



THE RIDER

Getting seniors where they need to go

"The first blooms of spring always make my heart sing."

– S. Brown



After the cold, long and dark days of winter, the spring season brings new life and fresh hope to the world with many things to celebrate. April 18 to 24 is National Volunteer Week. This entire week is designated to celebrate the thousands of amazing and selfless volunteers making our province a better place. We always knew we had some of the best volunteers around but this pandemic really shined a light on the importance of volunteer drivers. From phone calls, socially distant celebrations and surprise deliveries, you gave people love, hope and the precious gift of time. Just like springtime brings more light, volunteers have been a light in some of the darkest days for so many seniors. It is a true honor to know and work with you all.

Liza Bouchard, Executive Director



Annual General Meeting
April 14th, 2021 at 6:00 PM on ZOOM



RSVP by April 12th, 2021

Due to the uncertainty of Covid-19 restrictions we will be hosting our AGM virtually. Please **RSVP** to the office by emailing info@drivehappiness.ca or by phone. Information on how to download ZOOM, access the meeting, and bylaw changes will be sent in April.



Drive Happiness is offering rides to anyone who is eligible for the COVID-19 vaccine. If you live in one of the 26 communities we serve and don't have a safe ride, contact us!



780-424-5438 | www.drivehappiness.ca | TF 1-888-336-4503

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

Charitable number #86242-1310 RR0001

sage

Sage Seniors Association

Virtual Income Tax Clinic

Sage's Virtual Income Tax Clinic will begin on March 1st, 2021. To book an appointment, please call **780-809-9424** and leave a message with your name and phone number. We will return your call within 5 business days to confirm your eligibility and schedule an appointment with one of our registered income tax volunteers. **Please note, this tax clinic is operating entirely over the phone and you will be asked to share tax information, including your social insurance number, with one of our registered volunteers over the phone.**

Eligibility requirements:

- Annual income
 - o no more than \$35,000 for a single,
 - o no more than \$45,000 for a couple**If a couple, MUST do taxes together.**
- Simple return: can only have T3, T4 and T5 slips.
- Can't have income from rental properties, farming or capital gains (capital gains listed on a T3 or T5 slip is OK).
- Age 55+
- Can be younger if on AISH



For other options to file income taxes, contact 211.



We want to know what Drive Happiness means to you!

Send an email to info@drivehappiness.ca and share a story about your experience with the Drive Happiness program.

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.



The World Health Organization (WHO) defines ageism as "discrimination against a person on the basis of their age". It can take many forms: prejudicial attitudes, discriminatory practices, or policies that perpetuate ageist beliefs. The WHO recognizes the impact on us all, saying ageism in any form "can significantly undermine the quality of health and social care that older people receive."

COVID-19 means things are changing every day, and we look to doctors, media, and other experts to help us understand and make sense of the world we live in. When this pandemic hit, older people were labelled "vulnerable", which increased established stereotypes of older people being "weak" and "frail". The message was this: COVID-19 is primarily dangerous for older people. As a result, tensions began to present themselves between generations.

Over the years, Age Friendly Edmonton has developed tools to help shift perspectives of older adults and the aging process. If you haven't checked out some of our resources, we encourage you to do so.

Visit edmonton.ca/agefriendly to take the "Upgrade Your Mindset" digital workshop (also called the "Respect and Inclusion Workshop") to learn more about ageist thinking. You will also learn about biases you may hold about older adults and the aging process. You can learn more about what ageism is and how it creeps into our everyday vernacular by referencing our anti-ageism infographic at growolderwithme.net. If you find these resources useful, please share them with your networks.

Together, we can stop ageism.





Enjoy new virtual programs and activities at SWESA

Website: swesa.ca | **Call us:** 587 987 3200 | **Email us:** info@swesa.ca

SouthWest Edmonton Seniors Association (SWESA) is a registered charitable non-profit association established in 2011 to address the social, cultural and recreational interests of people over 55 in southwest Edmonton. We work with many wonderful community partners like Drive Happiness to improve the quality of life for seniors - and we are grateful to have a little space in their newsletter.

This has been a trying year for everyone and SWESA is looking forward to the time when we can gather together once more. SWESA has a host of new online programs and activities that you can enjoy right now. Here are just a few examples:

- Barre classes - combine the best of ballet, Pilates and yoga
- Age-Reversing Eccentrics - work to restore movement in your joints
- Mixed Music Line Dancing - combines swing, tango, country music and more
- Watercolors - leads you through painting a piece of your choosing
- Coffee and Chat - an informal conversation with fellow members

Check the Programs section of our website or call/email our office for more information and to register for the programs.

Throughout the pandemic, the Seniors Home Support Program has been operating to support seniors in their own homes. This program helps seniors find safe and reliable services such as housekeeping, personal services (e.g. hair care, foot care), yard maintenance, minor home repair and maintenance, snow removal and moving help. **Call the SHSP Coordinator, Barb Newell for more information 780 860 2931.**



GERIATORS

***NEW* AUDIO PLAYS**

Listen to our stories of WWII, farm life in Alberta, growing up in Trinidad and more.

Learn more at geriactors.ca

Made possible in part through support from the Heart + Soul Fund by EPCOR



Welcome Home

- Accommodation for adults age 65+
- Subsidized and affordable housing
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To request an application package or for more information, please call **780.482.6561**, email housing@gef.org or visit gef.org.



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

EDMONTON SENIORS CENTRE

Willie Wong, the well known Edmonton artist, is going to be doing online drawing classes once a week. He will also be teaching an online ethnic cooking class twice a month on Saturday afternoons. You will receive an ingredient lists and can cook along with Willie, preparing a simple Saturday night dinner.

Register by going to :

<https://www.edmontonseniorscentre.ca/nyonya-cooking-made-easy-with-willie-wong/>

and <https://www.edmontonseniorscentre.ca/drawing-with-willie-wong/>

Seniors Centres in Edmonton with virtual programming

You can participate in all of the programming Edmonton area seniors centres have to offer from the comfort of your own home!



Westend Seniors Activity Centre

weseniors.ca | 780-483-1209

Seniors Centre Without Walls

Edmonton Southside PCN 780-395-2626

Millwoods Seniors Association

mwsac.ca | 780-496-2997

Edmonton Seniors Centre

edmontonseniorscentre.ca | 780-425-8625

Southwest Edmonton Seniors Centre

swesa.ca | 587-987-3200

Pride Centre of Edmonton - Seniors Programs

pridecentreofedmonton.ca | 780-488-3234

Sage Seniors Association

mysage.ca | 780 423-5510



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.

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