

Healthy Aging Information Series

Free presentations by knowledgeable professionals

Use Webform to Request Talks

[Use the Webform to schedule a Healthy Aging presentation for your organization or group.](#)
If you are having trouble with the form contact Dauna Thomson at 780 735-3061 or through
afehaiscoord@gmail.com

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

ARTHRITIS

Arthritis Society

1. **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.
2. **Understanding Arthritis:** A one-hour presentation addresses the definition and types of arthritis, the warning signs and the importance of a whole healthcare team.

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.

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.

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.

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DIABETES

Diabetes Canada

1. **Let's Talk Diabetes:** Join Diabetes Canada for an informative session on prevention and management of diabetes as well as resources that are in your community! This session will empower and enable you to take active steps in managing your health.
2. **Let's Start Walking:** A presentation about the great health benefits of walking, proper walking skills, and how to get started walking today! The session will also include information about our new program coming Spring 2018 called the "Walk and Talk".

Alberta Health Services

1. **Diabetes: Are You at Risk?** This 1.5-hour presentation will focus on type 2 diabetes. Topics will review factors that increase the risk of type 2 diabetes, and discuss the lifestyle approaches that can help reduce this risk.
2. **Healthy Living with Diabetes:** This 1.5-hour presentation describes type 2 diabetes and its complications. Review strategies to help keep blood sugars in range and maintain good health.

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. In a couple of the sessions effective communication and boundary setting strategies provided to help older adults avoid being taken advantage of or abused.

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.

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.

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

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.

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Mindful Aging: There are many new experiences to look forward to 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.

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.

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.

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.

Personal GPS Devices: Learn about how a Personal GPS Device can provide significant value in the enhancement of life, by providing an alternative to long-term care for people living with dementia and seniors who are at high risk of falls and wandering. A Personal GPS Device can increase independence, peace of mind and security.

Skin Cancer is Preventable: Over 80,000 Canadians are diagnosed annually and the numbers continue to rise. Sun safety is key for prevention and it all starts with sunscreen. By taking the proper precautions of applying sunscreen, wearing a hat, and being mindful of your time out in the sun, you can prevent skin cancer. This type of cancer is also detectable by proactively having your moles checked regularly by a doctor.

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.

Tips for Making Health Behavior Change: An Alberta Health Services 45 minute presentation. Many people want to be healthier, but have trouble making it happen. We will teach your group how to use change theory to set priorities and develop SMART goals for healthier habits.

Moving for Health: An Alberta Health Services 40 minute presentation. Learn about the many benefits of physical activity and how you can be more active.

Sobeys and Safeway Pharmacies: Offering presentations on a variety of topics such as asthma and COPD, diabetes, sleep, blood pressure, vaccines and travel vaccines, all catered for your group.

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HEARING LOSS

Bridges Support Services

1. **Hearing Aids in Healthcare Situations:** This session is for the person with hearing loss as well as the caregiver, on the importance of wearing the hearing aid! For staff, hospitals, care centers to understand how to put a hearing aid in the ear, change the batteries, basic cleaning and storage of the aid. Basic communication tips and a “Healthcare Kit” will be provided for participants.
2. **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.

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.

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.

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.

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

MaxWell Polaris

1. **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.

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- 2. Tips to Help Your Senior Parents Move Through the Emotional Process of Downsizing:** Are your parents preparing to sell their home and downsize? Perhaps they are moving to a smaller home, apartment or retirement center? That's often a tough time for them emotionally and physically. Learn a few tips to help make things easier & how to start the conversation.

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.

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.

Tools to help you Keep Your Independence! Attend the presentation by the Good Samaritan Society to learn what is available to help you live in your own home safely for as long as possible. There is government funding available for those who qualify.

LEISURE

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!

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.

MEDICATION MANAGEMENT

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.**

Your Medications & You: Learn about how a Home Care Pharmacist reviews medications during home visits with a large focus on how to take your medications in the safest way! We will talk about various issues such as pain control, bowel and urinary control, sleep issues and medications that can lead to falls.

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NUTRITION

Moving for Memory: A group class focusing on physical activity and steps towards a healthier brain. Call to ask about this 8-week program to see if it meets your needs. (Presentation is held at Edmonton Southside Primary Care Network)

Public Health Dietitians, Alberta Health Services

1. **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.
2. **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.
3. **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.
4. **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.
5. **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.
6. **Choose Whole Grains:** A 45 to 60 minute presentation. Discuss the relationship between whole grains and health. Demonstrate strategies on how to choose whole grains.
7. **Eat More Vegetables and Fruit:** A 45 to 60 minute presentation. Learn about the benefits of increasing your intake of vegetables and fruit. Learn about serving sizes of vegetables and fruit according to Canada's Food Guide (CFG) and learn how many servings you need each day.
8. **Hold the Salt:** A 45 to 60 minute presentation. Discuss the relationship between sodium intake and optimal health. Identify the main sources of sodium and how to lower your sodium intake.

STRESSMANAGEMENT

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.

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.

Taking control of Your Stress: A 45 minute Alberta Health Services presentation. Stress affects all our health. Learn the signs of stress and techniques for reducing its effect.

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TANSPORTATION

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 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.

VISION

CNIB: An informational presentation that offers awareness about common eye conditions such as Cataracts, Diabetic Retinopathy, Glaucoma and Macular Degeneration, as well as details about available CNIB services including a display table of vision aids and helpful products for daily living. Presentations can be geared towards the specific needs or interests of your group.

VISIT

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