



EDMONTON
SENIORS
COORDINATING
COUNCIL

LINK LETTER

Connecting you to Edmonton's age
friendly network!

November
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



GeriActors

GeriActors Theatre is an Edmonton-based theatre company that prioritizes and develops positive intergenerational interaction and authentic depictions of aging. Since their establishment in 2001, GeriActors Theatre has committed to engaging seniors in theatre and the arts while adhering to the principles of creative aging.

GeriActors offers two types of productions; plays based on the true stories of their actors' lives and plays based on issues of aging. Two examples from their 2023-2024 line-up include:

- **“The Atto Street Gang”** - Based on the true stories of a GeriActors performer, this play centers around a group of friends in Quebec, offering meditations on freedom, friendship, and antics in youth.
- **“Now That We’re Older”** - Centered around the concern of memory, this play discusses what it means to forget. From what is left behind to what one gains with age, it expresses the freedom that accompanies the ageing process.

With a focus on humour and intergenerational connection, GeriActors brings fresh perspectives, ideas, and long-lasting friendships to their performer-created productions. Visit their website to find out more about them, to book a performance, to browse upcoming acting classes, or to get involved and become a performer!

To discover more about GeriActors, click the link to read a profile story written by our 2024 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



Conversation Cafés on Agesim



On October 8 and 9, 2024, Edmonton Age Friendly Alliance (EAFA) hosted three Conversation Cafés to raise awareness about ageism in our society. **According to the WHO, ageism is the stereotypes (how we think), prejudice (how we feel), and discrimination (how we act) towards others or ourselves based on age.** It manifests in various forms, affecting everything from personal interactions to public policy, and impacts people of all ages.

People gathered to share their experiences with ageism and its effects on their lives. One participant noted, "I gained a lot of insights about ageism and found the format to be both comfortable and inviting." Some of the topics discussed were ageism in greeting cards, everyday language, and social media. Another attendee

shared, “No more funny greeting cards for me—I don’t want to be the recipient of those ageist cards, and I won’t be a sender either.”

Thank you to the **Africa Centre**, **SAGE Seniors Association**, and **Mill Woods Seniors Association** for partnering with EAFA to host events at their centers. Special thanks to Cathy Harvey, a dedicated EAFA volunteer who facilitated each session.

EAFA’s Ageism Hub has developed a toolkit called “Let’s Talk About Ageism.” This toolkit supports organizations, community groups and individuals in planning, preparing, and leading discussions on ageism, complete with promotional and evaluation materials. The goal of these discussions is to spark meaningful dialogue that promotes respect and understanding across generations, helping to create a society where we can all age well.

If you have questions, please email agefriendly@seniorscouncil.net

[Click here to learn more about the Ageism Toolkit](#)

Seniors Coordinated Outreach



SENIORS HOME SUPPORTS PROGRAM

Updates in Progress

Know a senior who needs help with snow removal, yard help, housekeeping, home repair and maintenance, personal services, or moving?

The Edmonton Seniors Home Supports Program gives seniors three (3) referrals to vetted service providers for types of work listed above. The goal is to support older adults at home as long as they choose.

The program is undergoing some changes, please stay tuned to Link Letter and our website for updates.

Please note: The Home Supports website location has changed and now everything can be found on the ESCC website, including the same great home supports information.

[Visit website >](#)

Social Prescribing

In the October Social Prescribing update you can read about the first ever national conference on social prescribing hosted by the Canadian Institute for Social Prescribing - 2024 Conference. Our Social Prescribing Program Manager attended with a few representatives from our partner agencies to learn from others across Canada.



[Download the October 2024 Update](#)

ESCC Updates

Welcome Delia to the role of Equity Specialist!



Delia Nzekwu

PhD Politics; MA Political Science; BA English and Literature

Delia has many years of multi-sector experience across several countries, including a fifteen-year combined and broad experience in inclusion, equity, and sustainability. Her work experiences include: EDI consultant, advisor and co-chair, director-general, lecturer, trainer and mentor in politics, journalism, and corporate social responsibility, and head, corporate affairs. She was a lead on Wits University's futures planning Cooperation Framework on Innovative Systems between South Africa and Finland on making Johannesburg a world class city by 2050.

Among the competencies Delia brings to her role at the ESCC are professional and lived EDI experiences and change management.

Delia is a recipient of the 2016 SAMEAWS Global Women award and Inductee, Georgia Legislative Black Caucus. She writes short stories and poems and is the author of Kunim (raise me up).



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Seasonal Gathering!

Join us on **Friday, November 29, 2024**, for a fun seasonal gathering hosted by the ESCC! Individuals from around the Edmonton senior-sector will come together for a few hours of seasonal cheer and compete in a fun trivia game about the sector (with prizes for the winning team!)

Please note that trivia teams will be created at the event and light refreshments will be provided.

Where: Jerry Forbes Centre Mezzanine
(12122 68 Street Edmonton, AB T5B 1R1)

Time: 2:00 pm to 4:00 pm

[Register Here >](#)

We're looking for fun facts and unique trivia about Edmonton's Senior-Sector. Do you have a question or fact you're willing to share?

[Submit them here >](#)

Resources & Learning Opportunities

SNOW REMOVAL

Assisted Snow Removal *Pilot Program*

[City of Edmonton](#)

The Assisted Snow Removal Pilot Program **supports low-income seniors and Edmontonians with disabilities and mobility challenges** by clearing snow from accessible walkways and public sidewalks adjacent to private property.

[Learn more >](#)

RESEARCH

A Qualitative Research Report on Food Security within the Senior Sector

Written by: Rebecca Redd

This report, conducted in collaboration with the Edmonton Seniors Coordinating Council and the University of Alberta Human Ecology Practicum Program, aims to provide qualitative insights into food security issues across the Edmonton area, highlighting the Senior Sector.

[Read the report >](#)

EVENT

Seniors' Tour | AGA100: A Lasting Legacy

[Art Gallery of Alberta](#)

November 22 | 2 to 3 pm

WEBINAR

Diverse Seniors Webinar Series

[Healthy Aging CORE Alberta](#)

The Alberta Age-Friendly Community of Practice five-session webinar series

Join in for a casual walk through AGA's current exhibition, *AGA100: A Lasting Legacy* and learn about their upcoming 100th anniversary.

[Learn more >](#)

continues this month with the fourth session:

4. **Indigenous Seniors:** November 21, 10-11:30 am

[Learn more or register >](#)

Canadians fear running out of money in retirement, but there are ways to ease that anxiety.

A recent news release summarizes the findings from CPP Investment's second annual retirement survey. These findings are being released in advance of Financial Literacy Month, which kicks off on November 1st.

A key takeaway from this year's survey results show Canadians are fearful of running out of money in retirement, but with planning and increased confidence, this anxiety can be managed. Understanding the role played by the Canada Pension Plan (CPP) as a reliable foundation for retirement income can also help reduce financial anxiety.

[Read news release >](#)

[Read survey results >](#)



Wahkohtowin Circles

Edmonton Chamber of Voluntary Organizations (ECVO)

Wahkohtowin Circles

Over the past few years, the non-profit sector has witnessed a massive disruption with the impact of a global pandemic, high inflation, increasing divides between the rich and the poor, a staggering increase in people accessing social services, increasing political divide and polarization, a changing climate, and many more factors and events. Despite these myriad challenges, there is energy, willingness, and desire to significantly and permanently change the non-profit sector within Edmonton and create a better future. Join one of our circles!

[Register for a circle >](#)



NEW webpage from Alberta Health Services dietitians

Eating well and being active helps older adults stay strong and independent.

Healthy eating can:

- Provide energy
- Keep muscles and bones strong, lowering the risk of falls and broken bones
- Prevent or lower the risk of illness like type 2 diabetes and heart disease

Visit the new “Nutrition Information for Older Adults” webpage at:

ahs.ca/nutrition/Page14678.aspx

The webpage has information handouts, links to videos, and links to free AHS nutrition classes!



Safety Corner

November is Falls Prevention Month!

Falls are the leading cause of injury among seniors. The older we get, the greater the risk of falling becomes. Our bodies naturally change with age, and these changes affect the way we feel, move, and behave. A fall can have a devastating and lasting impact on an individual resulting in injury, chronic pain and a reduced quality of life. Even without an injury, a fall can cause a loss in confidence and a reduction in activities for older adults.

The good news is that there are actions you can take to prevent falls. Included in the Finding Balance AB website are materials to help seniors reduce their risk of a fall, be active and stay independent.

[Learn More >](#)

November is...

International Inuit Day



November 7

International Inuit Day, also known as International Circumpolar Inuit Day, is a holiday that was created to celebrate Inuit and amplify their voices.

[Learn More >](#)

Remembrance Day



November 11

A day to honour those who served and continue to serve our country in times of war, military conflict and peace.



November 14

World Diabetes Day provides an opportunity to raise awareness of diabetes as a global public health issue and what needs to be done, collectively and individually, for better prevention,

diagnosis and management of the condition.

[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.

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



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