

Topics Guide

Showcase Addressing Social Isolation of Seniors

We're excited that so many organizations want to share information about their efforts to address social isolation of seniors. The topics guide outlines the initiatives featured at the showcase.

Topic	Organization	Description
211 Seniors Information Phone Line	Canadian Mental Health Association – Edmonton Region: 211 Seniors Information Phone Line Julie Nurmi 780-732-6645 jnurmi@cmha-edmonton.ab.ca	Decreasing isolation by providing accurate referrals to programs for seniors in the community. Identifying risks for isolation in conversations and providing connections to the senior. Facilitated connections via warm transfers for seniors to their local outreach program.
A neighbourhood approach to addressing social isolation: Lessons learned from the Age-ing to Sage-ing Project	Sage Seniors Association Shelley Sabo 780-446-3569 ssabo@mysage.ca	Sage's Age-ing to Sage-ing project invited seniors to support children in their neighbourhood. Isolated seniors and children who live with trauma came together for their mutual benefit. Other for seniors by seniors project ideas came forward and Sage now has permanent funding to support their development. Sage is working in both the Beverly and Clareview area.
Community Leisure Education	Glenrose Rehabilitation Hospital Kennedy Bowman 780-735-7999 Ext. 15685 Kennedy.Bowman@albertahealthservices.ca Katie Serediak 780 735 7999 ext. 15687 katie.serediak@ahs.ca	We'll provide education regarding the importance of having a healthy active leisure lifestyle and how a senior may go about that in Edmonton and the greater Edmonton area.
Companionship Benefits	Shepherd's Care at Home Alanna Brokop 780-217-6451 abrokop@shepherdscares.org	Providing companionship, or one-on-one care, can benefit seniors in so many ways. Being able to spend quality time with them, from preparing meals together, to going on walks, playing games or simply visiting can have profound positive effects on daily living, behaviors and mental health. By developing relationships and engaging isolated people in our society we can make a difference.

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<p>Connecting With Others Never Grows Old - Community Connector Program and Marketing Campaign</p>	<p>Westend Seniors Activity Centre Janice Monfries 780-483-1209 execdirector@westendseniors.com Haidong Liang 780-483-1209 projectcoordinator@westendseniors.com</p>	<p>A proactive Community Connector program can actively address social isolation by serving as a bridge between the formal network of social services and their own cultural communities. Community Connectors are volunteers who serve seniors in their own communities, in their own languages, and do so where seniors live, worship, socialize, and learn. They're easy to talk to, culturally aware, and, because of their training, knowledgeable about the community resources available to promote social connection. The marketing campaign seeks to highlight the role of senior centres and their role in decreasing isolation and increasing activity level of seniors.</p>
<p>Culturally Responsive Outreach & In-reach to Culturally Diverse Isolated Seniors</p>	<p>Multicultural Health Brokers Co-operative Yvonne Chiu 780-423-1973 yvonnechiu@shaw.ca</p>	<p>The Multicultural Health Brokers Co-operative is made up of community workers who are bi-lingual and bi-cultural. They are part of the ethno-cultural communities that the most vulnerable and multi-barriered seniors are members of. In the past 10 years, MCHB has partnered with Sage and ESCC to illustrate a model of deep outreach “in-reach” and collaborative practice to provide culturally responsive support to these seniors.</p>
<p>Day Programs and the CHOICE programs</p>	<p>Alberta Health Services – Home Living Program - Day program and CHOICE program Rose McCreedy 780-735-3361 Rose.mccreedy@ahs.ca</p>	<p>Adult day programs help clients remain in their communities and allow families and other caregivers to continue caring for them at home. The programs strive to:</p> <ul style="list-style-type: none"> • Promote the individual’s optimal level of wellness and independence. • Maintain and where possible, enhance the individual’s present level of functioning as long as possible, preventing or delaying further deterioration. • Provide support, day-time respite and education for families and other caregivers. • Foster the development and maintenance of social skills and interaction.

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Food Our Social Connector	Edmonton Meals on Wheels Liz Tondu 780-429-2020 liz.tondu@mealsonwheeledmonton.org	The daily preparation, packaging and delivery of food brings our community together to build strong relationships, break social isolation and cross the barriers of age, gender, ethnicity and culture. Food is our social connector that builds community and engages people in helping those who are isolated, at-risk, disabled and/or homebound.
Intergenerational Solutions To Mitigate Seniors Social Isolation	LINKages Society of Alberta Mae Chun 403-249-0853 mae.chun@link-ages.ca	The presentation will outline our strategies to identify, engage and measure program activities aimed at mitigating seniors social isolation, with a unique focus on intergenerational solutions. We will share stories of transformations, and in particular, share insights on our sustained actions in one community in Calgary whose senior residents have successfully transitioned from being passive recipients of social services to one of active participation, engagement and leading the change to create a community that is inclusive and age-friendly.
LGBTQ Seniors	Edmonton Seniors Pride project Eric Storey 780.722.2752 eric.r.storey@gmail.com Sydney Goss 780-718-4547 sydneygoss@email.com	Why past experiences of LGBTQ seniors can result in greater risk of social isolation for them.
Longevity Worth Living	Shepherd's Care Foundation Kelly Deis (780) 733-3315 kdeis@shepherdscares.org	The Campus of Wellness and Care demonstration project enables independent seniors to maintain and improve health and wellbeing in order to remain independent as long as possible. CWCDP programs and activities address social isolation through the following themes: engaging seniors in project development; resident empowerment in personal health; understanding factors that influence health and functionality with this group; providing ability-appropriate activities; and improving access to activities and support.

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<p>Outreach Services That Support Isolated Seniors</p>	<p>Sage Seniors Association Muno Osman 780-619-0827 Mosman@mysage.ca Christie Smith 780-619-0134 Csmith@mysage.ca</p>	<p>Sage’s outreach and other programs and services support isolated, low-resource seniors. As part of the PEGASIS project, Sage is providing person-centred case management, long-term social work support and connections to community resources and services that reduce or eliminate the barriers contributing to and/or resulting from the experience of isolation.</p>
<p>Peer Support Outreach</p>	<p>SCONA Seniors Center (Senior Citizens Opportunity Neighbourhood Association) Cathy McLean 780-433-5377 or 780-862-5119 scona84th@shaw.ca</p>	<p>Reconnecting seniors to their peers and their community through peer support outreach, and prevention and intervention for those seniors at risk of becoming socially isolated.</p>
<p>Reducing Isolation Among Immigrant and Refugee Seniors</p>	<p>Multicultural Women and Seniors Services Association Myra Haroon 780-465-2992 culture@mwssa.org</p>	<p>Overview of MWSSA services and projects that reduce isolation including outreach and advocacy, educational and interest-based classes and social get-togethers.</p>
<p>Seniors’ Centre Without Walls: Healthy Aging Phone Chats</p>	<p>Edmonton Southside Primary Care Network and Age Friendly Edmonton Heather Drouin 780-991-1423 heather.drouin@edmontonsouthsidepcn.ca Aleem Rajani 780-735-3219 Aleem.Rajani@albertahealthservices.ca</p>	<p>Overview of the Healthy Aging Phone Chats history and the new Seniors Centre Without Walls program. We’ll discuss the purpose, the types of programs we offer, the structure and how to join.</p>
<p>Seniors Community English Sessions</p>	<p>Edmonton Mennonite Centre for Newcomers (EMCN) Linda Guenther 780.489.7004 ext 710 lguenther@emcn.ab.ca</p>	<p>Language barriers significantly impact one’s feeling of isolation. Our classes address isolation through language acquisition. We will discuss: how individuals are identified and invited to join the classes, the various supports needed to ensure one’s ability to join in; the language class model, with Community Connectors and Teachers working together to meet the identified needs of the</p>

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		students; the results we have seen thus far – successes, challenges, opportunities; and what we anticipate for the future.
Seniors' Travelling Cafes – Reaching seniors, one cup of coffee at a time	Strathcona County Family & Community Services Doneka Simmons along with seniors from the Seniors' Travelling Cafes 780-464-8226 Doneka.simmons@strathcona.ca	Seniors' Travelling Café - Connect, Share and Learn! Led by seniors in rural Strathcona County. Offering an opportunity for seniors to connect with each other, find out about community resources and enjoy refreshments together.
Services offered for seniors by Jewish Family Services	Jewish Family Services Tatiana Kastner 780- 4541194 ext. 232 gsw@jfse.org	Services are offered to the general public, but Jewish Family Services specializes on working with seniors from Jewish and Russian communities. Programs include: Holocaust survivors support program; SMART – seniors making age related transitions; Life Links – support for older adult immigrants/refugees; and Counselling and Grief Support services.
The stARTof Neighbourliness	City of Edmonton Shelley Kwong 780-496-5905 Shelley.kwong@edmonton.ca Anne Harvey 780-496-3436 anne.harvey@edmonton.ca Zanette Frost 780-442-4849 Zanette.frost@edmonton.ca	We will highlight the Council Initiatives, Abundant Communities, and some resources that the City has available.
Transportation Mobility	Medically At-Risk Driver Centre (MARD) Tara Pidborochynski 780-248-1728 pidboroc@ualberta.ca Bonnie Dobbs 780-492-0374 bdobbs@ualberta.ca	Discussion of the role of transportation mobility in reducing the social isolation of seniors and provision of resources in Edmonton and area that can support socially isolated seniors in maintaining independence and mobility.

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Using Affordable, Assisted Transportation to Help Seniors Remain Active and Connected in Their communities	LIFT Drive Happiness Teresa Cowan 780-964-1494 teresa@seniorscouncil.net Asma Qadri 450-2113 ext 4 lhhsa@telus.net	Transportation links isolated seniors to services and activities in the community. The presentation will outline services offered by LIFT Drive Happiness, how they are delivered, how a senior can use the services, and subsidy availability.
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