

## Healthy Aging Information Series

### ***Free presentations by knowledgeable professionals***

Call the presenter and schedule a Healthy Aging presentation for your organization or group. Please inform the Healthy Aging Information Series Coordinator once you have booked a session.

Laura Murray at 780-893-0713 [afehaiscoord@gmail.com](mailto:afehaiscoord@gmail.com)

*Free translation services may be available from Strathcona Place 55+ Centre at 780-433-5807.*

### **ARTHRITIS**

#### ***Arthritis Society***

**Introduction to Arthritis:** A one-hour presentation that describes arthritis, what can be done to treat the disease and how The Arthritis Society can help.

**Understanding Arthritis:** A one-hour presentation addresses the definition and types of arthritis, the warning signs and the importance of a whole healthcare team.

**Contact:** Leah Paquette, Arthritis Society, 780-424-1740 ext.2301 [LPaquette@arthritis.ca](mailto:LPaquette@arthritis.ca)

### **CONTINUING CARE OVERVIEW**

**The Continuing Care Edmonton Zone Overview:** This session provides a high level review of the program areas and their respective services offered within Continuing Care. This includes Home Living (Home Care), Supportive Living, Facility Living, Transition Services and Palliative/End of Life care. We will discuss eligibility for the different programs, the intake and assessment process and how to find more information. This presentation is appropriate for the general public including senior groups, caregivers, healthcare and community organizations. We will allow time to answer your questions. If you are interested in hosting or attending a presentation, please email us.

**Contact:** [CC.EZ.EducationandOrientation@albertahealthservices.ca](mailto:CC.EZ.EducationandOrientation@albertahealthservices.ca)

### **DEMENTIA AND ALZHEIMER'S**

**Alzheimer's 101:** Find out the difference between Dementia and Alzheimer Disease, learn practical tips to help yourself and those with the disease have a better quality of life, learn how to prevent the disease and have your questions answered.

**Contact:** Alzheimer Society, 780-488-2266

**Alzheimer's Disease & Other Dementias:** Learn how to make the most of the memories that your loved one with Alzheimer's disease has retained. Safely and effectively manage the difficult behaviors symptomatic of the disease; and last, activities that maximize the abilities and independence for an individual with Alzheimer's disease.

**Contact:** Shawn Turcotte, Home Instead, 780-439-9990 [Shawn.Turcotte@homeinstead.com](mailto:Shawn.Turcotte@homeinstead.com)

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### DIABETES

#### ***Canadian Diabetes Association***

**Diabetes – What You Need to Know:** Types of diabetes, signs, symptoms, risk factors and prevention. A brief overview of complications. Making healthy food choices and increasing physical activity.

**Living Well with Diabetes:** Facts about diabetes, healthcare team and preventing complications. Making healthy food choices and increasing physical activity.

**Contact:** Simon Habegger, Canadian Diabetes Association, 780-423-5722 ext. 240  
[Simon.Habegger@diabetes.ca](mailto:Simon.Habegger@diabetes.ca)

#### ***Alberta Health Services***

**Diabetes: Are You at Risk?** This 1.5 hour presentation will focus on type 2 diabetes. Topics include; what is diabetes, risk factors for developing diabetes and how to make lifestyle changes to reduce your risk of developing diabetes. Healthy eating topics include; how to choose healthy portions of healthy food and limiting foods high in fat, sugar and salt.

**Healthy Living with Diabetes:** This 1.5 hour presentation describes what diabetes is, risk factors for developing diabetes and types of diabetes. Topics include; blood glucose monitoring, physical activity, healthy food portions, importance of meals timing and choosing healthy snacks.

**Contact:** Christina Vesty, Alberta Health Services, 780-735-1066 [Christina.vesty@ahs.ca](mailto:Christina.vesty@ahs.ca)

### FINANCIAL LITERACY

**Seniors Financial Empowerment Network:** OAS, GIS, ATM, POA's and PD's. What do they all mean? This group of experts offers 7 exciting presentations to help guide you through the confusing world of finances. Not only do they explain the ins & outs about taxes and wills, they also offer a presentation on protecting your money, your family and yourself from frauds and scams.

**Contact:** Pat Power, RSW, 780-392-3267 [pat.power@edmonton.ca](mailto:pat.power@edmonton.ca)

**Financial Management Seminars:** Interested in tax efficient investments and mutual funds? Planning your estate and want to learn about retirement income strategies planning, and navigating the tax brackets to maximize and preserve government benefits for yourself? What about how to avoid fraud and identity theft? Call Weichurn Woo to book one of his 12 thought provoking presentations and be proactive to ride the wave of financial security into your retirement.

**Contact:** Wei Woo, Investment Advisor, 780-299-0760 [wwoo@mackieresearch.com](mailto:wwoo@mackieresearch.com)

**Money Mentors:** Our mission as a not-for-profit credit counselling agency is to educate Albertans in personal money management and the wise use of credit. We provide alternatives for families and individuals facing financial crisis.

**Contact:** Linda Mak, 780-917-8255, [lmak@moneymentors.ca](mailto:lmak@moneymentors.ca)

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### HEALTHY AGING

**Better Choices, Better Health® Self-Management Program:** A one-hour overview for a free six-week workshop for those who have an ongoing chronic condition like diabetes, high blood pressure, asthma, anxiety, depression, chronic pain, arthritis, weight challenges, etc. In a group setting, participants learn skills and techniques to help cope with the demands of their illness so they can enjoy the best quality of life possible! Three different workshops are available: Chronic Disease, Chronic Pain and Diabetes. For more information visit [www.albertahealthservices.ca/bcbh.asp](http://www.albertahealthservices.ca/bcbh.asp)

**Contact:** Amberley Hubbard, Alberta Health Services, 780-735-1080, [selfmanagement@albertahealthservices.ca](mailto:selfmanagement@albertahealthservices.ca)

**Strike out Stroke:** What does FAST mean to you? Learn how to Reduce your Risks, and Recognize and React to the signs and symptoms of strokes.

**Contact:** Gail Elton-Smith, BScPT, Stroke Service Coordinator, Alberta Health Services, 780-407-8729, [Gail.EltonSmith@ahs.ca](mailto:Gail.EltonSmith@ahs.ca)

**Skin Cancer is Preventable:** Over 80,000 Canadians are diagnosed annually and the numbers continue to rise. Sun safety is key to prevention and it's never too late to begin. Successful treatment begins with early detection. Monthly skin checks will ensure you know your skin and recognize changes that happen over time. In particular, learn about the difference between a healthy mole and one that may be melanoma, the most deadly form of skin cancer.

**Contact:** Leona Yez, Canadian Skin Cancer Foundation, 780-423-2723 [cscf@telus.net](mailto:cscf@telus.net)

**Moving Matters:** This 2 hour presentation covers all the basics of physical activity. We will look at the research and recommendations for activity and how to balance this in our lives. Let's all make a personal plan to be more active.

**Contact:** Christina Vesty, Alberta Health Services, 780-735-1066 [Christina.vesty@ahs.ca](mailto:Christina.vesty@ahs.ca)

**Stay Independent: Tips to Prevent Slips, Trips and Falls:** Falls prevention is not just about stopping a fall. It is about being able to enjoy life's moments; it is about playing with grandchildren and keeping up with friends. Falls can result in injuries that stop you from daily tasks like getting in a car, rising out of a chair or carrying groceries. The good news is that you can take steps to prevent slips, trips and falls. Book this 1-hour session to share ideas on what can cause a fall and key actions you can take to prevent a fall. Join in the discussion, pick up some handouts and ask some questions.

**Contact:** Rosalie Freund-Heritage, Occupational Therapist, BScOT, 780-913-7035 [fallspreventionchat@gmail.com](mailto:fallspreventionchat@gmail.com)

**Dare to Age Well:** Sleep problems? Incontinence issues? Battling arthritis? Cutting edge information for Senior Citizens who want to get older without getting old. Call us to inquire about booking a presentation with a physician. We may be able to help by providing education on a topic that your group of seniors is interested in.

**Contact:** Saima Rajabali, University of Alberta, 780-492-3700, [srajabal@ualberta.ca](mailto:srajabal@ualberta.ca)

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**The Link between Oral Health and Systemic Health:** 90-minute presentation on how oral hygiene plays an important role in your overall health. Did you know that oral hygiene has connections to cardiovascular health, diabetes, arthritis as well as epilepsy? Even a healthy mouth contains over 300 types of bacteria. More recently, oral bacteria has been linked to Parkinson's, dementia and Alzheimer's. Come and learn more about properly caring for your dentures partials and natural teeth! Available for groups with 50-75 participants. **Contact:** Tracy Fedorak, Periosmart Mobile Dental Hygiene and Dentures, 780-405-2268 [tracy@periosmart.com](mailto:tracy@periosmart.com)

**Older Adults and Problem Gambling:** An increasing number of older adults are engaging in gambling. For some it is a coping mechanism. In other cases, it may lead to an addiction. Older adults may gamble for many reasons. What are some of the warning signs that an older adult may have a problem with gambling? Where can you find help? Where can you find more information? This one-hour presentation will provide you some pertinent information and resources related to problem gambling and the older adult. **Contact:** Leely Lew, Addiction & Mental Health, Alberta Health Services, 780-644-5022 [leely.lew@albertahealthservices.ca](mailto:leely.lew@albertahealthservices.ca)

**Mindful Aging:** There are many new experiences to look forward even as we age which may evoke a whole range of emotions. We all experience aging differently and at our own rate. Since we can't stop getting older, what steps might we take to be healthier? What are the best ways we can ward off the negative effects of aging to protect our physical and mental health? Come and learn about approaches to mindful aging. Discuss what factors may have facilitated or hindered mindful aging in your life.

**Contact:** Laurie Young, Addiction Prevention & Mental Health Promotion, Alberta Health Services, 780-644-3629 [laurie.young@albertahealthservices.ca](mailto:laurie.young@albertahealthservices.ca)

**Gamblers Anonymous:** Recovery from addiction is a lifetime process and takes place one day at a time. The GA program has saved many lives and helps people live healthier and happier lives. This session will outline what Gamblers Anonymous is all about and how it can help you or a loved one.

**Contact:** Pat C. @ [patc47@telus.net](mailto:patc47@telus.net) or [www.albertaga.net](http://www.albertaga.net)

**Tobacco – You CAN Quit!** Tobacco use continues to decline as smokers realize the benefits of quitting or cutting back! As we age, the negative impacts of tobacco use begin to appear. The good news is that quitting smoking at any age is a positive thing. The risk of a smoking related heart attack decreases by 50% one year after quitting! This session explores how to quit or cut back & explore some of reasons to do so. **Contact:** Kari Jesswein, Addiction Prevention & Mental Health Promotion, Alberta Health Services, 780-415-0768 [kari.jesswein@albertahealthservices.ca](mailto:kari.jesswein@albertahealthservices.ca)

### HEARING LOSS

**Your Third Ear:** The program takes participants on a path recognizing unrealistic expectations they may have of hearing aids, accepting their reality of hearing loss, develop an understanding of what they need to do to reconnect with loved ones and learn to laugh at the foibles of hearing loss.

**Contact:** Cindy Gordon, Bridges Support Services, 780-428-6624 [cindy@bridgessupport.com](mailto:cindy@bridgessupport.com)

## Healthy Aging Information Series

### HOUSING TRANSITIONS

**Aging in Place:** Recently retired? Planning to continue living in your home at 70 or 80 years of age or older? Your home may need to be redesigned: this can involve decluttering to make room for hobbies, reorganizing what you own or reconfiguring your home to meet new physical limitations and improve your safety and security. Or are you ready to start dealing with those shoeboxes of photos and years of accumulated paper? We will share proven methods that work to cut the clutter! Our fun interactive workshop is all about successfully aging in place.

**Contact:** Karen Murdock, Your Organized Friend, 780-996-3583 [karen@yourorganizedfriend.ca](mailto:karen@yourorganizedfriend.ca) or Cheri Goldstone, Simplified Spaces 780-819-7769 [simplifiedspaces@shaw.ca](mailto:simplifiedspaces@shaw.ca)

**Home Modifications:** What are home modifications and why do them? Falls are the leading cause of injury deaths of older adults and 60% occur in the home. In this presentation you will learn about the most common problems in homes, like access, stairs and bathrooms and strategies to address each of these areas. We will problem solve the barriers to home modifications by looking at the service delivery system, options for low/high cost modifications, and available funding resources.

**Contact:** Denise Thorsley, BScOT@780-246-3763 [denise.thorsley@ahs.ca](mailto:denise.thorsley@ahs.ca)

**Live Safely-Longer in Your Home:** Learn about home monitoring, support and response services for individuals of all ages and situations, from lone-workers to seniors at home. From fall and flood detection to temperature monitoring, medication and appointment reminders. Additionally, the latest technology in GPS monitoring will be presented.

**Contact:** Jacqueline Lovely, 780-431-3744, [jlovely@gss.org](mailto:jlovely@gss.org)

**Sage Housing Information:** Provides information, referrals and support for seniors seeking subsidized or non-subsidized housing. We also provide information for families whose parents have experienced changes in health that might require them to move into a different type of housing.

**Contact:** Theresa Goba, Sage, 780-701-9018 [TGoba@mysage.ca](mailto:TGoba@mysage.ca) Kathleen Kelly, [kkelly@mysage.ca](mailto:kkelly@mysage.ca)

**Managing Your Move:** Join us to explore the issues involved in downsizing and get valuable tips to save you time, money and stress.

**Contact:** Shannon Lang, Elder Move, 780-991-9059 [shannon@eldermove.ca](mailto:shannon@eldermove.ca) & Kathy Schmidt, Schmidt Realty Group Inc. 780-437-2030 (office) or 780-994-1124 (direct) [Kathy@WeSellEdmonton.com](mailto:Kathy@WeSellEdmonton.com)

**Moving Forward - Downsizing Tips for Seniors, Boomers and the Sandwich Generation:** Join our professional team of experts to discover solutions to the downsizing and moving concerns facing the multi-generational families of today. Hot topics may include: Staging to sell, Choosing the right renovations that generate the best investment return, Estate planning, Decluttering and organization, and Financial planning for retirement.

**Contact:** Rennaye Miller, Realty Executives Polaris, 780-450-6300(office) or 780-965-1408 (direct) [rennaye@rennayemiller.com](mailto:rennaye@rennayemiller.com)

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**Sage's This Full House Program - An Integrated Community Response to Hoarding:** An overview of Hoarding Disorder. Learn how to identify hoarding and the difference between clutter and hoarding. How you can help and where to refer. Tips on making appropriate referrals and keys to successful communication.

**Contact:** Colleen Derksen, Sage, 780-701-9005 [cderksen@mysage.ca](mailto:cderksen@mysage.ca)

**Holistic Decluttering for Seniors:** Lighten up the clutter and remain independent in your home longer, happy in body, mind & spirit. We will talk about how to improve your energy & focus, as uncluttered surroundings = uncluttered minds. Learn practical self-care tools from a coach who respects you and your special memories, holistically.

**Contact:** Lynn Fraser, Balance Your World, 780-465-9893 [lafconsulting@shaw.ca](mailto:lafconsulting@shaw.ca)

### LEISURE

**Spread the Words:** Learn about the Edmonton Public Library's extensive services for seniors. Check out the EPL's combination of system and branch-level senior's activities. System initiatives include the Seniors' Tea, Book Club, Library Tours and Print Disability Open House. Community Library Branches offer seniors programs like Computers for beginners 1:1, Wii Games for Older Adults and Gardening Glorious Gardens.

**Contact:** Marian Enow, Librarian, 780-944-5311 [menow@epl.ca](mailto:menow@epl.ca)

**Personal Wellness through Leisure & Socialization:** This interactive presentation will explore the importance of maintaining a happy, healthy leisure lifestyle. Participants will create an inventory of leisure activities by sharing pastimes that are meaningful to them. Barriers to activities will be discussed and resolutions brainstormed. Leisure related prompts will be used to encourage storytelling to help identify one's own values around wellness, leisure and socialization. Participants will be encouraged to share their ideas and leisure goals. Join this enthusiastic Homecare Recreation Therapist with a wealth of information on community resources to help motivate you to get up and off the couch!

**Contact:** Tricia Bodnar, Recreation Therapist, Alberta Health Services, 780-394-1298,  
[Tricia.bodnar@ahs.ca](mailto:Tricia.bodnar@ahs.ca)

### MEDICATION MANAGEMENT

**Oops, I think the dog ate my Laxative:** Everything you wanted to know about your pills but were afraid to ask. Learn about how Home Care Pharmacists do medication assessments and home visits. This presentation will also offer some tips on alleviating sleep problems. And finally find out how to take your medications in the safest and most effective way.

**Contact:** Gwen Petryk, Pharmacist, Alberta Health Services, 780-408-5936, [gwen.petryk@ahs.ca](mailto:gwen.petryk@ahs.ca)

**Med Safety:** Explains the challenges associated with medication management when dealing with multiple medications and complex regimens. How the pharmacist can empower patients and help with monitoring medication for safety and efficacy. (Available in Bonnie Doon and NE Edm.)

**Contact:** Aileen Jang, Medi-Drugs, 780-478-9480 [aileenjang@gmail.com](mailto:aileenjang@gmail.com)

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**More Than Just Meds:** Pharmacist, Brian Chan, is available to come out to your center to give a presentation on a variety of topics, including **Medication Management, Sleep Problems, Falls Prevention and Heart Health**. Please call Brian to book a presentation of your choice.

**Contact:** Brian Chan, Dolar Drugs, 780-455-5555 or 780-819-8168 (cell) [brian8301986@gmail.com](mailto:brian8301986@gmail.com)

### NUTRITION

**Singles/Couples Meal Planning:** Making another meal and running out of ideas? Season's changing and you want something different? Join us and get a handle on meal planning to simplify your life.

**(Presentation is held at Edmonton Southside Primary Care Network)**

**Contact:** Melanie Jaques 780-395-2645 [Melanie.jaques@edmontonsouthsidepcn.ca](mailto:Melanie.jaques@edmontonsouthsidepcn.ca)

#### ***Public Health Dietitians, Alberta Health Services***

**Small Bites to Better Health:** Wondering how to take that first bite to a healthier you? This class will unlock the secrets of healthy eating as you age. We'll decode some challenging nutrition information to make sure you get the greatest health bang for your effort buck.

**Rate Your Plate:** What does it really mean to "watch your portions"? Come to this session to find out how *your* plate rates, and leave knowing just what's needed to plan portion-wise meals and snacks.

**Eat Well, Live Well:** Eating well while maintaining our weight can get tough as we age. Our appetites can change, we may often eat alone, and cooking can feel like a chore. In this session, we'll discuss how to conquer some common barriers to enjoying a healthy lifestyle, and find out how doing so will help our bodies.

**Sodium Savvy:** Is salt a stowaway on your plate? Join us to learn some tips and tricks to shake that sodium habit while packing a punch of flavor in all your meals.

**Fiber: For Bowel Health and More:** Can I really get enough fiber without feeling like I'm eating rabbit food? Come learn about the different kinds of fiber, and how a balanced diet can easily give you a whole range of fibrous benefits.

**Contacts:** Mary Huskins, Alberta Health Services Dietitian 780-342-4017 [Mary.huskins@ahs.ca](mailto:Mary.huskins@ahs.ca)

Sarah Halton, Alberta Health Services Dietitian 780-342-4970 [Sarah.halton@ahs.ca](mailto:Sarah.halton@ahs.ca)

### STRESS MANAGEMENT

**Caregiver Stress Management:** Identify the signs of poor work-life balance, learn tips and strategies to help ease your caregiving duties, find out about employer programs and alternative work options and learn about ways to take care of yourself.

**Contact:** Shawn Turcotte, Home Instead, 780-439-9990 [Shawn.Turcotte@homeinstead.com](mailto:Shawn.Turcotte@homeinstead.com)

**Reducing the Stress of Family/Friend Caregiving:** Caregivers often find themselves in circumstances that create stress and strain. This presentation will assist participants to become aware of the stresses of caregiving, how our bodies react to stress and explore strategies to reduce stress and increase well-being through self-care.

**Contact:** Bonnie Hoffmann Caregivers Alberta, 780-453-5088 [Bhoffmann@albertacaregivers.org](mailto:Bhoffmann@albertacaregivers.org)

September 22, 2016

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### TRANSPORTATION

#### *Edmonton Transit System*

**Driving and Beyond:** ETS is committed to providing safe, accessible, reliable transportation to Edmontonians, with barrier-free, age friendly services, programs and features that make public transit easy and convenient for all of our customers, regardless of ability. Find out about these services, customer tools and our customer and agency training programs. Learn how Edmonton Transit works with community partners to ensure individuals have the information they need to make informed decisions about meeting their transportation needs. Presentations can be customized to meet the needs and interests of participants.

**Contact:** Margaret Dorey, ETS Accessible Transit Coordinator, 780-496-5788  
[margaret.dorey@edmonton.ca](mailto:margaret.dorey@edmonton.ca)