

Summer Schedule May-August 2019



SENIORS' CENTRE
WITHOUT WALLS



Art by Mary Whale

NEW PROGRAMMING HIGHLIGHTS

Toll Free Number: 1-855-703-8985

Meeting ID: 225.573.6467#

Magnets: if you have not received a SCWW fridge magnet and you would like one, please let us know and we would be happy to mail one to you!

Support Group Changes: After the Stroke, Grief, COPD and Parkinson's support groups will run in a new format. When you call in, please tell us which group you would like to attend and we will connect you to the other participants.

Guest Speakers:

Intro to Home Care - May 22nd @2pm - Traci Tebb, with Home Care- Alberta Health Services will describe the available services, how to access and what to expect if additional supports are needed at home.

Seniors Housing - May 30th/June 13th @3pm– Shanika Donalds and a seniors' panel living in Greater Edmonton Foundation housing will discuss what subsidized housing is & what it's like to live at GEF.

Must Have Documents - June 5th @2pm– Join Brendan Klug to discuss legal documents such as Personal Directive, Power of Attorney and Goals of Care.

Alberta Women's Memory Project – June 19th/July 17th/August 14th @2pm - Nanci Langford is an author and founding member of the Alberta Women's Memory Project. Hear why she is committed to preserving the history of women in Alberta.

SUPPORT GROUPS

After the Stroke:
May 15, June 12,
July 10, Aug 7
@ 11am

Grief: May 15, June
12, July 10, Aug 7
@11am

COPD: May 29,
June 26, July 24,
Aug 21 @ 11am

Caregivers – Last
Thursday of Every
Month @7pm

**Edmonton LGBT+
Pride Seniors** – First
Wednesday of
Every Month
@4:30pm

Parkinson's: May
29, June 26, July 24,
Aug 21 @ 11am

What is the Seniors' Centre Without Walls (SCWW)?

SCWW is a free phone-based program that offers recreational activities, health and well-being topics as well as friendly conversation for older adults.

Who is SCWW for?

Older adults (55+) who find it difficult to go to leave their home.

How does the SCWW Work?

1. Guides will be mailed to your home at the beginning of each 4-month series
2. Register for the programs you are interested in
3. You will be mailed a letter with the call-in instructions plus any materials related to your registered programs
4. A few minutes before a program, follow the below instructions to join the call.

- 1) Dial the toll-free number:

1-855-703-8985

- 2) You will hear an automated voice with the following message:

“Welcome to Zoom. Please enter your Meeting ID number followed by #”

225.573.6467#

***if you hear a message that this meeting does not exist, please check that you have entered the correct number and try again.**

- 3) The next message will be the following:

“Please enter the participant ID or press the pound key”

***There are no further ID numbers, please press the pound key each time**

- 4) The next message is asking you to state your name and press the pound key (#). Please state your first name only.

When does registration begin?

You may register as soon as you receive your guide or anytime during the term. While there is no limit on the number of programs you can participate in, we do encourage you to be realistic about your time and to let us know when your plans change.

What if I can't call myself into a program?

If you are unable to call into a program, we can call you into the line.

- 1) A few minutes before the program starts, you will receive a call from a number that will show up as either unknown or from another country (such as New York, USA). This will be an automated voice identifying it as a ZOOM MEETING
- 2) **Press "1" to join the meeting**
- 3) When asked, state your first name and then press the pound key (#)

How do I register?

Please contact Edmonton Southside Primary Care Network:

Phone: 780.395.2626 (press 0)

E-mail: gayle.harper@espcn.ca

CODE OF CONDUCT

Senior Centre Without Walls promotes an environment that values:

- Positive communication
- Courteous conduct
- Diversity and the human rights of others related to their national or ethnic origin, religion, age, gender identity, marital status, family status, economic status, any physical or mental disability & sexual orientation
- Mutual respect, fairness and equality
- Please allow the facilitator to guide and direct the group
- Please respect all group members and their opinions even if you may not agree
- No disrespectful comments allowed
- Allow every participant to contribute and do not dominate the conversation
- If you have an issue with a group member, please contact a SCWW staff person directly



This program is funded in part by the Government of Alberta
Ministry of Seniors and Housing

Presentation Series

Health & Wellness

Just Keep Breathing: Asthma and allergies can make the fundamental act of breathing an everyday struggle. Join a Respiratory Therapist, who will lead the program providing education including breathing management, tips on conserving energy, managing respiratory infections, environmental factors, mood management and much more.

Memory Practice: For those experiencing some memory issues who want an opportunity to engage in activities that will stimulate cognitive resilience and create a brain fitness routine, in a lower pressure environment. Those living with dementia welcome and encouraged to participate.

Eat & Be Healthy: Join a registered dietitian to discuss the new simplified Canada Food Guide. This discussion will cover the changes, the new recommendations and how this impacts our daily food choices.

Exercise Classes:

- **Home Exercise (30 Minutes):** Do you find it difficult to exercise or may not know where to begin? Join a trained exercise specialist to discuss any challenges, practice a series of simple home exercises, and get tips on staying fit.
- **Seated Exercise (30 Minutes):** Do you find it difficult to complete exercises due to balance and mobility issues? These sessions will focus on movements and stretches that you can do sitting in a chair and will focus on upper body strength.
- **Strengthening Exercise (30 Minutes):** Ready for the next step to your exercise. Grab some soup cans/small weights and workout with us!

Introduction to Home Care: Traci Tebb, with Alberta Health Services will give an overview of the types of services you can receive through Home Care, what to expect and how to access these services.

Self-Care Day: Its more than just bubble baths and candles. International Self-Care Day, on 24 July each year, provides an opportunity to raise the profile of healthy lifestyle self-care strategies and their importance in our lives. Learn more about the Seven Pillars of Self-Care.

Meditation Series (30 Minutes): Over time, stress can have a negative impact on your health. Join us to learn practical stress-reducing exercises, breathing regulation, progressive relaxation techniques with PCN team support, and guided imagery with music. A different topic each week will give you skills to use in your everyday life.

Support Groups:

- **After the Stroke:** Recovering from a stroke can be challenging. Connecting with other stroke survivors and caregivers is vital to learn more about supports and to share the experience of the recovery process.
- **Caregivers Support Group:** Collaborating with Caregivers Alberta, support is offered for caregivers within their own home. Topics range from education, to support, a chance to share your experience and seek advice.
- **COPD Support Group:** This group is for people with chronic lung disease and their caregivers. Participation will help you learn how to cope with lung disease, manage your lung health and improve your quality of life.
- **Edmonton Pride Seniors:** For older people who identify as LGBTQ2S, or are concerned about their welfare and working towards creating inclusive spaces and affirming care.
- **Grief Support Group:** In a culture that often avoids talking about loss, support groups give you the opportunity to share your story openly and guilt-free and hear other experiences. You will have the opportunity to and talk about coping day-to-day, and on those difficult days.
- **Parkinson Support Group:** Talk with others across Alberta about living with Parkinson disease and associated symptoms & syndromes.

Working through Grief: It's devastating when someone you love passes away, whether it's a family member, a friend, or even a family pet. Understanding the emotions may help you see that there's light at the end of the tunnel, and that there are things you can do to work through your feelings.

World Elder Abuse Awareness Day: The United Nations recognizes June 15th as World Elder Abuse Awareness Day every year. Join us as we talk more about elder abuse, raise awareness of the problem and discuss ways to decrease elder abuse in our local community. Wear purple on this day to support this cause.

Education & Skill Building

Ageism: Increase your own awareness of how our attitudes, beliefs and behaviours towards aging and older adults can contribute to ageism in our society. Although ageism is a serious topic, there is no blaming or finger-pointing. A fun opportunity to smash common stereotypes and learn actual facts about aging and older adults.

The Alberta Women's Memory Project: Who and what is remembered depends on the materials that are preserved and available to historians & researchers. Determined to not let the experiences of western Canadian women fade from our history, they collect and share the stories and sources about women who lived in Alberta.

English Practice Groups: For older adult newcomers to practice their English speaking and listening skills. Connect with people at beginner & intermediate levels by engaging in fun activities and group discussions.

Moving Forward - Downsizing Tips for Seniors, Boomers and the Sandwich Generation: Join an expert to discover solutions to the downsizing and moving concerns facing seniors today. Work through those tough decisions of what to keep, sell. Or give away.

Must Have Documents: Brendan Klug, with ESPCN, will provide information on those legal documents that are good to have in case of a health emergency. This session will cover Personal Directive, Power of Attorney and Goals of Care.

Positive Aging: In a society that values youth above age, it's all too easy to accept a defeatist view about getting older. The way that people treat you as you get older doesn't merely reflect the aging of your face and body; it also influences the way you actually age. Join in the discussion of how to age better and build a community that celebrates older adults.

Seniors Centre Without Walls Advisory Group: Are you enjoying our programming? Do you have an idea for what else you may like to see? Help us make our program better by giving your opinion on new ideas, programs and issues. We would love to have this discussion with you!

Seniors Housing:

- **Questions Answered:** Not sure what to expect about seniors housing? Shanika Donalds, with the Greater Edmonton Foundation, will share information about independent senior's subsidized housing in Edmonton. This will include a description of what it is, what to expect and how to access this housing.
- **Stories from Housing:** Continuing from the Seniors Housing discussion, Shanika will return with a panel of seniors who will share their personal experiences regarding living in seniors' subsidized housing so you will get first-hand knowledge of what to expect.

Starting Your Own Memoirs: Every single one of us is trying to make some sense out of his or her existence, to find some meaning in the world, and therein lies the value and opportunity of memoir. It can be therapeutic for the writer, and it may help descendants understand themselves better. But how to get started on this daunting task? Come and plan your first steps with us.

Trash Talk: Changes are coming to the way you sort and manage waste, at home and at work here in the City of Edmonton. Learn more about these changes to avoid unpleasant surprise, adopting a Zero Waste Goal, and how to access the City's Waste Management Services assisted waste collection service for customers who cannot get their recycling or garbage to the curb or lane.

Just for Fun

Arts & Trash: We are exploring the art technique of collage over a monthly series. Learn how we can turn the scraps of paper, photographs, fabric and other junk laying around our home into a creative outlet.

Across the Miles: Join participants from Without Walls programs in Ontario, Manitoba, Texas, New York and California for an interactive discussion.

Games:

- **BINGO:** Skip the BINGO hall and have all the fun and excitement at home. Four BINGO sheets for each person, four chances for a lucky win.
- **Family Feud:** Join our “families” to compete to name the most popular responses to survey questions.
- **Jeopardy:** Your chance to participate in the classic game show with a twist. The answers are given first, and the contestants supply the questions in one of six categories.
- **Super Sleuths:** Are you an armchair detective, the likes of Ms. Marple? Why not give it a try! For those who would like a greater mental challenge, join us to solve mysteries or crimes just like Sherlock Holmes.
- **Trivial Pursuits:** Test your knowledge of random facts, history and culture with a game of Trivial Pursuits and see how you do!

Book Club Afternoon: Do you love nothing better than having your nose in a good book? Join other book lovers to discuss our favourite books and find out what others are reading. Feel free to read the selected books or go off the list and share your latest recommendations! This series is for active and avid readers, so come prepared.

Canadian Connections: Join us as we celebrate with SCWW participants from Manitoba and Ottawa for another Cross-Country Canada Day Celebration! Tune in for this great opportunity to share experiences, memories and for lively conversations on all manner of things.

Coffee Chats/Conversation Groups: Prepare a snack and a warm beverage and join other SCWW participants each month to talk about anything and everything! Participants will be grouped by topic so please let us know which group you would like to join: Sports, Getting to Know You, or Recipes/Cooking.

Did you Know? Find out fascinating and unique facts during these one-hour sessions with topics ranging from significant events in history to anything that may seem interesting.

- **Why all the fuss about Mental Health?**
- **The Great Australian Emu War & the African Ostrich Heist**

- **Princess Margaret & how she changed the Monarchy**
- **Going “Batty” in Alberta**
- **Biography: Dan Aykroyd**
- **How did Notre Dame Survive WWII?**
- **Al Capone & Moose Jaw, Saskatchewan**

From the Archives: Join Kathryn Ivany, City of Edmonton archivist, as she brings us stories from Edmonton’s past—the people who have made a difference and the events that have shaped us.

How to Find a Good Podcast: The world of podcasts offers more than half a million shows to choose from with more popping up every day. Learn more about how to find them, how to access them and how to choose?

Pride History in Edmonton: The Edmonton Pride Seniors Group strives to ensure that all seniors’ services and activity centres and all housing are a welcoming, safe, and caring environment for LGBTQ2S+ older adults aged 55+ in Edmonton and area. Come and learn about the history of their work and the work of others to support LGBT rights here in Alberta.

Read Aloud Book Club: Find it difficult to get through a full book? Join us to listen to & enjoy different short stories from a variety of genres each month.

Recipe Club: Join in to share and to make your life in the kitchen easier!

- **May** - Quick & Easy Meals
- **June** - Cheap Eats on a Budget
- **July** – Cooking for Dietary Restrictions (Vegan, Gluten Free etc.)
- **August** – Sweet Summer Desserts

The Storyteller: Join Mary Ann Lippiatt, professional storyteller, as she introduces the tradition of oral storytelling and shares some of stories. Since 1991, Mary Ann's animated storytelling has engaged intergenerational audiences in venues in Alberta, Alaska, Australia, and England.

The Theatre Hour: Join us to relive the golden years of radio entertainment, find modern & classic recordings of crime, comedy and drama, and try your own hand at the art of the radio play.

MAY

Monday	Tuesday	Wednesday	Thursday	Friday
Registration Week: May 1– 10th Contact 780-395-2626 ext “0”				
13 3pm: Did You Know?	14 10am: Meditation 2pm: Seated Exercise	15 11am: Support Groups: After the Stroke/Grief 2pm: Good Podcasts	16 11am: Memory Practice 3pm: From the Archives	17 3pm: Read Aloud Short Stories
20 HOLIDAY	21 10am: Exercise 2pm: Working Through Grief	22 11am: Conversation Groups 2pm: Intro to Home Care	23 11am: Jeopardy 3pm: Arts and Trash	24 11am: Strengthening Exercise 3pm: Recipe Club: “Quick and Easy”
27 2pm: English Practice 3pm: Did You Know?	28 10am: Meditation 2pm: Seated Exercise	29 11am: Support Groups: COPD/ Parkinson’s 2pm: Trash Talk	30 11am: Family Feud <div style="border: 2px solid #00AEEF; border-radius: 15px; padding: 10px; text-align: center; color: #00AEEF;"> 3pm: Seniors Housing, Part 1 </div>	31 3pm: BINGO

Featured Program

May 30, 2019 at 3pm: Seniors Housing, Part 1

Shanika Donalds, with Greater Edmonton Foundation, will join us to discuss subsidized seniors independent housing. This will include the housing options, costs, what to expect and how to apply. **Part 2 will take place on June 13, 2019 at 3pm** with a panel of seniors who are currently living at GEF.

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
3 1pm: Just Keep Breathing 2pm: English Practice	4 10am: Exercise 2pm: Music Meditation	5 2pm: Must Have Documents 4:30pm: Seniors Pride	6 11am: Super Sleuths 3pm: Arts & Trash	7 11am: Strengthening Exercise 3pm: Read Aloud Short Stories
10 2pm: English Practice 3pm: Did You Know?	11 10am: Meditation 2pm: Seated Exercise	12 11am: Support Groups: After the Stroke/Grief 2pm: Downsizing	13 11am: Memory Practice 3pm: Stories from Seniors Housing	14 <div style="border: 2px solid #00b050; border-radius: 15px; padding: 10px; text-align: center; color: #00b050;"> 3pm- World Elder Abuse Awareness Day </div>
17 11am: The Storyteller 1pm: Just Keep Breathing 2pm: English Practice	18 10am: Exercise 2pm: Working Through Grief	19 11am: Conversation Groups 2pm: AB Women's Memory Project	20 11am: Trivia Pursuit 3pm: Arts and Trash	21 11am: Strengthening Exercise 3pm: Recipe Club
24 2pm: English Practice 3pm: Did You Know?	25 10am: Meditation 2pm: Seated Exercise	26 11am: COPD/ Parkinson's Groups 1:30pm: Across the Miles	27 11am: Jeopardy 7pm: Caregivers Support	28 12:30 pm: Canadian Connections

Featured Program

World Elder Abuse Awareness Day- June 14 at 3pm

June 15th is recognized as World Elder Abuse Awareness Day by the United Nations every year. Elder Abuse is recognized as a significant public health and human rights problem for older adults and this day signifies a commitment from the community to address this issue. Join us as we talk more about elder abuse, raise awareness and discuss ways to decrease elder abuse in our local community. Wear purple on this day to support this cause.

JULY

Monday	Tuesday	Wednesday	Thursday	Friday
1 HOLIDAY	2 10am: Exercise 2pm: Music Meditation	3 2pm: Conversation Group 4:30pm: Pride Seniors	4 11am: Family Feud 3pm: Book Club	5 11am: Strengthening Exercise 3pm: BINGO
8 11am: From the Archives 2pm: English Practice 3pm: Did You Know?	9 10am: Meditation 2pm: Seated Exercise	10 11am: Support Groups: After the Stroke/Grief 2pm: SCWW Advisory Group	11 11am: Memory Practice 3pm: Eat and Be Healthy	12 3pm: Read Aloud Short Stories
15 11am: Ageism 1pm: Just Keep Breathing 2pm: English Practice	16 10am: Exercise 2pm: Working Through Grief	17 11am: Conversation Groups 2pm: AB Women's Memory Project	18 11am: Trivial Pursuit 3pm: Arts and Trash	19 11am: Strengthening Exercise 3pm: Recipe Club "Dietary Restrictions"
22 11am: The Storyteller 2pm: English Practice 3pm: Did You Know?	23 10am: Meditation 2pm: Seated Exercise	24 11am: Support Groups: COPD/ Parkinson's 2pm: Self-Care Day	25 11am: Jeopardy 3pm: The Storyteller 7pm: Caregivers	26 3pm: BINGO
29 11am: Positive Ageing 1pm: Just Keep Breathing 2pm: English Practice	30 10am: Exercise 2pm: Meditation	31 11am: Conversation Groups 2pm: Starting Your Memoirs		

AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
			1 11am: Super Sleuths 3pm: Book Club	2 11am: Strengthening Exercise 3pm: Read Aloud Short Stories
5 HOLIDAY	6 10am: Meditation 2pm: Seated Exercise	7 11am: Support Groups: After the Stroke/Grief 4:30pm: Pride Seniors	8 11am: Memory Practice 3pm: Eat & Be Healthy	9 3pm: Recipe Club: "Summer Desserts"
12 11am: The Storyteller 2pm: English Practice	13 10am: Exercise 2pm: Music Meditation	14 11am: Conversation Groups 2pm: Memory Project Archives	15 11am: Jeopardy 3pm: Arts and Trash	16 11am: Strengthening Exercise 3pm: BINGO
19 <div style="border: 1px solid black; border-radius: 15px; padding: 5px; display: inline-block; margin-bottom: 5px;"> 11am– Pride History in Edmonton </div> 1pm: Keep Breathing 2pm: English Practice	20 10am: Meditation 2pm: Working Through Grief	21 11am: COPD/ Parkinson's Groups 1:30pm: Across the Miles	22 11am: Family Feud 7pm: Caregivers Support	23 3pm: Theatre Hour

Featured Program

August 19 at 11am: Pride History in Edmonton

The Edmonton Pride Seniors Group strives to ensure that all seniors' services are a welcoming, safe, and caring environment for LGBTQ2S+ older adults. Come learn about the history of their work and the work of others to support LGBT rights here in Alberta.