



EDMONTON
SENIORS
COORDINATING
COUNCIL

LINK LETTER

Connecting you to Edmonton's age
friendly network!

April
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



EDMONTON
**Age Friendly
Alliance**

A network for
the well-being
of older adults.

Powered by Edmonton Seniors Coordinating Council

Introducing the Edmonton Age Friendly Alliance!

New name, same inspiring 'Age-Friendly Edmonton' movement, blended with the welcoming community-based senior serving Network!

A big thank you to those who provided input on the naming and branding of the blended Age Friendly Edmonton and Network! The Alliance brings allies together to help make our city more age friendly by recognizing diverse needs of seniors, and actively supporting their inclusion, engagement and well-being.

Age-friendly principles guide our work. An action network structure helps us organize our collective energy. An intentional network of allies can solve complex challenges and emerging issues better than any one group, by leveraging diverse perspectives, experiences, and expertise.

Anyone passionate about the well-being of older adults is welcome to be an ally! We are led by a Stewardship group and powered by the staff and volunteers of Edmonton's community-based senior serving organizations, individual Edmontonians, as well as the Edmonton Seniors Coordinating Council.

To learn more about the Alliance, or leadership and community volunteering opportunities, visit our [website](#), email Kym@seniorscouncil.net, and/or register for our **Alliance Gathering: Senior Sector Solutions Lab** to learn more about this rebranding!

Edmonton Age Friendly
Alliance

Register for the Alliance
Gathering

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

ESCC Updates

ANNUAL GENERAL MEETING



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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.

Shaun Loney will also be conducting an **Alliance Gathering: Senior Sector Solutions Lab** following the ESCC AGM. More information below.

April is...

National Caregivers Day

APRIL 2

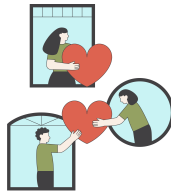


National Caregivers Day - April 2

On this day, we honour and celebrate people in Canada who provide personal care, physical and/or emotional support to those in need. Caregivers make a difference in the lives of many people across the country.

National Volunteer Week

APRIL 14-20



National Volunteer Week - April 14 - 20

This week highlights the importance of every volunteer and each contribution they make at a moment when we need support more than ever.

The Edmonton Seniors Coordinating Council relies on volunteers to embody integrity, honesty, knowledge sharing, cooperation and respect for diverse perspectives. Thank you to our volunteers!

[Learn more >](#)

Global Intergenerational Week

APRIL 24-30



Global Intergenerational Week - April 24 - 30

During this week, we celebrate the power of intergenerational relationships. The campaign seeks to highlight the amazing outcomes that are achieved, when people of all ages come together to form vital and lasting connections.

[Learn More >](#)



Eid Mubarak!



Eid al-Fitr - Evening of April 9 - April 10

Eid al-Fitr is celebrated by Muslims worldwide marking the end of the month-long dawn-to-sunset

fasting of Ramadan. We're wishing those who celebrate a happy Eid!

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.

Collaborative Corner

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

Edmonton Age Friendly Alliance



ALLIANCE GATHERING: SENIOR SECTOR SOLUTIONS LAB

Spend an afternoon getting inspired and equipped to make change at this FREE event, featuring Shaun Loney.

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

When: April 29th, 2024 | 12:30 PM - 4:00 PM

Following the ESCC AGM, 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.

[Register Here](#)

[Shaun Loney's Website](#)

Seniors' Week 2024



Seniors' Week Kick-Off

Celebrating the Diversity of Edmonton Seniors!

June 3, 2024 | 10:00 AM | City Hall

Join us for this FREE event at City Hall!

Come and help us celebrate the diversity and contributions of Edmonton's older adults through artistic performances, artisan booths and, food. It's a great way to meet new people and be part of this fun event.

If your organization is holding an event for Seniors' Week, please submit your event to our events calendar and we can promote it at the Kick-Off Event!

[Register to Attend](#)

[Sponsorship Form](#)

[Submit Senior Week Event](#)

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 presents information about Arc and answers your questions about the new regional transit fare payment system.

Watch the March 20th Lunch 'n' Learn below:



[Arc Card Information Sheet](#)

Corporate Challenge



Get Ready!

May 15 - June 9, 2024

edmontoncorporatchallenge.com



Edmonton Age Friendly Alliance invites you to join in the fun and games of the Edmonton Corporate Challenge happening from **May 15 to June 9, 2024**.

This is a great opportunity to raise awareness of the senior sector and have some fun!

With over 20 spirit events, games and sports there is something for everyone, like: Acts of Kindness, Volunteering, Bowling, Pickleball, Board games, 5km run, Blood Donor Challenge and much more.

If you are a member of Edmonton and area senior serving sector (Board member, staff or volunteer), and over 18 years of age, apply now before the teams fill up!

For more information contact kym@seniorscouncil.net.

Apply Now

Corporate Challenge

Social Prescribing

Up to **80 per cent** of a person's health depends on social determinants of health like adequate food, housing, income and relations with others. Social prescribing is an approach to healthcare that views older adults holistically. It recognizes that clients are more than their current challenges and needs – they also have unique goals, passions and gifts.

But what does Social Prescribing look like in practice?

View Lillian's Story to learn about how our Link Workers support client and the impact Social Prescribing has had on Lillian's overall well-being.

[Read Lillian's Story >](#)

Resources & Learning Opportunities





Seniors' Discount

Government of Alberta

Effective April 1, 2024, Alberta seniors aged 65 and older will be eligible to receive a 25% discount on personal registry services. Services eligible for the seniors' discount include driver's licence renewals, passenger vehicle registrations, driver's abstracts, marriage licences and birth certificates.

[Learn more >](#)



Canada Pension Plan Investments

Your voice matters. Protect your CPP.

CPP Investments has a clear mandate to maximize returns without taking unnecessary risks, independent from government interference. Our diversified portfolio has achieved a 10-year net rate of return of 9.3% – a proven track record of performance surpassing many of our domestic and global peers.

[Read the article >](#)



Caregiver-Centered Care Initiative, University of Alberta, Dept. of Family Medicine

May is Caregivers Awareness Month

Media Package

Recognize National Caregiver Awareness Month this May and "Help Alberta's Caregivers THRIVE!" Supporting ABs family caregivers with kindness, compassion, and community



Global Intergenerational Week

Imagine. Build. Play: Creating Spaces for All Ages

April 24th | 1 - 2:30 PM ET

FREE

Here's what you can expect at our event:

- Inspiring international and local speakers, including renowned experts like Dr. Nancy Henkin from Generations United.

resources is vital to caregiver well-being and the ability to sustain care.

The Alberta Caregiver Collective has created a media package you can use in your promotions so that we have a unified message across all platforms. You can download all resources below and a Social Media Guide for the copy to use in your posts!

[Access Media Package >](#)

- Engaging design jams on creating strong spaces where people of all ages can thrive led by inspiring organizations and facilitators.
- Participate and contribute your ideas to sessions on intergenerational contact zones, workplace culture, and housing.

[Register here >](#)



Edmonton Chamber of Voluntary Organizations

Advocacy & Government Relations for Non-Profits Course

Cost \$99 - Non-Member Price

Join Aileen Burke from Alberta Counsel for a three-part course designed for non-profit leaders who want to learn more about effective advocacy. Participants will learn how they can strategically engage various levels of government to effectively elevate issues and make specific requests that impact their organization or the sector as a whole.

[Learn more >](#)



Government of Alberta

Deadline: April 9th

The Government of Alberta is reviewing the Seniors' Lodge program, including the type and level of service provided and how it connects with the continuing care system. As part of this review, the Government is interested in gathering input from Albertans, including potential Lodge residents and their families, about anticipated needs for supportive living as people age.

[Learn More >](#)




Research of Interest: Loneliness and ER Visits

Dr. Stephanie Chamberlain researches loneliness and social isolation of older adults and the related impacts on our health system. She is an Assistant Professor in the Faculty of Nursing at the University of Alberta. In January 2023, she joined the Stewardship Group for the Network (now called Edmonton Age Friendly Alliance).

A recent study looked into loneliness associated with emergency department (ED) visits. Findings showed that women are more likely than men to visit the ED. Also noted was 'the general importance of identifying loneliness in both primary care and hospital' and the need for ED staff to have 'resources to refer patients who present in this setting with health issues complicated by social conditions such as loneliness'.

[Read Full Study >](#)

[More about Dr. Chamberlain and her work >](#)



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](#)

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



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Website

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