

SEPTEMBER 2023

ECE NEWS

ElderCare Edmonton Society
for Adult Day Programs

Message from the Board Chair

BY **DONNE WULF**

As we move into the fall months, I would first like to thank all the participants, caregivers, staff, and volunteers who help our programs thrive. 2023 has been a busy year, and everyone involved in ECE programs have made it a delight! This fall, the board is looking forward to a formal strategic planning process that will support the success of ElderCare programs in the coming years - Special thanks to staff, clients, and caregivers for providing feedback about our organization as we start setting our updated priorities. We look forward to sharing our new strategic plan later this year.



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August Activity Spotlight

Zoo to You



In August, ElderCare Edmonton hosted an activity called Zoo to You. Zoo to You gives our participants the opportunity to meet different animals in a safe space. This is always as fun as it looks! Above, Eric is shown holding a parrot for this first time. The parrot's name is Iago and is about 7 years old, but parrots can live up to 50 years old. They will typically only bond with one owner for a lifetime!

Staff Spotlight:



Esther

Daybreak Program

As one of ElderCare's longest-serving Program Facilitators, Esther brings a wealth of experience and knowledge as she supports our clients. Esther started her career in the Philippines with a Master's in Education specializing in Mathematics, then began her career with ElderCare as a volunteer before starting as a facilitator at our Daybreak location. Esther's passion for learning has led her to obtain certifications in Dementia Care (Mount Royal University), Creating Moments of Joy for People with Alzheimer's (Purdue University), Psychological First Aid, and many others. Thank you to Esther for supporting our clients!

"Esther is our trivia and sing-along queen! She has such a positive energy and is always willing to help out. She is a valued and kind team leader!" -Sherlyn, ElderCare colleague

Volunteer Spotlight

TONY SPENCER, PAST CHAIR

Something wasn't quite right with the name tag worn by ElderCare's past-chair and current Casino 'angel' as he rushed around the Central Lions Recreation Centre last month. As one of the Central Lions Seniors Centre Directors, he'd misplaced his Director tag, but thankfully he has a stack of name tags from all his volunteer roles. We suspect no one noticed the "Highlands" logo on the one he grabbed to fill in!



As the 2022 recipient of ElderCare's 'Claire Zubik Volunteer of the Year' award, we have long recognized that Tony is one of the community leaders that makes an incredible difference for the lives of ElderCare clients. Since retiring from our volunteer board of directors, Tony continues to serve by organizing - and volunteering for - the casinos that help ElderCare offer sustainable programs. His support makes a tremendous difference in the ability of ElderCare to continue to offer the programs that everyone at ElderCare is so proud to offer. Tony, thank you for being a shining example of the impact volunteers can make in their communities!

Guest Spotlight: Mayor Ralph Leriger

The Central Lions Seniors Centre - Vitality Program was delighted to welcome Westlock Mayor Ralph Leriger to perform for our participants in the spring! Participating in musical performances is one of our favourite activities, and it's a wonderful way to engage our minds, stay active, feel connected with others, and have fun.

Thanks to Mayor Leriger for joining us and we hope to see you again soon!





Community Events & Resources

Edmonton has an incredible network of partners that support the health and wellness of seniors. This month, we'd like to highlight Caregivers Alberta.



“Sometimes the difficulties of caregiving can be overwhelming, and you find yourself needing someone to talk to. That’s where our Caregiver Coaching program comes in.

A caregiver coach will talk to you one-on-one, be a listening ear, and provide you with support and help you navigate the system. Whether it’s finding resources, advocating for yourself or requesting support for your health and well-being, your caregiver coach is here to help.

Your caregiver coach will consult with other community and health care professionals as needed.

You can make an appointment to meet with a caregiver coach by phone or email:

Phone: 780-453-5088 or 1-877-453-5088 (toll-free)

Email: support@caregiversalberta.ca

Upcoming Closure Dates

Sept 4 Labour Day

Oct 2 In lieu of Truth and Reconciliation Day



Next newsletter coming in October! Please let your program manager if there is anything you would like included.