



EDMONTON
SENIORS
COORDINATING
COUNCIL

LINK LETTER

Connecting you to Edmonton's age
friendly network!

December
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

Central Lions Seniors Association



The Central Lions Seniors Association (CLSA) is a non-profit society dedicated to improving the quality of life for individuals 55 years of age and older. Since 1979, CLSA's mission has been to encourage, promote, and provide opportunities through recreational activities, educational materials, and socialization.

CLSA provides a wide range of activities such as exercise, art, music, and education. The Central Lions Recreation Centre is fully accessible, ensuring a welcoming environment for older individuals to feel enriched, be that mind, body, or spirit. This facility is operated in collaboration with the City of Edmonton.

Seniors of all ages, fitness levels, and interests will be sure to find something they enjoy at CLSA. Visit their website to find out more about their programs, mission statement, or to become a member!

To discover more about Central Lions Seniors Association, 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



"Empowering Aging in Community" Recap



Edmonton Age Friendly Alliance (EAFA) hosted their "Empowering Aging in Community" speaker series on November 1, during the Caregivers Together conference in Edmonton. Around 80 people heard from guest speakers on some of EAFA's top focus areas. Dr. Rose Joudi (Ph.D. Psych), Research Lead at Carya, offered practical strategies to enhance well-being and promote social inclusion for ethnically diverse older adults in her talk on Diversity and Aging. Tessa Hubbell, Population and Public Health Dietitian at Alberta Health Services, and Sonja Zacharko, Executive Director at Edmonton Meals on Wheels, discussed social factors influencing nutrition for older adults and the role meal services can play in supporting healthy aging in the community during their talks on Food Insecurity, Nutrition and Aging. The third speaker, Dr. Eleni Stroulia, Professor in Computing Science and Vice-Dean of Science at the University of

Alberta, shared how high-tech games can support fun and well-being for older adults, during her session on GeronTechnology.

Thanks to EAFA Stewards - Dr. Karenn Chan, Naomi Fowler, Sheena Jaffer, and Dorothy Lowrie - for their work in securing these excellent speakers and facilitating the sessions. Videos of the presentations will be posted soon on Whova for conference attendees, and later on Caregiver Alberta's YouTube channel.



Diversity and Aging presenter Dr. Rose Joudi and EAFA Steward Dr. Karenn Chan.



EAFA Steward Dorothy Lowrie and Food Insecurity, Nutrition and Aging presenters Tessa Hubbell, Alberta Health Services and Sonja Zacharko, Edmonton Meals on Wheels



EAFA Steward Naomi Fowler and GeronTechnology presenter - Dr. Eleni Stroulia

Interested in more information on the “Let’s Talk About Ageism” toolkit?

Join an information session on:

January 18th, 2025, 11 am

Email: agefriendly@seniorscouncil.net

EDMONTON
Age Friendly
Alliance

**Let's Talk About
Ageism!**

A Toolkit to Start the Conversation



This will be an online session. For further information and to register, please email or call Caroline: 587-635-0273.

Social Prescribing

Check out Social Prescribing's November 2024 update and information about the program's 2024 seasonal closure.

Download the Update



2024 Seasonal Closure

Seniors Sector Inclusion Project



We are pleased to introduce our newest capacity-building initiative, the Seniors Sector Inclusion Project. This initiative is designed to offer support to co-develop, co-implement and strengthen equity, diversity, and inclusion (EDI) practices to foster a more inclusive and supportive environment for all seniors in Edmonton.

As part of this work, this month we are unveiling the first in a series of knowledge mobilization tools: an infographic (included below) that highlights the diversity of seniors in Edmonton, Alberta and across the country.

[Learn more about the initiative >](#)

[Check out the infographic >](#)

Seniors Coordinated Outreach

Check out Seniors Coordinated Outreach's December 2024 update and information on our partner agencies holiday closures.

[Download the Update](#)



[Holiday Closures](#)

Resources & Learning Opportunities



Call for Proposals

[C2UExpo 2025 | MacEwan University](#)

Submit by January 3rd, 2025

The C2UExpo is a biennial international conference dedicated to Community Based Research. The conference will be held in Edmonton, May 12 to 15, 2025.

[Learn more >](#)



Call for Nominations: 2024 Canada Cares Awards

[Canada Cares Canadian Abilities Foundation](#)

Closes December 31, 2024

Canada Cares celebrates the selfless and often heroic efforts of family and professional caregivers with their One Wish and Caregiver Recognition Awards. Up to \$10,000 plus recognition awards are available to support amazing caregivers!

[Nominate someone >](#)



Engage and Play: Shaping Public Recreation in Edmonton

[City of Edmonton](#)

Have your say about the future of fun in the city. Online survey closes **December 20, 2024.**

[Learn more >](#)



Changes to Using Edmonton Transit

Sales of Paper Tickets and Passes Ended Nov 9.

Arc, the regional electronic fare payment system, is now available to all ETS riders.

As of November 9, the following fare products are **no longer available** for purchase through the Edmonton Service Centre, the ETS online fare store, phone sales or retail outlets: 10 ticket packs; Family/Day passes; monthly paper transit passes (Adult, Youth, Senior, Ride Transit and Edmonton International Airport)

ETS will continue to accept adult, youth and senior paper tickets with an **expiry date of December 31, 2023**, as valid fare **until December 31, 2025**.

Family/Day passes with an expiry date of 2024 will also be accepted as valid fare until the end of 2025. Cash fares and paper transfers will continue to be a valid form of payment on ETS.

[Visit the Arc website](#) for step-by-step instructions on how to use Arc, set up your account, and use the Arc fare machines.

Safety Corner

Cyber Safety: **How to Give and Receive Digital Gifts Safely**



Digital gifts, such as gift cards, digital currency for apps and games, or e-transfers, are an easy and convenient way to get something special for loved ones, especially for the loved one who seems to have everything.

The Government of Canada provides some helpful tips to protect yourself online from cyber criminals looking to take advantage of online purchases.

[Learn more >](#)

ESCC Updates



***Wishing you the happiest of holidays
from the Edmonton Seniors Coordinating Council***

In this season of gratitude, we want to let you know how thankful we are that

Edmonton has such a hardworking and dedicated seniors sector working together to make the city a more age-friendly place. We hope this holiday season, you can spend time with loved ones and take a moment for yourselves to reflect on all the good work that you've contributed to over 2024. As the year comes to an end, we wish you health and happiness, and we will see you in 2025!

Please note that our office will be **closed**:

December 23, 2024, to January 2, 2025

In January, we will be **MOVING** to our new office space! We invite you to visit us there at the end of January 2025.

The Edmonton Seniors Coordinating Council is **MOVING!**



January 2025
Our office will be located at:

Elm Business Park
#101, 9486 51 Ave NW
Edmonton, AB



December is...

Hanukkah

December 25 to January 2



Christmas Day

December 25



Kwanzaa

December 26 to January 1



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](#).



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