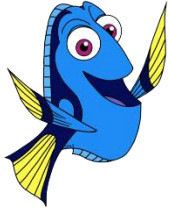


## Seniors Connection News for those 55+

News from SouthWest Edmonton Seniors Association (SWESA)

by Carol Vaage



*Just keep swimming. Dory*

Disneyclips.com

*This storm will pass. Although, it has tested our strength, our foundations, our roots, we will arise stronger, wiser, and smarter. The best is yet to come.* Charles F Glassman

These past few months have been a challenge for everyone, especially for our demographic - the elders of our community. Having longevity has taught us many things about life. That there are rainbows after the storms, that spring follows winter, and that change is inevitable.

For SWESA, with the closure of programs and facility, the loss has been felt by members, employees, and the Board of Directors. The Board has been working on updating policies and the strategic plan, while trying to anticipate a reopening and what it will look like. They, like others, have been impacted financially and are planning a charitable donation campaign later in the year.

SWESA launched a *Friendly Phone Call Program* to reach out to members and it was well received. The members loved getting a call although most have connected with their SWESA friends and are communicating by telephone, email and social distancing gatherings. Everyone is anxious to meet up in person.

Zoom has become popular for SWESA members as well. Zoom coffee and chats are available every Monday, Tuesday and Thursday. The Friday morning Art Group is meeting by Zoom on a daily basis to share their work and catch up. Finding ways to stay connected is important especially for those of us still sheltering in place.

*Age Friendly Edmonton* has been asking seniors what's great about being this age? My thoughts were about *time*. We're not usually working full time anymore, so we have more time than the career age group. We're not usually raising children either. So our gift is time.

Time to learn new things, like watercolour painting or another hobby. Time to volunteer for organizations that you believe in. Time to write – memoirs, reflective journals, poetry.

Time to be with nature to marvel at the tree buds unfolding, the blossoms emerging, the shoots of green grass. To marvel at the changes in our seasons.

We have time to keep ourselves safe from viruses by sheltering in place. There is time to share with our children as they age, so that they know that growing older may be physical aging, but the inner self can be as young as ever. We have time to live in the present and enjoy each sunrise, rainfall, and sunny day. We also have time to have an afternoon nap whenever we wish!

There is more time to be advocates for seniors, especially for those of us who live in senior residences or care facilities. We are fortunate in Alberta that many positive steps have been taken by officials to make changes necessary. Our voices can be added to many others to ensure the well-being of the most fragile of us.

Remember to check the Alberta Health Services website, and if you need help getting groceries or other supplies, ask a family member or neighbor to drop it off for you. We are in this together. This pandemic will change the world, but we will be able to pick up the pieces and recreate our world once again.

Don't forget that we have a dynamic *Home Supports Program* operated by Barbara Newell coordinating the services for our community, including snow removal, yard work, housekeeping and minor repairs. Contact her at [Hs@swedmontonseniors.ca](mailto:Hs@swedmontonseniors.ca) or 780-860-2931.

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SWESA Seniors' Lounge - Terwillegar Community Recreation Centre (TCRC), 2051 Leger Road  
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