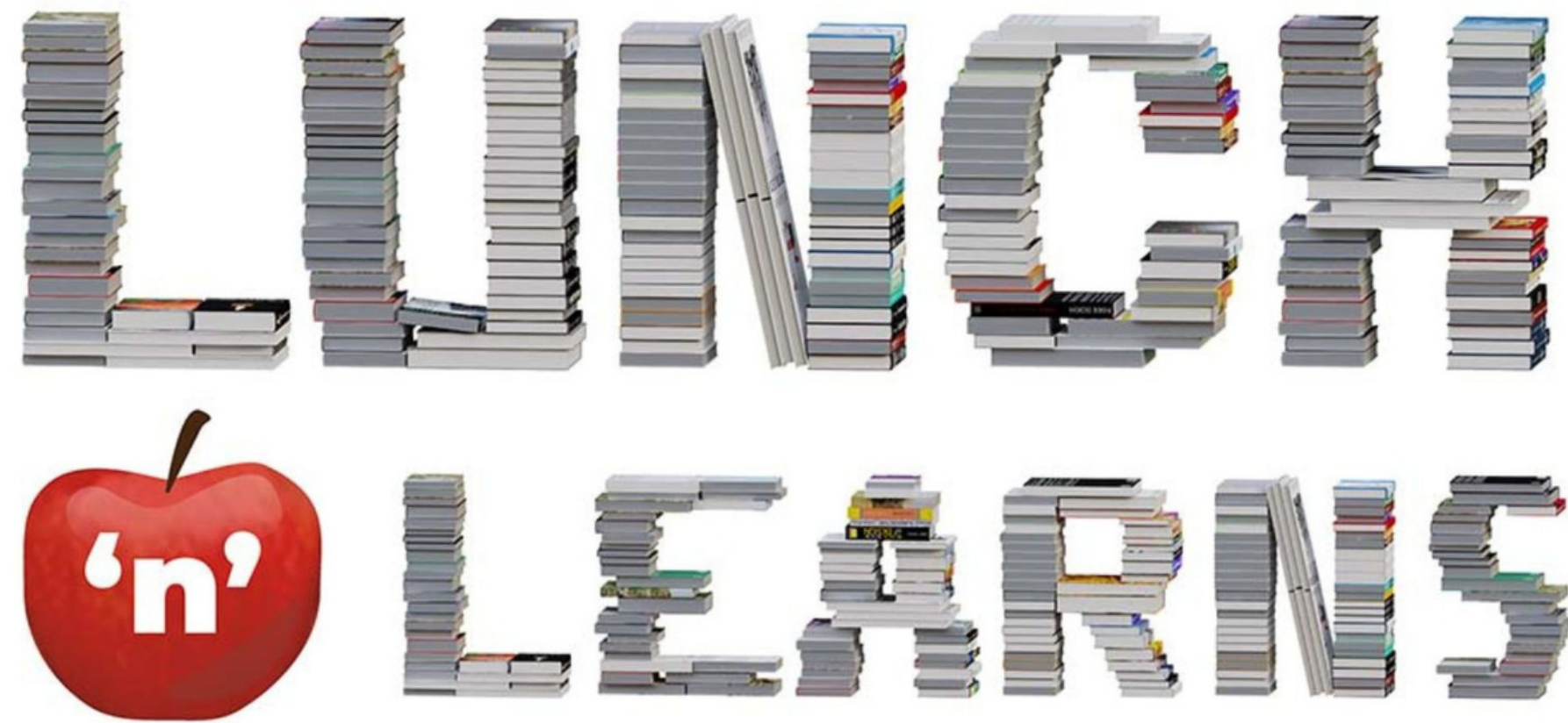


# Celebrating



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**Age Friendly Edmonton Lunch 'n' Learns** are held virtually, on the **third Wednesday** of the month and cover a wide variety of topics for older adults!

## **Past Topics:**

- **Aging in Place & Universal Design**
- **Ageism in the Workplace**
- **Financial Basics for Seniors**
- **Nutrition and Food Planning**
- **Driving Safely, Aging Gracefully**
- **Ageism: An Intergenerational Perspective**

**Check out past AFE Lunch 'n' Learns here:**



[rb.gy/pk68e7](https://rb.gy/pk68e7)

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The Shared Mic: Conversations for the Ages is a podcast produced by AFE. The first season brings together people from all ages, stages, and backgrounds to discuss topics like finding love, belonging, and moving to Canada.

The podcasts were created to generate greater understanding of different viewpoints and perspectives among Edmontonians — old, young, and anywhere in between.



Check out The Shared Mic Podcasts:



<https://thesharedmic.blubrry.net/>



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EDMONTON SOCIAL PLANNING COUNCIL  
AGE FRIENDLY EDMONTON

DECEMBER 2022



## A TOOLKIT FOR FOSTERING INCLUSION IN SENIOR SERVING ORGANIZATIONS

**This toolkit was created in partnership with Age Friendly Edmonton and the Edmonton Social Planning Council. The toolkit is intended as a resource for senior serving organizations and seniors to work towards implementing more welcoming and inclusive practices and policies.**

**Download the Toolkit:**



<https://seniorscouncil.net/diversity-and-inclusion-toolkit/>





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## ***SENIORS' WEEK 2023 JUNE 5 KICK-OFF***

Poetry Selection

## **"Through the Eyes of Experience"**

Written by:  
Edmonton's Older Adults

On Monday June 5th, 2023, Age Friendly Edmonton held a Seniors' Week Kick-off event at City Hall to celebrate seniors in Edmonton and all that they contribute to the city. A highlight of the day were chapbooks (booklets) that were created for the event featuring 36 unique poems written by Edmonton seniors.

Download the Chapbook:



<https://shorturl.at/jqxGY>



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**AFE developed a resource in 2023 that directs seniors and caregivers to the options that could help them better understand which type of accommodations best meet their needs. The aim of this tool is to complement and build on exiting housing information and provide a simple overview so that seniors can begin to have those important conversations about their housing requirements.**



## Seniors Housing Options



**Download the Housing Tool:**



<https://shorturl.at/esKQ1>



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## The Gift of Age

Age is a gift to a city. Older adults allow us to connect with the generations before, to learn the stories that brought us here, to understand the shape of a whole human life, and to remind us of a way of looking attentively at the world that is sometimes lost in the busy middle years.

Age brings its own resilience. Edmonton's older adults are survivors of many different histories and experiences.

They include individuals from Indigenous backgrounds and the descendants of settlers. They include people who have lived here since birth and those who have moved here from around the globe. Leaders, workers, volunteers, artists, homemakers, and professionals of all kinds provide seasoning for our community in their older years.

The period after traditional retirement age can cover more than three decades of continued achievement and change. After a

lifetime of experience, we become even more individual in our interests, resources, capacities, and needs.

In many ways, the senior years are like any other time of life. We go through changes. We have the ability to learn, the need for love and connection, the desire to create and contribute. We add to the city's economy as consumers and sharers of wealth. Like people of all ages, we need respect and meaningful activity. We want the ability to make important choices about our lives.

Older adults do bring some special qualities to society, including perspective, time to share, and the gift of caring. Seniors also face the possibility there will be periods when we need extra support. Caring for older people has been a hallmark of human culture from our beginnings. Providing integration and care is just as necessary in our contemporary society. Together we can build and sustain a neighbourly city where we work to support older adults and their families, friends and caregivers of all ages—a city with people of all generations as its heart.

*Written by Alice Major, Edmonton's former Poet-Laureate,  
in collaboration with members of Age Friendly  
Edmonton's Leadership Table.*

## Edmonton Seniors Declaration

*Individuals are respected regardless of age.  
All generations have much to teach and learn  
from each other.*

*People of all ages feel safe, empowered, and  
supported as individuals, so that they can age well,  
connect with, and enrich the community.*

*Urban spaces are intentionally designed to be  
vibrant, inclusive, and accessible to meet the  
interests and needs of older adults.*

*Older persons have access to  
information, programs, and services  
that promote engagement.*

City Council declares that it will work towards making Edmonton age-friendly as part of our vision for an integrated, sustainable, livable city. To do so, we will use the best knowledge available from international, national and local research. We will ensure our decision-making and policies embrace this perspective. We will encourage other organizations, individuals, businesses and institutions to adopt this declaration. And we will work with other orders of government to increase commitment and coordination on seniors' issues. Age is a gift to the city. We will value all the individuals who bring it to us.



*Declared by Edmonton City Council on June 3, 2010.*

*Recommitted for October 1, 2020—the 30th anniversary of  
International Day of Older Persons (established by the United Nations).*

**In 2010, City Council adopted the Edmonton Seniors Declaration. This declaration is to show respect and share gratitude for the older adults in the Edmonton community.**

## Read the Seniors Declaration and Gift of Age:



<https://shorturl.at/ewOY1>



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## AGING IS UNIVERSAL

### it's time we embrace it

Ageism—discrimination based on age—is a common occurrence. It impacts how we value ourselves and others while limiting our ability to age well. Among surveyed Edmontonians aged 13 and over, **only 53%** have positive perceptions of seniors.



It's time we recognize the many positives of aging! To learn more about ageism, scan this QR code or visit <https://shorturl.at/dloO9>

Let's make Edmonton a place we can all grow old in!



@agefriendlyYEG



Age Friendly Edmonton

This infographic created by Age Friendly Edmonton, highlights the impacts of ageism in society and ways to address age related stereotypes.

## THE VALUE OF OLDER ADULTS

**\$10.9B** is the economic value of older Canadians volunteer work in 2017.

**40%** of older Edmontonians actively volunteer.

**1M:** caregivers in Canada are age 65+

**\$3.8B:** is the amount of unpaid care work provided by older adults in Canada.

**88%:** of Canadian seniors make charitable donations.