

DECEMBER 2023

ECE NEWS

**ElderCare Edmonton Society
for Adult Day Programs**

Message from the Board Chair

BY **DONNE WULF**

December always makes me reflect on the year closing before charging into the next one. 2023 brought us many changes and challenges, but they have made ElderCare stronger and more resilient. Resumption of our on-site programs continues and reconnection with clients old and new has been a happy experience for all. Our 'business' is truly our client's wellbeing, and facilitating personal contact and a sense of belonging to a group supports our mission and reason for being. Our primary focus remains our clients and caregivers, and our caring team of staff and volunteers have worked diligently to ensure the best possible experience at the programs. They strive to bring joy and laughter, as well as challenging mental and physical activities to the clients' day – all significant factors in growing old successfully. We are so proud and thankful for their creativity, hard work, and dedication to the organization.

Going forward to 2024 we are heartened by the Governments' words of support for Seniors issues and Adult Day Programs in particular. While age-related changes will challenge seniors' ability to maintain a safe and independent lifestyle in their own home, we are also living longer. ElderCare will continue to have an important role to play in keeping seniors at home longer as their programming mirrors the lifestyle choices recommended by Aging research and 'super seniors'. Their sage advice is to stay engaged by complying with medical advice, taking time to socialize with friends, trying to avoid stress, and prioritizing mental health. As a senior myself I will keep these suggestions in mind as I make my New Year's Resolutions!

In closing, thank you for being part of our ElderCare family, and on behalf of the Board of Directors I extend to all wishes for a very Merry Christmas and healthy and Happy New Year.



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Christmas Bureau

The Christmas Bureau of Edmonton provide a festive meal and coordination of Christmas giving to Edmontonians in need. The festive meal is provided in the form of a festive food hamper or food gift cards. The client is given the option to choose which service best suits their needs.

The Christmas Bureau also administers and provides a gift card to eligible teens aged 13 to 17 years through the Adopt-A-Teen program. Approved client information is shared with 630 CHED Santas Anonymous to provide toys to eligible children aged 0 to 12.

The Christmas Bureau program is intended to provide support to families, individuals and seniors in need who otherwise would not receive a festive meal or gifts for their children and teens.

Applications will be done by the agency worker or the client online at christmasservices.ca. The client can also be referred to call the Intake line at **780-414-7695**.

Intake and online applications OPEN October 10 at 8 AM and CLOSES December 4 at 11:59 PM. **Only one application per family/household is needed.**

Norquest Practicums

Did you know that ElderCare supports the training of students in Norquest's Recreation Therapy and Interdisciplinary Therapy programs through offering practicums? This initiative not only contributes to the professional development of future healthcare providers but also ensures a continuous infusion of new ideas and approaches in caring for our seniors. Special thanks to our students, and to both our Program Manager, Eden Pullona, and Program Facilitator, Srey Neath Sring, for serving as preceptors to students this fall!

Staff Spotlight: Staff Inservice

All Program Sites

BY EDEN CLAIRE PULLONA

From the Management Team, we would like to extend our sincere gratitude to each and every one of you for making ElderCare Staff Inservice 2023 a success. Your active participation, enthusiasm, and dedication truly made a significant impact.

To our esteemed speakers, Jaclyn England and Hanna Corpuz from NorQuest College, and Carlie Nicol of Canadian Fitness Professional, your insightful presentation and valuable contribution have added tremendous value to the workshop. Your expertise and willingness to share knowledge were truly appreciated.

To the NorQuest students who attended, we hope the knowledge gained will be beneficial to your academic and TR profession.

A special thanks goes to our hardworking staff. Your efforts behind the scenes did not go unnoticed, and we are grateful for your commitment to excellence.

A big thank you to every one who took the time to attend and actively participate. Your presence and engagement made the workshop a vibrant and collaborative learning environment.



Donation Opportunities

As a registered charity, ElderCare is incredibly thankful for the donations we use to support our mission to strengthen seniors' and their caregivers' independence and quality of life through excellence in recreational programming.

This month, we are also sharing a Crowdfunding Alberta campaign that will see us receive up to \$5,000 annually in matching funding from the Government of Alberta: https://give.crowdfunding.alberta.ca/32Jtu?ref=ab_bD3Twd



Information about charitable giving in Canada:
www.canada.ca/charities-giving



Community Service Learning (CSL) Student Program

ECE has been fortunate to join the Community Service Learning (CSL) program at the UofA for the most recent Fall 2023 semester.

The CSL program allows students to work alongside organizations in the community, providing the opportunity for valuable experience and the application of course-based learning.

Every ECE site welcomed one of our CSL students to their program for the past couple of months, where students were able to get to know clients, organizational operations, and how much fun our day programs truly are! We thank the University of Alberta CSL Program for allowing us to partner with them, and look forward to the potential to do so again in the future.

Donations via United Way

Did you know that the option of designating to specific agencies is an added service United Way provides to its donors? ElderCare is so thankful to those who designate our organization in their United Way donation!

Upcoming Closure Dates



December 25-29

Christmas break



January 1, 2024

New Years Day

Client Payment Reminder

Thank you to everyone for your support through timely payment of monthly invoices! These fees are integral to support costs related to nutrition - As the province set the cap of \$10/day in 2015, ElderCare has increased subsidization of these costs due to rising costs of food, so all payments help maintain our services. We also recognize that everyone - especially those on fixed incomes - may find rising living costs creating challenges in terms of paying fees. With 30% of respondents of our client survey indicating that cost is a barrier to increased participation, we ask that anyone unable to pay these fees to contact their Program Manager to discuss options. And for those who are able, donations to ElderCare help our ability to subsidize lower-income clients.

That said, and as we near the end of 2023, we'd like to take the opportunity to remind everyone of the following:

- Billing is for all registered days, excluding hospitalizations and medical procedures.
- Payment is due within 15 days of invoicing.
- Please wait until an invoice number is issued until making payment, provided in the first week of the month.
- If you're able to receive invoices electronically, please provide your email address to your Program Manager.

Thank you!



Absences -Reminders

We understand that clients may need to miss the occasional day; Please remember the following when you know you'll be absent:

1. Let us know at 780-434-4747 (you can leave a message), otherwise we'll follow-up to make sure you're ok.
2. Cancel your DATS service (780-496-4567 #1). Please let your program manager know if you need DATS assistance.
3. Except in the case of hospitalization, program fees generally apply. For vacations and most sick days, clients are billed the normal rate.

If you have any questions, please let us know!

