



## Golden Years Society September 2017 Newsletter



United Way  
Fort McMurray



REGIONAL MUNICIPALITY  
OF WOOD BUFFALO



# Fort McMurray Golden Years Society

## September 2017 Calendar of Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Drop in 10-12	<b>2</b>
<b>3</b> Legion Bingo 	<b>4</b> <b>Labour Day</b> <b>OFFICE CLOSED</b>	<b>5</b> Walk the Island 9:30 LEARN TO PLAY CRIB TBA <b>CRIB 7-9</b>	<b>6</b> Luncheon 12-1 Bingo at 1:00 p.m.	<b>7</b> Walk the Island 9:30 Bus is available	<b>8</b> Drop in 10-12	<b>9</b> GYS SINGERS 10:30 -12
<b>10</b> Legion Bingo 	<b>11</b> Aquafit Westwood YMCA 10:30 & 11:00 a.m. BOCCE 6:30	<b>12</b> Walk the Island 9:30 Board Meeting 9:30 LEARN TO PLAY CRIB <b>CRIB 7-9</b>	<b>13</b> Luncheon 12-1 Bingo at 1 p.m.	<b>14</b> Walk the Island 9:30 Foot Clinic Card Making with Chris 1-3	<b>15</b> Drop in 10-12 Welcome Back BBQ 6:00 p.m.	<b>16</b> GYS SINGERS 10:30 -12
<b>17</b> Legion Bingo 	<b>18</b> Aquafit Westwood YMCA 10:30 & 11:00 a.m. BOCCE 6:30	<b>19</b> Walk the Island 9:30 LEARN TO PLAY CRIB <b>CRIB 7-9</b>	<b>20</b> Luncheon 12-1 PET THERAPY 12:30 Bingo at 1 p.m. 	<b>21</b> Walk the Island 9:30 LEGION BUFFET MOVIE MATINEE 1:00 COLLATERAL BEAUTY	<b>22</b> Drop in 10-12	<b>23</b> GYS SINGERS 10:30 -12
<b>24</b> Legion Bingo 	<b>25</b> Aquafit Westwood YMCA 10:30 & 11:00 a.m.	<b>26</b> Walk the Island 9:30 ANZAC LUNCH 12:00 <b>CRIB 7-9</b>	<b>27</b> Luncheon 12-1 Bingo at 1 p.m.	<b>28</b> Walk the Island 9:30 Foot Clinic FRIENDSHIP CENTER SUPPER 5 PM	<b>29</b> Drop in 10-12	<b>30</b> GYS SINGERS 10:30 -12





# *Birthdays of the Month*

## **September Members**

Joan Cain	Sept	1
Joan Bates	Sept	9
Jean Coles	Sept	9
Donelda Forster	Sept	9
Peter Forster	Sept	12
Paul Hagar	Sept	12
Muriel Brake	Sept	13
Lester Deep	Sept	13
Denise Michaud	Sept	13
Dona-Lee Williams	Sept	16
Melinda Ireland	Sept	19
Heber Hedderson	Sept	22
Marion Regular	Sept	23
Karl Lietz	Sept	28
Marlene Garand	Sept	29
Marvin Sauter	Sept	29



**Birthdays are  
good for you...  
The more you have  
the longer you live!**

***YOU ARE INVITED TO A  
CARD MAKING  
AFTERNOON WITH CHRIS***



***Thursday, September 14  
1:00 pm – 3:00 pm***

***We will provide:***

*All Supplies  
Beverages*

***You Can:***

*Make Two and Leave One and Take One Home*

***Or***

*Purchase your card for \$1.00 to cover supplies*

***NO EXPERIENCE REQUIRED, JUST COME AND HAVE A***

***FUN AFTERNOON WITH FRIENDS*** 🙌😊



# UPCOMING EVENTS

**CRIB:** Every Tuesday from 7-9 (must be a member)

**LUNCHEONS:** Members \$7.00 Non-members \$12.00. Lunch is catered 12:00 to 1:00 p.m. Bingo to follow.

**SMART BUS:** To register or book, please call (780) 743-7909 and leave your name and number.

**FOOT CLINIC:** Call (780) 791-6250 to book your appointment)

**DROP IN PROGRAM** – Every Friday from 10-12. Muffins and Coffee. BUS IS AVAILABLE – Start playing games.

**LEARN TO PLAY CRIB:** TBA

**PET THERAPY:** Wednesday, September 20 at 12:30 p.m.



**WALK THE ISLAND:** Every Tuesday and Thursday starts at 9:30 a.m. at Mac Island. After the walk they have coffee. A bus is available

**ANZAC LUNCHEON:** Tuesday, September 26 – Bus is available. **You must book the bus with Mari-Lee**

**FRIENDSHIP CENTER SUPPER:** Thursday, September 28 at 5:00 p.m.

**LEGION BINGO:** Every Sunday. Doors open at noon. First game at 1:00.

**MEMBERSHIP IS \$15.00 FOR THE YEAR** – January to December. All memberships expire December 31.



## HOSTESS SCHEDULE

Date	Board Member	Volunteer
Sept 6	Gwen Leepart	Chris Finn
Sept 13	Betty Samaroden	Ana Chambrinho
Sept 20	Sandra Marullo	Julie Port
Sept 27	Cora Verkuil	Edna Bacon





The Golden Years Society has a lounge where you can sit and relax, watch Tv while you knit or crochet or just sit and visit. Take advantage of our library.

We are open Monday to Friday from 9 a.m. to 5 p.m. Coffee will be on. This is a free event. Next movie matinee will be on Thursday, September 21 at 1:00 p.m. "Collateral Beauty" starring Will Smith, Helen Mirren, Keira Knightley, Edward Norton





*Do you like to sew or do crafts? Well, then come and  
join our ladies every Monday from 1-3  
All items made support our craft store or bazaar*





Carpet Bowling is coming to Fort McMurray this Fall!!  
They are looking for 2-3 motivated seniors to be part of a steering committee that will formalize how a carpet bowling league will “rollout” in our community. Please contact Jodi by email at [Jodi.sperber@albertahealthservices.ca](mailto:Jodi.sperber@albertahealthservices.ca) or by phone (780) 788-1734

*If you would like your name on a button, please see  
Betty Samaroden*







# *Golden Pears Society*

*Annual Christmas Bazaar & Bake Sale*

*Saturday, November 18, 2017*

*10:00 a.m. to 2 p.m.*

*Raffle tickets will be available later in September.*

*1<sup>st</sup> Prize: King Size Quilt*

*2<sup>nd</sup> Prize: Afghan*

*3<sup>rd</sup> Prize: Gift Basket*

*4<sup>th</sup> Prize: Baby Quilt*



Did you know that Mari-Lee is a Commissioner for Oaths. She will do statutory declarations. She is unable to certify true copies, witness or certify and attest deeds, contracts and commercial instruments. Issue a certificate under the Guarantees Acknowledgement Act.





Please contact Heather or Sharon at (780)-743-4370 or by  
e-mail: [info@staidanssociety.ca](mailto:info@staidanssociety.ca)

[illegible]





*Everyone has a story.  
I'd love to hear yours!*

**Q &  
AGE**

I would like to interview seniors for a  
project called *Q and Age*.

My goal is to provide seniors with an  
opportunity to share their stories,  
insights and experiences.

Please call Jessica at 780-792-1910  
or visit [www.betterwithage.ca](http://www.betterwithage.ca) to learn more.



### **SMART Bus Booking Tips**

- The SMART Bus Booking Line hours are Monday to Friday from 8:30 am to 4:30 pm, closed on weekends and statutory holidays. Ensure all bookings are made prior to closures.
- Cutoff for next day bookings is 4:00 pm; any bookings received after 4:00 pm will be done the next day the booking line is open.
- Dispatch will not make any changes or book clients before 8:30 am or after 4:30 pm Monday to Friday or on Saturdays, Sundays and statutory holidays. No bookings will be taken when the booking line is closed. Dispatch will, however, take cancellations as required.
- SMART Bus is an on-demand service. Subscription bookings are made for those who work, go to college or have ongoing medical treatments. In order to maintain a subscription booking, it must occur the same day and time for a period of up to 6 weeks. SMART Bus will hold a subscription booking for a 2 week period for clients on vacation. Times are not always available for subscription and are booked as received. All other bookings will be taken as Advanced. Advanced bookings are open up to two weeks. When submitting advanced bookings, please ensure to include the week of and the following week. Any other bookings will be returned. SMART Bus manually books service and there is no way to maintain a list for bookings over the two week period.
- SMART Bus does their best to ensure timely pick-up and drop-off. There are occasions where road conditions, weather, traffic and client issues interrupt service. Clients should call 780-743-7909 if their bus is more than 15 minutes late. Clients should be ready 15 minutes prior to pick-up. The bus may be early if there was a cancellation in between pick-up locations. If the bus arrives early and you are not ready, the bus will wait until your pick-up time.
- SMART Bus will wait up to 5 minutes for a client that is late for pick-up. Dispatch will try to contact the Client; if contact is not made the bus will depart after 5 minutes. There are times when the bus does not have any clients on the bus and may be able to wait a little extra without service disruption. This is not always an option. Please contact the office at 780-743-7909 if you will be late for your pick up.
- Clients are encouraged to make cancellations at least 24 hours in advance. This allows those waitlisted clients to be booked. Clients who cancel, no show or cancel at the door, three times in a row, may be subject to suspension of service.



- SMART Bus asks for 24-hour notice for all bookings, however, we cannot always accommodate. Book in advance up to 2 weeks if you have a scheduled appointment. If booking a next day appointment and you need the SMART Bus, it is best to check for availability prior to making the appointment.
- All clients should dress appropriately for weather conditions. The bus will cool off quickly in colder temperatures especially when loading and offloading clients who require the lift. Please ensure those requiring the lift are dressed appropriately.
- SMART Bus is a shared service. Clients are booked accordingly. Clients are asked to ensure their destination is correct prior to departure. Changes on demand are difficult as clients are booked by time in order of destination.
- Any changes are to be made via the booking line. Drivers will not make changes to times or destinations.



# OakNet: Canadian Law for Older Adults

The Centre for Public Legal Education Alberta produces websites, brochures, magazines, blogs, FAQs, training, references, referrals, advice—it's a busy place and a font of legal information.

CPLEA's Executive Director Jeff Surtees indicates that almost ten thousand people tapped into these resources in 2016. Particular attention has been given to the vulnerable—immigrants, the abused, children, and the elderly.

The Older Adult Knowledge Network (OakNet) provides information on such issues as personal directives and powers of attorney, personal and family relationships, and seniors' housing. I encourage you to visit the site at [www.oaknet.ca](http://www.oaknet.ca) and click on any of the links shown here to learn more about legal matters particularly geared to seniors. ♦



## ABUSE

Learn more about elder abuse, the laws protecting seniors and how to get help



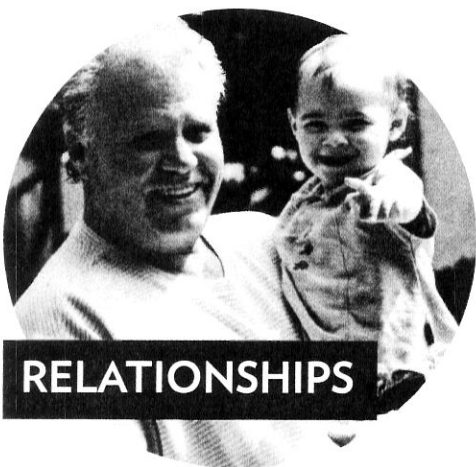
## PLANNING

From decision-making to wills, learn more about planning for the future



## HOUSING

Learn more about the laws for homeowners, landlords, and tenants



## RELATIONSHIPS

How the law affects relationships, grandparents' rights, and more



## SCAMS & FRAUD

From contracts to fraud prevention, learn more about how the law affects consumers



## TRAVEL

Planning a trip? Learn about passports, the customs process, and more



Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have done and do not try to blame others.

**HOWEVER**, upon reflection, we would like to point out that it was **NOT** senior citizens who took:

**The melody out of music,**

**The pride out of appearance,**

**The courtesy out of driving,**

**The romance out of love,**

**The commitment out of marriage,**

**The responsibility out of parenthood,**

**The togetherness out of the family,**

**The learning out of education,**

**The service out of patriotism,**

**The Golden Rule from rulers,**

**The nativity scene out of cities,**

**The civility out of behavior,**

**The refinement out of language,**

**The dedication out of employment,**

them.

Or, maybe I should send it to all my friends anyway.  
They won't remember, even if they did receive it.

Spread the laughter Share the cheer

Let's **be happy**

While we're here!!!







**AUG 14-DEC 11**

**BEST YEARS SWIMMING  
FOR SENIORS**

Register for the whole set  
Have your photo id, address,  
email, phone number,  
emergency contact and number  
with you the first time to receive  
your card

\*Please note that there will be other people  
sharing the pool

**Westwood Family**

**YMCA**

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**Aqua Fit**

**2 – 30 minute  
classes**

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**Swimming**

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**Hot Tub**

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**221 Tundra Drive**

**\$20.00 Registration Fee**

## Grandchild in Trouble/Distress Call

A criminal contacts an elderly person and pretends to be a grandchild or other family member in trouble with the police. They will tell the older adult that he/she has been arrested by a police service outside of their hometown, possibly another province, an American State or another country and the relative needs bail money. For verification, the older adult is given a phone number to call, which will be answered by someone pretending to be a lawyer or police officer.

The scammer will insist that the victim not contact their parents or relatives as they don't want to get into more trouble. The older adult is then asked to use a money wire service to send money (several thousands of dollars or as much as they can get for bail or credit card information). **Canadian Police agencies do not contact individuals for bail money and do not use money wire services.**

### Prevention Tips

- For verification, get the name of the apparent lawyer/police agency and contact them via the number listed in the phone book or directory assistance. **Do not call the number provided by the caller.** Ask them the grandchild's full name, first grade teacher's name, school, last vacation – anything only they would know to be true. AS you seek the facts the criminal will become more desperate and threatening. Hang up.
- If you have call display, write down the caller's number and provide it to your local police agency when reporting the incident.
- Contact family members directly for verification of the whereabouts of the family member in question.
- Never send money through money wire services. Especially to people you do not know personally. The money can be picked up anywhere in the world once it is given a transaction number. The key to this scam is the urgency of the problem and the threat of some harm.



# What should I do if I think I have been scammed?

- All fraud and scams should be reported, even if you are embarrassed or feel the amount of money is too small to worry about. While you might not be able to get your money back, you can help stop the con artist from scamming other people.
- Report all fraud and scams to your local police, or call Phone Busters at 1-888-495-8501.

Information taken from: The online Seniors Guidebook to Safety and Security (<http://www.rcmp-grc.gc.ca/pubs/ccaps-spcca/seniors-aines-eng.htm>)

If you or someone you know is a victim of Elder Abuse, whether it is physical, emotional or financial abuse (scams too) - there is help. Please contact Mari-Lee or Pam Burns at St. Aidan's Society. All queries and reports will be treated with confidentiality.

(780) 743-4370 Ext. 2: Pam Burns

