

## RECENT EVENTS &amp; SPEAKERS

**Sleep Disorders- By A. Sohanpal**

Common Sleep disorders like insomnia, sleep apnea, narcolepsy, RLS and its causes, symptoms and treatment were discussed. It can affect your mental and physical health. If you're struggling, contact your health care provider. AHS - Sleep Disorders Program: 780-492-6529

**Anger management – Dr. M. Sadiq**

Anger is a common emotion, and it may be even healthy when dealing with it in a positive way. Dealing with anger and learning strategies to control it are helpful for both one's health and relationships.

**Effective Personal Coping**

A high degree of daily stress may lead to heart disease or stroke. When avoiding stress is not a solution, you need a strategy to cope with it. Deal with it by:

- Stop watching, reading, or listening to news stories
- Taking care of your body and mind
- Talking to others - connect with your community or faith-based organizations.
- Avoiding drugs and alcohol
- Recognizing when you need more help

**Resilience: Recovering from Burnout**

Stress and anxiety brought by over 2 years of pandemic impacted each one of us. Negativity, extreme tiredness, and lack of motivation are signs that you're struggling with burnout. Build your resilience through:

- Check in on your values
- See the half full glass
- Focus on "need to" instead of "want to"

**General Benefits–CRA**

A range of benefits is available for eligible Canadians. Employment Insurance, child benefit, pensions and benefits for housing, education, training, family, people with disabilities and after a death are part of federal/provincial support for Canadian residents.

**Mental Fitness**

As we age, taking care of brain health becomes even more important. Practicing mental dexterity exercises is the good way to succeed in training your brain. Practice regularly by learning something new, playing a game, relaxing, traveling on memory lane- it's worthy and doesn't even require a gym pass!

**Interfaith Multicultural Celebration**

With empathy and warmth, speakers shared stories of struggles and successes of new settlers from 4 diverse cultures and religions, Christian, Muslim, Jewish, and Sikh faith. These stories inspired and touched the hearts of the audience and reminded them how many things they have in common. Multicultural, traditional dances were performed by Indigenous, Chinese, Romanian, Iranian Congolese, and other dancers. Followed by a Fall Fashion show. Delicious South Asian food was enjoyed by all. Information and resources for Domestic Violence Victims were also available. After dinner audience were invited to stay, visit with each other, and listen to Urdu, Hindi, and Punjabi songs.

**Update from the Shaama Centre**

We have three new small but amazing projects. Outside the Shaama centre you will soon see **Great Aunt's Friendship Bench** where you can sit with great aunt or a friend and share your stories or concerns. There is also a **Memory Box** where you can share any memory and we will publish it in our newsletter. If you leave your contact number, we will invite you. A board game called **Carom** will be there too for you to play. These will provide opportunities to make new friends, share your memories, thoughts, and concerns. You can also learn more about your neighbours and help to build a friendlier community. Thanks to Councillor Tang and Knack's community-based budgeting initiative

A **Support Group/Information Session** has been restarted facilitated by social workers, counselors, or educators. You can join in person or on zoom. Let's learn about stress and coping techniques

**Alternate Medicine and Healing Practices** starts on Nov 14 with a series of workshops. We will learn about -Ayurvedic medicine, herbs, plants, and healing practices

-Indigenous medicines, herbs, plants, and healing practices.

- Also learn to make a Traditional craft.

We accept registrations for the **Urdu Classes** (1<sup>st</sup> class on October 30). Volunteers are needed to support children and youth with their **Homework**.

To see what's happening at the Shaama Centre, click the link: [See what's happening at the Shaama Centre](#)

## UPCOMING EVENTS &amp; SPEAKERS

**June**

- Senior's Day Celebrations Street Food (8)
- Vertigo (13)
- Scams (16)
- Picnic Trip (19)
- Field Trip (20)
- Grief and Loss (29)

**July**

- Sleep Disorders (11)
- Anger Management & How to Stay Positive (13)
- General Benefits (14)

**August**

- Field Trip (7)

**October**

- Interfaith Multicultural Celebration (1)
- Parkinson's Disease (26)
- Support Group/Info Session - Stress (31)

**November**

- Healthy Activity While Ageing (9)
- Alternate Medicine & Healing Practices (3, 17, 19, 21, 24, 26)
- Support Group/Info Session -Dealing With Adult Children
- Family Law (30)
- Elder Abuse Skit (DTA)
- National Seniors Day (DTA)
- DV Awareness (DTA)

**December**

- Mental Fitness (DTA)
- Effective Personal Coping (DTA)
- Resilience: Coming Back from Burnout (DTA)

**2023****January**

- Volunteers Appreciation (6)

**October**

- Interfaith Multicultural Celebration (14)

**PROGRAMS AND SERVICES**

**SENIORS (Open to Men & Women)**

We provide one-on-one support; outreach services; several classes including functional English, citizenship, basic computer skills, painting/crafts, cooking and fitness; workshops and information sessions (e.g., pension and benefits, housing); health and wellness clinics; assistance with navigating government and legal systems (e.g., referrals, help with completing forms); translation services (Hindi, Urdu & Punjabi). There are many opportunities to socialize, join support groups and develop new hobbies such as story writing and poetry reading.

**WOMEN**

We offer personal development and job search skills support (e.g., creating/updating a resume, interview preparation); several classes including English, citizenship, computer literacy, sewing, parenting, budgeting, life skills; workshops on topics of interest. The Shaama Centre also provides guidance on how to start a home-based business, as well as creates opportunities for these entrepreneurs to promote their products and services to generate income, increase self-reliance, personal growth, and success.

**VICTIMS OF DOMESTIC VIOLENCE IN SOUTH ASIAN COMMUNITIES & FAMILY SUPPORT (Open to Men & Women)**

We provide: one-on-one support; outreach services; assistance with navigating government and legal systems (e.g. legal aid, court, child and family services, low income housing) including accompanying victims when necessary to needed services; risk management/safety planning; referrals to professional counsellors, spiritual leaders and other service providers (when needed); translation services (Urdu, Hindi, and Punjabi); workshops, education and information sessions (e.g. family law in Canada, communicating through conflict, mediation, anger management, dealing with difficult people, financial literacy, parenting).

**COMMUNITY**

Youth - Math & Homework Help

Urdu Classes

Free Income Tax Return Filing (only if income is under \$30,000)

**USEFUL INFORMATION AND UPDATES**

**Financial Assistance**

Benefits available for eligible seniors (65+) with low income:

[Alberta Seniors Benefit](#) (financial assistance with living expenses)

[Supplementary Accommodation Benefit](#) (financial assistance for residents of designated supportive living or long-term care facility)

[Special Needs Assistance for Seniors](#) (financial assistance for appliances, specific health, and personal supports)

[Seniors Property Tax Deferral Program](#) (low-interest home equity loan for deferral of all/part of the annual residential property taxes)

[Seniors Home Adaptation and Repair Program](#) (low-interest home equity loan for home repairs, adaptations, and renovations)

Alberta Supports Contact Centre: [1-877-644-9992](tel:1-877-644-9992)

**Health**

[Dental and Optical Assistance for Seniors](#) (financial assistance for basic dental and optical services)

[Coverage for Seniors](#) (prescriptions drugs, diabetes supplies, ambulance services, home nursing care, chiropractic services and clinical psychological services)

[Non-Group Coverage Program](#) - access to supplementary health benefits for AB residents (under 65) and their dependents

**Elder Abuse Support, Referrals and Crisis Intervention**

Edmonton Seniors Abuse Help Line Phone: 780-454-8888

**Disease and Lifestyle Information Resources**

1-888-473-4636; [heartandstroke.ca](http://heartandstroke.ca)

**Seniors Home Supports Program**

Offers support for removal/yard maintenance, minor home repairs, personal services, housekeeping, moving help, etc. For availability, referrals, and boundaries coverage, call 211.



**Here is the Memory Box**

Please share any memory from your childhood to now. We will share them others in our newsletter.

Optional: If you leave your contact information we will invite you. Thanks!

*The greatness of a community is most accurately measured by the compassionate actions of its members. - King*

**Daily Calendar of Classes**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Chair Yoga</b> Zoom 11:00 AM – 12:00 PM <b>Informative &amp; Educational Sessions</b> Zoom 12:30 PM – 1:30 PM (Twice a month) <b>Computer Basic</b> In Person 12:30 PM – 2:00 PM <b>Support Group/Info Session</b> in Person/Zoom 4:30 PM – 5:30 PM (Last Mon of the month)	<b>Guest Speaker</b> In Person/Zoom 11:30 AM – 12:30 PM (Twice a month) <b>Functional English</b> In Person 12:00 PM – 2:00 PM <b>Drawing &amp; Painting</b> In Person 2:00 PM – 4:00 PM	<b>Exercise</b> Zoom 11:00AM – 12:00 PM <b>Chai &amp; Chat</b> In Person 12:00 PM – 3:00 PM <b>Art &amp; Crafts</b> or <b>Cooking Class</b> <b>Support Group Meeting</b>	<b>Functional English</b> In Person 12:00 PM – 2:00 PM	<b>Fitness</b> Zoom 11:00 AM – 12:00 PM <b>Support Group</b> In Person 2:00 PM – 3:30 PM	<b>Math &amp; Homework Help</b> In Person 11:30 AM – 1:30 PM	<b>Seniors Get Together</b> In Person 12:30 PM – 2:30 PM (Every 2 <sup>nd</sup> Sun of the month) <b>Urdu Class</b> In Person 11:30 AM – 1:00 PM