



Free presentations, 1-2 hours in duration. Call today and schedule one for your organization. For more information contact Mary Whale @ 780- 395-2629 Mary.Whale@edmontonsouthsidepcn.ca or Aleem Rajani @ 780-735-3219 Aleem.Rajani@albertahealthservices.ca

ARTHRITIS

Arthritis Society

Introduction to Arthritis: A one-hour presentation that describes arthritis, what can be done to treat the disease and how The Arthritis Society can help.

Understanding Arthritis: A one-hour presentation addresses the definition and types of arthritis, the warning signs and the importance of a whole health care team.

Contact: Leah Paquette, Arthritis Society, 780-424-1740 ext.2301
LPaquette@arthritis.ca

DEMENTIA AND ALZHEIMER'S

Alzheimer's 101: Find out the difference between Dementia and Alzheimer Disease, learn practical tips to help yourself and those with the disease have a better quality of life, learn how to prevent the disease and have your questions answered.

Contact: Arlene Hune, Alzheimer Society, 780-488-3055
info@alzheimer.ab.ca

Alzheimer's Disease & Other Dementias: Learn how to make the most of the memories that your loved one with Alzheimer's disease has retained. Safely and effectively manage the difficult behaviors symptomatic of the disease; and last, activities that maximize the abilities and independence for an individual with Alzheimer's disease.

Contact: Shawn Turcotte, Home Instead, 780-439-9990
Shawn.Turcotte@homeinstead.com

DIABETES

Canadian Diabetes Association

Diabetes – What You Need to Know: Types of diabetes, signs, symptoms, risk factors and prevention. A brief overview of complications. Making healthy food choices and increasing physical activity.

Living Well with Diabetes: Facts about diabetes, healthcare team and preventing complications. Making healthy food choices and increasing physical activity.

Contact: Roxane Bitar, Canadian Diabetes Association, 780-423-5722 ext. 240
Roxane.Bitar@diabetes.ca

Alberta Health Services

Diabetes: Are You at Risk? This 1.5 hour presentation will focus on type 2 diabetes. Topics include; what is diabetes, risk factors for developing diabetes and how to make lifestyle changes to reduce your risk of developing diabetes. Healthy eating topics include; how to choose healthy portions of healthy food and limiting foods high in fat, sugar and salt.

Healthy Living with Diabetes: This 1.5 hour presentation describes what diabetes is, risk factors for developing diabetes and types of diabetes. Topics include; blood glucose monitoring, physical activity, healthy food portions, importance of meals timing, & choosing healthy snacks.

Contact: Sarah Lartey, Alberta Health Services, 780-735-1066
Sarah.Lartey@albertahealthservices.ca



HOME CARE & CONTINUING CARE ACCESS

Community Care Access: Describes who is eligible for continuing care services including home living, supportive living and facility living. An overview of the supports available through home living programs and how one would access supportive living or facility living should the need for more support arise. We can adapt the presentation to your audience's needs.

Contact: Michelle McGrandle, Alberta Health Services, 780-735-3129
Michelle.McGrandle@albertahealthservices.ca

HEARING LOSS

Your Third Ear: The program takes participants on a path recognizing unrealistic expectations they may have of hearing aids, accepting their reality of hearing loss, develop an understanding of what they need to do to reconnect with loved ones and learn to laugh at the foibles of hearing loss.

Contact: Cindy Gordon, Bridges Support Services, 780-428-6624 cindy@bridgessupport.com

HEART HEALTH

Interested in Tracking and Maintaining your Heart Health?: Learn about maintaining healthy lifestyle choices that contribute to heart health, knowing what normal blood pressure targets are, what types of chest discomforts are worrisome and could be associated with heart disease, and what atrial fibrillation is and how to monitor for it.

Contact: Marcie Smigorowsky, Mazankowski Alberta Heart Institute 780-407-2061
Marcie.Smigorowsky@albertahealthservices.ca

HOUSING TRANSITIONS

SAGE Housing Information: Provides information, referrals and support for seniors seeking subsidized or non-subsidized housing. We also provide information for families whose parents have experienced changes in health which might require them to move into a different type of housing.

Contact: Theresa Goba, SAGE, 780-701-9018
TGoba@mysage.ca

Housing Options for Seniors: Join Edmonton Southside Primary Care Geriatric Staff as they guide you through what is available in your community. (Held at Edm. SS PCN)

Contact: Melanie Jaques, 780-395-2645
Melanie.jaques@edmontonsouthsidepcn.ca

NEW

Managing Your Move: Join us to explore the issues involved in downsizing and get valuable tips to save you time, money and stress.

Contact: Shannon Lang, Elder Move, 780-991-9059 shannon@eldermove.ca & Kathy Schmidt, Broker Owner of Schmidt Realty Group Inc. 780-437-2030 (office) or 780-994-1124 (direct)
Kathy@WeSellEdmonton.com

STRESS MANAGEMENT

Caregiver Stress: Identify the signs of poor work-life balance, learn tips and strategies to help ease your caregiving duties, find out about employer programs and alternative work options and learn about ways to take care of yourself.

Contact: Shawn Turcotte, Home Instead, 780-439-9990
Shawn.Turcotte@homeinstead.com



Reducing the Stress of Family/Friend Caregiving: Caregivers often find themselves in circumstances that create stress and strain. This presentation will assist participants to become aware of the stresses of caregiving, how our bodies react to stress and explore strategies to reduce stress and increase well-being through self-care.

Contact: Nancy McGonigal, Alberta Caregivers Association, 780-453-5088
NMcGonigal@albertacaregivers.org

MEDICATION MANAGEMENT

Med Safety: Explains the challenges associated with medication management when dealing with multiple medications and complex regimens. How the pharmacist can empower patients and help with monitoring medication for safety and efficacy. (Available in Bonny Doon and NE Edm.)

Contact: Aileen Jang, Medi-Drugs, 780-478-9480
aileenjang@gmail.com

NEW

More Than Just Meds: Pharmacist, Brian Chan, is available to come out to your center to give a presentation on a variety of topics, including **Medication Management, Sleep Problems, Falls Prevention and Heart Health.** Please call Brian to book a presentation of your choice.

Contact: Brian Chan, Dolar Drugs, 780-455-5555 or 780-819-8168 (cell) brian8301986@gmail.com

You and Your Meds: The majority of persons age 65 or older are likely to take more than one drug regularly every day. There are several things a person can do to avoid possible problems which can occur, such as yearly reviews and drug round ups. Learn about simplifying a person's medication regime. This presentation will offer some tips to make medication use safe.

Contact: Gwen Petryk, Pharmacist, AHS, 780-408-5936 gwen.petryk@albertahealthservices.ca

HEALTHY AGING

Sage's This Full House Program - An Integrated Community Response to Hoarding: An overview of Hoarding Disorder. Learn how to identify hoarding and the difference between clutter and hoarding. How you can help and where to refer. Tips on making appropriate referrals and keys to successful communication.

Contact: Doneka Simmons, SAGE, 780-701-9005
dsimmons@MySage.ca

Better Choices, Better Health® Self-Management Program: A one-hour overview for a free six-week workshop for those who have an ongoing chronic condition like diabetes, high blood pressure, asthma, anxiety, depression, chronic pain, arthritis, weight challenges, etc. In a group setting, participants learn skills and techniques to help cope with the demands of their illness so they can enjoy the best quality of life possible! Three different workshops are available: Chronic Disease, Chronic Pain and Diabetes. For more information visit www.albertahealthservices.ca/bcbh.asp

Contact: Amberley Hubbard, AHS, 780-735-1080, selfmanagement@albertahealthservices.ca

Skin cancer is Preventable: Over 80,000 Canadians are diagnosed annually and the numbers continue to rise. Sun safety is key to prevention and it's never too late to begin. Successful treatment begins with early detection. Monthly skin checks will ensure you know your skin and recognize changes that happen over time. In particular, learn about the difference between a healthy mole and one that may be melanoma, the most deadly form of skin cancer.

Contact: Leona Yez, Canadian Skin Cancer Foundation, 780-423-4723 cscf@telus.net



Edmonton Southside PCN

Senior Financial Education: Unravel the complicated world of federal and provincial financial benefits, tax credits and programs for low – income households. Enduring Power of Attorney documents will be explained. Financial elder abuse risks and safeguards will also be reviewed.

Singles/Couples Meal Planning: Making another meal and running out of ideas? Season's changing and you want something different? Join us and get a handle on meal planning to simplify your life.

(Both presentations are held at Edm. SS PCN)

Contact: Melanie Jaques 780-395-2645

Melanie.jaques@edmontonsouthsidepcn.ca

NEW

Gamblers Anonymous: Recovery from addiction is a lifetime process at work and takes place one day at a time. I gambled 6 or 7 days a week for 20 years. I won thousands and lost tens of thousands more. I became aware of the compulsion only when I tried to stop and found I could not. My name is Bob & I am a compulsive gambler. I have been gambling free for over 11 years and attend GA meetings twice a week. The GA program has saved my life and given me a healthy way to live and enjoy it. This session will outline what Gamblers Anonymous is all about and how it can help you or a loved one.

Contact: Bob Chaiko, 780-604-9893

chaiko@telus.net

Dare to Age Well: Cutting Edge information for women age 65+ who want to get older without getting old. Come and find out what no one dares to talk about healthy aging. Women will be invited to volunteer to participate in a research project after the presentation.

Contact: Saima Rajabali, U of A, 780-492-3700,
srajabal@ualberta.ca

December 17, 2014

Finding Balance and Preventing Falls: Anyone can fall, but as you age, the risk increases. One in three Alberta seniors will fall each year. Falls are the leading cause of serious injuries for older adults. The good news is that you can take steps to prevent falls. This interactive one hour presentation identifies falls risk factors and provides key actions and resources to prevent a fall before it happens.

Contact: Lynda McPhee, Alberta Centre for Injury Control & Research, 780-492-7822
lynda.mcphee@ualberta.ca

NEW

The Link between Oral Health and Systemic Health:

90 minute presentation on how oral hygiene plays an important role in your overall health. Did you know that oral hygiene has connections to cardiovascular health, diabetes, arthritis as well as epilepsy? Even a healthy mouth contains over 300 types of bacteria. More recently, oral bacteria has been linked to Parkinson's, dementia and Alzheimer's. Come and learn more about properly caring for your dentures partials and natural teeth!

Contact: Tracy Fedorak, Periosmart Mobile Dental Hygiene and Dentures, 780-405-2268
tracy@periosmart.com

Moving Matters: 2.5 hour presentation covering all the physical activity basics. We will cover benefits of activity, lifestyle and structured activity, research recommendations for activity and how we balance this with our lives, making a plan to be more active and three myths of physical activity.

Contact: Sarah Lartey, AHS, 780-735-1066
Sarah.Lartey@albertahealthservices.ca



NUTRITION

Nutrition Sessions from Public Health Dietitians that your group can request include:

Small Steps to Better Health: Making small, simple changes to your daily meals or snacks, can have a huge impact on your health. Come and learn about steps to making food choices that can help you achieve or maintain a healthy body weight.

Rate Your Plate: How much you eat is as important as what you eat. This session will provide you with information on planning portion wise meals and snacks.

Eat Well, Live Well: The “how to” of planning, purchasing, preparing and packing food for keeping energized each day.

Sodium Savvy: How much sodium are you consuming? What foods are high in salt? This session provides tips for shaking the sodium habit while going for maximum flavor.

Fiber: What’s in it for me: How much fiber do we need and what foods are the best sources?

Contacts: Mary Huskins, AHS Dietitian 780-342-4017 Mary.huskins@albertahealthservices.ca
Sarah Halton, AHS Dietitian 780-342-4970
Sarah.halton@albertahealthservices.ca

LEISURE

Spread the Words: Learn about the Edmonton Public Library’s extensive services for seniors. Check out their system and branch-level senior’s activities. System initiatives include the Seniors’ Tea, Book Club, Library Tours and Print Disability Open House. Community Libraries offer seniors programs like Computers for beginners 1:1, Wii Games for Older Adults and Gardening Glorious Gardens. **Contact:** Marian Enow, Community Librarian, 780-496-7000 menow@epl.ca

Leisure and Well Being: This presentation provides participants an opportunity to learn about research in aging and leisure. It is a great time to discover opportunities in your community for you to get involved in leisure. We will wrap things up with an open discussion sharing successes and inspiring your peers.

Contact: Christina Lucente, AHS,
780-735-9559 ext. 14870
Christina.lucente@albertahealthservices.ca

Slowing down the Aging Brain: Learn about the cognitive, emotional, physical, and social benefits of recreational therapies and practices for seniors. Includes tips to enrich and improve your quality of life, or your loved ones. Also covered will be aging in place, slowing down the cognitive decline, and wellness as a way of life.

Contact: Wendy Swanson, Wellness Therapist,
780-490-8530 wendy_msc@shaw.ca

TRANSPORTATION

Edmonton Transit System: Family of

Transportation Services: ETS is committed to providing safe, accessible, reliable transportation with barrier-free, age-friendly services, programs and features that make public transit easy and convenient for all of our customers, regardless of ability. Find out about these services, customer tools, and our customer and agency training programs. Learn about how Edmonton Transit works with community partners to ensure individuals have the information they need to make informed decisions about meeting their transportation needs. Presentations can be customized to meet the needs and interests of the participants.

Contact: Margaret Dorey, ETS Accessible Transit Coordinator, 780-496-5788
margaret.dorey@edmonton.ca