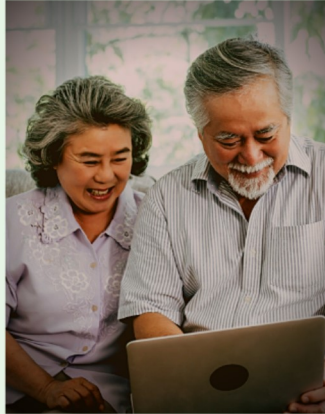


# Virtual Seniors' Forum 2020



**sage**  
Sage Seniors Association



**agefriendly**  
EDMONTON

## How to Participate

The Virtual Seniors' Forum, sponsored by Age Friendly Edmonton, is a four-day event featuring a wide range of discussions about health, wellness, housing, and the community resources available for older adults.

**All sessions are accessible online and by phone.** To register for and access the Forum sessions online, please visit [www.seniorsforum.ca](http://www.seniorsforum.ca). To access the sessions via landline or mobile phone, follow these steps:

1. Find the session you want to join
2. Call the toll-free number: 1-855-703-8985
3. Enter the meeting ID and press the # key
4. Press the # key again when asked for participant ID
5. Enter meeting password

Technical support is available: to request assistance with accessing the Forum via Zoom, please call Sage at **780-423-5510** and leave a message.

The Virtual Seniors' Forum uses video and audio technologies. We are using the Zoom plan with the highest level of security and are working to ensure that any information you share during programs is private and secure, but want to acknowledge that no video or audio tool is ever completely secure.

Please also be advised that the Virtual Seniors' Forum sessions will be recorded, and that by participating you are providing Sage Seniors Association (Sage) with access to your name, contact information, and other personal information that you may share. You give Sage permission to use this information to contact you and to keep track of your participation for internal purposes. You can stop participating at any time, and can withdraw your personal information from Sage's records at any time.

Some of the sessions deal with topics that might be difficult. If you find yourself to be experiencing distress following a session, please call the Alberta Mental Health Helpline at **1-877-303-2642**.

# Day 1 - Wednesday, November 18

Please note that sessions and speakers are subject to change without notice. Program information will be updated online at [www.seniorsforum.ca](http://www.seniorsforum.ca). Updated program info is also available by phone up to the day of the event by calling **780-701-9020**.

## Canada Pension Plan and Old Age Security Benefits

9:00 - 9:45 am

This information session will provide you with general information on Canada Pension Plan (CPP) and Old Age Security (OAS) benefits. Information will also be provided about the benefits that are available to seniors during the COVID-19 pandemic.

**Format:** Zoom webinar

**Speaker:** Tina Greyeyes

**About the speaker** Tina has been working with Service Canada for the last twelve years. She has worked with the general public at the Westlink Service Canada Centre in Edmonton, providing assistance and guidance to access various benefits offered through Service Canada. Tina was given the opportunity to work as a Citizen Services Specialist, providing information on various programs delivered by Service Canada.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 972 6545 4536 **Meeting Password:** 168457

## Mindful Hearts - An Approach to Dementia Care

10:00 - 10:45 am

Mindful Hearts is an approach and model of care developed to support individuals who have dementia. The approach is proactive, so regular application of the techniques reduces anxiety, frustration, and agitation, and both the individual and the care partner experience a more positive day. In this session, participants will review facts about dementia, function, and ability changes, and Mindful Hearts techniques to better support and engage with people living with dementia.

**Format:** Zoom webinar with PowerPoint

**Speaker:** Karen Hauber

**About the speaker** Karen is the supervisor of the Mindful Hearts Dementia Program with the Winnifred Stewart Association in Edmonton. Over the past thirty years, Karen has been exploring related passions: working in the field of disability services and developing and facilitating employee training programs. Mindful Hearts combines them both: starting as a research project to investigate a more proactive approach to supporting people living with dementia, and evolving into an employee training program.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 974 4977 5839 **Meeting Password:** 687988

## Introducing Garden Loft: A New Housing Option for Seniors 11:00 - 11:45 am

Garden Loft is a prefabricated backyard living unit with adaptive support systems that enable seniors and others with differing abilities to live independently within a family context. The units will be commercially available in Spring 2021 and can be craned into the backyard of most single family lots. Garden Loft provides the necessary support to allow frail individuals to continue living in their own community, close to family and friends for a longer time, with a higher quality of life, an increased feeling of independence and agency, and with less burden on family members and other caregivers. The presentation will be relevant to seniors who are unable to live in their current home but do not want to live in a lodge or care facility, as well as families who are willing to provide informal support for a senior, but do not have appropriate living space in their homes.

**Format:** Zoom webinar

**Speaker:** Dr. John L. Brown, PhD

**About the speaker** Dr. Brown is a Professor of Architecture and Dean of the School of Architecture, Planning and Landscape at the University of Calgary. He is an award-winning architect and a founding Principal of the architectural firm Housebrand, a Calgary-based residential design practice that has designed and built over 250 homes since 1997. In 2016, Dr. Brown completed a PhD through the Royal Melbourne Institute of Technology, Australia that developed new and more relevant ways to design and build houses for an aging population. This research resulted in the creation of Garden Loft.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 990 3546 0322 **Meeting Password:** 454149

## Connecting for Community Care 1:00 - 1:45 pm

This session is focused on making connections for improved mental and physical health outcomes and will be relevant to seniors who would like to know more about social capital and how to connect others where they live. **Note: there will be fifteen minutes for interaction and a question and answer period as part of this presentation.**

**Format:** Zoom webinar with Google Slides

**Speaker:** Debra Jakubec

**About the speaker** Debra was born in Edmonton and is passionate about community building and inclusion. She has eighteen years of experience in the not-for-profit sector, becoming the Executive Director of HIV Edmonton in 2006. From there she moved on to WildNorth and was recently Executive Director for the Edmonton Federation of Community Leagues. She began at the City of Edmonton as the Abundant Community Edmonton Project Manager in July, 2018.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 959 0931 7341 **Meeting Password:** 676921

## Managing Mental Health and Wellness During the Pandemic

2:00 - 2:45 pm

This is **part one** of a three-part series that looks at practical tips to help manage stress, mental health, and well-being during Covid through the winter months.

**Format:** Zoom webinar with breakout rooms

**Speaker:** Kristen Oliveros

**About the speaker** Kristen is a mental health therapist with the Family Centre. She has three years of experience as a community-based mental health therapist, and works with diverse populations, including kids, teenagers, adults, seniors, couples, and families. Kristin takes an eclectic and holistic approach when it comes to counselling, as she views her clients as the expert in their own healing journey.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 926 3226 2121 **Meeting Password:** 978629

## Housing Cooperative for Seniors

3:00 - 3:45 pm

This workshop will include an overview of senior-focused cooperative housing options, and explore the benefits of this form of tenure, examples of various projects, and a review of additional supports within a cooperative housing project.

**Format:** Zoom webinar

**Speaker:** Lynn Hannley

**About the speaker** Lynn is the Managing Director of The Communitas Group, a consulting and managing firm offering expertise in cooperative and community development. She has been involved in the development of 64 housing projects and served on a variety of Boards, including the Co-operative Housing Federation of Canada and the Edmonton Coalition on Homelessness and Housing Policy and Communications Committee. She has been recognized with several awards, including a Canada Mortgage and Housing Corporation Award for Outstanding Contribution to Co-operative Housing.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 957 2148 5796 **Meeting Password:** 528339

## My Health: Discussing Frailty

4:00 - 4:45 pm

Frailty: What it is, and how to combat it to live a more vibrant life.

**Format:** Zoom webinar

**Speaker:** Anne Summach

**About the speaker** Anne is a Nurse Practitioner (NP) with experience in care of the elderly. She is extremely practical, client-focused, and is committed to the health of older adults. Her career began in hospitals, working in and managing Neurosciences units. She moved to the USA in 2005 with her family, where she completed her NP training and worked in primary care in both Connecticut and North Carolina. Anne is currently Director of the Health Services clinic at Sage Seniors Association and also teaches at the University of Alberta Faculty of Nursing.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 938 8697 2523 **Meeting Password:** 165961

# Day 2 - Thursday, November 19

## Hoarding Disorder and How You Can Help

9:00 - 9:45 am

This presentation will define Hoarding Behaviours and differentiate between Hoarding Disorder and other forms of object gathering. The presentation will speak about the complexities and contributing factors around hoarding behaviour and teach participants how to best support persons with Hoarding Behaviours. The second part of webinar will address tips on decluttering, releasing items, and organizing for persons challenged by this behaviour.

**Format:** Zoom webinar

**Speaker:** Colleen Derksen and Tracy Fraser

**About the speakers:** Colleen works at Sage Seniors Association coordinating the 'This Full House' program, which assists seniors living with Hoarding Disorder by offering assessment, individualized planning, resource information, and follow up support. She also serves as the Chair of the Edmonton Hoarding Coalition. Tracey Fraser is the owner/operator of Helping Hands Personal Assistants. Through her work, she has aided seniors with Hoarding Disorder to declutter and partnered with the This Full House program since 2007. Tracy is a member of the Edmonton Hoarding Coalition.

**Toll-free number:** 1-855-703-8985

**Meeting ID:** 972 6545 4536

**Meeting Password:** 168457

## There is More to Hearing than Only Hearing Aids!

10:00 - 10:45 am

This session will highlight services provided by the Canadian Hard of Hearing Association, and communicate what devices (particularly loops) are available in the community to help those with hearing loss. Participants will also learn how various hearing aid devices work, and what they can do to advocate for those experiencing hearing loss to make this invisible disability more visible.

**Format:** Zoom webinar

**Speakers:** Lee Ramsdell and Cindy Gordon

**About the speaker** Lee is the President and Cindy is the Executive Director of The Canadian Hard of Hearing Association - Edmonton Branch. Both have hearing loss and are champions for equal communication access for those with hearing loss. They are guided by the question - how do we get on an equal playing field if we can't hear the message?

**Toll-free number:** 1-855-703-8985

**Meeting ID:** 974 4977 5839

**Meeting Password:** 687988

## Managing Mental Health and Wellness During the Pandemic

11:00 - 11:45 am

This is **part two** of a three-part series that looks at practical tips to help manage stress, mental health, and well-being during Covid through the winter months.

**Format:** Zoom webinar with breakout rooms

**Speaker:** Kristen Oliveros

**About the speaker** Kristen is a mental health therapist with the Family Centre. She has three years of experience as a community-based mental health therapist, and works with diverse populations, including kids, teenagers, adults, seniors, couples, and families. Kristin takes an eclectic and holistic approach when it comes to counselling, as she views her clients as the expert in their own healing journey.

**Toll-free number:** 1-855-703-8985

**Meeting ID:** 977 4307 9268

**Meeting Password:** 404187

## Tips for Supporting a Person Living with Dementia

1:00 - 1:45 pm

In this session you will learn quick and easy tips to assist a person living with dementia. Techniques will focus on how you can change the way you approach and support someone living with dementia. Discussion of key areas, such as changes in short term memory, reasoning, and communication, with a focus on what someone can do.

**Format:** Zoom webinar

**Speaker:** Arlene Huhn

**About the speaker** Arlene is the Regional Lead of Client Services and Programs for the Edmonton Regional Office at the Alzheimer Society of Alberta and Northwest Territories. She holds a Bachelor Degree of Physical Education from the University of Alberta and has worked for the society for 18 years. During her time with the society, Arlene has done over 600 family visits and facilitated over 200 support groups. The main focus of her work is to provide education and support to individuals living with dementia and their care partners.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 959 0931 7341 **Meeting Password:** 676921

## Fall Prevention

2:00 - 2:45 pm

Home Care is about more than just caring for seniors: Nurse Next Door will do a Home Care 101 presentation and provide a Fall Prevention presentation to help keep you on your feet and participating in the activities you love. The hard truth is that when we fall, we won't bounce right back up. We are not made of rubber. Falls are responsible for 10-15% of visits to the emergency department and for more than 50% of injury-related hospitalizations in people over the age of 65. Falls can drastically reduce your ability to enjoy your daily activities.

**Format:** Zoom webinar

**Speaker:** Carrie Doucette

**About the speaker** Carrie is the Community Relations Manager and Care Designer with Nurse Next Door. She believes care should be available to anyone, anywhere, anytime. She has always been a people person, and is passionate about making a difference in the lives of others.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 915 7633 4501 **Meeting Password:** 393168

## How To Buy a Cell Phone

3:00 - 3:45 pm

Stressed out with the options of what devices to buy and what providers to sign up with? This presentation goes through the ins and outs of purchasing a cell phone and a plan, when to buy one, and some tips and tricks. **Note: There will be a Q and A following the presentation.**

**Format:** Zoom webinar

**Speakers:** Scott Chambers and Cam Switzer

**About the speaker** Scott and Cam work with YDigital, a federally-funded program with a mandate to educate Canadians in the basics of all things internet. From how to buy computers to how to run them, YDigital has you covered.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 957 2148 5796 **Meeting Password:** 528339

## Learn with the Edmonton Public Library

4:00 - 4:45 pm

This session will take you through the free, online learning resources available through the epl.ca website.

**Format:** Zoom webinar

**Speaker:** Claudio Bringas

**About the speaker** Claudio is a community resource librarian at the Edmonton Public Library, Stanley A. Milner Library branch.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 938 8697 2523 **Meeting Password:** 165961

## Day 3 - Friday, November 20

### Debunking Financial Myths about Reverse Mortgages

9:00 - 9:45 am

Many Canadians will outlive their retirement savings, since old financial plans did not predict new longevity. This session is for people asking themselves questions regarding retirement goals, retirement income, and how to manage current cash flow and to prepare for retirement.

**Format:** Zoom Webinar

**Speakers:** Elaina Russell and Kelli Flynn

**About the speakers** Elena is a Business Development Manager with Home Equity Bank with over twenty years of experience in the financial planning industry. In partnership with mortgage broker Kelli Flynn, these ladies are passionate about helping Canadians 55+ retire on their terms and assisting mature Canadians with their financial needs.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 972 6545 4536 **Meeting Password:** 168457

### Connecting for Community Care

10:00 - 10:45 am

This session is focused on making connections for improved mental and physical health outcomes. The presentation will be relevant to seniors who would like to know more about social capital and how to connect others where they live. **Note: there will be fifteen minutes for interaction and a question and answer period as part of this presentation.**

**Format:** Zoom webinar with Google slides

**Speaker:** Debra Jakubec

**About the speaker** Debra was born in Edmonton and is passionate about community building and inclusion. She has eighteen years of experience in the not-for-profit sector, becoming the Executive Director of HIV Edmonton in 2006. From there she moved on to WildNorth and was recently Executive Director for the Edmonton Federation of Community Leagues. She began at the City of Edmonton as the Abundant Community Edmonton Project Manager in July, 2018.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 974 4977 5839 **Meeting Password:** 687988

## Making S.P.A.C.E by Downsizing and Decluttering

11:00 - 11:45 am

Take a journey with Karen to discover how to make S.P.A.C.E. by downsizing and decluttering the three “Ps” of life. Let’s look at some common solutions for downsizing and decluttering possessions, papers, and photos.

**Format:** Zoom Webinar

**Speaker:** Karen Murdock

**About the speaker** Karen is the owner of Your Organized Friend and Treasured Photo Collections. Karen’s businesses specialize in offering services for older adults and their families who are often dealing with a lifetime collection of possessions, paper and photos.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 990 3546 0322 **Meeting Password:** 454149

## Dementia Care

1:00 - 1:45 pm

This session will cover dementia facts, normal and non normal aging, Alzheimer's disease specifics and will speak about Mindful Hearts approach and support techniques for those who have Alzheimer’s disease and those who are caretaking for those who have Alzheimer’s disease.

**Format:** Zoom webinar

**Speaker:** Karen Hauber

**About the speaker** Karen is currently supervising the Mindful Hearts dementia care and training program with the Winnifred Stewart Association in Edmonton. She has been in the disability sector for nearly thirty years, providing front line support; developing, supervising and managing programs; developing and facilitating training; and promoting leadership initiatives. Karen is passionate about individual empowerment, and believes staff are the power source to move an organization forward. With experience in facilitation, face-to-face and online learning, and curriculum development and design, Karen has played an integral role in the professional development of employees in both non-profit and corporate settings.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 959 0931 7341 **Meeting Password:** 676921

## Managing Mental Health and Wellness During the Pandemic

2:00 - 2:45 pm

This is **part three** of a three-part series which looks at practical tips to help manage stress, mental health and well-being during Covid through the winter months.

**Format:** Zoom webinar with breakout rooms

**Speaker:** Kristen Oliveros

**About the speaker** Kristen is a mental health therapist with the Family Centre. She has three years of experience as a community-based mental health therapist, and works with diverse populations, including kids, teenagers, adults, seniors, couples, and families. Kristin takes an eclectic and holistic approach when it comes to counselling, as she views her clients as the expert in their own healing journey.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 983 6086 9444 **Meeting Password:** 559179



## Malware and Online Scam Protection

3:00 - 3:45 pm

There are a lot of programs out there that can be harmful to your computer and your privacy. This session goes over some of the different types of viruses out there and how they harm you, but you will also learn how to protect your information and ensure you aren't getting scammed.

**Format:** Zoom webinar

**Speakers:** Cam Switzer and Scott Chambers

**About the speakers** Cam and Scott work with YDigital, a federally-funded program whose mandate is to Educate Canadians in the basics of all things internet. From how to buy computers to how to run them, YDigital has you covered. **Note: there will be a Q and A following the presentation.**

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 957 2148 5796 **Meeting Password:** 528339

## Healthy Relationships

4:00 - 4:45 pm

Monique and Michele will describe how to be helpful and supportive when a friend or loved one is in a relationship that could be harmful. It can be very difficult to know what to say or do when you believe someone you care about is in a relationship that might be abusive. We will discuss signs to look for, how to be supportive, and what community resources are available to you.

**Format:** Zoom webinar

**Speakers:** Michele Markham and Monique Methot

**About the speakers** Michele and Monique both work supporting community members in having safe, healthy relationships.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 938 8697 2523 **Meeting Password:** 165961

## Thank you to our program committee members!

Crystal Berscht  
Heather Aggus  
Ralph Hubele  
Shanika Donalds  
Grace Maier

Denise Melenberg  
Jeannette Wright  
Renate Sainsbury  
Anne Summach  
Kendra Sutherland

Dorthe Flauer  
Kierstin Kashuba  
Diana O'Donoghue  
Diana O'Donoghue  
Lesley McEwan

## Thank you to our Forum volunteers!

### CSL/ Practicum Students:

Nimra Qureshi  
Nadia Sadiq  
Anupa Mainali

Patricia Divina  
Shivangi Maheshwari

Elizabeth Richardson  
Rachel Mustaklem

### Sage Volunteers:

Diane Johanson

Lori Holowaychuk

Dennis Meleshko

## Day 4 - Saturday, November 21

### Remaining Connected and Engaged in Congregate Living

9:00 - 9:45 am

This presentation outlines what congregate living is, amenities available, and initiatives to help seniors remain connected and engaged with others.

**Format:** Zoom webinar

**Speaker:** Shelby Johnson

**About the speaker** Shelby is the Manager of Life Enrichment at Greater Edmonton Foundation Seniors Housing. She is passionate about recreation and leisure and identifying opportunities with older adults to support their well-being needs and choices.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 972 6545 4536 **Meeting Password:** 168457

### Housing Options for Seniors

10:00 - 10:20 am

Theresa will be providing information about seniors housing options and system navigation. The target audience for this session is 55+ seniors, family members, and caregivers.

**Format:** Zoom webinar

**Speaker:** Theresa Goba

**About the speaker** Theresa is a Registered Social Worker specializing in housing options for older adults. She has been employed with Sage Seniors Association for over five years, and has gained a wealth of knowledge and experience working with older adults 55+. Theresa hopes to become a counsellor after earning her next degree and to continue helping seniors attain their goals.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 925 5714 5938 **Meeting Password:** 406832

### Happy Space Homesharing

10:20 - 10:55 am

Happy Space Homesharing consists of converting under-utilized single family home or townhomes into a multi-tenant home. The benefits include major education in living costs, social friendly interaction, healthy meal preparation, and peace of mind. **Note: there will be a Q and A following the presentation.**

**Format:** Zoom webinar

**Speaker:** Tony Mammone, P.Eng.

**About the speaker** Tony is a passionate, dedicated engineer and development manager who has assembled working teams to design, build, and finance over 400 supportive, affordable housing units across Canada. He has also worked internationally in housing displaced families.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 944 5317 8322 **Meeting Password:** 328757

## Edmonton Transit Information Session

11:00 - 11:45 am

If you are currently a transit user, if you haven't been using transit during the pandemic, or if you are thinking about transitioning from driving to other ways of getting around, tune in to this session to learn about local public transit services offered by ETS, about taking transit during the pandemic, and what is on the horizon. Information provided will include: what passengers need to do and keep in mind to stay healthy; the measures in place to protect transit users and staff during COVID-10; accessibility features; safety and security on transit; how to get transit route and schedule information; how to plan trips; seniors fares; and an overview of changes coming to the transit system in 2021.

**Format:** Zoom webinar

**Speaker:** Vicki Gudelj

**About the speaker** Vicki has worked for ETS in a variety of roles for the past twenty-one years, including social marketing, fare program administration, and community relations, before moving into her current role as Accessible Transit Coordinator. Vicki is herself an exclusive user of public transit and is particularly passionate about accessibility on transit and in all aspects of daily life. Vicki's work includes providing mobility training and orientation on transit to individuals, groups, support workers, and caregivers, with focus on seniors and people with disabilities.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 990 3546 0322 **Meeting Password:** 454149

## Government of Alberta Benefits for Seniors

1:00 - 1:45 pm

This information session will provide an overview of Alberta's seniors financial assistance programs, including the Alberta Seniors Benefit Program, Special Needs Assistance for Seniors Program, Dental and Optical Assistance for Seniors Programs, Seniors Property Tax Deferral Program, and the Seniors Home Adaptation and Repair Program.

**Format:** Zoom webinar

**Speaker:** Laura Paradowski

**About the speaker** Laura has been with the Government of Alberta delivering services to seniors for the past 25 years. In her current role as Client Relations Manager with the department of Seniors and Housing, Laura helps seniors and their families access Alberta's seniors financial assistance programs.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 959 0931 7341 **Meeting Password** 676921

## Divine Spice

2:00 - 2:45 pm

A journey of delicious herbs and spices with powerful health benefits from Indo Pak Asia. Yasmin is here to help you create magic in your kitchen, with dishes that will inspire and nourish you and your loved ones. Together, let's discover the joys and benefits of food that will delight your senses, invigorate your mind, and touch your soul!

**Format:** Zoom webinar

**Speaker:** Yasmin Kapadia

**About the speaker** Serving community and fostering relationship has been a strong passion of Yasmin's twenty-five plus years. She is excited to share multi-cultural cooking and the nutritious property of herbs and spices, as she embarks on a culinary adventure to explore the different tastes of "Divine Spice". Yasmin is currently working towards a Multi-Generational Housing project focusing on older adults and restoring their health, confidence, and safety. At the heart of everything that she does are her values of respect, engagement and inclusion.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 915 7633 4501 **Meeting Password:** 393168

## The Music of Our Lives

3:00 - 3:45 pm

This presentation will discuss the casual and clinical benefits of music and elements of music, such as rhythm and ties to cultural identities. It will highlight several clinical applications of music, as well as provide practical uses of music that can be used at-home and in the community.

**Format:** Zoom Webinar **Speaker:** John Lawrence

**About the speaker** John is a music therapist who has worked predominantly with seniors throughout his twenty-five year career. His work has demonstrated the casual and clinical benefits of using elements of music and music-related activities upon the physical functioning, mental functioning, emotional regulation, socialization, and rehabilitation of individuals. He is a member of the music faculty at Concordia University of Edmonton and he is working at the Diane and Irving Kipnes Centre for Veterans in Edmonton.

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 957 2148 5796 **Meeting Password:** 528339

## A Time for Celebration

4:00 - 4:45 pm

This session, led by Sage Seniors Association, will bring together all attendees and presenters for a moment of celebration. Including musical performances from seniors and announcing the winners of our door prizes, this session will end the Virtual Seniors Forum in a way that reminds everyone of the strength, resiliency, and ability of seniors.

### **Musical Performers:**

Catherine Smith

Carol and Jim Dearden

Margaret Roberts

**Toll-free number:** 1-855-703-8985 **Meeting ID:** 981 7850 2268 **Meeting Password:** 798200