

APRIL 2024

ECE NEWS

ElderCare Edmonton Society
for Adult Day Programs

Volunteers: Thank You

NATIONAL VOLUNTEER WEEK (APRIL 16-22)

Here at ElderCare, we cannot put into words the amount of gratitude that we have for our community volunteers. As we approach National Volunteer Week, we would like to feature our volunteer program, including both our program and board volunteers.

According to statistics provided from Volunteer Hub, approximately 66% of volunteers donate their time to improve their community, and 83% do so in support of a cause that they care about.

Over the past year, we have been fortunate to work alongside the extraordinary community volunteers who donate their time in our Programs.

Thank you to all of the wonderful volunteers that visit our day programs, and make every client's day that much brighter!



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April Reminder: As of April 1, 2024, the cost of attending all Alberta Health Services day programs is increasing from \$10 to \$15/day. If you or your loved one is needing assistance with this increase or have any questions, please reach out to your Program Manager or head office.

Activity Spotlight

All Day Programs

St. Patrick's Day Festivities



In celebration of St. Patrick's Day, we would like to feature all three of our day programs, and the lucky activities they took part in this year!

Our Daybreak location created Shamrock Pretzels and Shamrock Mason Jars, and played competitive games of Leprechaun Knock-Down and Shamrock Shootout.

The Vitality location painted lovely Irish landscapes, tested their luck in a game of Dice, took an Armchair Travel trip to Ireland, and played Shamrock Bowling.

And finally, our Connections location created a St. Patrick's Day Wreath, participated in Shamrock Ring Toss, and mined for St. Patrick's Day words.

From all of our head office staff,
Irish you all a pot of gold!



Clair Zubick 2023 Volunteer of the Year

SANDRA M.

Volunteer Board Member



Sandy McFadyen is a volunteer board superstar, and the recipient of ECE's 2023 Volunteer of the Year award. In addition to her invaluable service on the ElderCare Edmonton Board of Directors, in roles supporting policy and procedure reviews, she also has volunteering experience with the Seniors' Financial Empowerment Network, WECAN Food Basket Society, Alberta Human Ecologists and Home Economists Association, UofA Alumni Affairs and Campus Food Bank.

As a Professional Human Ecologist with a BSc in Family Studies as well as an MEd in the Administration of Postsecondary Education from the University of Alberta, Sandy recognizes connection and community are critical for our wellbeing. To the benefit of all she serves, Sandy believes strongly in supporting personal well-being, food/housing stability and security, and working towards growth of self and others. She actively looks for ways to give back to her community.

Client Spotlight

FEATURING ROSE K.



One of the best parts about working at ElderCare Edmonton is learning from all our amazing participants. This includes Rose, who is 98 years young and was a ballroom dancer and talented bowler! She is also known for helping new attendees feel at home in the program because she is so friendly.

What do you like about coming to ElderCare programs?

“All the different people you meet.”

“Exercise and walking specifically is really good for me.”

“I like meeting new people joining in.”

What's your advice for all the "young" folks at ECE?

“If I were their age, meet friends.”

“Advice for the staff – stay excellent!”

Activity Spotlight

Pet Therapy



Calling dog lovers everywhere!

For the past couple of years, ElderCare has been fortunate to partner with St. John's Ambulance to provide pet therapy to our day programs!

As an organization serving many different individuals, some with cognitive impairments, we recognize and support the benefits of pet therapy.

As discussed in a VeryWell Health article, studies have found that pet therapy increased positive emotions and calming effects for people with dementia. Furthermore, they have found to decrease feelings of anxiety and sadness.

Not only are these fuzzy visitors incredibly cute (look at Coco's bandana), but there is evidence that they have many benefits for emotional and physical well-being.



Community Events & Resources

BY ELDERCARE STAFF

Edmonton is home to incredible community supports and resources for seniors. This month, we would like to feature information about the Age Friendly Edmonton Initiative and the CMHA Caregiver Connections Program.



The Age Friendly Edmonton Initiative is led by the City of Edmonton and the Edmonton Seniors Coordinating Council, and in partnership with many local organizations.

This initiative is dedicated to ensuring that Edmonton is a city where age is embraced, and ensuring that getting older is not a barrier to accessing services, programs, and facilities.

There is a variety of different resources that fall under the umbrella for this initiative, including an online Respect and Inclusion workshop and a podcast, the Shared Mic: Conversations for the Ages. For example, the podcast allows intergenerational discussions surrounding many topics including finding love, immigrating to Canada, and others.

For more information on the Age Friendly Initiative and all the services that it offers, you can visit the City of Edmonton website, or call the Edmonton Seniors Coordinating Council at (780)-423-5635.



Canadian Mental Health Association
Mental health for all

The Canadian Mental Health Association (CMHA) offers a peer-support program called Caregiver Connections. Through the sharing of lived experiences and stories, caregivers participating in the program are able to find community and comradery.

To learn more about the Caregiver Connections program, you can visit the website edmonton.cmha.ca, or call the local CMHA Edmonton office at (780)-414-6300.

Upcoming Event

PRESENTATION ON NUTRITION & HEALTHY EATING FOR OLDER ADULTS

ElderCare is excited to host Clinical Dietician, Kelly Hoang, to present on the importance of nutrition and healthy eating, to promote well-being and bone health in older individuals. We welcome clients and caregivers to join us for an informative afternoon of community-building and discussion.

WHERE: Central Lions/Vitality Location
WHEN: April 5th, 1:00-2:00pm

Please RSVP to your Program Manager if you would like to attend.

Closure Dates

Apr 1

Easter Monday