



EDMONTON
SENIORS
COORDINATING
COUNCIL

LINK LETTER

Connecting you to Edmonton's age
friendly network!

February
2024

The Edmonton Seniors Coordinating Council brings people, ideas, and information together to build collaborative approaches to services, supports, and circumstances affecting older adults.

Stakeholder Spotlight



NESA Seniors In Need Transportation Support Program

North Edmonton Seniors Association (NESA) was concerned about the impacts isolation and loneliness can have when seniors lose their ability to drive. Proud of their programming that can help alleviate loneliness, NESA did not want to contribute to the problem because of a lack of access to transportation. So, they took action and found a solution. Click on the button below to read the whole story submitted by Marilyn Buchanan.

[Read More](#)

Be featured in a Stakeholder Spotlight!
Help the sector learn more about your organization
with a Stakeholder Spotlight feature.

Contact
[communications@
seniorscouncil.net](mailto:communications@seniorscouncil.net)
for more info

Collaborative Corner

Updates on collaborations that advance issues and seek better, sustainable ways of working together in support of older adults.



**Age Friendly Edmonton
Lunch 'n' Learns!**



Storytelling Workshop

Join author and instructor Adele Fontaine in this free, storytelling workshop as she shares how writing is a great tool for expressing yourself. This exciting in-person workshop will include snacks and refreshments.

Date: February 21, 2024

Time: 12 pm

Location: In-person, #258, 8330-82 Ave NW, Bonnie Doon Centre

[Register here >](#)

[Download poster here >](#)

Check out last month's Lunch 'n' Learn: **Embracing Aging With Wisdom**



Seniors Coordinated Outreach



February 11 is **National 211 Day**.

Last month we shared the report, *How We Coordinated City-Wide Outreach Services for Edmonton Seniors*, and how the newly coordinated model included an expanded role for 211 to serve seniors in Edmonton.

To learn more about the role of 211 and the Seniors Coordinated Outreach program please refer to the report.

[Read the report >](#)

News from the Network

SNOW REMOVAL

Affordability of Snow Removal Services

Are you a senior who has struggled to afford snow removal services? Do you know a senior who has struggled to afford snow removal services?

ESCC is compiling stories related to the challenges seniors experience in affording snow removal services. We are also looking to find seniors who would be willing to speak with media about this from time to time.

Share your experiences with us.

[Share your story >](#)



**Board Member
Nomination Form**

The Nominating Committee of ESCC is seeking members interested in working on its Board of Directors in preparation for our Annual General Meeting to be held on April 29, 2024.

Serving on the ESCC Board of Directors is an opportunity to become further involved in the broad issues of the entire seniors' sector and to contribute to making Edmonton an age friendly city.

[Learn more >](#)

Save the Date: ESCC AGM
April 29, 2024

**Stay tuned for
more info in the
coming months!**

February is...

Heart & Stroke Month

February is Heart Month, a time to raise awareness about the importance of cardiovascular health and an opportunity to focus on what we can do to improve our heart health. Heart disease impacts almost all of us at some point in our lives, either indirectly or directly. It is the second leading cause of death for both men and women in Canada.

[Heart & Stroke Foundation of Canada](#)

Black History Month

The stories of Black Canadians and Albertans are often underrepresented or unknown. These stories are filled with hardships and trials as well as successes and triumphs. It is important for us to understand how this rich history has influenced our contemporary culture.

[Alberta Human Rights Commission](#)

[National Black Coalition of Canada Society](#)

[Royal Alberta Museum](#)

Psychology Month

Psychology Month is celebrated every February to highlight the contributions of Canadian psychologists and to show Canadians how psychology works to help people live healthy and happy lives.

[Canadian Psychological Association](#)

February 11: [National 211 Day](#)

211 is an essential service that helps Albertans find the right resource or service for whatever issue they need help with, at the right time. 211 is available 24/7 by phone, text and chat.

February 13: [National Wear Red for Women's Heart Health](#)

Heart disease is the number one killer of women worldwide and the leading cause of premature death in women in Canada.

Her Heart Matters

February 14: Valentine's Day

A day to celebrate the special people in your life!

February 11 - 17: [Random Acts of Kindness Week](#)

This special week provides us with an opportunity not only to acknowledge but also to reflect on the incredible acts of kindness and how they impact our lives.

February 26 to March 3: [Shingles Awareness Week](#)

Any individual who has had the chickenpox is at risk for shingles; however, older adults are at the greatest risk, with the highest burden in those aged 50 years and over.

Disclaimer: We endeavour to acknowledge and honour days of significance to the best of our knowledge, which may be of interest to the senior sector that we serve. If you notice an error or omission kindly contact us at communications@seniorscouncil.net.

Resources & Learning Opportunities



Canadian Red Cross - Friendly Calls Program

The Friendly Calls program matches people over the age of 18 with trained Red Cross personnel who connect with them regularly to provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services.

The Friendly Calls program is safe, accessible, and free.

[Learn more >](#)



Cinema for Seniors

John Ware Reclaimed

Black Soul

Date: February 9, 2024

Time: 2 to 4 pm

Admission: By donation

Celebrate Black History Month with the screening of two National Film Board documentaries: **John Ware Reclaimed** (2020) and **Black Soul** (2001).

[Learn more >](#)

NOW OPEN

Community-Based Research Excellence Awards

CBRCanada recognizes excellence in community-based research and is thrilled to announce that nominations are now open for two 2024 Community-Based Research Excellence Awards.

Nominations Due: April 3rd, 2024

[Learn More >](#)

[CBRC Website >](#)



City of Edmonton

Arc now available for the senior fare group

The City of Edmonton and its regional partners—Beaumont, Fort Saskatchewan, Leduc, St. Albert, Spruce Grove and Strathcona County—welcome seniors to Arc, the Edmonton region's electronic fare payment system.

[Learn More >](#)



asa art gallery of alberta

Tour for Seniors

'Tom Thomson: North Star' with Danielle Siemens

Date: February 23, 2024

Time: 2 pm

Admission: \$10 for seniors or free for AGA members


[Learn more >](#)

Congratulations **Active Aging Canada** on turning 25!



Active Aging Canada is a national not-for-profit organization committed to promoting healthy aging among older Canadian adults from coast to coast to coast.

[Learn More >](#)

An illustration of a person with a beard and glasses sitting at a desk, looking at a large calendar on the wall. A clock is on the desk, and there are some papers and a small plant. The person is holding a pen and looking at the calendar.

Want more events?

You can find additional events on our website calendar. We regularly post events here, so you can get event updates in between Link Letters. We post events and learning opportunities for both older Edmontonians and organizations.

Have an event to promote?
Submit it using our online submission form!

[Submit Event](#)

ESCC Updates



Welcome Rebecca Redd!

Rebecca is a fourth year Bachelor of Science in Human Ecology student at the University of Alberta. She joins the ESCC team to complete a 200 hour field placement practicum in her final term of academic study, researching food security.

Happily married, Rebecca and her spouse share their home with an 8-year-old, delightfully chubby cat. She is set to earn her degree, with a major in family science, by June 2024. Adding to the excitement, Rebecca has secured early admission to Concordia University for an after-degree program in Public Health commencing in September 2024.

In addition to her academic endeavors, Rebecca has a background in culinary arts, holding a Red/Blue seal and specializing in classical French fine dining. Beyond the professional and intellectual spheres, she finds joy in being an avid coffee drinker and indulging in audiobooks—favorites include works by Steven King, Grady Hendrix, Sara J. Mass, and J.K. Rowling, among others. She likes to channel her creativity into sewing during her leisure time, mainly on quilts. Thanks for taking a moment to get to know a bit about Rebecca!



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NEWS WITH
THE NETWORK!**

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Our mailing address is:

Edmonton Seniors Coordinating Council

#255 Bonnie Doon Shopping Centre
8330 - 82 Avenue
Edmonton, AB T6C 4E3

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