



EDMONTON
SENIORS
COORDINATING
COUNCIL

LINK LETTER

Connecting you to Edmonton's age
friendly network!



March
2024

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

Senior Sector Spotlight

SENIOR FRAUD ALERT
spot & stop senior scams

International Fraud Prevention Month

ESCC wanted to spotlight the **Senior Fraud Alert** website in support of March being **International Fraud Prevention Month**.

Senior Fraud Alert is an education and prevention initiative led by the YEG Seniors Alliance in partnership with the Edmonton Police Force and funded by the Edmonton Community Foundation.

The website provides access to FREE resources such as:

- **Spot & Stop Senior Scams Course** - a FREE course that teaches seniors how to detect and protect themselves from fraud;
- **Fraud Friday Facts** - links to fraud bulletins provided by the Canadian Anti-Fraud Centre; and
- **Latest News** - a section that provides the most up-to-date articles and blogs related to fraud prevention and education (check out February's Romance Scams article).

You can also subscribe to get their email newsletter - "**GET ALERTS TO STAY ALERT.**"

Senior Fraud Alert's mission is to help make seniors aware of the risks of using technology, not afraid to use it. The best defense in the fight against fraud is with education. Arm yourself with knowledge.

Senior Fraud Alert Website



**WESTEND
SENIORS
ACTIVITY
CENTRE**

Be featured in a Senior Sector Spotlight!

Help others learn more about your organization with a Senior Sector Spotlight feature.

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

News from the Network



**Stay tuned for exciting news from Age
Friendly Edmonton and the Network in
next month's Link Letter!**

SENIOR SECTOR SOLUTIONS LAB

Spend an afternoon getting inspired and equipped to make change. Featuring Shaun Loney.

Where: Chateau Louis Conference Centre, 11727 Kingsway NW, Edmonton

When: April 29th, 2024 | 12:30 PM

Learn about the new tools that nonprofits, foundations and governments are using to increase revenues for the nonprofit sector. We will use specific case studies from the senior sector and - like reality TV - we will deploy real time problem solving. Featuring Raj Rathnavalu from Edmonton's Newo Global Energy.



Author, speaker and social innovator, **Shaun Loney** has cofounded a dozen different social enterprises that hire people with barriers to employment. Shaun has been recognized by Ashoka, Ernst and Young and ScotiaBank as one of Canada's leading social entrepreneurs. Along the way, a new path emerged that modernizes the relationship between governments, nonprofits and foundations. Using new tools, governments can create space for solutions to grow, nonprofits can finally get the resources they need to scale and foundations can add social impact to their investment strategies. He's the author of three books on Social Innovation including *An Army of Problem Solvers* which has sold more than 9,000 copies. shaunloney.ca

[Register Here](#)

Collaborative Corner

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

Age Friendly Edmonton



Save the Date!

Seniors' Week Kick-Off | June 3, 2024 | 10:00AM
"Celebrating the Diversity of Edmonton Seniors"

Addressing Ageism Toward Older Workers



The article written by, Jonathan Lai, linked below, addresses ageism in the workplace and it's effects on worker engagement. Jonathan Lai (he/him) completed his master's degree at the University of Alberta in the department of Human Ecology with a specialization in aging. Jon wrote this article on behalf of Age Friendly Edmonton (AFE) and has been a valued member of AFE's ageism hub since 2020. Jon was recently interviewed on 630 CHED as a subject matter expert.

[Read Jon's Article Here](#)

[Listen to the Interview Here](#)



agefriendly
EDMONTON



Edmonton Transit: Intro to Arc for Seniors

Join us online: March 20, 2024
Noon to 1 PM

Edmonton Transit: Intro to Arc

for Seniors

Arc, the new way to pay for transit, is now available for seniors. Vicki Gudelj accessible transit coordinator will present information about Arc and answer your questions about the new regional transit fare payment system. Join us to learn about Arc, how it works, and how to get started.



[Register here >](#)

[Download the poster >](#)

[Learn more about Arc >](#)

February's Lunch 'n' Learn was a Storytelling Workshop



The art of storytelling was alive and well at our most recent Lunch n' Learn hosted by ESCC. Thank you to **Adele Fontaine** author and teacher who led this session and provided encouragement and useful tips on storytelling.

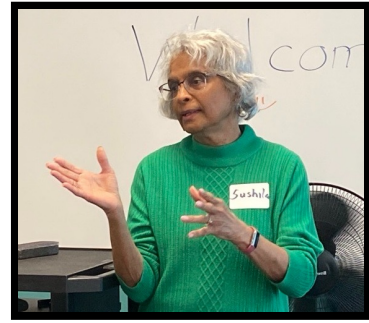
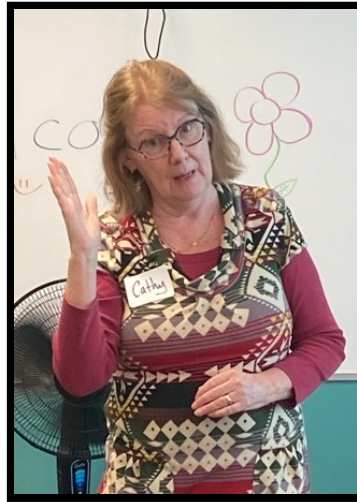
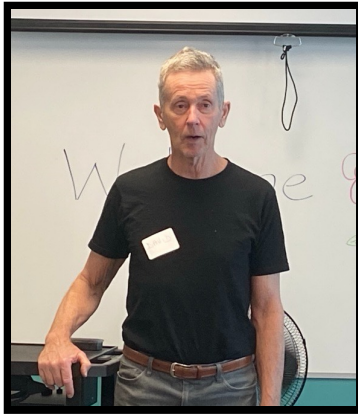
Participants shared heartfelt stories of personal experiences. Their stories came alive through voice and facial expressions. "Participants sharing life stories gave us many moments of joy", said Adele.

Participants were impressed with how animated everyone was when they told their story. One participant commented, "I much prefer this kind of gathering than having to hear about seniors health issues!"

Adele provided the following storytelling tips:

- Make sure you tell a story you know really well- one that has happened in your family for example.
- Make some simple notes about the 5 W's: what, where, who, when, why.
- Set the stage for the listener by providing a beginning, middle and end to your story.
- Keep your vocabulary simple and remember that we tell stories to live and connect with others.

A big thank you to all the participants for sharing your stories!



Social Prescribing



Social Prescribing Day, March 14, 2024, is an annual celebration of the people,

organizations and communities who make social prescribing happen. Since 2019, thousands of local and national organizations, link workers, medical professionals, academics and students have taken part across the country.

[Click here to learn more about Edmonton's Social Prescribing Project >](#)

Growing the Social Prescribing Movement

Healthy Aging Alberta is collaborating with the Canadian Institute for Social Prescribing, Canadian Red Cross, United Way British Columbia, and Healthy Aging BC, the Alliance of Healthier Communities, and the Older Adult Centres' Association of Ontario to raise the profile of Social Prescribing in Canada through a series of initiatives, including this storytelling campaign.

[Read Jummie's story >](#)

Resources & Learning Opportunities



Revenue Canada - Taxes

Struggling with the rising cost of living? These tax credits can help put money back in your pocket! For more info, please visit:

[Government of Canada >](#)

[Download the infographic >](#)



CPP Investments

[Why is the Canada Pension Plan one of the best in the world?](#)

Whether you choose to retire in Alberta, British Columbia, or Nova Scotia, the CPP stays with you. It's one of the great safeguards of a national plan. That means regardless of where in Canada you choose to work, live, or retire, the CPP is there for you when you need it.

[Read the article >](#)



Sage Seniors Association

Bridging Communities: Seniors' Services and Experiences

March 13 | 10 AM - 3:30 PM

Santa Maria Goretti Centre 11050
90 St NW

FREE | Registration required

Bridging Communities offers an opportunity to share experiences, discuss challenges, and explore innovative solutions in delivering services to our senior community members.

Join leaders and representatives from diverse ethnocultural and senior-serving organizations for a day of insightful discussions, interactive presentations, and meaningful networking opportunities.

[Register here >](#)



PRE-EMPTING RESISTANCE TO EQUITY, DIVERSITY AND INCLUSION

March 20th | 10 - 11:30 AM

FREE

This interactive and engaging webinar will review common challenges to EDI initiatives and explore strategies to address backlash with Dr. Candy Khan, international best-selling author, and Kevin Kamau, Founder/CEO Ediseed.

[Download the poster >](#)

March is...



International Fraud Prevention Month

20 years of fighting fraud - from then to now

[Competition Bureau of Canada](#)



National Nutrition Month

[Dietitians of Canada](#)

[Health Canada](#)

**Happy
International
Women's
Day**

MARCH 8 | INSPIRE INCLUSION



March 8 - International Women's Day

[Let's Inspire Inclusion](#)



March 17 - St. Patrick's Day

Wear green or risk getting pinched! Irish folklore says wearing green makes you invisible to leprechauns, which like to pinch anyone they can see!



March 23 - Earth Hour: 8:30 pm local time

Earth Hour is a global movement for nature that invites people to turn off their lights for one hour. It is a moment of unity that brings the world together, shines a spotlight on nature loss and the climate crisis, and inspires millions more to act and advocate for urgent change.

earthhour.org

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.

An illustration of a man with a beard and glasses sitting at a desk, looking at a large calendar on the wall. A clock is visible on the desk, and there are some papers and a plant.

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](#)



Advocacy in the News

Edmonton Seniors Coordinating Council's Executive Director, **Sheila Hallett**, spoke with various media outlets over the last month to advocate for snow removal services for seniors in Edmonton. Check out her interviews below.

[Listen to the 630 CHED Interview](#)

[Read the Taproot Article](#)



ANNUAL GENERAL MEETING



EDMONTON
SENIORS
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Join ESCC in-person or online on April 29th, 2024!

10:00AM - Annual General Meeting

11:00AM - Keynote Speaker - Shaun Loney

11:45AM - Lunch

Where: Chateau Louis Conference Centre, 11727 Kingsway NW,
Edmonton

“The Shift to Abundance in the Senior Serving Sector”

Keynote address - Shaun Loney



How governments and nonprofits are modernizing and realizing that we have what we need, to get what we all want.

Author, speaker, and co-founder of a dozen Canadian social enterprises, Shaun Loney will inspire and share his learnings for the senior serving sector.

[Register Here](#)



**SHARE YOUR
NEWS WITH
THE NETWORK!**

[Submit Content](#)

The latest editions of Link Letter are available on our [website](#).



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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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