



Seniors
Housing

community connections
GEF Seniors Housing Newsletter | Summer 2021



Spring Planting at GEF Seniors Housing

Summer is here and it's time to appreciate the beauty of all the flowers that were planted in the spring. Staff, residents and tenants have been busy at work for the past few weeks gardening and making sure their courtyards are ready to bloom for the summer!



Coming soon! 2021 Resident-Tenant Experience Survey

It's almost time for our annual Experience Survey for residents and tenants living in GEF lodges and apartment units!

Last year, more than 1,600 seniors completed a survey. We also asked family members of residents living in GEF buildings to participate in the survey process. All of the feedback received provides valuable insights on what GEF Seniors Housing is doing well, and where we can improve.

This year, the 2021 Resident-Tenant Experience Survey period runs from July 14 to August 11, 2021. Family members of residents living in a GEF lodge are invited to participate in this year's survey. Please email communications@gef.org and request to be placed on the survey distribution list, so you can receive a copy of the 2021 survey to complete.

Senior Spotlight - The Joy of the Ukelele



Music has always been a big part of Margaret Robert's life. Growing up in a very musical family, everyone would often sing together around the piano. "Music just came naturally, I guess you could say about our family!" Today, you can find Margaret playing the ukulele at St. Josephat's.

Margaret used to play the guitar, but found it a bit harder to manage the weight with the arthritis in Margaret's shoulders. Margaret was intrigued by the ukulele, five years ago. "There was a lady at Sage who was the ukulele teacher and was doing a demo. I thought, 'you know that's a really neat little instrument that I think I would like!' It is similar to the guitar, but in a smaller and lighter form. I decided to sign up for the lesson and the rest was history!"

Normally, Margaret would be able to attend lessons and partake in social events at the Sage Seniors Association downtown but, due to the pandemic, things have changed. Margaret feels lucky to have access to the internet because it's a great way to communicate and stay connected. Margaret is on Zoom most of the time, which is where Margaret is able to do the ukulele program, sing-a-longs, connect with teachers, friends and family. "Although it's a very sad time, a lot of positive stuff has come through the internet," Margaret says.

At GEF Seniors Housing, we foster opportunities that promote one's well-being. Having hobbies and sharing talents can bring enjoyment and mental stimulation that encourages a healthy and independent life. It is amazing that Margaret has gone out and found a hobby that brings so much joy! For others who can't go as far as Sage, GEF has introduced our new free [Community Connect](#) program, where tenants and residents can gather in virtual, social settings that allow them to find activities and wellness programs that can contribute to their quality of life.

Since the pandemic began, Margaret also hasn't been able to perform in front of a live audience. "I would have jam sessions at Sage, where people could bring their instruments and join in or sing along. I have also sung there solo, and with my ukulele. Of course, I would get a little nervous, but everyone gets a little nervous. It's normal. Once you get out there, you lose that nervousness, let it go and really get involved in the song - same with the audience too!"

For newer musicians who are nervous to perform in front of an audience, Margaret says this: "Just be yourself. Take control of the situation and you'll be fine! The audience will love you for you!"



To watch a video of Margaret performing "Bring Me Sunshine" Google "GEF Seniors Housing YouTube channel" and check out other great videos.

Lauderdale Terrace Update

We are thrilled to announce that the construction work of Lauderdale Terrace is progressing well! Demolition of four of the duplex units has been completed with the rest of demolition scheduled for this summer. While the construction crew is busy at work at the Lauderdale site, crews are busy across town working on the 10 modular units for the row-style units, which will be transported to the site in August.

We were unable to hold a groundbreaking ceremony due to COVID-19 restrictions, but we are looking forward to an opening ceremony in the fall and we will share the photos of that event with you!



Friendly, affordable, secure housing for seniors.

 Seniors Housing
www.gef.org

Find your new home 



Golden Homes Update

In other exciting news, GEF Seniors Housing is planning to redevelop the remaining duplexes, Golden Homes, in a similar fashion to Lauderdale Terrace! Follow along for more updates soon!



Did you know?

GEF Seniors Housing is a registered charity. We are the largest provider of subsidized seniors' housing in Edmonton.

We gladly accept donations to support our capital building projects and programs that enrich the lives of our residents and tenants.

To make a one-time or ongoing donation, please visit our website at gef.org and click on the "Donate" button.



Seniors' Week

June 7 – 13, 2021 was Seniors' Week and we were so excited to celebrate our amazing seniors!

Our Activity and Wellness Coordinators had the great idea to compile a video of our residents, tenants, staff and community partners to talk about why Seniors' Week is important, why seniors are special or reflecting on what it's like to be a senior.

We received over 30 submissions, which created a heart-warming 10 minute video on why we honour and appreciate all the seniors in our lives. The video was shared throughout the week with our lodge residents and apartment tenants.

Seniors are the foundation of our organization and we are proud to fulfill our vision of positively influencing seniors' quality of life in everything we do. Head to our YouTube Channel or visit our Facebook or Instagram page to watch the touching video!

We welcome your feedback!

Do you have a question about GEF Seniors Housing, or a suggestion for a topic you'd like to see covered in a future issue of Community Connections? Please let us know: communications@gef.org

Connect with GEF

If you would like to receive this newsletter by email, or if you no longer want to receive this publication, please let us know.



14220 - 109 Avenue Edmonton, AB T5N 4B3
communications@gef.org | 780.482.6561
gef.org

 [@gefseniorshousing](https://www.facebook.com/gefseniorshousing)

 [@gefseniorshousing](https://www.instagram.com/gefseniorshousing)

 [@gefseniors](https://twitter.com/gefseniors)

GEF Board of Directors

Jacquie Eales | Chair

Francine Gregory | Vice Chair

Marny Conlon

Debbie Couch

John Fessey

Don Gnatiuk

Paul Nothof

Shawn Parchoma

Tracy Sopkow

GEF Senior Management

Raymond Swonek | Chief Executive Officer

Dale Forbes | Chief Operating Officer

Tracy MacLeod | Director of Human Resources

Keith Day | Director of Facility Management

Arlene Mazoleski | Controller

Heather Massel | Director of Marketing and Community Engagement

Shanika Donalds | Director of Client Services