

# MWSSA NEWSLETTER

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Issue 1

January–March 2012

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## Upcoming Activities & Speakers

- ❖ Seniors Exercise Sessions: Tues & Thurs 11am-12pm
- ❖ Math & Homework Classes: Saturdays 11am-1pm
- ❖ Art Classes for Adults: Tuesdays
- ❖ Seniors Meeting/Speaker /Lunch: 2<sup>nd</sup> Sunday of the month
- ❖ Workshops/Speakers: Wednesdays 12pm
- ❖ Annual General Meeting January 7<sup>th</sup> 1 p.m.
- ❖ Cooking Class: Wednesday January 18<sup>th</sup>
- ❖ Cooking & Nutrition Classes for Seniors: 4 Thursdays in January at 10:00am
- ❖ Ladies Yoga Classes: Starting January 16<sup>th</sup> Mondays 1-2pm
- ❖ Men's Yoga Classes: DTA (Call to Register)
- ❖ Seniors Trip to Museum: January DTA
- ❖ Financial Literacy: Wed. January 25<sup>th</sup> @ 12:30pm
- ❖ Eyes & Aging: Wed. February 1<sup>st</sup> @ 12:30pm
- ❖ Understanding FV: Wed. February 15<sup>th</sup> @ 12:30pm
- ❖ Foot Care: Wed. February 29<sup>th</sup> @ 12:30pm
- ❖ Mediation: Wed. March 21<sup>st</sup> @ 12:30pm
- ❖ Indicators & Tools (Risk assess. & safety plan.) March 28<sup>th</sup>
- ❖ Seniors Week Celebration: Art contest, Painting Exhibition & Bazaar June 3<sup>rd</sup>
- ❖ Interfaith & Multicultural Ladies Event in November 3<sup>rd</sup>

## Recent Events & Activities

**RCMP Careers Presentation** was on Oct. 27<sup>th</sup> in which information was provided about what role the RCMP has in government. There are over 150 different operational and administrative opportunities. Applicants chosen for Cadet training receive \$500/week recruitment allowance. Forms were provided along with requirements such as being 18 years of age, a Canadian citizen, having a valid driver's license, completing Canadian grade 12 education or GED equivalent and willing to serve anywhere in Canada. Some specializations include: major crime investigation, emergency response, forensics & international peacekeeping. More information: 1-877-726-7472.

**Diabetes Clinic** was held on Nov. 8<sup>th</sup>. A doctor, nurse and dietician from AHC were present. Blood pressure

and blood sugar was checked and information about how to maintain a healthy lifestyle and manage diabetes was given. Later the participants enjoyed fresh fruit and a hot bowl of delicious vegetarian chili.

**Alberta Caregivers Association** gave a presentation on Nov. 12<sup>th</sup> on what identifies a caregiver, statistics on care giving as well as resources available to support families providing care. If they do not have support the caregiver will 'burnout'. The presenter identified 9 problem areas caregivers typically face:

- Family care giving impacts on relationships
- Access to Respite
- Balancing caregiver role with other life roles
- Financial stressors
- Impact on the health and well-being of caregiver navigating the "System"
- Communications (privacy, family dynamics, legal)
- Effects on employment, productivity, education
- 1 in 4 Albertans over 45 are caring for a senior
- 75% of caregivers are providing care while employed
- 1/6 caregivers experience "severe stress" & 30-59% report symptoms of depression with 29% reporting sleep disturbances.

For info: [www.albertacaregivers.org](http://www.albertacaregivers.org) Call: 780-453-5088 or 1-877-453-5088.

**Seniors Eid Celebration** was on Nov. 17<sup>th</sup> and they had dinner followed by recitation of poetry, songs and magic show.

**Bazaar** on Nov. 27<sup>th</sup> was held at the MWSSA Centre. New and gently used items, including books, toys, small household items and clothing, were sold, as well as crafts and food.

**Depression Session** was held by Capital Health on Nov. 30<sup>th</sup> to talk about the highest rate of depression occurring in seniors. The speaker talked about the symptoms as well as steps one can take to recognize and address depression. You may be depressed if you have:

- A sad or anxious mood won't go away
- Feelings of hopelessness, pessimism or even suicide
- Loss of interest or pleasure in normal activity
- Tiredness and loss of energy
- Sleep disturbances
- Changes in appetite (wanting to eat more or less)
- Lack of interest about appearance or hygiene

- Crying that won't stop
  - Aches and pains that don't get better with treatment
  - Memory problems/ forgetfulness
- There are 5 steps for seniors who feel depression coming:
- Learn what makes you feel depressed.
  - Learn to recognize your own symptoms of depression.
  - Learn ways to deal with your symptoms.
  - Get help if you need it.
  - Live a depression prevention lifestyle

**Family & Criminal Law** was on Dec. 14<sup>th</sup> and provided information on the Criminal and Justice System in Canada. They explained key terms such as what the criminal and civil justice system deals with, as well as what steps to take when a crime happens and yours or someone's life is in danger. An explanation was given of the procedures that the police and court go through when a complaint is filed or crime is reported. Victims should avoid physical aggression unless in self-defense and children should be taught how to respond in emergency situations if they experience or witness abuse.

*"Be like the sun for grace and mercy. Be like the night to cover others' faults. Be like running water for generosity. Be like the Earth for modesty. Appear as you are. Be as you appear." – Rumi*

### **Some Programs and Services Offered by MWSSA**

#### **Seniors:**

- One on One support
- Out reach -Hospital and home visits
- Translation services in Urdu, Hindi, Punjabi & Bengali
- Assistance with grocery shopping
- Referrals to other services and agencies
- Assistance with tax filing
- Exercise Classes
- Picnic, visits to museum, etc
- Special events
- Poetry reading & monthly speakers.
- Art Classes

#### **Skills Building for Women & Seniors:**

- Job search skills with job search techniques, updating resume, and interview skills
- Basic computer classes
- English conversation classes
- Citizenship preparation classes
- Parenting, budgeting classes
- Life skills
- Workshops on topics of interest
- Sewing classes

### **Prevention of Family Violence & Family Support**

#### **Program:**

Responding to victims of F.V. - Help is available for both women and men. Two family support staff members are available to provide support, information and "walk" with the client if needed. MWSSA follows strict confidentiality rules when dealing with any issues.

- One on One support is provided.
- Translation services in Urdu, Hindi, Punjabi, Bengali
- Referrals and assistance in accessing other needed services e.g. financial assistance, low-income housing, legal aid and help with dealing with immigration issues.
- Information/awareness on Family violence. Information on the court system and assistance with court preparation where needed.
- Laws related to F.V. in Canada
- Understanding F.V.
- Information & Workshops on topics such as mediation, communication, financial literacy, parenting.
- Referrals to counselors if requested

#### **Youth:**

- Math and homework help for Grades 1 – 12
- Urdu classes

**Magazine:** We are again looking for your "stories" about your life experience, your hobbies, your profession, your passion, values, whatever you care to share for the next edition of the MWSSA magazine. Note, that stories should be no more than 2 pages. If you would like to be interviewed or know someone who would, please call us at 780-465-2992. Our Urdu teachers would also like to have short folk tales in simple Urdu to be used by their students so please share any stories you know.

**Tutors Needed:** MWSSA has volunteer opportunities for Math, Physics, Chemistry and French tutors. We also need a **qualified Math teacher willing to help students with their homework on a weekday after school for two hours.** If you are interested in tutoring privately please call us. Remuneration can be worked out directly with the parents. Please email your resume or drop off at address listed above. Thank You!

*"If you are irritated by every rub, how will your mirror be polished?" – Rumi*

**Request for donations:** The Multicultural Women & Seniors Services Association (MWSSA) is a non-profit charitable organization. MWSSA operates with a small team of staff supported by grants, donations and fundraising. MWSSA is making a difference in the lives of seniors, women and youth. You can participate in our work by assisting during activities or volunteer to assist

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with any of our programs and services. Your children also use the Centre for other learning activities.

We are grateful to the city and province for the funding they provide, however not all our services are fully funded. We also have a number of seniors, women & children who deserve your Zakat funds. Rent is also very high and we are raising money towards purchase of space. Please do check out the services provided by MWSSA. We will appreciate your consideration in donating to the Centre and will provide charitable tax receipts for donations over \$50.

**Presented at the Annual Ladies event Oct 22, 2011**  
**The Relationship between Food & Spirituality:**  
**In Christianity**

By Sister Rosaleen Zdunich, October 22, 2011

Thank you for this invitation. Good evening everyone. This is an appropriate topic for this time of the year as we enjoy the abundance of freshly harvested fruits and vegetables. With Thanksgiving just over, we celebrated the spirituality of food bringing families together to thank God for the food and for the many gifts God has given. On feast days, it is very important to prepare special food that is traditional to the day. At this time, I will not discuss this.

We all know the need for food. It gives us sustenance and the ability to carry out the work that God has called us to do. Have you noticed after you have eaten the energy you gain to carry on your work? Also food is meant to be enjoyed. How often when we want to visit with a friend or family we extend an invitation to coffee or dinner.

Food is very much a part of our spirituality. Food can be used to fast from, as well as to enjoy. Jesus did both and we do the same. Jesus was a guest, host and teacher at meals. When Jesus wanted to meet with someone, he sat down and ate with them even at the question of some. "Why are you eating with sinners?" Jesus sat and ate with a person who had leprosy, the sick, the maimed, the needy, the rejected, and the poor. Jesus also sat at meals with the rich and sinners.

Jesus was an excellent teacher and to teach He usually told stories or parables. In His parables to teach, Jesus used what was familiar to his crowd: foods, flowers, and birds. Jesus did not tell us what to eat but used food symbolically to describe how to live our faith and life.

**A.** What do our scriptures say about food? I will give just a few examples so as to keep to a time limit.

1. Jesus said, "Salt is good. You are the salt of the earth" if salt loses its flavor it is not useful anymore. The significance of this statement is comparing our faith to salt.

2. Among seeds sown, the mustard seed, it seems is the smallest. As a plant, it reaches ten, sometimes fifteen feet in height. The mustard seed was used frequently to describe something that is small in its beginning and grows greatly. The kingdom of heaven is destined for great things, though its beginning was small.

Jesus used this example in his parables comparing our faith to a mustard seed which will grow so that nothing will be impossible to us.

3. Jesus compares our faith and the kingdom of God saying it is like yeast that a woman took and mixed with flour until all was leavened making the bread to rise.

**B.** Hospitality was important to Jesus. It was all-inclusive and beyond measure. It is very clear to us to feed those less fortunate. These are just a couple examples as I could give many.

1. Parable of the great dinner: A king prepared a feast, got his very best animal fattened for a banquet and told his slaves to bring in the street people for the feast. Another time Jesus says that when you prepare a banquet invite the poor, crippled, lame and blind.

2. In our city we witness, and sometimes help, at the banquets served to those less fortunate especially on major feasts: Christmas, Labor Day, Thanksgiving and other days. At Christmas time, I have gone to the inner city to help serve the banquet and it is a privilege.

3. One day, many people came to listen to Jesus and evening was drawing near. The Apostles suggested to Jesus to send all these people home so they could get food and lodging. On the contrary, Jesus thought it very important to give them food before they leave and to share what they had left over – so Jesus multiplied the few loaves and fish which fed several hundred before they left.

**C.** After Jesus' Resurrection, his apostles and friend did not recognize Jesus. Jesus again chose food to reveal Himself.

1. In our faith we believe that our bodies will be transformed at the resurrection, as was Jesus' body.

After Jesus' death and resurrection, his apostles with heavy hearts were walking to Emmaus about 7 miles from Jerusalem. A stranger caught up with them and asked why they were so sad. They said to the stranger, "Are you the only one in Jerusalem that does not know what has taken place these last 3 days?" He asked, "What has?" Then they told him about the death and resurrection of Jesus. As they came near Emmaus, they

invited this stranger to have supper with them. When the stranger was at table, he took the bread, blessed it and broke it and gave it to them and then y recognized it was Jesus in the breaking of the bread.

2. One night the Apostles were out fishing. The Apostles saw a charcoal fire and Jesus said to them, "Bring some fish you have caught and have breakfast." The Apostles were hesitant to ask who he was. Then Jesus took the break and broke it and only then did they recognize that it was Jesus.

Bread is a staple food and in the Our Father Jesus asked us to pray for our daily bread.

**D.** Jesus had shared his last meal with his apostles and broke bread with them.

At this meal, Jesus chose to leave Himself to us in food that we make by our hands. Jesus left us Himself in bread and wine which we receive every time we go to our celebration of the Mass.

Early Christians always gathered in one of their homes to break bread together.

When I was in Turkey, we visited Cappadocia. There were many caves in the rock formation. In those caves individual monks had lived a solitary life of prayer and penance. Then we were shown the area where they came together on Sunday to celebrate Mass and break bread together.

It is very important for Christians to break bread (eat) together as Jesus showed us the importance of food. Before we eat, we give thanks for this food and ask God's blessing on it. We strengthen our bond between food and spirituality and also the bond with family, friends and reach out to those in need.

## خوش کون؟

ایک دھوبی اپنے بیٹے اور کپڑوں کے گھر لیکر گدھے پر بیٹھ کر جا رہے تھے چلتے چلتے انکا گزرا ایک بستی سے ہوا لوگوں نے انکو دیکھ کر کہا کہ دیکھو کتنے عالم لوگ ہیں کہ گدھے پر اتنا بوجھ ڈالا ہوا ہے اس سے تو چلا بھی جا رہا ہے جب باپ نے یہ سنا تو فوراً اتر گیا اور پیدل چلنے لگا پھر انکا گزروں سے ہوا تو لوگوں نے انکو دیکھ کر کہا کہ کیا زمانہ آ گیا ہے کہ بوڑھا باپ پیدل چل رہا ہے اور بیٹا آرام سے سواری کر رہا ہے باپ نے بیٹے کو اتار کر خود گدھے پر بیٹھ گیا پھر وہ چلنے رہے آگے بڑھے تو لوگوں نے انکو دیکھ کر کہا کہ ادھر سے باپ آرام سے بیٹھا ہے اور بیٹا کچھ پیدل چل رہا ہے باپ بھی گدھے سے اتر گیا اب دونوں باپ بیٹے کپڑوں کا گھر لیکر پیدل چلنے لگے راستہ میں لوگوں نے انکو دیکھ کر مسنا شروع کر دیا اور کہنے لگے کہ بیٹو تونوں کے سر پر گتھ نہیں ہوتے دیکھو زرا گدھا خالی جا رہا ہے اور یہ خود بوجھ اٹھا کر چل رہے ہیں۔

اس کہانی سے ہم کو کیا سبق ملتا ہے؟ یعنی لوگوں کا کام ہے کہنا اور ہم کسی حالت میں ہر کسی کو خوش نہیں رکھ سکتے بس ہم کو چاہیے کہ لوگوں کے کہنے کی پروا نہ کرنا چھوڑیں اور اللہ تعالیٰ کو خوش رکھیں۔

## Job Opportunity

**P/T Office Assistant** – *Requirements:* Solid work ethics, good organizational and interpersonal skills, and willing to multitask. Excellent computer skills. Able to assist and support the work of the Executive Director. Fluent in English and preferably Urdu, Punjabi and Hindi.  
**P/T Outreach position also available.**

## Millwoods Grocery & Halal Meats

East Indian Grocery, Beef, Goat, Lamb & Chicken  
Khawaja Abdur Rahim Ahmad Saeed  
Bus: 780-485-3504 Fax: 780-485-3502  
9232 – 34 Ave. Edmonton, AB T6E 5P2

## Tahir Masud

1<sup>st</sup> Choice Realtor [www.tahirmasud.ca](http://www.tahirmasud.ca)  
[tahirmasud@live.ca](mailto:tahirmasud@live.ca) Cell: 780-988-0373  
Ph: 780-433-9999 Fax: 439-9696  
9920-79 Ave. Edmonton, AB T6E 1R4

## Checkers Pizza & Kebab (100% Halal)

Ahmed Farooqui  
Cell: 780.720.9111 Ph: 780.989.2882  
Ahmed759@gmail.com Ph: 780.989.3365  
Open 7 days 12pm-3am Call us for Delivery  
10658-82 Ave. Edmonton, AB T6E 2A7

## Calendar of Events

### Seniors\*\*\*\*\*

#### English Conversation Classes

Mondays, Tuesdays & Thursdays: 11am-1pm

#### Exercise Classes: Active Anytime, Anywhere

Tuesdays & Thursdays: 11am-12pm

#### Game of Chess and Carom. Drop in.

Mondays: 10am-2pm

#### Information/Speaker/Craft/Social Afternoon

Wednesdays: 11am-3pm

#### Seniors Meeting Lunch & Social 2<sup>nd</sup> Sunday of Each Month

### Women\*\*\*\*\*

#### English Conversation, Computer & Citizenship Classes

Mondays, Tuesdays & Thursdays: 11am-1pm

#### Speaker Sessions/ Sewing and Crafts

Wednesdays 12pm-3pm

#### Art Classes for Adults: Tuesdays 1pm-3pm

### Youth\*\*\*\*\*

#### Math & Homework Help

Saturdays: 11am-1pm (Grades 1-12)

#### Urdu Classes

Sundays: 11-12:30 p.m.

## Office Hours: 9:00am – 4:30pm Monday to Friday

Drop in, have coffee, get information, share your experiences & talent or attend some of classes/ workshops we offer.

For more information, please call: Sofia Yaqub, Amna Qureshi, Azra Sunje, Razia Ali, Attiya Siddiqui, Jalal Syed, Razia Qarni or Ruksana Amin at 780-465-2992