



EDMONTON
SENIORS
COORDINATING
COUNCIL

LINK LETTER

Connecting you to Edmonton's age
friendly network!

September
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

Bent Arrow Traditional Healing Society



Bent Arrow Traditional Healing Society is a non-profit organization that has been serving Indigenous children, youth, and families in Edmonton and area since 1994.

Dedicated to guidance, support, and healing, Bent Arrow supports mental, emotional, spiritual, and physical well-being through culturally responsive programming. Guided by the teachings of Elders and Knowledge Keepers, as well as the wisdom of Indigenous communities, the founders of Bent Arrow strongly believed that it was crucial to keep culture at the centre of their mission.

Among their many initiatives and programs, the Wahkomatowin Seniors Wellness Program offers outreach and support for individuals 55 years of age and older. They strive to organize a diverse range of social activities for seniors and enhance participants' knowledge of resources within the community.

Visit their website (www.bentarrow.ca) to find out more about Bent Arrow's programs, initiatives, mission statement, and values.

September 30th is the National Day for Truth and Reconciliation. Click the link to watch an interview with Sophie Laboucan, the Wahkomatowin Seniors Wellness Program Coordinator, and Breanne Harrison, the 2024 ESCC Communications summer student. Sophie details the origins of Bent Arrow, the Wahkomatowin program, and how organizations and individuals can respectfully observe the National day for Truth and Reconciliation.

[View this article on our website >](#)

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





Let's Talk About Ageism!

A Toolkit to Start the Conversation

Edmonton Age Friendly Alliance (EAFA) has developed the toolkit, “**Let’s Talk About Ageism: A Toolkit to Start the Conversation**”. This user-friendly toolkit covers everything you need to know on how, where, who, and what to do to get the conversation going.

The purpose of the toolkit is to help people of all ages to talk about aging and ageism through the format of a Conversation Café. The- toolkit provides resources for planning, preparing, and leading discussions on aging and ageism, complete with promotional and evaluation materials. You can even unleash your creativity and customize the content to align with your audience, needs, and goals.

The toolkit is designed for organizations, community groups, or individuals interested in starting a conversation about ageism in their organizations, communities or at their homes.

For more information, email: agefriendly@seniorscouncil.net.

[Learn More or Download the Toolkit](#)

Join us for the next information session about the toolkit!

Date: Monday, October 28

Time: 1:30 pm

Location: Edmonton Seniors Coordinating Council's office

#255 Bonnie Doon Centre, 8330-82 Avenue NW

To RSVP, email agefriendly@seniorscouncil.net with the subject line: *October 28th Info Session RSVP*.



Fall Conference Caregivers Together 2024

November 1 & 2

Register Now!

Caregivers Together 2024

Alberta's premier caregiver conference hosted by Caregivers Alberta is returning, this year with **Edmonton Age Friendly Alliance** as a presenting partner!

You won't want to miss this! On November 1 and 2, **Caregivers Together 2024** is taking place in-person at the DoubleTree by Hilton, West Edmonton and virtually!

This year's theme is Empowering Communities. This conference is expected to be jam-packed and filled with great speakers, exhibitors and caregiver focused opportunities. Seniors and caregivers / professionals caring for older adults may be particularly interested in the *Empowering Aging in Communities* sessions on Friday, November 1. So, mark your calendars and register below!

[Register Here](#)

Resources & Learning Opportunities



Alberta Age-Friendly Community of Practice (CoP)

Diverse Seniors Webinar Series

The Alberta Age-Friendly Community of Practice (CoP) is designed to help communities that are pursuing age-friendliness to connect and share ideas, best practices and expertise. The CoP also works together on matters of priority to the group. The CoP has planned a five-session webinar series focused on how age-friendly communities can foster a sense of belonging for diverse populations of seniors. All sessions will be virtual.

The overall goals for the series are:

- Help to foster a shared understanding of the needs of diverse populations of seniors.
- Identify enablers to the inclusion of diverse populations of seniors.
- Encourage and facilitate a variety of local initiatives that support a sense of belonging for diverse populations of seniors.

For more information and to register for specific sessions in the webinar series click on the links below:

1. **September 19**, 10-11:30 a.m. - **Setting the Stage** [REGISTER](#)
2. **October 10**, 10-11:30 a.m. - **Immigrant and Refugee Seniors** [REGISTER](#)
3. **October 31**, 10-11:30 a.m. - **LGBTQ2S+ Seniors** [REGISTER](#)
4. **November 21**, 10-11:30 a.m. - **Indigenous Seniors** [REGISTER](#)
5. **December 12**, 10-11:30 a.m. - **Seniors Living with Disabilities** [REGISTER](#)

This event and future webinars will be recorded and hosted in the Age-Friendly playlist [here](#).

[Go to Website](#)



Seniors Takeover Day!

Art Gallery of Alberta

October 3 | 10 am to 7 pm

The AGA welcomes all seniors and life-long learners for a jam-packed day of programs for Seniors programmed by the AGA Seniors Group “Aging Artfully”.

[Learn more >](#)



Brain Aging Study on Emotion and Cognition

University of Alberta

Researchers at the U of A, Department of Psychology, are seeking participants aged 60 to 75 for a study on how the brain processes emotions and visual stimuli.

For more information or if you are interested contact Fan Peng at 587-873-0966 or fpeng3@ualberta.ca.

[Download poster >](#)

September is...

National Day
**for Truth and
Reconciliation**



 Government of Canada / Gouvernement du Canada

Canada 



TRUTH & RECONCILIATION WEEK 2024

September 23 to 27

Free Virtual Programs for the Public

[Learn more >](#)



TRUTH & RECONCILIATION DAY

September 30, 2024

This year's theme is **Reclaiming Ceremony**

[Learn more >](#)



HEAR OUR VOICES: Michel People & Residential Schools

July 9 thru October 12, 2024

Honouring Michel Survivors of Residential Schools and their Descendants.

Presented by Musée Heritage Museum - St. Albert - St. Albert Place, 5 St. Anne Street

[Learn more >](#)



NATIONAL GRANDPARENTS' DAY

September 8, 2024

Grandparents' Day is recognized in Canada in order to acknowledge their importance to the structure of the family in the nurturing, upbringing and education of children.

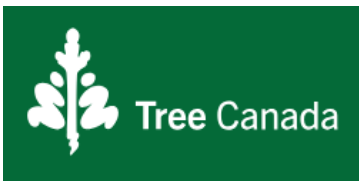


TERRY FOX RUN

September 15, 2024

The annual Terry Fox Run has become a fall tradition in Canada, with more than 650 communities, big and small, urban and rural, English and French, fundraising for cancer research.

[Learn more >](#)



NATIONAL TREE DAY

Tree Canada

September 25, 2024 - Edmonton

National Tree Day is a day for Canadians to come together in appreciation of trees, their natural beauty, and the many benefits they provide.

[Learn more >](#)

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.

Grants & Funding

Anti-Racism Grant

Edmonton City Council approved funding for an Anti-racism Grant Program to support the Anti-Racism pillar of the Community Safety and Well-Being Strategy. This year, a total of \$1.395 million in funding is available to local community and not-for-profit organizations. Applications are due by **Thursday, September 12**.

[Learn More >](#)

New Horizons for Seniors Program 2024-2025

On August 1, 2024, the Government of Canada launched the annual New Horizons for Seniors Program Community-based stream 2024-2025 Call for Proposals to invest in projects across Canada.

Applications are due by **Thursday, September 12, 2024** at 3 p.m. Eastern Daylight Time (EDT).

[Apply Here >](#)


CIP Project-Based Grant

The Community Initiatives Program (CIP), Project-Based grant stream supports projects that enhance and enrich communities throughout Alberta by providing assistance to non-profit organizations for:

- new programs
- enhancement to an existing program
- community events
- gender equity projects
- 2SLGBTQQIA+ events and new programs
- technology
- portable equipment

Applications are due by **Sunday, September 15, 2024**.

[Learn more >](#)



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](#)

[Video Tutorial](#)

Safety Corner



It's Wasp Season Again!

Wasps and yellowjackets numbers have dramatically increase in the Edmonton area this year due to the hot, dry weather.

In late fall, wasps will be more defensive and more likely to sting.

What can you do to be safe?

- Avoid leaving food or drink uncovered when eating outside.
- Keep all garbage covered in tightly closed containers.

- Stay calm and still if a wasp lands on you.
- Keep your yard clean and tidy.

[Learn more >](#)

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



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