

2022 Annual Report

Promoting Health & Wellness through Prevention



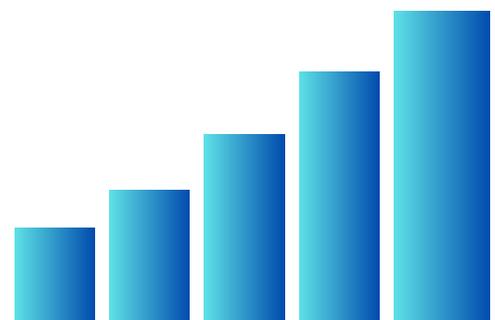
Prepared by
Linda F. Ensley, MBA
Executive Director

Presented by
Wayne S. McCutcheon
Board President



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About St Albert's 50+ Activity Centre

Promoting Health & Wellness through Prevention

Our Association is dedicated to serving seniors in a way that helps them age in place and gives them opportunities to volunteer, learn more about prevention, and participate in social and recreational activities. We are an essential community service.

It's a place to gather, learn, and enjoy each other's company. We have lots of prevention classes for a range of abilities, from Boot Camp aerobics to Chair Zumba. You can join us for music, meditation, snooker, lunch, cards, and educational breakfast talks, just to name a few of our offerings. All these options are to prevent isolation and loneliness in our community.

Covid was hard on us, so we are asking you to donate a few dollars as we work to recover from the economic pressures of being closed for 2 years. We appreciate our donors and we adhere to the our policy on the Donors' Bill of Rights.

S.A.S.A provides essential community services like Meals on Wheels and a bus service that is door to door that seniors can book to take them to appointments or shopping in St. Albert. We provide a Social Worker to assist St. Albert seniors and their families in navigating systems. All these services are open to the public. You don't have to be a member to avail yourself of our public services.

If all that wasn't enough, check out our award winning Bistro, which has some of the best food at reasonable prices. We are famous for our Liver and Onions on Tuesdays and Thursdays also our Fish and Chips on Fridays, with lots of variety the rest of the week, M - F, 11am to 2pm. You can order take out, too.



Letter from the Executive Director

Dear Members,

Last year sped by, and as COVID-19 receded, our numbers grew, our finances began to stabilize, and I have had the great privilege of getting to know so many of you.

We have so many successes to celebrate.

- The former Premier, Rachel Notley and the current Premier, Danielle Smith, came to town halls and answered seniors' questions. Neither Premier had been here before.
- We set a record at our County Jamboree with 200 people in attendance.
- We grew from 389 members to over 1000 members, and we continue to grow.
- Our donors stepped forward and helped us when we really needed it with donations totally \$109,000. Frankly, without their help, we might not have been able to stay open.

Our volunteers

- Due to the reductions from the City, we needed help at the front desk, and our volunteers stepped up to help. They entered data, answered calls, and conducted tours of our facility. They have been beyond terrific.
- Without all our kitchen volunteers, we'd not be able to serve you all the meals that are served in our little bistro.

Fundraisers

- From the woodworkers and needle craft volunteers to the the volunteers who worked with Kerri Aikens and on their own, our fundraisers have done a wonderful job for us.

Staff

- The staff has worked long hours, been creative and innovative to bring you everything we could.

Thank you to our Board, who worked hard to update policies and by-laws, help with fund development and fund raising. And thank you to our staff who worked long and hard to bring you programming, events, and really good food.

Linda F. Enstley, MBA
Executive Director

President's Outlook



Dear members,

On October 1st 2022 after the unexpected resignation of our then president Winston Lane, I assumed this onerous board role for the St. Albert Seniors Association. To those board directors who stayed the course, our success was due to your unwavering dedication, teachings and support. Together we persevered. Thank you!

For the past seven months my direct involvement with so many hard working volunteers and professional, dedicated staff gave me a greater comprehension of how our seniors and indeed the St. Albert community benefit significantly from our cooperative efforts in providing programs and services.

Our 50+ Centre affords each person who walks through our doors opportunities to lead productive and purposeful lives.

You will meet your new board for the coming year at our Annual General meeting: four continuing directors and four director candidates. The collaboration of previous board member experiences and new director perspectives, promises meaningful and perhaps out of the box achievements.

I complete my term as president confident our incoming board and executive together with our Executive Director, will form a strong alliance.

Going forward, I believe we can depend on effective strategic planning and transparent communication to fulfill our Mission and Vision.

I am excited to see what the future holds for us.

My heartfelt appreciation to all.

Thank you,

A handwritten signature in black ink that reads "Wayne McCutcheon". The signature is written in a cursive, flowing style.

Wayne McCutcheon

Meet Your Board Candidates

The Association (SASA) is seeking to elect new members to its board to ensure we have the expertise and capacity to oversee the work we do and who have the following range of interests, skills and experience:

- a commitment to SASA's mission of enhancing the lives of older adults with activities and services
- willing to act as an ambassador for SASA in the community
- experience and interest in managing the secretarial function of the board, including preparation of board agendas, writing minutes, and maintaining board records
- financial background or familiarity with non-profit accounting, to fill the role of treasurer (a CPA designation would be an asset)
- fundraising experience/community connections

The Recruitment Sub Committee held two open house/information sessions and met with the following candidates to inform them of the commitment they would be undertaking. All have expressed a willingness to serve on the Board of Directors if elected.

CANDACE HENRY



Candace arrived in St Albert in 2022 from Comox, BC. She moved to Comox in 2015 upon full retirement from her vocation as a Financial Controller. Candace is originally from Barbados and has been living in Canada for 50 years. She has spent most of her adult life living in Stony Plain where she raised a family and pursued her career in the Edmonton area. Candace and her husband moved to St Albert to be closer to their children and grandchildren.

Candace has been volunteering from the time she was a teenager. Most recently, she volunteered with an organisation (Comox Valley Senior Peer Society) located in Courtenay, BC. She volunteered as a "Friendly Visitor" where she streamlined the organisation's "Intake Program" and sat as a member of the Board for this organisation. She was involved for approximately 3 years with this organisation until the advent of COVID. Candace is passionate about trying to make a difference in the quality of life for Seniors. She realizes the importance of Seniors having advocates so that their voices can be heard, and requirements met. She is well versed in financial management, budgeting, capital planning, fundraising and governance. Candace joined SASA in the summer of 2022.

Meet Your Board Candidates



DON CORRIGAN

Don and his wife Jean have lived in St. Albert since 1975 and they have three children and seven grandchildren. Don is now retired with over 30 years' experience in municipal government. Don is presently serving on a Condominium Board with responsibility for the maintenance of grounds and buildings.

During this time, he spent 18 years with the City of St. Albert serving as City Manager, City Engineer and Senior Project Manager responsible for the overall development, operation and maintenance of public facilities and infrastructure. Don has also worked over 15 years in the private sector as a Professional Engineer and Senior Project Manager and during this time he worked in Canada, Bahamas, Barbados, Guyana, and Africa providing management and technical direction of consultancy assignments. His experience includes policy and governance, corporate strategic planning, organizational behavior, employee relations, financial management and marketing.



MIKE HOWES

Mike started Sparklean in September 1992 and has lived here ever since. He served on the boards of the curling rink, SADAC, Advisory Committee for Small Business and Entrepreneurs for Canada, (ACSBE) and is past chair of Rock N' August.

Mike is currently the vice chair of Riel Business Park, chair of the Government affairs committee, Trustee at the Fraternal Order of Eagles, sponsorship chair for the Rotary Music Festival, Chair of the Chamber of Commerce, and now treasurer at the Seniors Center. He is married to Alison and has 4 kids and 5 grand kids.

Meet Your Board Candidates



DOUG ELNISKI

Doug Elniski is living and working in St. Albert, enjoying the ideal "retired guy" job. Prior to retirement Doug was a general contractor operating a boutique contracting business that relied solely on referrals. An injury and a desire not to work quite so hard led to retirement.

In a past life Doug was the MLA for the Edmonton Calder constituency in Edmonton and served as Senior Vice President of HR for a major powerline construction contractor. His first love was always construction. Doug has been hanging around St. Albert since the early 1990's and currently all his grandchildren live here.



MERV GRAHAM

Merv arrived in St. Albert from Richmond, BC in 2016. He joined SASA in 2017 and has spent many happy occasions volunteering and is best known as one of the bartenders for social events. In 2018 Merv was elected to the SASA board but found it necessary to resign due to health reasons.

He was re-elected in 2020 and currently volunteers in various ways at S.A.S.A. Merv attended UBC in Vancouver and went on to teach high school in Vancouver from 1978 to 2002. He has been involved in volunteer and committee work most of his life as cub and scout leader, volunteer fire fighter, and on various parent committees and has been involved in every aspect of volunteering from floor sweeper to chair/president of various organizations. He is currently involved as a volunteer instructor/mentor with the Edmonton Woodturner's Guild.



Vision And Mission

Vision

Seniors Live Enriched and Meaningful Lives

Mission

Enhancing the lives of older adults with activities and services

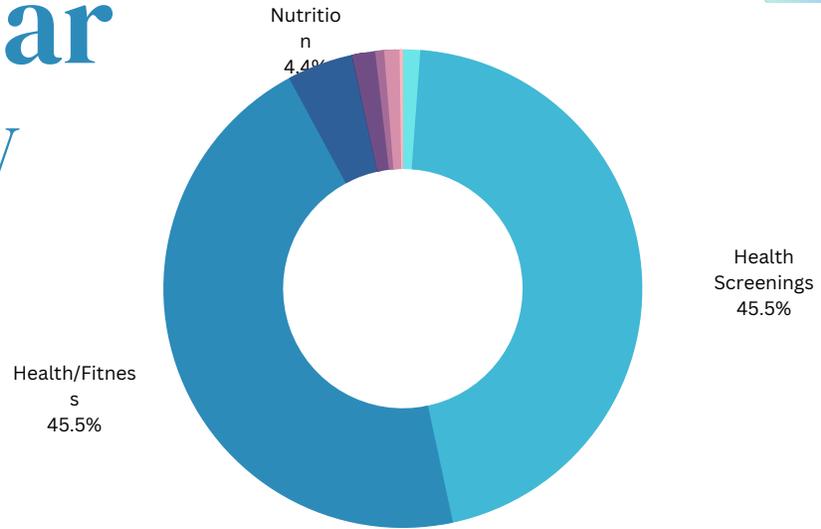
Mandate

Providing services, programs, and activities that allow older adults to age in place by meeting gaps in transportation, support, food security, and isolation reduction.

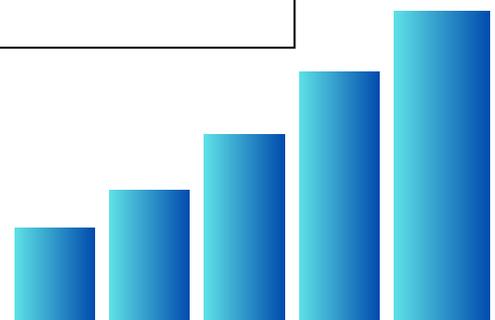
2022 Statistics

Category	Number
People attending all events	122,547
Members as of January 2022	389
Members as of December 2022	1001
Members as of May 2023	1217
Subscribers to Silver Threads Newsletter	2501
Meals on Wheels delivered	11,027
Rides provided	2752
Volunteers	272
Volunteer Hours	19,251
Volunteer monetary equivalent	\$269,514.00

One Year Review



Event Category	Number of events offered
Classes/Workshops	2500
Fundraising	69
Health Screenings	97437
Health/Fitness	9532
Nutrition	5028
Off Site Excursions	50
Recreation/Entertainment	3346
Social Activity/Event	1284
Socializing	2215
Special Events	587
Special Groups	470
Total Events Presented	122,518



Events/Kitchen Report



Restaurant:

Lucia's Bistro by the park is a fully licensed restaurant that is open daily Monday to Friday at 9:00 am for coffee and snacks and from 11:00am to 2:00pm for lunch service. We specialize in fresh and creative in-house made soups (which are available fresh as well as frozen), sandwiches, salads, comfort foods and delicious desserts as well as coffee, teas, juices and soft drinks. Tuesday and Thursday are very popular serving up liver & onions and Friday's special is fish and chips. Our soups and entrees to go are a delicious and nutritious way to take your meals home. Daily menus are posted on our website www.stalbertseniors.ca and on our Facebook page.

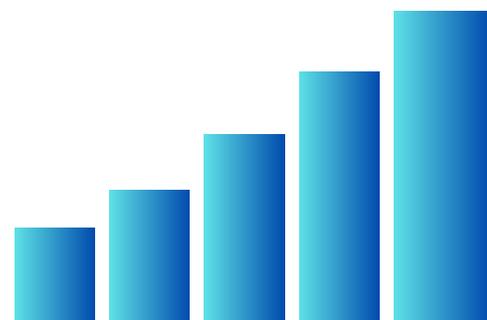
Events:

S.A.S.A. usually hosts a number of fun and exciting events such as the Back Deck BBQs, Monthly Socials, Dinner & Dances, BBQs, Informative Breakfast Club, holiday inspired lunches such as St. Patrick's Day, Easter, Mother's Day, Father's Day, Thanksgiving and Christmas to name a few. We also do an annual Remembrance Day Tribute. We normally host Bridge Tournaments and Floor Curling Tournaments that help our members show off their skills to others.

Fundraising:

Annual events –include The Wine Tasting Event, Fashion Show Night and Putting Tournament.

Monthly events - Every Month we have a month-long raffle which can include raffle baskets, fire pit package, planters, shopping gift cards, aviation flights just to name a few.





Systems Navigator

Our Seniors' Social Worker

We are so lucky to have Cruz Pinzon as our Systems Navigator. She has two Master's Degrees, years of social work experience and a passion for helping seniors. She understands the determinants of healthy ageing, and how to apply them to complex situations so that seniors get their needs met.

It is important to find Social Workers, who abide by a code of ethics, to work with seniors, and who have the education, experience and background to assist seniors to age well in place. This is our goal in working in our community. We believe that only people specifically trained in social work, ageing and isolation reduction are equipped to give our seniors what they need and expect from us.

The number of seniors served in our facility has jumped 25% since Cruz joined our team. In 2022 we served 756 seniors and their families, including caregivers.

We are a referral organization, and track the top issues that seniors call about. You'll find them below, according to the highest requests first:

- Ageing in Place
- Isolation
- Food Security
- Transportation
- Finances

Case complexity means cases that involve a number of issues. Our case complexity is 26%. These cases take much longer to process, sometimes several months, and often include multiple referrals. A complex case can take three to four times as long to resolve.

Below you'll find a few of the cases, with names, and identifying issues changed to protect the people involved.



Case Studies

Our Seniors' Social Worker

Case Study One -- BW:

BW is a 68-year-old female who lives alone in the basement suite of a St. Albert family's home. Oct. 2022, our Centre received a call from this senior. Her pressing challenges were:

1. Locating a warm, affordable, and safe new home. BW has been homeless in the last year when she left her small town to come to St. Albert. She's been staying in different basements and couch surfing at different homes in Edmonton, St. Albert, and even Camrose.

2. Securing a sustainable food program. Senior lives on \$1,850/month and is never sure if at the end of each month she will be able to afford groceries (other than some items at Dollarama). Senior explained she had to save over six months in 2022 to afford dental treatment in December 2022. BW has also placed a few hamper requests with the St. Albert Community Village, which this Systems Navigator picked up and delivered to senior.

3. Finding a family doctor and navigating her transportation to and from medical appointments. Having no permanent housing has also resulted in the senior not being able to secure a permanent family doctor, having to rely on services of doctors and specialists in Edmonton and then having to navigate transportation to her appointments. Systems Navigator has helped BW with free taxi vouchers for appointments in St. Albert and linking her to the Volunteer Drivers Program for appointments in Edmonton. Lately, the City of St. Albert approved a subsidized bus pass for the senior.

All the while, BW has applied for CIVIDA housing in Edmonton, was approved for a 1-bedroom, self-contained apartment at subsidized rate and is waiting for an available suite to open. BW has decided to apply for affordable housing with Homeland Housing and wait until one of the applications for housing resolves. That will determine her future transportation needs and her chances of locating a family doctor here in St. Albert or Edmonton, faster.

What are the highlights of BW's situation?

BW worked as an administrator in the construction industry, was a homeowner, and enjoyed a moderate standard of living. The road to financial instability included family separation, child support obligations, and social and cultural isolation. Senior insists she lacks a strong network of natural and community supports, despite being the mother of 5 adult children and this many times resulted in poor financial choices made to compensate the emotional loss.



Case Studies

Our Seniors' Social Worker

BW says she believes she will feel stable again when she secures a permanent, safe home. She originally came from Australia and constantly says she feels she is not fully welcome anywhere because she is now a poor immigrant to Canada. BW appears disillusioned, frustrated and mistrusting of the systems of support. She requires additional time to process information and follow through. BW requires additional time to engage in the helping process.

In the last six months, BW has received the following supports from our Centre:

- Navigation to affordable housing in St. Albert and Edmonton
- Strategies on budgeting
- Searching for a permanent family doctor
- Exploring sustainable food programs
- Linking to transportation for her medical appointments in Edmonton, and
- Finding socialization opportunities at the Centre

Our job at the Centre is to ensure timely access and sensitive and efficient systems navigation for her.

Case Study Two -- PR:

PR's son referred his 83-year-old father to the Systems Navigator's program due to the senior's self-imposed isolation and hesitancy to reach out to community-based resources due to apparent "deteriorating mental health" and "pride," as per his son.

The Systems Navigator visited the senior to better assess the situation and his overall needs. Senior appeared confused at times and reluctant or unable to understand the wide range of community-based supports at his avail. Navigator soon realized PR appear to be having a serious hearing impairment and hence couldn't process and understand a lot of information at once. A problem of communication between the senior and his adult son was also noticed, and the Systems Navigator had to ask senior's son to step out of the interviewing room for privacy, confidentiality, and for senior to feel more at ease.

Case Studies

Our Seniors' Social Worker



A bit embarrassed, the senior explained about two scams he had been the victim of in the last 5 years, which severely impacted his finances. He stated the type of supports he would like to receive, and how he sees himself ageing in place, meaning in his condo which his son insists the senior should sell and move into assisted living.

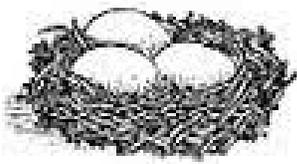
A support plan for PR was discussed with him, which would include:

Locating funding sources for his hearing aids. Systems Navigator spoke with a hearing clinic, accompanied the senior to his hearing aid needs assessment and worked with the assessor in sorting out the funding sources. Senior was cooperative and agreed to taking the basic hearing aids, explore funding solutions, including upgrading his extended plan with Alberta Blue Cross, using his allowance from the Alberta Aids for Daily Living, applying for the Crisis Fund's bursary with the City of St. Albert, and saving 3 months to provide the \$250 still needed. He successfully received his hearing aids in February and expressed he felt "like living again."

Isolation reduction strategies. Systems Navigator understood that PR's hearing challenges might have contributed significantly to his self-imposed isolation. It frequently happens to seniors who refuse to go out of their homes due to fears of rejection as they feel they can't engage in a conversation with others due to hearing challenges. PR said he felt embarrassed when asking persons to repeat as they spoke. This also resulted in PR's missing out on community functions, even though he had been active in church, in choir performances as a lead singer. While waiting for his hearing aids, Systems Navigator encouraged PR to come to the Centre to enjoy day activities, meals, and give socializing another shot. PR followed through and within the first visits, he reconnected with people he'd known for decades and hadn't seen for years. PR has continued attending to the Centre's activities and he is a regular for fish and chips or liver and onion days.

Referral to pro-bono or low-cost legal resources. Senior explained during the first visit how he had incurred in debts because of the two scams. PR filed incident reports with R.C.M.P., and law enforcement told him there was no guarantee he will ever recover the scam money. Trying to resolve, PR obtained personal loans from local banks and other private lenders. It got out of hand for senior at one point and he had to file a consumer proposal. This has prevented the senior from enjoying the financial stability he once enjoyed and seriously limited his financial ability to pay for medical essentials, such as the hearing aids or access to his preferred leisure or recreation activities. This situation has impacted PR's quality of his life in the last years. Stressed out due to his situation, senior once fell at his condo management's parking lot ending up with a few serious injuries and bills to pay.

Thank You to all our Funders for 2022



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and Camp Culinary
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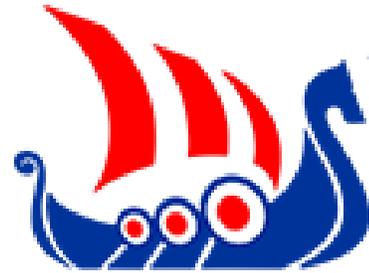
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780-459-0433



office@stalbertseniors.ca



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Aging is not lost
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stage of opportunity
and strength.

Betty Friedan

ST ALBERT 50+ ACTIVITY & SERVICES CENTRE

