Issue 5 Summer 2018

THE RIDER

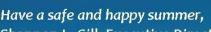
Engaging seniors to community

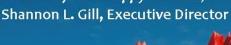
Welcome to the summer edition of The Rider!

It has been a very busy spring, with our volunteer drivers completing more than 1,400+ rides each month! Many of you may have met our newest team member over the phone - Rob Haslam - who joined us in March, to assist with ride bookings. Please welcome Rob!

On April 28, at our Annual General Meeting we elected our new Board of Directors. We have included a list of the 2018-19 Board in this newsletter. Welcome to all our new Directors!

This summer we will once again be participating in the Senior's Rest Tent at Heritage Festival. We hope you will be able to come out and join us!









MEMBERSHIP RENEWAL: DUE NOW

Please remember to send in your renewal fee of \$24 to ensure your membership is current until June 30, 2019!

To make payment you can do one of two options: (If you have already done so, THANK YOU!)

- * Cheque: Payable to LHHSA & mail to: 10740-19th Ave. NW Edmonton AB T6J 6W9
- * Credit Card: Call 780-424-5438 ext.6 (\$3 fee applies)

AUGUST 4-6 2018



For your comfort, Drive Happiness will be providing free cart rides for seniors, around the park, from the Seniors Rest Tent.

Hope to see you there! WILLIAM HAWRELAK PARK 9330 GROAT ROAD Just a reminder...

When booking your ride,

remember you are giving the appointment time, NOT the pick up time. Once your ride is taken by a

driver, they will call you directly to arrange a pick up time.



We Drive Happiness. 780-424-5438

Drive Happiness services are provided by:
Lifestyle Helping Hands Seniors Association Charitable number #86242-1310 RR0001

Mobile GPS Medical Alarm

Starting at just \$55 Monthly Fall Detection available



Peace of mind at the touch of a button

Home Based Medical Alarm

Starting at just \$35 Monthly Fall Detection available



Get help anywhere there's cell service! This *monitored* service gives you the peace of mind that you are not alone, and if anything happens, you will get the help you need quickly, anywhere.



Life Safety & Independence!

Never fear being home alone and wondering

how you will get help in an emergency situation, help is just a press of a button away



www.prioritycarecall.com • 1-877-322-0334 • info@priortyltd.com

At the Annual General Meeting on April 28, voting members and members of the public gathered to hear a 2017 year end review and plans for 2018. They also voted to elect new directors onto the Board of Directors.

Congratulations to our 2018-19 Board of Directors:

Elvis Wong — President Gladys Wong — Treasurer Tim Chan - Director Joachim Chau - Director Zeenat Damani - Director Dorthe Flauer - Director Mark Kahan - Director Kevin Lai - Director Sally Nyamokami - Director Ralph Varney - Director Tamara Vineberg - Director Cecile Wendlandt — Director

A big thank you to our out-going board members who volunteered their time & expertise to DRIVE HAPPINESS!



For every season we are here to serve all of your property maintenance needs.

780-953-9327

**Competitive rates & discounts for seniors!

Whether it be a one time service, year round or seasonal, our goal is to provide quality service to keep your property looking its best. We offer spring cleanups and/or weekly lawn maintenance, fall cleanups and timely snow removal during the winter.

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Helping Hands Personal Assistants

We are committed to assisting in your lifestyle needs.

Our services include:



- Personal Errands
- Home Organizing Projects
- Household Duties
- House Sitting
- Pet Sitting
- Moving Transitions

Let us take care of all the details. We can customize the service to fit your needs!

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Email: hhpa05@gmail.com www.helpinghands2005.com

Senior discount on ALL over the counter items

• FREE city wide prescription delivery

Our male and female doctors make home visits

- Accepting new patients & walk-ins at our clinics
- FREE 3 month Blister Pack or easy to use PackMed Pouch



Call 780-468-1557

We have 5 pharmacies and clinics across Edmonton.

Call 780-468-1557 to find a location near you.



OUR VOLUNTEERS



Volunteer Drivers Spotlight

Our volunteers are integral to Drive Happiness. Our drivers are vital, ensuring our members are able to go to their appointments safely and on time. We would like to thank all of our dedicated volunteer drivers for their hard work and commitment. Here's a close up of just a few of our wonderful volunteers!





When did you start Volunteering? January 6, 2015

Place of Birth? Edmonton, AB Favorite movie? The Departed (2006 directed by Martin Scorsese)

Where is a place you would like to visit in the world? Sweden

Why do you volunteer? I volunteer to give back. I realized that I spent the majority of my twenties living for myself. In Canada, we have so many social services and need people to put the time in to sustain them. I want to put my hand out to help others rather then to take.





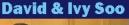
When did you start Volunteering? January 26, 2016

Place of Birth? Wainwright, AB

Favorite movie? The Notebook (2004 directed by Nick Cassavetes) and Fried Green Tomatoes (1991 directed by Jon Avnet). I can't choose!

Where is a place you would like to visit in the world? Ireland

Why do you volunteer? I really love driving and I really love meeting people. It combines two things I enjoy. It makes me really happy to help seniors stay in their home and maintain their quality of life.





David & Ivy have been married 54 years, and have four children.

When did you start Volunteering? David started January 5, 2010. Ivy has been a part of our DH Family since then, however she officially started driving April 5,2018. Place of Birth? Both in Malaysia—David in Kudat, Sabah; Ivy in Kuching, Sarawak. Favorite movie? They both love The Ten Commandments (1956 directed by Cecil B. DeMille)

Where is a place you would like to visit in the world? Israel—The Holy Land Why do you volunteer? They both feel that, "Seniors really need us! We know they are lonely and many don't have family. We like to make them happy. "

Society of Saint Vincent de Paul



If you have gently used furniture, beds & household goods you no longer want, we will pick up the items from you, at no cost. Your items go directly to a family in need. Call: 780-471-5577 or email: assistance@ssvpedmonton.ca



Heal 2 Toe Mobile Foot Care

Marrianne is a Licensed Practical Nurse who will come to your home. Call to arrange a visit!

780-952-8902

Professional foot care that is good for your sole

Seniors' Week in Edmonton is a big deal!! Each year, during the first week of June, we celebrate the senior population. Albertans are encouraged to check out these events going on around the city. These festivities are also a great way to learn about the many services and resources available to you as a senior. We invite you to check out the list below for a senior centre nearest you and learn about the special events happening June 3-9th.

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WEST		WHAT IS HAPPENING
West End Seniors Activity Centre	780-483-1209	NEAR YOU???
NORTH WEST		Monthly Dinner Socials
Jewish Senior Centre	780-488-4241	Mill Woods Seniors Association
North West Edmonton Seniors Society	780-451-1925	Monthly Potluck Dinners
		Westend Seniors Activity Centre
NORTH EAST		-
North Edmonton Seniors Association	780-496-6969	Monthly Pub Nights
Edmonton Aboriginal Seniors Centre	587-525-8969	Strathcona Community League
		Manthly Consist Lymphosis
CENTRAL		Monthly Special Luncheons Westend Seniors Activity Centre
Edmonton Seniors Centre	780-342-8625	vvesteria seriiors Activity Ceritie
Seniors Association of Greater Edmonton	780-423-5510	Monthly Theme Dinners
Italian Canadian Seniors Association	780-424-1255	Strathcona Place 55+ Centre
Operation Friendship Seniors Society	780-429-2626	
Central Lions Recreation Centre	780-496-7369	Multicultural Lunches & Entertainment
		Jewish Senior Citizen's Centre
SOUTH EAST		
South East Edmonton Seniors Association	780-468-1985	Pancake Breakfasts
Strathcona Place 55+ Centre	780-433-5807	Westend Seniors Activity Centre
Senior Citizens Opportunity Neighbourhood Assoc.	780-433-5377	Potluck Lunches
		Heritage Senior Stop-In Centre
SOUTH WEST		
South West Edmonton Seniors Association	587-987-3200	Seasonal BBQ's
Mill Woods Senior and Multicultural Centre	780-496-2997	Westend Seniors Activity Centre
Multicultural Women & Seniors Services Association	780-465-2992	