

MAY 2024

ECE NEWS

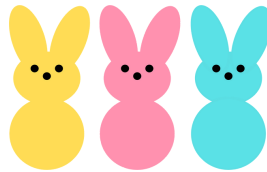
ElderCare Edmonton Society
for Adult Day Programs



Activity Spotlight

All Day Programs

April Easter Activities



To welcome the beginning of Spring, all three of our day programs took part in a variety of floral and bright activities.

Our **Daybreak** Location created styrofoam bunnies and pastel dandelions, and played an Easter mix-up word game.

Our **Connections** Location did some Spring Tie-Dye, played a competitive game of Flower Toss, and did some creative Rock Painting.

Our **Vitality** Location played Guess the Seed, created Dried Flower Glass and Flower String Art.

A Little Seed

*A little seed for me to sow
A little seed to make it grow
A little hole, a little pat,
A little wish, and that is that.
A little sun, a little shower,
A little while,
And then, a flower!*

-Mabel Watts



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Caregiver Acknowledgement & Spotlight

In acknowledgement of National Caregiver's Day on April 2, 2024, we would like to shine a spotlight on the remarkable caregivers in our community, supporting their loved ones each and every day.

According to the Canadian Centre for Caregiving Excellence, one in four Canadians is currently a caregiver, and one in two is likely to become one.

As an adult-day program, we are honored to support caregivers in offering a safe place for those they care for and ensuring that they have time to care for themselves. With permission, we are humbled to share a touching letter we recently received from one of our caregivers.

On May 25, 1968 when Bob and I were married, my vows said "in sickness and health; for better or for worse". When Bob was diagnosed with cognitive impairment in 2016 and then Alzheimers in 2018 I knew I would honor these vows by being his caregiver. It is an ever-changing and often extremely challenging job. I read and research to find out how to deal with each new stage as Bob's decline continues. I know that Bob can't change so I have learned to change my perspective and expectations. My goal on this journey is to keep Bob happy and content and hopefully to give us some quality of life. I am so grateful to all my angels at Eldercare for providing Bob with loving care and new friendships and for giving me treasured respite time ♡

Joyce

On behalf of all of us at ElderCare Edmonton, we would like to send all of our caregivers a heartfelt **Thank You** for all that you do.

Community News



ETS BUS PASSES - SUBSIDY PROGRAM

We are excited to announce that the City of Edmonton has increased the income threshold for eligible seniors to receive a subsidized and/or free bus pass.

Below \$30,526	FREE
Between \$30,527 and \$33,579	\$104

How to Apply:

- Complete an Application Form
- Provide the following:
 - Proof of Income
 - Proof of Age
 - Proof of Address

To receive an application form, or for more information, you can call 311 or speak to your Program Manager.



Entertainment Spotlight:



VITALITY LOCATION
Music & Dancing w/
Larry D.



It was quite the party at our Vitality location not long ago, when we were visited by musician Larry D..

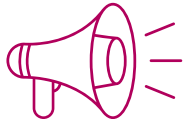
Clients, staff, and students danced along to Jailhouse Rock, the Polka, the Chicken Dance, and many other musical requests.



Visitor Spotlight:

CONNECTIONS LOCATION

MLA Martin Schmidt



Back in February, our Connections Day Program was fortunate to host our local MLA for Edmonton Gold-Bar, Marlin Schmidt.

MLA Schmidt was able to show off his superb acting skills for the clients and staff through a quick game of charades.

MLA Schmidt was then happy to meet with our Executive Director and administrative team, to discuss the importance of our programs and how to best support seniors in our community.

ElderCare would like to extend a heartfelt thank you to MLA Schmidt for visiting our program, and for the commitment to supporting healthcare for seniors.



Community Events & Resources

BY ELDERCARE STAFF

Edmonton has an incredible network of organizations that support the health and wellness of seniors and those living with cognitive and/or physical impairments. This month, we'd like to highlight the Strides of Hope Walk with the Schizophrenia Society of Alberta and the COMPASS Program with Caregivers Alberta.



Caregivers Alberta offers a multi-session workshop for caregivers in the community called **COMPASS**. COMPASS is composed of modules that are designed to assist caregivers in developing techniques for managing stress, assist with balancing their relationships, and arm them with skills and knowledge to be more successful in their role. Individuals are able to take the workshop through online synchronous Zoom sessions or a self-paced e-module.

The workshop comes in the form of interactive Zoom presentations during once-per-week 2.5hr sessions for a period of 4 weeks. The e-module series is composed of six different modules, which participants can take at their own pace.

More information on the Caregiver COMPASS workshop can be found at www.caregiversalberta.ca.



The **Schizophrenia Society of Alberta** will be hosting a **Strides for Hope** walk on World Schizophrenia Day, May 24, 2024. You are invited to join the walk to show support for individuals and families affected by schizophrenia, reduce the stigma surrounding mental illness, and raise awareness. The walk will take place from 12:30pm - 1:30pm. More information can be found at www.schizophrenia.ab.ca

Upcoming Events

May 12

Mother's Day

Closure Dates

May 20

Victoria Day