



EDMONTON
SENIORS
COORDINATING
COUNCIL

LINK LETTER

Connecting you to Edmonton's age
friendly network!



October
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



Men's Sheds Edmonton is a non-profit organization grounded in the spirit of camaraderie and the power of connection. From coffee meetings to full-blown workshops, these safe spaces ensure that men have opportunities to make new friends, learn new skills, and to give back to the communities in which they live.

The Men's Sheds movement understands the importance of social connection for your overall well-being. In fact, it is just as important as nutrition and exercise. To avoid the risk of isolation for older men, Men's Sheds Edmonton has partnered with link workers in the Social Prescribing program to allow for medical professionals to make referrals to Men's Sheds.

There are several active sheds within the Edmonton area, making it easy for men to find one that's right for them. With the help of its members and volunteers, Men's Sheds can combat loneliness and depression among men in the Greater Edmonton

area.

Visit their website to find out about their mission, how to join a shed, or even how to start your own shed!

To discover more about Men's Sheds Edmonton, click the link to read a profile story written by our summer student, Breanne Harrison.

[Read the article >](#)

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



**Join us for a Conversation Café
on Ageism**

SAGE
Mill Woods Seniors Association
The Africa Centre

On October 8th and 9th, the [Edmonton Age Friendly Alliance](#) and partnering organizations are hosting Conversation Cafés on the topic of ageism. Join in on the discussion to share your thoughts, experiences, and ideas on how to combat ageism.

These Conversation Cafés are relaxed, welcoming gatherings where people can talk about specific topics related to ageism in a casual and open manner. Everyone's voice is valued and there's no pressure to be an expert or reach a specific conclusion. Refreshments will be provided. We hope you can attend one of these **free** events!



October 8, 2024

12:30 pm to 2:00 pm

SAGE

15 Sir Winston Churchill Square

To register:

Contact rtassone@mysage.ca or call 780-701-9016 or in-person at Sage

(Front entrance is located on the corner of 102A Avenue and 100 Street)



October 9, 2024

12:00 pm to 1:30 pm

Mill Woods Seniors Association

2nd Floor – 2610 Hewes Way NW

To register: Call 780-496-2997 or register in person at their Centre.



October 9, 2024

5:00 pm to 6:30 pm

The Africa Centre

11808 Saint Albert Trail NW, #106

To register: [Eventbrite](#)



Fall Conference **Caregivers Together 2024**

November 1 & 2

Register Now!

Caregivers Together

On November 1, 2024, the Edmonton Age Friendly Alliance (EAFA) is a Presenting Partner at the Caregivers Together conference. “This is a great pairing”, says EAFA Steward Dr. Karenn Chan who is also an Assistant Professor at the University of Alberta and a Care of the Elderly Physician. “Caregivers play a vital role in helping seniors age in the right place, and many caregivers themselves are older adults.” Sheena Jaffer, a Certified Aging Services Professional and a Certified Aging in Place Specialist, adds, “And, we have secured excellent presenters who will be sharing information on critical areas to aging in the right place, including technology for older

adults - an area I am passionate about". Dr. Chan and Ms. Jaffer are working with other EAFA Stewards, including, Dorothy Lowrie and Naomi Fowler, as well as Edmonton Seniors Coordinating Council staff, to help raise awareness of issues impacting the well-being of older adults.

This conference is for everyone: members of the community based seniors serving sector, health and social services professionals, older adults, and, of course, caregivers. Registration for the two-day conference is only \$150 for professionals, and \$50 for caregivers.

[Register Here](#)

[Learn more about the speakers](#)

Social Prescribing

The Edmonton Seniors 55+ Social Prescribing Project is a collaborative project funded by the Government of Alberta and Healthy Aging Alberta.

The project purposefully links the healthcare system with community-based senior serving organizations through an established referral pathway.

Since it began in mid-February 2023 and by August 31, 2024, the project has received a total of 1,236 referrals.



[Download the September 2024 Update](#)

ESCC Updates

Welcome Muna!



Muna Jimale has recently joined ESCC as the new Equity, Diversity, and Inclusion (EDI) Engagement and Research Coordinator for **the Senior Sector Inclusion Project**. Previously, she served as Manager of Policy and Advocacy at World Education Services, where she worked extensively with diverse populations, particularly immigrants and refugees, and has a history of working towards improving outcomes for marginalized communities.

The Senior Sector Inclusion Project will engage community-based seniors serving organizations and older adults, to help inform, co-develop and co-implement equitable policies, procedures, standards and/or guidelines to better support seniors from diverse lived experiences in our community. These policies will be piloted in two ESCC-coordinated programs: Seniors Coordinated Outreach and Social Prescribing. Both initiatives offer critical support to seniors, especially those from Indigenous, Black, people of colour, newcomers, 2SLGBTQ+, and low-income communities, by addressing their social, financial, and support needs and challenges.

Insights from this project will inform broader ESCC-led initiatives to create collaborative spaces for on-going constructive conversations. Some specialized tools and coaching supports will assist organizations to add and/or improve services that demonstrate EDI. Shared broadly, these initiatives can help to create a more inclusive and supportive environment for all seniors in Edmonton.



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Seasonal Gathering!

Save the Date!

Friday, November 29, 2024

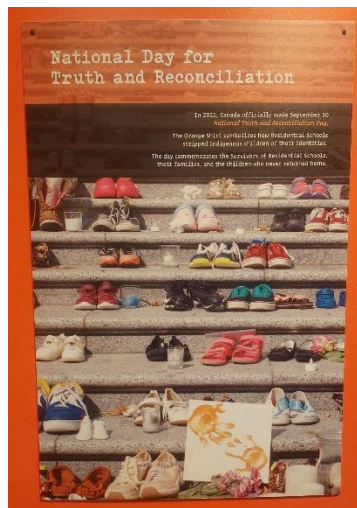
ESCC is planning a fun seasonal gathering! It will be an afternoon of networking, catching-up, light refreshments, and a fun trivia game about Edmonton's senior-sector.

More info to come!

Help us build a fun trivia game by sending us your facts or trivia about your corner of the sector.

[Submit them here >](#)

Truth and Reconciliation 2024



ESCC staff continued our Truth and Reconciliation journey by attending **Hear Our Voices: Michel Peoples and Residential Schools** exhibit at the Musée Héritage Museum in St. Albert.

Watching the videos and listening to the stories of the direct and intergenerational Survivors of Residential Schools was a difficult but necessary experience that gave rise to complex reflections for staff. We are grateful to Martin and Alex who lead us in a sharing circle after viewing the exhibit.

The exhibit closes on Saturday, October 12, 2024.

[Learn more about the exhibit >](#)

Resources & Learning Opportunities



Neighbouring For Climate - Toolkit

City of Edmonton

A toolkit to inspire climate action with your neighbours is for everyone.

With easy-to-use climate action cards, Neighbouring for Climate provides suggestions and tips for reducing greenhouse gas emissions and adapting our neighbourhoods to a changing climate.



Volunteers Wanted!

Recruitment for Memory and Aging Study

University of Alberta

The University of Alberta is looking for volunteers aged 50 and over without any current or previous psychiatric or neurological conditions for a brain imaging research study on memory and

Join your neighbours, save money, learn new skills and have fun.

[Check out the toolkit resources >](#)

aging. Participants would be booked for two appointments at the university.

For more information, please reach out to us by email at: mcahill@ualberta.ca or by phone at (780)-248-1120.

[Download the poster >](#)



Fire and Life Safety for Seniors

Wednesday, October 9 | 2 to 3 pm

Healthy Aging CORE Alberta

In recognition of Fire Prevention Week 2024, join expert speakers for an educational webinar on fire and life safety tailored specifically for older adults, seniors, caregivers, and those who work with these populations.

This session will cover:

- Fire and life safety information
- Emergency preparedness tips
- Strategies to support the safety and well-being of seniors at

Too Old, Too Young: A Conversation On Ageism and Human Rights

Monday, October 28 | 1 to 2:30 pm

Canadian Museum For Human Rights

According to the World Health Organization, “ageism is pervasive, affects people of all ages from childhood onwards and has serious and far-reaching consequences for people’s health, well-being and human rights.”

Join this conversation with global experts to explore how ageism in Canada impacts both older adults and youth.

[Register here >](#)

home, in seniors' housing, and in their communities

[Learn more >](#)

[Register here >](#)



Seeing is Understanding: The Role of Visual Strategies to Support Older Adults with Cognitive Impairment

McMaster University

Visual supports and communication strategies can help facilitate everyday activities for older adults living with cognitive impairments and support them with the decision-making processes, including those about healthcare.

[Read the article >](#)



Diverse Seniors Webinar Series

Healthy Aging CORE Alberta

The Alberta Age-Friendly Community of Practice five-session webinar series continues this month with two more sessions:

2. Immigrant and Refugee

Seniors: October 10, 10-11:30 a.m.

3. LGBTQ2S+ Seniors: October 31, 10-11:30 a.m.

[Learn more or register >](#)

Safety Corner



Fire Prevention Week is October 6 to 12, 2024

This year's FPW campaign, **Smoke alarms: Make them work for you!**, strives to educate everyone about the importance of having working smoke alarms in the home.

[Learn more about FPW](#)

[Download the Safety Tip Sheet](#)

October is...

International Day of Older Persons

OCTOBER 1



October 1

In recognition of International Day of Older Persons, ESCC is honoured to share a poem written by Breanne Lynsey.

[Read the poem >](#)



Rosh Hashanah

October 2 to 4, 2024

Jewish New Year

It is the first of The High Holy Days that begins ten day of penitence culminating in Yom Kippur.



Yom Kippur

October 11 to 12, 2024

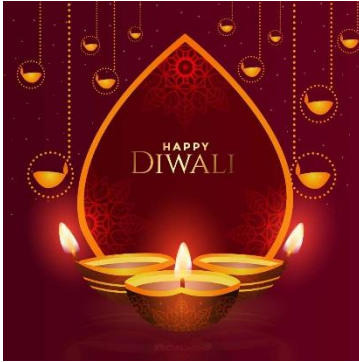
The holiest day of the year in Judaism.



Thanksgiving Day

October 14, 2024

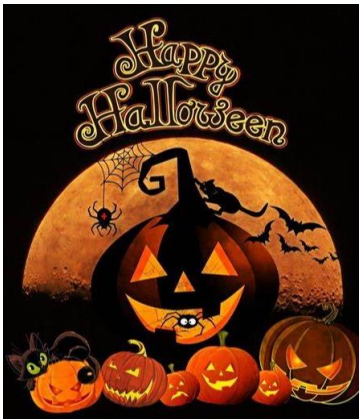
Thanksgiving Day in Canada is linked to the European tradition of harvest festivals.



Diwali

October 31 to November 1, 2024

Diwali is the Hindu festival of lights. It symbolizes the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance".



Halloween

October 31, 2024

Origins can be traced back to Samhain, a Celtic festival celebrating the end of the harvest season and the blurring of the physical and spirit worlds.

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.



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](#)

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

