



## McConachie Gardens Retirement Residence

Independent Supportive Living

Assisted Living / Memory Care

Respite & Short-Term Stays

Ask about our new approach to all-inclusive pricing for care

Virtual tours / Facetime tours available during this time.

Contact Sheila Hang directly: [Sheila.hang@reveraliving.com](mailto:Sheila.hang@reveraliving.com)

## LIVING SOUNDS Hearing Centre

**Put your trust in Living Sounds to be your hearing health partner!**

- ✓ Full-service hearing health care provider
- ✓ Service that exceeds expectations
- ✓ Customized hearing solutions
- ✓ Edmonton and the surrounding area

**FREE DRIVES TO & FROM  
YOUR APPOINTMENTS**

780-488-8100 | [info@livingsounds.ca](mailto:info@livingsounds.ca)

## WENDY'S Errands For Elders

Custom plans available to support independent living.

You decide what you need. We have daily, weekly and monthly fees to accommodate your budget and your needs.

**Free  
CONSULTATIONS!**

Phone: 780-916-8916

Email: [wendy@WendysErrands.com](mailto:wendy@WendysErrands.com)

[WendysErrands.com](http://WendysErrands.com)



Wendy Moyle

Specialist in assisting  
Caregivers &  
their Loved  
Ones



Do you think a friend might be getting hurt by a family member and you aren't sure how to be helpful or who to talk to? The Coordinators at the Sage Seniors' Safe House are available Monday to Friday from 9:00 AM to 4:30 PM 780.702.1520 or call the Seniors Abuse Helpline anytime at 780.454.8888

### Sage Seniors Association is operating virtually!

Life Enrichment Programs are being offered through Zoom and can be accessed both online and over the phone. Our programs are open to everyone, are free and don't require Sage membership. Most programs are drop-in, and a few require pre-registration. Here are some of the programs currently offered:

- **Love to Learn Information Series:** Dinner & a Movie; Healing Through Writing Workshops; Mental Wellness Learning Sessions; Everyday Fitness; Gentle Yoga: Zumba Gold; Coffee Group; Sing-a-long; Ukulele classes; Live Music; and Device & Computer Help
- Information can be found on Sage's website at [www.mysage.ca](http://www.mysage.ca) or by calling Sage at 780-423-5510

\*Actions taken upon information in this newsletter is at your own risk.



# THE RIDER

Getting seniors where they need to go

## Mental health is health!

As we learn to navigate this new world of life in the Covid pandemic, it is a good time to remind ourselves to take care of our mental health. The senior based sector has seen an increase in mental health concerns such as anxiety and depression, reports of all types of abuse, food security and housing issues. After months of staying home and social distancing, we are now venturing out wearing masks and unsure when we will ever return to a normal way of life. It is important to practice self-care. Find activities that bring you happiness and peace. Be patient with others, as we do not know the struggles that they face. If you need assistance, call 211 for help to navigate the resources available. Have a safe and healthy autumn!

*Liza Bouchard*, Executive Director

**Please note change of date and format:** Drive Happiness Annual General Meeting will be held Thursday October 29 at 6:30pm via Zoom. Please RSVP as soon as possible to receive log-in information and a digital information package.

**Ride booking reminders:** We need a MINIMUM of three business days notice to book rides. If you know of an upcoming appointment, please call and book it as soon as possible. Weekends and statutory holidays do not count as business days.

When calling to book a ride, please have the following information ready:

1. Date of appointment
2. Time of appointment—the driver will determine pick up
3. Time of return ride—check with medical clinics
4. Street address of appointment

If this information is ready before you call, then it is faster to book your ride and easier to leave a voicemail.

**Please note:** Due to Covid-19 restrictions, our office hours may vary over the next few months so please call beforehand to arrange a time to visit. Our phone hours remain the same.



780-424-5438

9916 — 45 Ave. NW | Edmonton, AB T6E 5J1

Toll-Free 888-336-4503 | [www.drivehappiness.ca](http://www.drivehappiness.ca) | Charitable number #86242-1310 RR0001

## AWARDS!

Drive Happiness  
was honored to  
receive

The Alberta Northern  
Lights Volunteer  
Recognition Award

Drive Happiness  
was honored to receive

The Betty Hughes  
Memorial Award for  
Outstanding Volunteer  
Service  
from the  
Canadian Mental Health  
Association  
Alberta Division



# Life is better, **TOGETHER.**

At a Chartwell retirement residence, you can benefit from support and safe social experiences, thanks to a built-in network of residents and staff. Enhanced safety and infection prevention measures mean you can confidently enjoy each day amongst friends, whether it be socializing, dining or participating in a variety of engaging activities together.

**SPACIOUS  
ONE-BEDROOM SUITES  
WITH FULL KITCHENS  
AVAILABLE**

Don't miss out!



Book your personalized virtual tour today at **587-745-2068**

**CHARTWELL EMERALD HILLS** | 6101 Eton Boulevard | [chartwell.com](http://chartwell.com)



**We offer flexible service plans that are tailored to your specific needs. Our main areas of support are:**

- Estate cleaning and clear out
- Downsizing
- Moving a parent
- De-cluttering
- Organizing
- Handyman services
- Preparing a home for sale

Contact us for more information:

Phone: 587-340-6059

Email: [lessentheloadtransition@gmail.com](mailto:lessentheloadtransition@gmail.com)

Website: [ltltransition.com](http://ltltransition.com)

**Customized, affordable support to lessen the load from your heart, mind and home.**

## Welcome Home

- Accommodation for adults age 65+
- Affordable rent based on your income
- 31 apartment buildings
- 11 lodges with meals and housekeeping
- Clean, well maintained, secure buildings
- Friendly, professional staff
- Recreation activities

To request an application package, or for more information, please call **780.482.6561**, email [housinginfo@gef.org](mailto:housinginfo@gef.org) or visit [gef.org](http://gef.org).



## FEELING **BLUE?**

**Call 2-1-1** to access a local friendly call program near you. Callers will make regular check-ins, often weekly, to ensure you stay connected.



## DON'T GET SNOWED IN THIS WINTER



**Call 2-1-1** or visit [seniorshomesupports.com](http://seniorshomesupports.com) for more information



### Prepare for winter! Stay safe and connected.

As winter approaches, it remains essential to stay connected and engaged. There are services in your community that can help! If you're looking to socialize, there are many friendly caller programs being offered throughout Edmonton. Just call 2-1-1 to get yourself on a call list and begin receiving regular telephone check-ins from a friendly volunteer.

With those first flurries just around the corner, it's also a good time to start thinking about winter safety. Prepare yourself by booking snow removal services through the Seniors Home Supports Program. Get referrals to screened, local businesses offering shoveling services and keep your sidewalks safe and clear. Dial 2-1-1 or visit [www.seniorshomesupports.com](http://www.seniorshomesupports.com) for more information.

### A note from our summer student Krystin:

As a psychology student, I'm particularly interested in the barriers which prevent people from living a healthy and happy life. Often times, the problem is not that needed supports don't exist. Our city hosts a plethora of resources, ranging from local businesses to leisure opportunities to excellent non-profit organizations and beyond. Rather, the problem is an inability to access these services and programs. And unfortunately, this problem is especially salient for older people who cannot drive themselves or afford for-profit driving services.

This is why Drive Happiness is such a critical fixture in our community. Rather than focusing on a specific aspect of well-being, this organization benefits seniors' overall quality of life, connecting them with whatever resources they need. Providing assisted transportation to this traditionally underserved population is a form of respect, and an affirmation that we want to live in a community where all people are valued, included, and treated with dignity, regardless of their age or circumstance.

Over the past two summers, I've had the pleasure of witnessing the positive impact Drive Happiness and its volunteers have created in the lives of local older people. I can say with certainty that this organization offers much more than transportation- it is also a vessel for problem-solving, genuine friendship, and seniors advocacy. I am tremendously proud to have been involved with Drive Happiness, and I'm confident this organization will continue to grow and change lives for the better.