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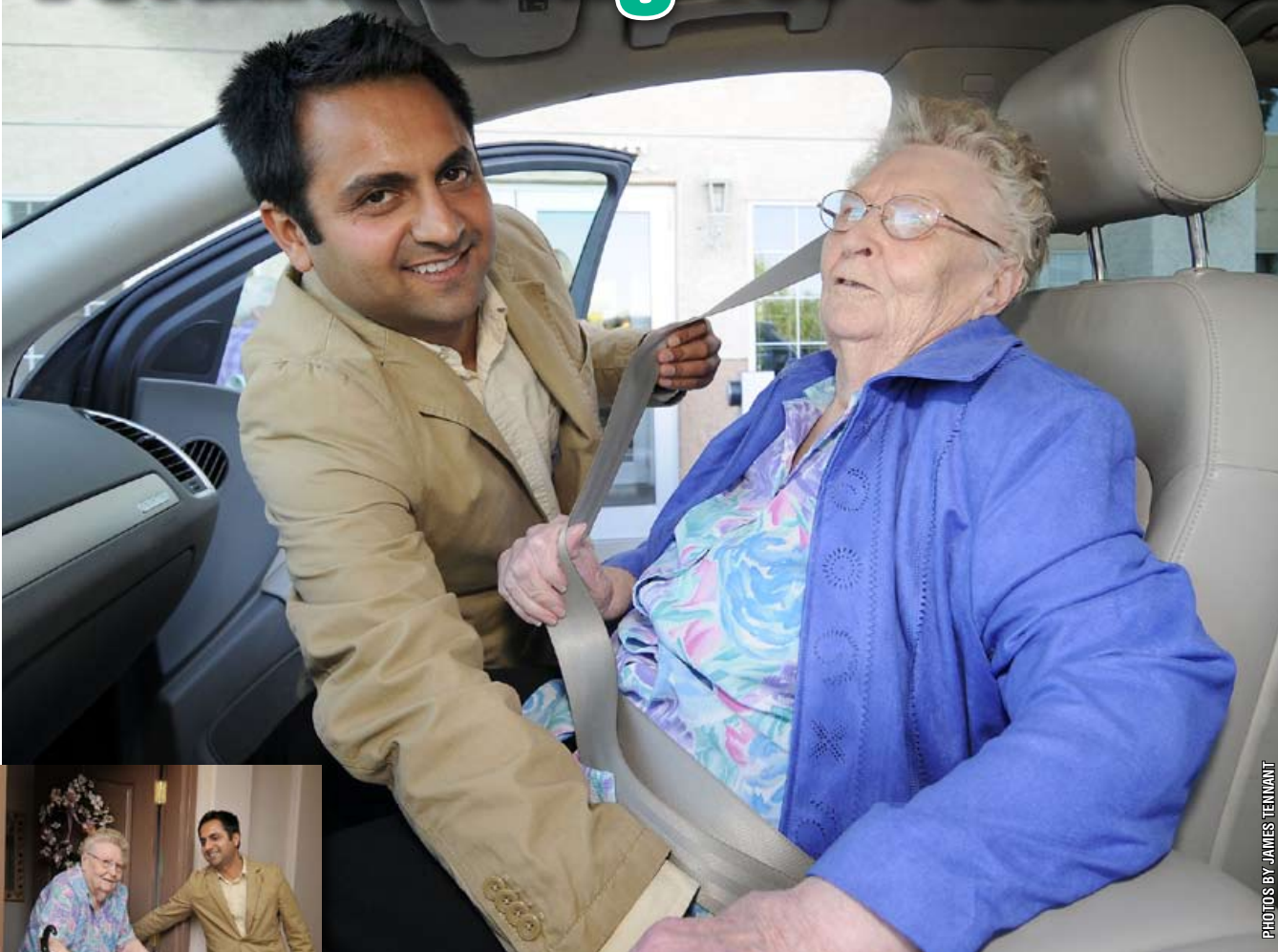
FREE every Wednesday

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WEEKLY

Volunteering for Seniors



PHOTOS BY JAMES TENNANT



REALTOR® Vikas Kwarta helps senior Dorothy Shaw to her medical appointment. Vikas is a volunteer driver for the Seniors Assisted Transportation Society.

The REALTORS® Community Foundation is a proud supporter of the Seniors Assisted Transportation Society of Greater Edmonton (SATS).

Providing a most needed service, SATS finds Volunteers to drive Seniors to their medical, banking, and social appointments including exercise classes. Seniors are then able to be independent and feel useful as valuable members of our Edmonton and area society.

Volunteer Drivers are welcomed from every walk of life. Young drivers (must be over 18 years) are

welcome too and find the interaction an invaluable experience. Not only do they drive the Seniors to their appointments, they escort them safely into the office buildings. The Driver can either wait for the Senior or if the appointment takes longer, go home and come back to escort them safely back to their home. Drivers are needed Monday to Sunday inclusive and are available 8:00 am to 8:00 pm, so anytime a volunteer driver can give time, it is so appreciated.

REALTOR® Vikas Kwarta of C21 Signature Realty has been driving Seniors for the past couple of years

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Ask your builder for eco-friendly materials

(NC)—By 2012, the building codes in many parts of Canada will be demanding greater energy efficiency with methods and materials. This requirement may be mandated, but if building a home, do speak to your builder about the right green options for you. Energy efficiency should start as early as possible once construction begins. For example, concrete walls are now replacing the old wood frame method. By choosing concrete, not only do you save forests and trees, you could realize savings up to 50 per cent on household energy

irrigation. Take a look at www.nudura.com for this Canadian advanced building method. When you opt for the faster, Nudura wall-building system of pre-assembled insulated concrete forms (ICF), your home stands to be stronger, provide greater safety, and more sound resistance – and is far less prone to mould, cold spots and drafts. Other green options to build value into your home are solar power, water management, drainage, windows, siding, heating/cooling, ventilation, electrical, and outdoor irrigation. www.newscanada.com



Photo supplied by News Canada

Volunteering for Seniors

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and says, “As humans we should all help each other. Seniors are so appreciative, I love doing it and the satisfaction is amazing. It’s like helping your Mom and Dad”.

The cost of services to the elderly is a yearly membership of \$24.00 plus a \$10.00 ticket for a return trip of 2 hours or less. Rides are available anywhere in the greater Edmonton area. An assessment of need is required and an application must be completed prior to the first service.

The gas cost for Volunteer drivers is covered with a pre-set fee of \$10.00 to \$20.00 per trip, depending on the length of time.

Dorothy Shaw who has used SATS over the years says, “I am legally blind and the drivers will take me right in for my appointment and then come back and get me. The drivers are always so nice. I have a walker so they have to load it and unload it but they never complain! Without SATS

I would have to wait for my caregiver to get off work so it means a lot to me have this important service that is so reasonably priced. Anna is the lady who runs SATS and she is so nice”.

SATS welcomes and needs all kinds of donations including vehicles. It is donations that keep the program going as the elders yearly membership of \$24.00 is the only portion that supports the program. The gas ticket monies all go to support some of the volunteer driver costs.

Colleen, another Volunteer Driver says, “At SATS we formally refer to the Seniors that we drive as our “clients”; I however think of the seniors I drive as my friends.

They have a lifetime of experience and knowledge to share, and I am always impressed with and inspired by their life stories, their humour and the optimism with which they approach life. The seniors I drive greatly value the independence they maintain thanks to the services provided by SATS, and they always let me know that my volunteer work is much appreciated. I truly enjoy the time I spend with my SATS friends”!

If you are interested in helping SATS as a driver or wish to make donation, please call 780 732-1221 for more information or visit www.satsfedmonton.org

RIDE FOR DIABETES RESEARCH

Register today!

You are invited to join us in the search for a cure for type 1 diabetes and its complications. This disease now affects 300,000 Canadians including over 800 local children □ it's time for a cure, please help us pick up the pace of research.

Wednesday, September 14th, 2011
Sir Winston Churchill Square, Edmonton

For more information contact:
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