

RECENT EVENTS & SPEAKERS

A very happy, active and prosperous 2023 to all those who participate, contribute and become part of the Shaama Centre life!

Alternate Medicine & Healing Practices

Traditional healing refers to health practices, approaches, knowledge and beliefs, incorporating First Nations healing and wellness practices meant to create a balance between body, mind and environment. Typical practices include but are not limited to: Healing Hands (therapeutic massage); Prayers (group/individual); Cleansing (burning of sage); Song & Dance (drumming circles); Traditional Plant Medicine (treatment of various ailments); Talking Circles (culturally sensitive and supportive counseling).

Ayurveda is a philosophy & a healthy-lifestyle more than 5,000 years old. It promotes good health of body, mind, and spirit through prevention and treatment of illness using lifestyle practices and herbal remedies. Preventive Ayurvedic Practices & Treatments are: Pancha Karma (cleansing); Massage Therapy; Abhyanga (herbal oil); Meditation/Mindfulness; Pranayama (breathing exercises); Rasayana (mantras); Yoga (asana); Herbal Medicines (traditional herbs & spices).

Dealing with Adult Children - Atiya Syeda, RSW

Parenting an adult child is one of the most difficult things to learn, it's more about maturity. The reality is that today's young adult live in a very different world than us. You have to learn to respect the differences between you and your adult child. Sharing your wisdom and insight without being critical is an effective way to build a bond of understanding and empathy with them. Setting boundaries with adult children may feel uncomfortable at first, but the more you do it and stick to it, the easier it will get. Whatever traditions, hobbies, or activities appeal to you and your adult child, commit to enjoying them together on a regular basis.

Family Law-financial support

The purpose of this presentation was to become more informed about the law and the basics of the court process. Participants learnt about child support spousal support, what laws are applied and about community resources. Assistance, other info and resources are available at [AB Family Law Assistance](#)

Healthy Activity While Ageing

It's never too late to change your health for the better! Canadian senior population tend to be defined by ageism and chronic disease due to physical inactivity, diet, isolation, substance abuse. Changing the habits and become more active physically, mentally and socially is a step for any 65+ adult toward a healthier 90+ senior. Exercise classes, swimming, walking, gardening and dancing increase balance, strengthen muscles and bones. Mind can be kept active and relaxed with new hobbies, Yoga/Tai Chi, individual/collective games. Isolation may be easy combated through outdoor activities, community /family/friends activities.

Update from the Shaama Centre

We are celebrating **IWD** on March 17th. Theme this year is "Every Woman Counts". On June 8th you are invited for **Seniors Week** to come and sample free delicious South Asian street food. Dress up in your cultural costume if you can. Time 12 -5 p.m. Location 329 Woodvale Road W. Hope to see you.

We will love to have your story for our annual **Reflection Magazine**. Please call us if you will like a volunteer to write and type it. **Memory Box** outside the Shaama centre is waiting to collect any memory you may like to share with others. If you are comfortable, please leave your contact number so we can invite you. For Free Income Tax Return Filing for low income individuals please call 780-465 -2992 and drop your papers on Tuesdays or Thursday between 12-3 PM. Check out what's new at: [See what's happening at the Shaama Centre](#)

Research Corner - Dr.Kaniz Sattar

According to Calder (2020), in the British Medical Journal, vitamins (A, B₆, B₁₂, folate, C, D and E) alongside with trace elements of zinc, copper, selenium and iron bolster the immune system and reduce the risk of infections. Zinc and selenium are particularly significant in antibacterial and antiviral defence. In essence, it is argued that a strong immune system barricades the pathogens from entering the body; it identifies, eliminates pathogens, and creates an "immunological" database or memory. Thus, an intake of specific nutrients is essential in supporting the immune system. [Calder P. C. (2020) Nutrition, immunity and COVID-19 BMJ nutrition, prevention & health, 3(1), 74-92. <https://doi.org/10.1136/bmjnph-2020-000085>]

UPCOMING EVENTS & SPEAKERS

2022

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)

2023

January

- Volunteers Appreciation (6)
- Support Group/Info Session -Burnout

February

- Cholesterol and BP (1)

March

- Chronic Respiratory Diseases (8)
- IWD Celebration (17)

June

- Seniors Week Celebration (8)

October

- Interfaith Multicultural Celebration (14)

PROGRAMS AND SERVICES

SENIORS (Both Men & Women)

We provide one-on-one support; outreach services; a variety of classes including functional English, basic computer skills, citizenship, fitness, arts/crafts and cooking. We assist with filling forms, navigating government and legal systems. We offer information sessions/workshops on health and wellness topics, pension and benefits, housing; referrals, community support and connections as well as translation services (in Hindi, Urdu & Punjabi). There are many opportunities to socialize, join support groups and develop new hobbies such as story writing & 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 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.

USEFUL INFORMATION AND UPDATES

Financial Assistance

Affordability payments – [Affordability Action Plan](#) 2023

Seniors, families with children under 18 and Albertans on core support programs can apply until June 30, 2023 for a \$600 payment to help with the rising cost of living. Applications are open online!

Alberta Senior Benefit

Unexpected emergencies (Emergency Needs Allowance)

Emergency Income Support Contact Centre (24/7):

Toll free: 1-866-644-5135; Email: hs.iscc@gov.ab.ca

Emergency food benefits, Interac e-Transfer—apply to [MyAlberta Emergency Benefits](#) to start the online application process.

General information/application for OAS, GIS, Allowance and Allowance for the Survivor: Toll free: 1-800-277-9914

Health

Help available 24/7:

Family Violence Info Line: 310-1818

Edmonton Seniors Abuse Help Line: 780-454-8888

Protection for Persons in Care Reporting Line: 1-888-357-9339

Child Abuse Hotline: 1-800-387-KIDS (5437)

Bullying Helpline: 1-888-456-2323

Mental Health Help Line: 1-877-303-2642

Alberta Health Link: 811

Information and resources

Available government services: alberta.ca

Community and social services: 211

It saddened our hearts to hear about the passing of **Mr. Zia Zee**, a very active member of our community and Shaama Centre’s first accountant. Over the years he taught numerous youth math and helped 3 of our women clients going through life challenges with accounting homework till their diploma completion. They are forever grateful. He filed many free tax returns for low income people. He was truly an inspiration, an amazing teacher & mentor. Our heartfelt sympathy to his wife Suriya and children. Our prayers are with them.

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 (including accompanying victims when necessary to needed services); risk management/safety planning; referrals to professional counsellors, spiritual leaders and other service providers; translation services (Urdu, Hindi, and Punjabi) We offer informational, educational workshops (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 (income less than \$35,000)

The Mexican Fisherman and Investment Banker

(A Parable retold by T. Tresidder)

An American investment banker was taking a much-needed vacation in a small coastal Mexican village when a small boat with just one fisherman docked. The boat had several large, fresh fish in it. The investment banker was impressed by the quality of the fish and asked the Mexican how long it took to catch them.

The Mexican replied, “Only a little while.”

The banker then asked why he didn’t stay out longer and catch more fish?

The Mexican fisherman replied he had enough to support his family’s immediate needs.

The American then asked: “But what do you do with the rest of your time?”

The Mexican fisherman replied: “I sleep late, fish a little, play with my children, take siesta with my wife, stroll into the village each evening where I sip wine and play guitar with my amigos: I have a full and busy life, señor.”

The investment banker scoffed: “I am an Ivy League MBA, and I could help you. You could spend more time fishing and with the proceeds buy a bigger boat, and with the proceeds from the bigger boat you could buy several boats until eventually, you would have a whole fleet of fishing boats. Instead of selling your catch to the middleman, you could sell directly to the processor, eventually opening your own cannery. You could control the product, processing and distribution.” Then he added: “Of course, you would need to leave this small coastal fishing village and move to Mexico City where you would run your growing enterprise.”

The Mexican Fisherman asked, “But señor, how long will this all take?” To which the American replied: “15–20 years.” “But what then?” asked the Mexican. The American laughed and said: “That’s the best part. When the time is right you would announce an IPO and sell your company stock to the public and become very rich. You could make millions.”

The Fisherman asked: “Millions, señor? Then what?”

To which the investment banker replied: “Then you would retire. You could move to a small coastal fishing village where you would sleep late, fish a little, play with your kids, take siesta with your wife, stroll to the village in the evenings where you could sip wine and play your guitar with your amigos.”

Daily Calendar of Classes

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