

# THE RIDER

Issue 5 Summer 2018

*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!

Have a safe and happy summer,  
Shannon L. Gill, Executive Director



## 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.



**Drive Happiness.**

SENIORS ASSISTED TRANSPORTATION

**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



# CARE CALL

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.



[www.prioritycarecall.com](http://www.prioritycarecall.com) • 1-877-322-0334 • [info@priortyld.com](mailto:info@priortyld.com)



#### 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.



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!**



## YEAR-ROUND LAWN AND SNOW

*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.

[info@yearroundlawnandsnow.com](mailto:info@yearroundlawnandsnow.com)  
[www.yearroundlawnandsnow.com](http://www.yearroundlawnandsnow.com)



## 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!

**Phone (780)244-4088**

**Email: [hupa05@gmail.com](mailto:hupa05@gmail.com)**

**[www.helpinghands2005.com](http://www.helpinghands2005.com)**

*\*Any action you take upon the information in this newsletter is strictly at your own risk.*



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.



## WE ♥ 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!

#### Phil Lefebvre



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 than to take.*

#### Heather Stinart



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 Soo



*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](mailto:assistance@ssvpedmonton.ca)



## Heal 2 Toe Mobile Foot Care

Marrienne 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**.



### WEST

West End Seniors Activity Centre	780-483-1209
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### NORTH WEST

Jewish Senior Centre	780-488-4241
North West Edmonton Seniors Society	780-451-1925

### NORTH EAST

North Edmonton Seniors Association	780-496-6969
Edmonton Aboriginal Seniors Centre	587-525-8969

### CENTRAL

Edmonton Seniors Centre	780-342-8625
Seniors Association of Greater Edmonton	780-423-5510
Italian Canadian Seniors Association	780-424-1255
Operation Friendship Seniors Society	780-429-2626
Central Lions Recreation Centre	780-496-7369

### SOUTH EAST

South East Edmonton Seniors Association	780-468-1985
Strathcona Place 55+ Centre	780-433-5807
Senior Citizens Opportunity Neighbourhood Assoc.	780-433-5377

### SOUTH WEST

South West Edmonton Seniors Association	587-987-3200
Mill Woods Senior and Multicultural Centre	780-496-2997
Multicultural Women & Seniors Services Association	780-465-2992

### WHAT IS HAPPENING NEAR YOU???

**Monthly Dinner Socials**  
Mill Woods Seniors Association

**Monthly Potluck Dinners**  
Westend Seniors Activity Centre

**Monthly Pub Nights**  
Strathcona Community League

**Monthly Special Luncheons**  
Westend Seniors Activity Centre

**Monthly Theme Dinners**  
Strathcona Place 55+ Centre

**Multicultural Lunches & Entertainment**  
Jewish Senior Citizen's Centre

**Pancake Breakfasts**  
Westend Seniors Activity Centre

**Potluck Lunches**  
Heritage Senior Stop-In Centre

**Seasonal BBQ's**  
Westend Seniors Activity Centre