



# North West Edmonton Seniors Activity Centre - January 2021 News



STAY SAFE  
&  
STAY HEALTHY

12963 - 120 Street NW  
Edmonton, Alberta  
T5E 5N8  
Ph.: 780-451-1925  
Fx: 780-452-7537  
www.nwess.ca  
Monday to Friday  
8:30 - 4:30

STAY IN TOUCH  
WITH  
FAMILY & FRIENDS

HAPPY NEW YEAR TO ONE AND ALL

## President's Message

### HAPPY BIRTHDAY to Everyone Celebrating in January

2020 is over and we can all look forward to 2021. I hope everyone's Christmas went well with no serious illnesses. We hope it will be a much better year and things will get back to normal. With the vaccine now being administered we still need to ensure to wash our hands and sanitize, as well as keeping distances to ensure we can limit the spread of Covid-19. As the year moves on it will become harder to maintain the dedication it takes to keep up the routine but it is very important to do this. I cannot imagine the drop of impact we can have on the regular flu season if we continue to do our due diligence of washing, sanitizing and staying home when not feeling 100%.

With our Center being shutdown, at least until the 12th of January, we need to keep in touch with all our friends and neighbors without physical contact to ensure everyone's wellbeing. There are several resources out there that can help you, so call the Center and discuss this with one of the staff who will be able to assist you. All Senior Centers and Community Groups are still out there for you. Let's get past this terrible time and move towards a much safer and enjoyable 2021.

Have a very Happy New Year. See you all soon.

Dale Conrad  
NWESS President

**Executive Director's Message**

**Hello Everyone,**

North West Edmonton Seniors Centre is closed until at least January 12, 2021. Due to the increase of COVID-19 cases, Provincewide Mandatory Restrictions are in place effective December 13<sup>th</sup> until at least January 12, 2021. Re-opening the centre for programs will depend on these restrictions as applied by our Provincial Government and AHS.

We look forward to when we can have programs again and welcome all our members back. NWESS will keep you updated through the monthly phone out or through email. Please help each other by doing your part; Stay Home and Stay Safe!

Until next month, Debbie Creaser

**ANNUAL GENERAL MEETING**

Our AGM (Annual General Meeting) is Tuesday, February 23, 2021 @ 10 am. We are taking nominations for Board members as well as Life Members starting January 4<sup>th</sup>. The Nominations Committee members are: Vina Locke, Carrol Richert and Linda Frank. The Board positions to be voted on this year are: President and 2 Trustees.

For Board position descriptions and information, please contact one of the Nominating Committee Members. If you require assistance contacting a Nominating Committee Member, an office staff person can assist you.

**GET INVOLVED - HAVE A VOICE - BE THE CHOICE**

**Life Membership**

To nominate a member for Life Membership, please see the Life Member Guidelines on page 3.

**2021 FREE TAX CLINICS**

We have set up the following dates for our tax clinics. They will be on:  
March 11 & 12 - 11:00 to 3:00  
April 8 - 10:00 to 3:00  
You must call for an appointment.  
Guidelines for income must be:  
Single - \$35,000  
2 Persons - \$45,000  
We cannot do estates, deaths or self employed.

**Members we have lost in 2020:**

Josephine Splawinski, Steve Kulych, Lucy Harris, Vivian Creaser, Audrey & Nick Scholotiuik, Marge Robinson, Glen Malcolm, Mary Yanew, Flo Rankin, Norm Pelletier, Mary Starr, Alex Pfau and Eddie Popowich.

**Our thoughts and prayers go out to their families.**



Hi Everyone,  
My name is Kathy and I'm the Home Supports Coordinator for the North West District.

The Seniors Home Supports Program is a referral service that provides anyone **55 plus** with referrals to screened service providers.

The postal areas for the North West District are: **T5E, T5G, T5H, T5J, T5K, T5L, T5X and T6V.**

If you live outside of this district and are looking for referrals, call me at the phone number above. I will provide you with the name and phone number of the Home Supports Coordinator in your district.

Please contact me if you have any questions about the program. I'm in the office Monday, Wednesday and Friday 8:30am to 4:30pm. Also check out the Seniors Home Supports website at [www.seniorshomesupports.com](http://www.seniorshomesupports.com)

**You don't need to be a member of NWESS to receive referrals.**

**If you know of anyone that has a business in one of the services above and you think they would be a good fit for the Home Supports Program, please give me a call @ 780-482-1958!**

**North West Edmonton Seniors Society  
Seniors Home Supports Program**

Provides referrals to screened businesses, community groups and individuals which offer:

- SNOW REMOVAL
- YARD HELP
- MOVING HELP
- HOUSEKEEPING
- PERSONAL SERVICES
- HOME REPAIR & MAINTENANCE



**Your Community Pharmacy For Over**

**40 Years**

**HOURS OF OPERATION**

Mon - Fri: 8:30 am to 8:00 pm Sat & Sun

9:00 am to 5:00 pm

13211 - 132 Street

Edmonton, Alberta

T5L 1R9

PH: 780.455.0555

FX: 780.452.4508

Email: [info@dolardrugs.com](mailto:info@dolardrugs.com)

**MEMBERSHIPS**

The cost of a NWESS membership is **\$10.00** for renewals and \$30.00 for new members. This is for the calendar year - January 1<sup>st</sup> to December 31<sup>st</sup>.

All persons under the age of 55 may join as a non-voting associate member. They cannot hold office.

**Sign up today at the office!**

**LIFE MEMBER GUIDELINES**

*Qualifications for a Lifetime Membership:*

- Be an active member for 15 years or more
- Be 70 years of age or older
- Have contributed exceptional service to the North West Edmonton Seniors Society
- Be nominated by a fellow member. They must submit a letter of recommendation outlining the exceptional service they have given to North West Edmonton Seniors Society.

**2 Life Memberships are selected yearly. Nominations will be accepted on or before January 31<sup>st</sup> each year.**

## **WECAN Food Basket Society**

The **WECAN** Food Basket Society operates as a “warehouse without walls” - we buy all our food in bulk and distribute it at depots throughout the Edmonton area. With the help of community organizations and volunteers, **WECAN** is able to host depots at low costs and helpful recipes to prepare healthy meals.

Fresh food is the staple of any healthy diet. Our baskets offer:

Meat Order - \$15.00 which includes :

3 cuts of fresh meat

Produce Order - \$10.00 which includes:

3 Types of Fresh Vegetables

3 Kinds of Fruit

You may place your order at the front desk at NWESS. The pick up location is at the Calder Community Hall - 12721 - 120 Street. See Patty for a schedule.

## **MEALS ON WHEELS**

We still offer the frozen Meals On Wheels.

We are doing this as special orders only. We do not stock any meals at the centre at this time. If you feel you would like to try some meals, give us a call and we will place your order. We will then give you a call when your order has arrived at the centre and is ready for you to pick up.



## **2020/2021 DIRECTORY**

We now have the new “Directory of Seniors Services” here at the centre for you to pick up if you need one.

They will be at the front door. Just give us a call before you come in to get one.

## **DONATE A CHAIR CAMPAIGN**

Help support NWESS through the **DONATE A CHAIR CAMPAIGN**. A donation of \$100 or more will purchase 1 chair for the centre.

A tax deductible receipt will be issued for all donations over \$10.

All donations of any amount are appreciated. Call the centre to donate today!

## **COMING SOON**

We will soon have a donation button on our website which will allow everyone to donate directly to NWESS with debit/credit card online.

**Website:** <http://www.NWESS.ca>

**Facebook:** <https://www.facebook.com/NWESSevents>