



THE RIDER

Getting seniors where they need to go

"It is not how much you do, but how much love you put into the doing that matters."

- Mother Teresa

This quote really rings true of our organization. Drive Happiness is just a small piece of the huge service puzzle but we do our part with so much love. The pandemic will continue to change how we do things, but it will never change the love DH has for the seniors we serve here in Alberta.

With the isolation of winter and the restrictions around gatherings, I know this holiday season will be very different than most. I will sure miss having our holiday dinner and getting our amazing volunteers together for some treats.

Please know that the staff and I think of you every day and are just a phone call away. We have so many sector partners that can step in to assist you. This newsletter is packed with many great resources you can utilize throughout the winter months.

We wish you a safe and happy holiday season!

Liza Bouchard, Executive Director

Happy Holidays!



The office will be closed December 24th to January 4th. Please book your rides through January 6th by December 18th.

Thank you

VOLUNTEERS!



780-424-5438 | www.drivehappiness.ca | Toll-Free 888-336-4503

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

Charitable number #86242-1310 RR0001

Welcome Home

- Accommodation for adults age 65+
- Subsidized and affordable housing
- 31 apartment buildings
- 11 lodges with meals and housekeeping
- Clean, well maintained, secure buildings
- Friendly, professional staff
- Easy access to public transportation

To request an application package or for more information, please call **780.482.6561**, email housing@gef.org or visit gef.org.



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!

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Email: wendy@WendysErrands.com

WendysErrands.com



Wendy Moyle

Specialist in assisting
Caregivers &
their Loved
Ones



The Great Knitting Giveaway BY Sheridan Kleininger (GEF)

Each year, GEF Seniors Housing holds one of its biggest events, the Great Knitting Giveaway. It will look a little different this year thanks to the pandemic, but the knitting from our residents and tenants did not stop. More than 5,000 items were hand-made with love to donate to four local charities who will spread the love and warmth to their clients, now that the cold Edmonton winter is upon us.

The GEF team and volunteers from ServiceMaster spent an entire day organizing the beautifully-knit items to distribute to the charities in need. Charities that were included in the Great Knitting Giveaway this year were Operation Friendship Seniors Society, Crystal Kids Youth Centre, Edmonton Mennonite Centre for Newcomers and Edmonton Emergency Relief Services Society. Items that these charities received included hats, mitts, scarves, blankets, socks, slippers, and even sweaters! The charities were amazed to see the bags of donated items when they came to pick them up. Jimmy Morrison, with Operation Friendship Seniors Society, said "it is an amazing feeling to hand out your items [to our seniors] and let them know that someone cares about them." This year has been unlike any other. GEF's goal was simply to remind each person receiving these items how special they are, that others care about them, and there are brighter days to come!



SENIORS' CENTRE WITHOUT WALLS HOLIDAY PROGRAMS



A seniors' centre from the comfort of your own home!

Seniors' Centre Without Walls is a free phone-based program that offers recreational activities and friendly conversation. Open to older adults aged 55+ living anywhere in Alberta. Free of charge. All you need is a phone to call the toll free number.

How to register: Please call the Edmonton Southside Primary Care Network at 780.395.2626

DON'T GET SNOWED IN THIS WINTER



Call 2-1-1 or visit seniorshomesupports.com for more information



SENIORS SERVICES

Could they be a benefit to you?

Seniors Services provides preventative social programs that assist seniors and people with disabilities in maintaining their independence and enhancing their quality of life.

A housekeeping subsidy is available to assist seniors and adults with disabilities to live as independently as possible in their own safe, clean and comfortable homes.

To be eligible for the housekeeping subsidy, you must:

- be a senior (65+) or an adult with a disability or inability to complete household tasks,
- be a resident of Leduc County, Calmar, Thorsby or Warburg, and
- have a total household income of less than \$60,000 a year (as a couple) or less than \$40,000 (as a single).

Housekeeping fees are determined based on family income level and eligibility to other subsidies. The services are provided through a partnership with *Serving Hands Senior Care Inc.*



Seniors Services also offers one-to-one support to assist you with:

- Information and referrals to other local resources
- Assistance with forms and applications
- Advocacy and coordination of services
- Goal setting and future planning direction

For more information or to access any of these programs, please contact the Seniors Services Coordinator at **780-955-4554**.



Your family doctor is here for you!

If you or your family have any healthcare needs, please call your doctor and find out what appointment options are available to you. Your doctor is still the connection to the care you need. If you are looking for a doctor, please visit AlbertaFindADoctor.ca to find one near you.

Still here for you.



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.



Pandemic Planning?

Let us help keep you safe!



Wash Your Hands



Wear a Mask



Stay 6ft Apart



Sanitize

Did you know?

- ✿ We do more than just **Home Care**
- ✿ We offer **Skilled Nursing Care** by Registered and Licensed Practical Nurses
- ✿ We can assist with **Swabbing** (as we did inside the NHL Bubble)
- ✿ We can assist with **Immunizations**
- ✿ We can assist with **Screening and Training**
- ✿ Our services can be covered by a **Benefits Plan**
- ✿ We offer one time **Appointment Accompaniment Visits**
- ✿ We work with the **AHS Home Care Invoicing Model**
- ✿ We offer **FREE Caring Consults**

Call for more information



780-737-1115

www.nursenextdoor.com #makinglivesbetter

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



McConachie Gardens Retirement Residence

Independent Supportive Living

Assisted Living / Memory Care

Respite & Short-Term Stays

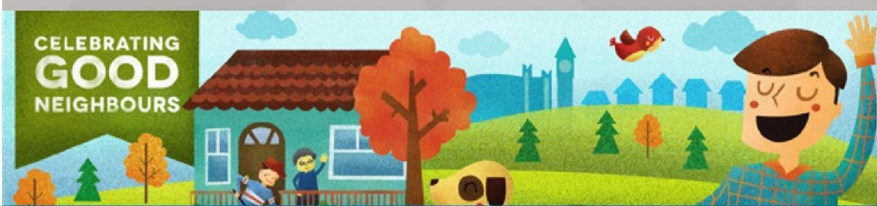
Ask about our new approach to all-inclusive pricing for care

Virtual tours / Facetime tours available during this time.

Contact Sheila Hang directly: Sheila.hang@reveraliving.com

Nominate Your Good Neighbour Today!

Good Neighbours are individuals, couples or families who make a neighbourhood great.



Do you have a neighbour who:

- Helped out in a time of need
- Shoveled your walk or cut your grass
- Delivered you groceries or picked up your medicine
- Cleaned up your yard or garden
- Checked on you to see if you needed anything, especially during isolation

Nomination Deadline is December 31, 2020

For more information or to submit your nomination contact
Beaumont Family and Community Support Services (FCSS)
at 780-929-1006 or email fcss@beaumont.ab.ca



Edmonton Seniors Centre

www.edmontonseniorscentre.ca

780-425-8625

Winter Program

- Chair Yoga & Seniors Yoga
- Peer Support Groups
- Knitting/Crocheting
- Journaling for Wellness
- Line Dancing
- Chair Zumba & Zumba Gold
- One-on-One Phone Help - Free
- Staying Internet Connected During COVID
- Watercolours

Outreach Services

- Registered Social Worker
- Income Review
- Assessments
- Housing Referrals
- Outreach services are free for 55+

WILLS, ESTATES & NOTARY.

MARRAZZO LAW OFFICE

Call us today at (780) 756-5500

Fax: (780) 757-5505 / 9535-135 Avenue, Edmonton, AB. T5E 1N8

Email: mlo@marrazzolawoffice.com

****10% off with Drive Happiness membership**



**Stressed about finances, the pandemic,
or feeling alone and overwhelmed?**

Family and Community Services is here for you.
780-464-4044

#safesupportedconnected
visit strathcona.ca/wellbeing

