

Dear SWESA Member,



We hope that this email finds you well! We will continue to check in with you periodically. We are not answering the phones, but we are checking email and voicemail messages regularly.

We made our own history at SWESA this week when members of the Terwillegar Coffee Group hosted two Coffee And Chat groups online. All you need is a personal electronic device with a microphone and speakers. Most devices have these built-in features. Come join in on Tuesday, March 31 from 11 am – 11:40 am to see some familiar faces and to tell us one good thing you have experienced or noticed during your time at home. Join Zoom Meeting [here](#).

Take the time to learn a little bit more [here](#) prior to joining as 40 minutes goes by quickly. Please join 5 – 10 minutes early to ensure that your system is working.



You can check in on our [Facebook page](#) to keep connected with SWESA and your friends.

Our Seniors Home Supports Coordinator, Barbara Newell, is still hard at work connecting all seniors in the southwest to services. You can reach her at hs@swedmontonseniors.ca.

Alberta's Community and Social Services Help Line can be reached by calling 211.

The Edmonton Seniors Coordinating Council has taken the time to develop a [webpage](#) that lists all seniors organization closures and service limitations as well as providing other activities that seniors can do if they are self-isolating.

We would like to share some of our own ideas for keeping your mind and body active. Please remember that we cannot endorse online content, and although we have tested each of the links, we recommend not providing any detailed personal or financial information to any unauthenticated site.

[Edmonton's Food Bank](#) is offering a COVID Response Hamper service reserved for people in need (i.e. low income) who are in isolation and over 65. Orders will be processed within two business days with services only from Monday – Friday. Please complete the [Edmonton Food Bank COVID Response Hamper Form](#) if you qualify.

[Bag Half Full](#): University of Alberta medical students are assisting seniors with grocery runs, online order pickups, and no-cost deliveries. These volunteers have had police and background checks done by the University of Alberta. Call 780-952-7101.

[West End Seniors Activity Centre](#): WESAC has released a series of physical fitness videos for older adults. Executive Director Dr. Haidong Liang is the creator and project lead for the 8 Week Fitness Program For Seniors. He is an exercise specialist and gerontologist who has studied and served seniors since 2002.

[YMCA 360](#): Here you can find active older adult classes, yoga, weightlifting, boxing, Tai Chi, and more. No membership is required.

[20-Minute Guided Meditation](#): You can enjoy guided meditation and mindfulness with Jon Kabat Zinn.

[20-Minute Guided Meditation](#): Experience Yoga Nedra's deep level of relaxation with this easy-to-follow meditation, and allow your body to restore and balance itself.

We will continue to keep you informed through this email bulletin, the [SWESA website](#), and our [Facebook page](#).