

### RECENT EVENTS & SPEAKERS

#### Lung Health – Amrita Sohanpal (RN)

A very informative ppt presentation was made by Amrita on lung cancer. There are two primary types of lung cancer: non-small cell lung cancer (NSCLC) and small cell lung cancer (SCLC). The risk factors for lung cancer include cigarette smoking, exposure to second hand smoke, exposure to substances like asbestos and radon, a family history of lung cancer/lung diseases. Treatment options for lung cancer vary based on the stage and type of cancer. Early detection and a comprehensive treatment plan are crucial for improving outcomes.

#### Field trip to TELUS World of Science

The seniors were treated to an extraordinary documentary experience, "Secrets of the Sea". The film's captivating narrative unveiled the mysteries that lie beneath the waves – a realm of awe-inspiring marine life, ancient shipwrecks, and unexplored ecosystems.

#### Multicultural Day:

The event was a lively gathering where people from various cultural backgrounds shared their customs, traditions, and heritage. The combination of cultural richness, delicious barbecue, park atmosphere, helped all to connect with nature and each other and made this celebration a unique and enriching experience for all. See us in the new video [Field Trips video](#) !

#### Update from the Shaama Centre

An amazing group of knitters joined their efforts to produce hundred scarfs that will be donated to Boyle Street clients. This year they're also working on a new project – Twiddle muffs, that can appease people with Alzheimer or severe cognitive impairment. One of the effects of these diseases is fiddling hands, - that's where the Muffs comes, as a warm and soothing source of visual, tactile, and sensory stimulation. These muffs can also be bought from the Shaama centre as gifts.

Every year, Shaama Centre publishes a magazine, Reflections (Kuch Yaadein Kuch Baatein ...) where immigrants from all walks of life share their thoughts, dreams, and life experiences. We want to hear from **you** and learn from your experience and wisdom.

Please click this link to [See what's happening at the Shaama Centre](#)

#### 23<sup>rd</sup> Annual Interfaith, Multicultural Celebration

This year, the celebration focused on "Stories of Identity and Intersection: Our Faith in Community Action on Treaty Six Land." The event brought together over 300.

ladies from diverse communities. Interfaith speakers shared their wisdom and knowledge and faith perspectives on the topic, enriching the audience's understanding. Here are some comments from the Jewish and Muslim speakers:” ... We, as the Jewish peoples, have belief in sacred covenants between peoples, a belief which is shared with the Muslim community. There have been too many genocides attempted in recent history. Humankind seems to have learned nothing from our banishment from the Garden of Eden, the drowning of humanity in Noah’s time, our dispersion from the tower of Babel. There have been abhorrent actions perpetrated by almost every group of people on this earth against other groups. Why? We differ by language, culture, ancestry – all the will of God. Why can we not finally accept our sisters and brothers as worthy valued partners on this small blue dot in the universe? I pray for peace among all peoples.” - Karen Farkas

“...Being part of a community is not just about what your community provides you, but what you and I contribute to it. Loving for our brother or sister what we would love for ourselves, can be a tall order. And is, arguably, one of the most difficult commandments to adhere to within our respective faith traditions. For we are not only being called to show goodness and love to those who show us goodness and love, but also to that person who said that thing that got under your skin, the other person who keeps doing something that annoys you, and even those who misunderstand our faith, our culture, and hold differing world and political views...Community requires investment. Sometimes it requires headaches and heart aches. And it certainly requires our caring attention. Wherever people of faith have gone, we have sought to establish community.” - Ibrahim Long

During the celebration, cultural dances like the powerful Pow Wow dance, and the graceful Chinese classical Chaiwei and Butterfly dances added a vibrant and engaging dimension to the event. At the end of the interfaith segment the attendees were treated to a delightful array of food. After dinner, an informal segment of the program ensued, when 3 generations of bold and beautiful women presented fall fashion display. This segment included a musical interlude and songs in Urdu, Hindi and Punjabi creating a festive and celebratory atmosphere. The event was graced by the presence of esteemed guests, MLA Christina Gray and councillors Keren Tang and Jo-Anne Wright, adding to the *Continued next page!*

### UPCOMING EVENTS & SPEAKERS

#### 2023

##### June

- Seniors Week Celebration (8)
- Calligraphy WS (5,12,19,26)

##### July

- Seniors Field Trip (9)
- Meet Your Neighbours (21)
- Revera Retirement Living Tour (26)

##### August

- Seniors Field Trip (1)
- Beyond Jobs Program for Women (30)
- Seniors Field Trip (29)

##### September

- Multicultural Day Picnic (15)

##### October

- Lung Health (4)
- Interfaith Multicultural Celebration (14)
- DV Awareness (18)

##### November

- Elder Abuse Awareness (8)

##### December

- Meet Your Neighbours (1)

#### 2024

##### January

- Volunteer Appreciation (3)

##### February

- Meet Your Neighbours (9)

##### March

- IWD Celebration (DTA)

##### April

- Ladies Celebration (DTA)

##### October

- Interfaith Multicultural Celebration (5)

**PROGRAMS AND SERVICES**

**SENIORS (Both Men & Women)**

We provide one-on-one support; outreach services; referrals, community support & connections, as well as translation services (in Hindi, Urdu & Punjabi). We assist with filling forms and navigating government & legal systems. The Centre offers functional English, basic computer, fitness, painting, crafts, cooking classes. Regular information sessions and workshops are offered on health and wellness, pension, and benefits, and on topics of interest to seniors. We provide 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 small home-based business, as well as creates opportunities for these entrepreneurs to promote their products and services to generate income for themselves, increase self-reliance, personal growth, and success.

*We look forward to the time when the Power of Love will replace the Love of Power. Then will our world know the blessings of peace.*  
— Gladstone

**USEFUL INFORMATION AND UPDATES**

**Financial & Housing**

Emergency Support - (24-7): 1-866-644-5135  
Income Support 1-877-644-9992/780-415-4900  
Seniors Financial Assistance Programs: 310-0000/1-877-644-9992  
Supplementary Accommodation Benefit (residents in a designated supportive living or long-term care facility): 1 877-644-9992  
\*The amount of OAS increased by 1.3% for the 4<sup>th</sup> 2023 quarter  
Emergency Housing - Alberta Works: 780-644-5135 (outside of Edmonton 1-866-644-5135)  
Evictions - Service Alberta: 780-427-4088.  
Low-Income Housing/Rent Supplement: [Find Housing for Seniors](#)

**Health.**

Alberta Health Link (24-7): 811  
Mental Health Help Line (24-7): 1-877-303-2642  
Alberta Aids to Daily Living (AADL): 310-0000 or 780-427-0731

**Family Violence**

Family Violence Info Line: 310-1818  
Crisis Line (24 hours): 1-800-232-7288  
Distress Line (24 hours): 780-482-HELP (4357)  
Seniors Abuse Helpline: 780-454-8888  
Child Abuse Hotline: 1-800-387-KIDS (5437)  
Bullying Helpline: 1-888-456-2323

**Important Numbers**

Info & Referrals to Community and Government Support: 211

**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 in 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)

*continued -23<sup>rd</sup> Annual Interfaith, Multicultural Celebration:* significance of the event and highlighting the importance of community engagement and collaboration. Overall, the celebration was a testament to the power of unity, diversity, and the shared commitment to community well-being. *All presentations will be included in our annual magazine, Reflections.*

**Meet your neighbours:** You are invited to the 3<sup>rd</sup> and 4<sup>th</sup> event on February 9th, 2024. Guaranteed not to be too long or boring.

South Asia is one of the most diverse parts of the world. According to 2021 statistic South Asians are the second largest and fastest growing visible minority group in Canada. They are also the largest racialized minority group. From our experience we know that there is a lot of misinformation in the media, and ordinary Albertans are not aware of it. As someone said, what we don't understand, we fear... We believe that education and dialogue is the answer to combat discrimination and racism, and to promote understanding, peace, and harmony among diverse and rich Edmonton communities. Join us as we highlight the other two S.A. communities, and discover their unique culture, traditions, beliefs, values, and more. Enjoy our delicious food and music. Exchange ideas, ask questions.



Another cooked meal option coming up—a new initiative in partnership with Meals on Wheels, Multicultural Health Brokers and the Shaama Centre

**Daily Calendar of Classes**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Chair Yoga</b> Zoom & In Person 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 &amp; Info Session</b> 2:30 PM – 4:00 PM	<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 and Support Group</b> In Person 12:00 PM – 3:30 PM <b>Art &amp; Crafts</b> or <b>Cooking Class</b>	<b>Functional English</b> In Person 12:00 PM – 2:00 PM <b>Sewing Class</b> In Person 2:30 -4:30 PM	<b>Fitness</b> Zoom & In Person 11:00 AM – 12:00 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 11:00 AM – 12:30 PM <b>Math &amp; Homework Help</b> In Person 11:00 AM – 12:30 PM