for our AGM is determined, we will let you know. The future still looks filled with uncertainty as we try to navigate through these unprecedented times. I want to extend a big thanks to Nancy for her leadership through these tough times and to all our staff for their exceptional work.

We will continue with regular updates through our website and emails. Above all, the safety of our staff, our members and serving our vulnerable seniors are our top concerns.

Please be safe.

Randy Tomin,
President

Message from the NESA Executive Director (ED):

It was good to have the month of April go by so quickly, it was difficult to get away from bad news. Your patience as we have worked through the refunds has been appreciated. Although we moved to the electronic My Senior Centre, much of our processes are still manual, with many hands on the paperwork as it travels along the system. As we embarked on the verification of the Winter refunds, we were still holding out hope that the Spring session would take place in some abridged form. A few weeks in, it was obvious that session could not take place at all and thus the second round of refunds started.

When we open, there will be changes to the processes for the benefit of everyone. As of the date we are putting the newsletter together, we don't know what restrictions will be in place for physical distancing and room capacities. As we receive those guidelines, we will share that with the membership and if you don't subscribe to our emails, I would encourage you to do so by visiting the website.



On May 1 our neighbors at St. Michael's staged a parade in our parking lot for the residents, they had quite a few cars that went around a few times.



And the clean-up is on!

In other news I spotted a fox behind the building. Of course when I had my phone ready to take photos he was not around. Sly like a fox I guess!

Nancy Melnychuk
Executive Director

FUNDRAISERS



Ongoing Fundraisers

Earlier this year NESAs partnered with M & M at Northgate on a new fundraiser. If you are looking for ways to support NESAs even while the centre is currently closed, simply shop at the Northgate M & M and tell the sales clerk you are a NESAs member. 15% of your total order is given back to NESAs. Great news, you *don't* need to be a NESAs member to support us, so be sure to encourage your friends and family to shop there too!

What Makes a Successful Fundraiser

Anne Stipdonk is a longtime NESAs member who sits on the Fundraising Committee, and is the Puzzle and Bake Sale lead. We asked Anne to share her thoughts on why our fundraisers are so successful. Her response was: The amazing team of volunteers who help out.

"I would like to send a great big 'thank you' out to Anne S. and Carolyn C. for all the great work they do during our monthly puzzles sales. They are always there well before the sale starts and stay afterwards to help pack up. Though we haven't been selling any puzzles lately, hopefully we will be back in business pretty soon."

"I would also like to thank all the ladies who help put on the bake sale - Edith P., Anna I., Janet C., Brenda D., Carol M., Rita R., Beth E., and Marie S. They do the pricing, organize the tables, look after the selling of the baked goods and finally the clean-up. They do such a good job, they are usually sold out by noon!"

~Anne Stipdonk



FITNESS AT HOME



Exercise at Home

As we know it might be a while before we are able to return to our exercise classes and the fitness centre at NESa. So if you are looking for an at-home workout using some of the portable equipment you might have, give these exercises a try! Click [here](#) for exercise instructions and video demonstrations.

Username: Exercises **Password:** Movement2020

Exercise Guidelines

- Choose **4-6** exercises to start and add more to your workout as you feel ready to do so
- Start with **8-10** repetitions of each exercise (Remember to exercise *both* sides of the body if the movement focuses on just one side at a time)
- Complete **1-2** sets, adding a third after you have had a few workouts
- Choose **light** resistance bands/weights to begin and add more intensity/more weight as you feel more confident

Exercise Equipment Inquiry

Do you need to buy some equipment? NESa has a few gently used stability balls and ankle weights for sale along with some brand new resistance bands and infinity loop bands.

Please contact Jollean at 780-496-4915 or email her at Jollean.Ferrari@edmonton.ca for more information or to arrange for payment and curbside pick-up.

Customized Program Design

If you would like to hire one of our personal trainers for a personalized program design based on the equipment you have at home, please contact them directly to set this up. Program design is \$30.00 and payment arrangements are made directly with the personal fitness trainer.

Jollean Ferrari - 780-974-2049 - nesatrainer@gmail.com

Falon Fleming - 780-977-1820 - falonnnesafitness@gmail.com

Billy Yu - 780-708-1626 - yu_billy@msn.com

FITNESS AT HOME



Exercise at Home with a Resistance Band - Upper Extremities

Click [here](#) to see these exercises demonstrated online

Username: Exercises Password: Movement2020

External Shoulder Rotation (Option I)



External Shoulder Rotation (Option II)



Shoulder Lateral Raise with Resistance Band



Shoulder Front Raise with Resistance Band



FITNESS AT HOME



Exercise at Home with a Resistance Band - Upper Extremities

Click [here](#) to see these exercises demonstrated online

Username: Exercises Password: Movement2020

One Arm Reverse Fly with Resistance Band



Two Arm Raise with Resistance Band Loop



Shoulder Abduction with Resistance Band



Triceps Extension with Resistance Band



FITNESS AT HOME



Exercise at Home with a Resistance Band - Upper Extremities

Click [here](#) to see these exercises demonstrated online

Username: Exercises **Password:** Movement2020

Bicep Curl with Resistance Band



Chest Press (Anchor band under arms/chair)



Upright Row with Resistance Band



Back Row with Band (On floor or chair)



FITNESS AT HOME



Exercise at Home with a Resistance Band - Lower Extremities

Click [here](#) to see these exercises demonstrated online

Username: Exercises Password: Movement2020

Sit to Stand with Body-weight (Squat)



Resistance Band Squat (Option I)



Resistance Band Squat (Option II)



Squat with Ball



FITNESS AT HOME



Exercise at Home with a Resistance Band - Lower Extremities

Click [here](#) to see these exercises demonstrated online

Username: Exercises **Password:** Movement2020

Side Step with Resistance Band Loop



Banded Walk



Hamstring Curl (Use weight or body weight)



Bridge with Hip Abduction/Adduction



FITNESS AT HOME



Exercise at Home with a Resistance Band - Lower Extremities

Click [here](#) to see these exercises demonstrated online

Username: Exercises **Password:** Movement2020

Standing Hip Marches



Seated Hip Flexion



Hip Extension



Knee Extension (Band or Ankle Weights)



VOLUNTEER OPPORTUNITIES

While most of our volunteer positions at NESAs have temporarily come to a halt, there is still an opportunity to get involved with different organizations in the community. A number of different positions have become available, some you can even do without ever leaving your home! The AlbertaCaresConnector website has launched for Albertans to easily search for nearby volunteer opportunities during this time.

Please note these are **not** NESAs volunteer positions, and each organization is subject to their own volunteer process. Please expect some delay with your applications.

VIRTUAL VOLUNTEERING:

Volunteering has a new look these days! Our community has posted a number of virtual volunteer opportunities you can do on your computer from the comfort of your own home!

Examples in Edmonton:

- | | |
|---------------------------|----------------------|
| - Transcribing archives | - Web design and |
| - Facilitating (remotely) | social media |
| - Boards/Committees | - Thank you emails |
| - Photo/video editing | to frontline workers |

COMMUNITY OPPORTUNITIES:

A variety of other community opportunities are available if technology isn't your thing! Some positions you can still do from home, and others require volunteers out and about in the community.

Examples in Edmonton:

- | | |
|-----------------------|---------------------|
| - Sewing bags & masks | - "Porch"raits |
| - DriveHappiness and | photography |
| other transportation | - Foster a dog |
| or delivery services | - Thank you letters |



Visit the AlbertaCaresConnector website at
WWW.VOLUNTEERCONNECTOR.ORG
for current opportunities! Stay safe!



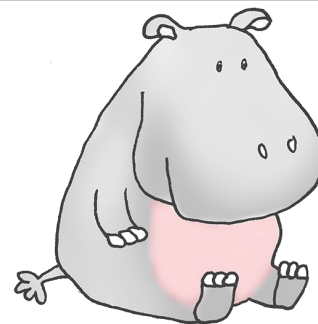
VOLUNTEER NEWS

Please assume all volunteer positions are **cancelled until you are notified otherwise**. If you have any questions or need to contact the Volunteer Coordinator, please leave a message at 780-496-4776.

VOLUNTEER APPRECIATION EVENT CANCELLED

It is with a heavy heart that we announce the cancellation of our 2020 Volunteer Appreciation Event. We genuinely appreciate all of the hard work and dedication you have shown to NESAs this past year and we hope that you know we sincerely appreciate you every day!
We can't wait to celebrate together again.

Please be advised that all individuals eligible for invitation to this year's event (30+ hours in one calendar year) will be invited to celebrate at the 2021 Volunteer Appreciation Event. See you there!



We hippopotamus miss you!

NATIONAL VOLUNTEER WEEK! APRIL 19 - 25, 2020



"Hey Volunteers! We miss you VERY much! Happy National Volunteer Week!" ~ From the staff at NESa!

HAPPY NATIONAL VOLUNTEER WEEK!

At the end of April, we celebrated National Volunteer Week online! (You can still check out the different posts on our Facebook, just scroll down!)

We posted new content every day to help celebrate all of you from a distance, including thank-you messages, statistics, testimonials, pictures and more. We hope you had a wonderful week - thank you for volunteering with NESa and for celebrating with us online this year! We

To help us virtually celebrate National Volunteer Week, community members were able to send in e-messages for our volunteers! Here's what some had to say...

Thank you to all of the knitters who do such an amazing job creating toques and scarves for our students and those less privileged every year. You've kept hundreds of people warm in the winter and wearing smiles all year round.
From Michaela

Thank you to all of the volunteers who work so hard to sign us up for programs and activities every season. Your efforts are appreciated and we look forward to returning to your centre to sign up for more talks and dances!
~ Peter C.

Happy National Volunteer Week and thank you for being such a friendly bunch, I miss you all and hope to see you soon, god bless From Stan and Mary

Thank you to the men and women of the NESa, it's hard to find good help and dedication. At a recreation centre like yours it is evident that this community thrives because of the man and woman power put into all of your activities, much goes on behind the scenes and it is important you are thanked. Great job everyone, you deserve the recognition.
~ Aaron from Belmont

NESa has the best volunteers!! They are the hardest working group of people that have created a centre that is vibrant and friendly!! ~ Anonymous

I would like to give accolades to the seniors who take care of us fellow seniors and our tax returns. Now there's a job most of us could not (and want not to) perform. Thanks for volunteering to keep our figures organized for the tax man! ~ Marge

NESa Volunteers are like stars.....while you can't always see them, you know they are there..... Thank you volunteers for creating a spectacular and out of this world community. I look forward to returning to your center for more fun and activity.
Sincerely yours, Agnes

Way to go volunteers, you make the world a better place & make it more enjoyable & fun. Thank you for what you do for all of us. ~ Linda

North Edmonton Senior volunteers are the best. You make the best cookies and Easter bread ever. Missed your sale this year but excited about your next bale sale. As a neighbor just down the road, you guys make retirement look exciting. Thanks for all that you do and stay safe everyone.
~ Anonymous

CHAMPIONS!- - - - THANK YOU ALL FOR YOUR SERVICE =-) <(*)ELAINE(*)>

Thank you volunteers for everything you do for us at NESa - - - you are the driving force behind the organization and we should all be so grateful for everything you do.
Sincerely, Heather
NESa Member

NESa volunteers, whatever area you serve in at the centre, remember that you are such a vital part of the success at NESa! Without you ALL, we could not serve to each other and the community. Each one of you is a star to me! Thank you and hope to work with you again soon!!! ~ Anon.

NESa couldn't operate without our volunteers! Thank you all for fundraising, working on the front desk, bartending, and more!! ~ Anonymous

Thanks to all volunteers who help with the book sales, we stock up on new titles every season and appreciate how simple you make it for us to find what we want. Your books are keeping us so busy during this quiet time, thank you for making them so affordable and for having so many to choose from. Looking forward to coming back for your next sale, you are definitely worth the drive in from Red Deer. Thank you.
From Olga and Peter

CARE UPDATE

A Big Thank You to Members and Friends of NESAs!



On behalf of the Outreach team and the entire organization, we wanted to thank everyone who donated their Winter or Spring 2020 program refunds to the *Supporting Our Seniors* or other NESAs donation campaigns. Your donation makes a huge difference in the lives of seniors who may be in need of emergency supplies or supports. Thank you for your generosity and for helping make a positive difference in the lives of others! Since our facility closure in March, we have raised a total of **\$4,371.65** - this is amazing!!
Thank you everyone!

Home Supports:

While the recreation centre remains closed, our home supports are still available and there have been no changes to this program. We are still your resource for credible service providers who can perform housekeeping, snow removal, yard maintenance, home repairs and maintenance, moving help and personal services.

If you would like more information about the program or need a referral please contact us at 780-414-8790.

Outreach:

We are here for you, please feel free to give us a call if you need help or want to chat! Our friendly phone call program is still going on. We normally call everyone on the friendly phone call list once a week to do check ins; if you know of anyone who can benefit from this program please let us know. We take referrals from anyone including self referrals for this program.

Lastly, if you're struggling to meet your basic needs or having trouble please reach out to us as we would be glad to help. Know that we miss you all!
The Outreach team can be reached at 780-414-8790.

JUST FOR THE FUN OF IT

BORED OF BEING BORED, BECAUSE BEING BORED IS SO BORING?

Here are 5 activities you can try!

1. Write a blurb or message about a memory or things that you miss about the centre and post it on our Facebook Page. **I am sure the members and staff would love to hear about it and reminisce. What a great way to stay connected!**
2. Get off of the couch and get active! Try an online fitness program, crank the tunes and dance like no one is watching, or go for a walk. **If you happen to be strolling by the centre, feel free to look in the office windows and scare the pants off of one of the staff members! If we happen to be in, we would love to wave hello!**
3. Pamper yourself! Use those smelly bath bombs that you've been collecting and give those lil' piggies that well-deserved pedicure. Groom your hair, moisturize, and pluck those eyebrows. **Besides, when we are able to see you again, we want to be able to recognize you!**
4. Make meal time fun. Try a new recipe or add some theme dinners to your meal plan. Some family favorites are: breakfast for dinner, finger food only, home made pita pizzas, 'whatever's in the fridge' soup, only green food (or whatever color you choose), culture nights, etc. **Feel free to post those recipes and ideas on our Facebook page!**
5. Finally sort and create those vacation photo books that you have been meaning to do for the last 10-15 years. **This way the albums be ready for the day that you are allowed to have company again.**

April Newsletter Answer Key: ANIMALS OF ALBERTA

Moose	Caribou
Weasel	Porcupine
Beaver	Muskrat
Cougar	Lynx
Bobcat	Grizzly
Coyote	Buffalo
Gopher	Squirrel
Sheep	Antelope
Chipmunk	Marten
Goat	Marmot

Current Routine



OTHER INTERESTING STUFF



Going Green When You Shop!!

Just pointing this out.....



Let me get this straight. I go to IGA, Sobey's, Save-on Foods, Safeway, or Superstore and buy a pack of sliced ham wrapped in plastic, a loaf of bread in a plastic bag, 4 litres of milk in a plastic jug, a pack of napkins wrapped in plastic, a Greek salad in a plastic container, a plastic bottle of mustard and a plastic bottle of ketchup, and they won't give me a plastic bag to carry it home because **the plastic bag is bad for the environment??**



SPECIAL ISSUE QUILT

made by NESA's
Pins & Needles
Quilting Club 2020

In memory of the
COVID-19
Pandemic and all that
T-P hoarding!