

Annual Report

2022

The Shaama Centre
- For Seniors and Women -



The Shaama Centre – For Seniors and Women

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ANNUAL REPORT

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Message from the Board President

I would like to commence with immense gratitude and heartfelt thanks to all Board members for their diverse knowledge, passion, and shared commitment for Shaama Centre; To our volunteers for their enthusiasm and amazing working; To the administrative staff for everything they do to ensure the smooth running of the services; In particular to our Executive Director. Sofia Yaqub perpetually demonstrates her tireless commitment to the essence of Shaama Centre. Sofia's compassion, tenacity for perfection, and progressive vision ensures that services provided are holistic, utilizing an intersectional lense. Indeed, in line with our strategic plan (2019-2023), regular evaluation of the provisions ensures that programs are updated to meet the evolving needs of the seniors and women. Shaama Centre uniquely responds and addresses the community needs; the unique culturally sensitive approach is adapted in all its service provisions. Collaborative work with local community continues to flourish with professional speakers from diverse backgrounds addressing the educational and practical issues facing seniors and women. Our most recent session recognized the importance of First Nation Healers.

I would like to highlight just one of the achievements of 2022: Iram Qadir, Zebi Haroon and Shameem Siddique were awarded the Queen Elizabeth II Platinum Jubilee Awards. A well-deserved recognition and amazing accomplishment: congratulations!

It is perhaps an understatement to say that Shaama Centre fills the widely recognized void in providing services to visible minorities and varied ethnic groups, irrespective of their race, creed, or religion. Thus, to reiterate, we must recognise and acknowledge our generous donors and volunteers, without whom, it would be an uphill struggle. Their contributions sustained our services whilst perpetuating the community spirit and enthusiasm. Moving forward, we humbly request such continued support as we address the growing needs of our shared community.

Thank you! Kaniz Sattar

Message from the Executive Director

Although, Covid -19 pandemic has significantly changed our lives and some of our priorities. 2022 despite the challenges has been significantly rewarding. Thus, I am deeply humbled and amazed when I look back at the past 3 years, how swiftly our staff and volunteers acted, enhanced, and adapted programs to meet the evolving needs of our members. I am tremendously grateful and proud of their outstanding commitment, determination, compassion, and creativity. They have proven that we can indeed overcome challenges, we are resilient, and together with the help of our community partners we can and do rise to any adversity. Studies have shown that loneliness and social isolation are on the rise. Human beings are social animals and being connected to others socially is a fundamental human need. It is crucial to our survival and well-being. We witnessed this during Covid -19 pandemic. During such times many older adults and new immigrants relayed that these are social determinants of health,

which increase the risk of depression, anxiety, abuse, and in turn effects both physical and mental health. According to some studies living in social isolation can also reduce self-esteem, confidence, social skills, and simultaneously effects our immune system and changes the neurochemistry of the brain. Clearly, we have an inherent need for human connection - face to face interaction and we should be paying more attention to it. We are reminded that, both in our own life and when providing service, we should be, as we are doing at the Shaama centre, use technology mindfully to enhance social connection, not to replace or disconnect. Relationships and client centered services are very important.

Thus, during Covid -19 the Shaama Center was the only organization that we are aware of that supported the multicultural seniors continuously (when other organizations in this area were closed due to the pandemic) and addressed isolation in one of the most marginalized populations. We kept seniors engaged by offering them virtual classes and technical support, information on health, safety, fitness, offering craft, cooking and English classes. Outreach services, phone calls other social supports, cooked meals, groceries, care, and wellness packages were sent to isolated seniors as well as several outdoor gatherings were organized.

No doubt limited resources, financial insecurity, economic uncertainty, job loss, inflation will continue to impact our organizations. Social injustice and racial inequality have also become more apparent. However, when we work together, we find solutions. We are grateful for the challenges, successes, opportunities, and for the many blessings we continue to enjoy.

The Shaama Centre has deep roots in the community, understands the South Asian culture, has a strong volunteer base and staff, many of whom speak the language. It is also a place where diverse cultures, faiths, customs, and traditions are valued and embraced. The Centre remains committed to providing holistic and individualized services and supports to all who come to our door. Programs are now being offered both in person and online.

Our heartfelt gratitude to our funders, dedicated staff, committed board members, volunteers, community partners, donors, who help us to provide support to those who need the most.

Wishing you all good health, happiness, and prosperity in the coming year.

Gratefully, Sofia Yaqub

In 2022, 98 Volunteers contributed with 1580 hours

Volunteers are the backbone of our organization. They enable us to deliver vital programs and services, serve on our Board, and help with fundraising and special events. *Their skills, endless dedication, and enthusiasm further the mission of the Shaama Centre.* All your hard work and commitment is enormously appreciated. Thank you.



About the Shaama Centre for Seniors and Women

The Shaama centre for seniors and women is a not-for-profit organization with deep roots in the community. We are a registered charity supported by the government and our community. The centre offers services and programs for immigrant seniors, women, and their families (with especial focus on South Asian communities). We provide: one on one support, outreach services, assistance with navigating government systems, information, referrals, health and wellness programs, language, and skill building classes, community supports and connections. We also provide a range of support services for people coping with grief, dealing with domestic violence or other life challenges. We serve all who come to our door.

MISSION STATEMENT

To help immigrants, people who have newly arrived and those in need of assistance to integrate into Canadian society by providing education, counselling, and other support services

VISION STATEMENT

Successful integration and participation of newcomers in Canadian society

OUR FOCUS

To provide services and programs for immigrant and refugee seniors and women

"I am a Fitness Leader and Personal Trainer and I have worked extensively both in the community and with Alberta Health Services teaching exercise and as a Respiratory Therapy Assistant. For over 12 years, I taught an AHS funded exercise program at the center and have volunteered and participated in many events. I have tremendous admiration for and all the work the center does to help seniors, immigrant women and the entire community... The Shaama Centre continually strives to present the faiths, customs, and traditions of all cultures in a respectful, positive, and inclusive way that I wish the entire world would embrace. I am continually in awe of what this small center, with a small staff and a band of volunteers can accomplish!" -Cathy

2022 Highlights

The programs and services provided by the Shaama Centre are educational, social, and recreational. Numerous activities and events are organized so seniors and women have opportunities to stay active, healthy, connected with community and informed.

See what's happening at the Shaama Centre https://drive.google.com/file/d/1xaoG1gSNV2GxuagSWVsYvIHGxLw_2dhn/view?usp=share_link

Seniors

Our goals during these past months were to keep seniors safe, to decrease isolation, provide supports that enhances their quality of life and wellbeing and prevents crisis. Shaama centre offered its seniors support tailored to their unique needs. Also, as seniors are aging, they are needing more help especially with snow removal, some housekeeping and transportation

Here is what some one senior had to say:

This centre has helped me to improve my English and now I can communicate better with others. Not only English, in fact, I didn't have any idea about computers before but now I can email, open Google and I can search many things. I thank the Shaama centre very much for supporting me. I am making new friends and learning to paint which I appreciate very much. The staff here are warm and welcoming and treat me with respect. God will bless you abundantly as you continue with your good work. -Ziporah

Women

We continued to offer personal development, skill building classes, help with resume writing, job search and to promote self-reliance, and small home-based business.

I started my home based catering business 5 years ago with the Shaama Centre. Now I cater for university students, seniors, and small weddings of up to three hundred peoples. I am very popular and successful. Thank you Shaama Centre for getting me started. -Shanaz

An old Cherokee told his grandson, "My son, there is a battle between two wolves inside us all. One is Evil. It is anger, jealousy, greed, resentment, inferiority, lies and ego. The other is Good. It is joy, peace, love, hope, humility, kindness, empathy, & truth." The boy thought about it, and asked, "Grandfather, which wolf wins?" The old man quietly replied, "The one you feed." --author unknown

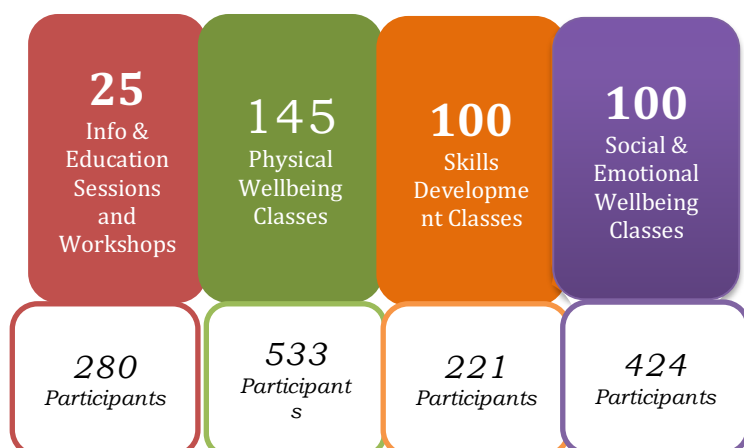
Building Healthy Families (Responding to & Preventing Domestic Violence)

The centre provided victims of domestic violence one on one support, outreach and translation services (Urdu, Hindi, Punjabi) and help to navigate the legal system. Information and educational workshops were offered to raise awareness and educate the community about family law here and how to build healthy communities. The Shaama centre drama club -Dhanak kay rung also wrote and performed 3 skits to raise awareness about this issue

My doctor suggested that I go to the Shaama centre. I was in chronic pain from a previous injury inflicted by my ex-husband, I felt I was alone. I applied twice for income assistance with other places, but nothing happened. I came to the Shaama centre, and they filled my application, made follow up calls and took my case seriously and finally I received income assistance. They also helped me to get legal aid lawyer and arranged for a councillor for my son. When I talk to — at the centre I feel relaxed, and my stress goes down. Now I know this is the place where I can get help. They know my language and I can tell them about my problems without any discomfort. - Harjinder

2022 Programs and Services Highlights

Information, Education - Improving Wellness

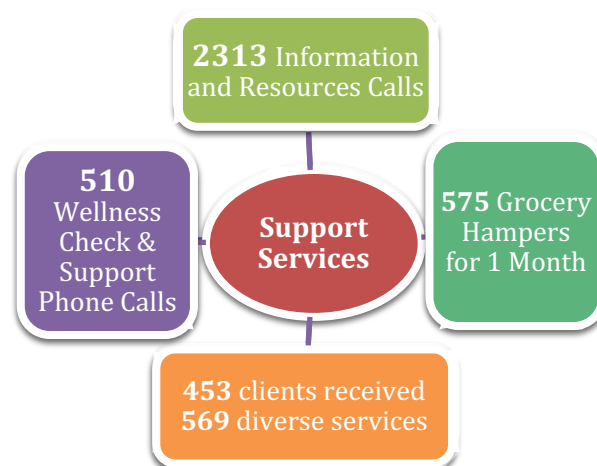
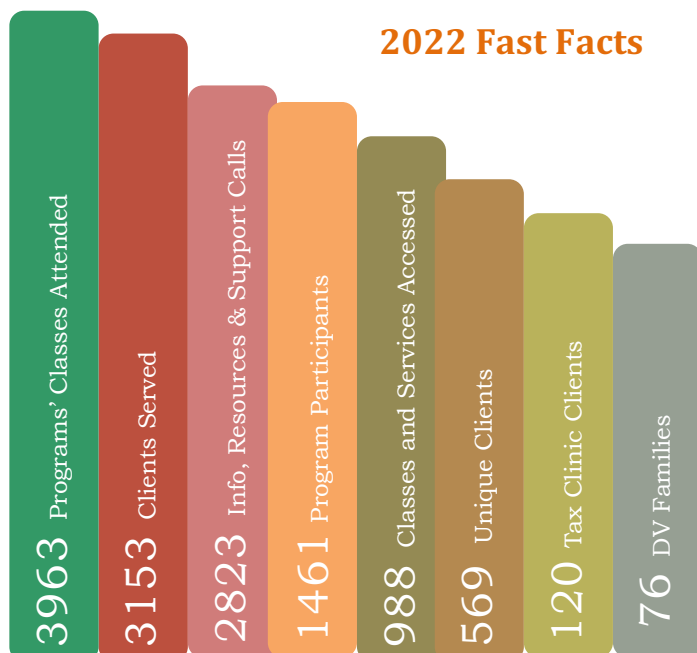


2022 Events' Highlights and Fast Facts

Connections, Supports - Promoting Wellbeing.



2022 Fast Facts



"Life is really simple, but we insist on making it complicated." - Confucius.

In 2022 we served 3153 clients. 2823 information and support calls were made. We offered 25 information, educational presentations, 145 physical fitness classes, 100 social and emotional wellbeing presentations and 100 skill building classes. 575 monthly grocery hampers were distributed. 120 free tax returns were filed for low-income families.

<i>Information, Education, Awareness</i>		<i>Events</i>
<ul style="list-style-type: none"> Seniors Benefits & Credits General Benefits Scam Mindfulness Healthy Activity while Ageing Type 2 Diabetes Multiple sclerosis Fibromyalgia Vertigo Parkinson's Disease sleep disorders Healthy gut 	<ul style="list-style-type: none"> Blood pressure Grief and Loss Stress DV & Elder abuse Dealing with Adult children Info Sessions for Support Group (5) Anger management and how to stay positive Restraining & Emergency Protection Order Family Law Alternate Medicine & Healing Practices Indigenous & Ayurveda (7) 	<ul style="list-style-type: none"> International Women's Day Celebration Senior's Day Celebrations Street Food Interfaith Multicultural Celebration Volunteers Appreciation DV Awareness (2) Civic engagement (3) Picnic in the Park (4) Bus Trip Outdoor Barbeques (2) Bazaar (2)

<i>Weekly Activities, Programs and Services</i>	
<ul style="list-style-type: none"> Exercise classes Chair Yoga Fitness classes Functional English Digital literacy, tech support Workshops, education information sessions Crafts, knitting, Sewing Drawing, painting Seniors' social gatherings & info Support groups meetings Chai & chat meetings Cooking 	<ul style="list-style-type: none"> One on one support Outreach service Assistance with Form Filling Translation service (Urdu, Hindi, Punjabi) Information & Resources Online Accounts Set Up, phone calls on behalf of clients, referrals Job Search Support Help with basic needs / groceries Free tax filing Homework Help for Youth Urdu classes



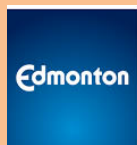
Outside the Centre there is Great Aunt's Friendship Bench for friends and strangers to sit and share their thoughts or just play a game of carom. A volunteer aunt will also be available by appointment.

Board of Directors <ul style="list-style-type: none"> Dr. Kaniz Sattar, President Shameem Siddiqui, V President Jacqueline Travis, Secretary Ruxana Amin, Treasurer Atiya Siddiqui Dr. Murshida Khan 	Members at Large <ul style="list-style-type: none"> Atiya Syeda Surjit Dhaliwal Syed A. Qadir Zebunnisa Haroon 	Executive Director <ul style="list-style-type: none"> Sofia Yaqub Staff Members <ul style="list-style-type: none"> Iram Qadir Aura Cimpean Haniya Raza Humaira Faisal
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Our heartfelt thank you to our funders, staff, board, volunteers, donors, partners for their continued support. We couldn't have done without your help.

Our Funders:

Our Partners:



Multicultural Health Brokers, ASSIST, Sage Seniors Association, Catholic Social Services, Edmonton Mennonite Center for Newcomers, Today Center, Community Initiative Against Family Violence, Edmonton Police, Victims Services, Schools, Islamic Family & Social Services Association, Edmonton Community Legal Centre, University of Alberta, NorQuest College, MacEwan University, Nurses, Physicians, Social workers



F. English Class



Digital Literacy Class



Craft Class



Intergeneration Garden Project



Indigenous Healing Practices



Workshop



Virtual Workshop



Handmade at Shaama Centre - Dish Carrier



Shopping Bag



Dolls





Interfaith Speaker



Mayor Sohi - I.M Celebration



Group with MLA Christina Gray



Interfaith Multicultural Celebration



Volunteers Appreciation



Day Trip



Painting from Shaama Centre