



EDMONTON
SENIORS
COORDINATING
COUNCIL

LINK LETTER

Connecting you to Edmonton's age
friendly network!

January
2025



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 Meals on Wheels



Edmonton Meals on Wheels (EMOW) is a local non-profit organization dedicated to supplying nutritious meals to anyone facing barriers to preparing them. Since 1969, their mission has been to provide home-delivered meals and food services to multiple demographics, ranging from seniors to busy families.

The Fresh Daily Meal Delivery service offered by EMOW has impacted the nutrition and general well-being of seniors in the community. This meal plan ensures that clients receive nourishing, fresh, and healthy meals daily. Some benefits include:

- Affordable, made-from-scratch recipes that are made with fresh ingredients;
- Daily set menu and monthly seasonal menu that are both dietician-approved;
- Accommodations for special diets or texture modifications;
- Subscription-based daily delivery by screened volunteers, Monday to Friday from 10:30 am to 1:30 pm; and

- A sense of routine and social connection.

If their fresh meals do not sound like the right fit, EMOW also offers frozen meals for those who require flexibility and convenience.

EMOW is here to support any individuals facing barriers to accessing nutritious meals. Visit their website to find out more about their initiatives, meal delivery options, or how to get involved.

To discover more about Edmonton Meals on Wheels, 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



Let's Talk About Ageism! - Toolkit



Upcoming 2025 Information Sessions!

Saturday, February 1 | 11 am

Wednesday, March 19 | 5:30 pm

Wednesday, May 14 | 1:30 pm

Monday, August 25 | 5:30 pm

To join a session

email: agefriendly@seniorscouncil.net

or call Caroline at 587-900-6886

Social Prescribing

For this month's update on Social Prescribing work, we are spotlighting the Seniors Support Program with Jewish Family Services Edmonton.



[Download the Update](#)

Seniors Sector Inclusion Project

Find out how the SSIP is helping to strengthen equity, diversity and inclusion resources and capacity in the sector.



[Download the Update](#)

Seniors Coordinated Outreach



SENIORS HOME SUPPORTS PROGRAM

The Seniors Home Supports Program has been integrated into the Seniors Coordinated Outreach Program!

What does this mean?

This means that now, when an older adult contacts a partner agency in Seniors Coordinated Outreach or 211 (call 211 and press 2 for the Seniors Information Phone Line), they are given at least three referrals to service providers.

[Learn more about the new changes >](#)



When an older adult contacts a partner agency (below) or dials 211 (call 211 and press 2 for the Seniors Information Phone Line), they are given at least three referrals to service providers.

1. Bent Arrow Traditional Healing Society

11648 85 Street NW,
Edmonton, AB T5B 3E5
(780) 481-3451

2. Jewish Family Services (Welcomes all individuals)

104 15023- 123 Ave NW
Edmonton T5V1J7
(780) 454-1194

3. Newcomer Centre

10170 112 St NW,
Edmonton, AB T5K 2L6
(780) 424-7709

4. The Shaama Centre

329 Woodvale Rd W,
Edmonton, AB T6L 3Z7
(780) 465-2992

5. Westend Seniors Activity Centre

9629 176 St NW, Edmonton,
AB T5T 6B3
(780) 483-1209

6. ASSIST Community Services Centre

9649 105A Ave, Edmonton,
AB T5H 0M3
Can travel to 810 Saddleback
Rd NW, Edmonton, AB T6J
4W4
(780) 429-3111

7. Operation Friendship Seniors Society

10310 93 Street NW,
Edmonton, AB, T5H 1X1
(780) 429-2626

8. Sage Seniors Association

15 Sir Winston Churchill
Square, Edmonton, AB
T5J 2E5
(780) 423-5510

9. Strathcona Place Seniors Society

10831 University Ave,
Edmonton, AB T6E 4R1
(780) 433-5807

10. Multicultural Health Brokers Cooperative

9538 107 Ave NW,
Edmonton, AB T5H 0T7
(780) 423-1973

Resources & Learning Opportunities



**Seniors' Tour | A Look Within
Art Gallery of Alberta (AGA)**

January 24, 2025 | 2 pm | FREE

Join Catherine Crowston, AGA's Executive Director, for a guided tour of *A Look Within: A Vision of Alberta Collectors*. Explore the unique artworks on loan from Alberta collectors.

[To register >](#)



Community Incitive Program (CIP) Operating Grant

Government of Alberta

Deadline: January 30, 2025

This grant provides funding of ongoing core operations for non-profit organizations that address social issues.

[To apply >](#)



Senior Transit Pass

[City of Edmonton](#)

Deadline extended: January 20, 2025

Apply for the senior subsidized transit pass.

[Learn more >](#)



Balanced Teams

[Canada's Workforce is Shrinking](#)

If you're running a business or team, you're facing a critical challenge with the aging Alberta workforce. Learn about how balanced teams can be a way to address workforce shortages.

[Learn more >](#)



FREE Tax Webinar for 65+ Years

[Canada Revenue Agency \(CRA\)](#)

February 12, 2025

12 pm English or 9 am French

The CRA is hosting a FREE webinar to learn about:

- credits and benefits eligibility
- pension income-splitting
- different ways to file taxes
- and other helpful tips and tricks

[To register >](#)



My Aging Story Exhibit

[The Age Collective](#)

February 21, 2025 | 10 am to 4 pm

February 22, 2025 | 9:30 am to 1 pm

Mill Woods Seniors Association

The Age Collective presents an extraordinary showcase on aging from people of all ages. Entrance is FREE.

[Learn more >](#)

Safety Corner

Maintaining a safe, dementia-friendly environment



The **Alzheimer Society of Canada** website is an excellent resource for people living with dementia and for people caring for a person living with dementia. Check out their article on some practical changes that can be made to keep the home safe and dementia-friendly.

[Learn more >](#)

ESCC Updates



Renewals

Existing ESCC members should have received an email in December inviting you to renew your membership for 2025. If your organization did not receive a membership renewal email, please select your plan below and complete the form.

Become a Member

We welcome organizations and individuals interested in senior sector issues to become members of the Edmonton Seniors Coordinating Council.

Membership Plans:

- **Senior Serving Annual Membership \$50** - member organizations that are non-profit senior serving.
- **Senior Supporting Annual Membership \$50** - member organizations that are senior supporting.
- **Member at Large \$10** - individual membership.

To purchase your ESCC membership please click on one of the buttons below.

Organization Membership - Pay by credit card

Member at Large - Pay by Credit Card

Organization Membership & Member at Large - Pay by Cheque

For all Membership inquiries, please contact Gaylene Manuel at gaylene@seniorscouncil.net

We've Moved!



ESCC staff settling into the new office.

Our new address is:

**#101, 9426 - 51 Avenue NW,
Edmonton, AB T6E 5A6**

January is...



**January is Alzheimer's
Awareness Month.**

Alzheimer Society


[Learn more >](#)

Lunar New Year

Celebrate on January 29!



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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Our mailing address is:

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Edmonton, AB T6E 5A6

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