



EDMONTON  
SENIORS  
COORDINATING  
COUNCIL

# LINK LETTER

Connecting you to Edmonton's age  
friendly network!

February  
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



# AFRICA CENTRE

The Africa Centre in Edmonton is the largest pan-African non-profit organization in western Canada. Since its foundation in 2006, the Africa Centre has served as a community hub that provides programs and services while prioritizing the importance of cultural awareness and competency. Their mission is to create accessible opportunities for participation among the African-descent community within Alberta.

Among their many initiatives, support for seniors within the community is a priority for the centre as the aging population grows. The Seniors Wellbeing and Engagement program intends to:

- Promote health and wellness by combating social isolation and building supportive relationships;
- Create cross-cultural understanding by providing activities for seniors from diverse backgrounds;
- Increase access to cultural and recreational activities like exercise, arts and crafts, cooking, and playing games; and
- Equip seniors with skills that enable them to engage in intergenerational discussions.

Visit their [website](#) to find out more about their programs, or how to get involved.

To discover more about the Africa Centre, 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



### A Winning Combination!

Last year the Edmonton Age Friendly Alliance (EAFA) – a network for the well-being of older adults - came together by blending Age Friendly Edmonton and the Network. Here are EAFA's top 4 in '24....

- 1. Focusing collective action.** EAFA Stewards came together as leaders from across the seniors sector and community, and identified priority areas for systems-level, collective action. More to come in 2025!
- 2. Building capacity.** On November 1 EAFA Stewards organized and hosted the Empowering Aging in Community speaker series at the Caregivers Alberta conference with over 80 professionals, older adults and caregivers attending to learn about diversity and aging, food insecurity, nutrition and aging, and gerontechnology.



**3. Raising awareness of ageism.** EAFA's Addressing Ageism Action Hub developed, released and championed their Let's Talk about Ageism toolkit and hosted numerous Conversation Cafés and information sessions.



**4. Engaging seniors to celebrate diversity.** Over 180 older adults and 20 ethnocultural and community organizations joined the June 3rd Seniors Week kickoff event organized by the Edmonton Seniors Coordinating Council and hosted by EAFA.



Photo: M. Barry

**Let's Talk About Ageism! - Toolkit**



## Let's Talk About Ageism!

A Toolkit to Start the Conversation



## Upcoming 2025 Information Sessions!

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](mailto:agefriendly@seniorscouncil.net)

or call Caroline at 587-900-6886

## Social Prescribing

Find out about the Social Prescribing Program's 2024 Year in Review for this month's update.



[Download the Update](#)

## Seniors Sector Inclusion Project

The Seniors Sector Inclusion Project is launching its first **EDI Learning Community** session on March 24, 2025, starting with “**What We’ve Heard**” insights gathered from three months of engaging with seniors and community-based seniors-serving organizations. The session will wrap up with a discussion focused on solutions to the challenges identified in those conversations.

To date, approximately 60 seniors have provided their reflections on programs, services and supports in Edmonton - the successes, and barriers/gaps they see. Engagement continues until early March, and we welcome invitations to connect with your organizations and/or senior groups during February.

For more information about the EDI Learning Community, please contact Muna Jimale ([muna@seniorscouncil.net](mailto:muna@seniorscouncil.net)).

## "What We've Heard" Session

Monday, March 24, 2025

**SAVE  
THE  
DATE**

### Seniors Coordinated Outreach



## SENIORS HOME SUPPORTS PROGRAM

Looking for help with snow shoveling or other work in your yard or home? This program provides referrals to local contractors.

#### Tips for hiring help for your yard or home:

- Clearly outline your needs, expectations, and timelines.
- Request at least three written quotes and compare them, considering factors like quality over price.
- Research the companies through customer reviews and the Better Business Bureau for reliability.

Once you've chosen a contractor, ensure a written contract is in place with details about the job, payment, and warranties. Don't make large upfront payments; pay in stages based on progress. Set boundaries, communicate regularly, and address issues early. If problems arise, try resolving them with the contractor.

[Learn more >](#)

### Resources & Learning Opportunities



## Community and Public Services Committee

City of Edmonton

February 10, 2025 | 9:30 am

The Community and Public Services Committee will review the proposed public spaces bylaw. Members of the public are welcome to speak to the proposed bylaw.

[CPSC Agenda >](#)



## Non-Profit Week 2025

Edmonton Chamber of Voluntary Organizations (ECVO)

February 10 to 14

ECVO will be hosting their inaugural Non-Profit Week event! Join in for a week of networking and learning as they bring together the sector to celebrate our community impact.

[Learn more >](#)



## Brain Aging Study on Mental Health

University of Alberta

Department of Psychology

The Department of Psychology is seeking volunteers, ages 60 to 75, to participate in their study on the aging brain and mental health.

[Learn more >](#)



## Black History Month at the AGA

Art Gallery of Alberta

Cinema for Seniors - *Any Other Way: The Jackie Shane Story*

Friday, February 14 | 2 to 4 pm

[Book tickets >](#)

Seniors Tours - *Celebrating Black Creativity at the AGA*

Friday, February 28 | 2 to 3 pm

[Reserve a spot >](#)

## Safety Corner

### Heart Health



February is **Heart Health Month** in Canada. There are small everyday choices we can make that can lead to a stronger heart as we age.

McMaster Optimal Aging Portal has some tips for a healthier heart.

[Learn more >](#)

## ESCC Updates



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### Board Member Nomination Form

The Nominating Committee of the Edmonton Seniors Coordinating Council (ESCC) is seeking members interested in working on its Board of Directors in preparation for our Annual General Meeting to be held in April. Serving on the ESCC Board of Directors is an opportunity to become further involved in the broad issues of the entire seniors' sector and to contribute to making Edmonton an age friendly city.

As a member of the Board of Directors for the ESCC, you would be a part of the governance team responsible for providing strategic leadership through directing, influencing, and monitoring the organization's business based on its bylaws, code of conduct and board charter. Each director has fiduciary, organizational, operational and audit duties. Collectively the directors are accountable to the members, stakeholders, and the broader community. A board member usually serves 3 years per term and may work on a variety of committees to assist in the organization's operations.

Candidates are asked to please include a cover letter explaining their interest in our Board's work and how they think they could contribute, along with a completed Nomination Form to the Edmonton Seniors Coordinating Council by **February 28, 2025**.

[Download the Nomination Form](#)

**Save the Date!**  
**Edmonton Seniors Coordinating Council's AGM**  
**April 28, 2025**

## Job Postings

### Job Posting: Bookkeeper

The Edmonton Chamber of Voluntary Organizations (ECVO) and ESCC are jointly recruiting a strongly motivated and dynamic Bookkeeper to join their teams.

Post Closing Date: **February 7**

[Learn more >](#)

### Job Posting: Practice Coordinator

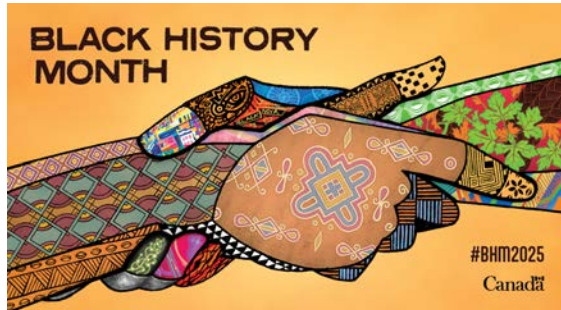
We're hiring a Practice Coordinator for the Hello Seniors (Seniors Coordinated Outreach) program.

Post Closing Date: **February 11**

[Learn more >](#)



# February is...



[National Black Coalition of Canada Society](#)

[Black Legacy and Leadership: Celebrating Canadian History and Uplifting Future Generations](#)

**FEBRUARY 11<sup>TH</sup>  
IS 211 DAY!**

Remember, you're not alone.  
Help starts with 211.



## **Seniors Information Phone Line**

Connecting older adults to  
supports and services

Dial **211**<sup>®</sup> and press **2**



## **Valentine's Day!**

February 14

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](mailto: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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