

EVENT PROGRAM



REIMAGINING AGING: Leading the Way for an Integrated Approach October 10-12, 2023

<u>Healthy Aging Alberta (HAA)</u> and <u>Alberta Association on Gerontology (AAG)</u> are excited to welcome you to the *Healthy Aging - Alberta Summit 2023*. The Summit will offer three days of collaborative learning and planning for the future through discussion on relevant cross-sector issues and challenges, innovative service delivery models, and impactful conversations around policy development and systems transformation to better support older Albertans aging in communities across the province.

Host Partners:



A network of community allies for older adults.



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Tuesday - October 10, 2023

11:30 a.m. - 1:00 p.m.	Check-In, Exhibitors Open	Hall
1:00 p.m. - 1:40 p.m.	Introductory Remarks Elder Smudge and Prayer Healthy Aging Alberta and Alberta Association on Gerontology Welcoming Address VIP Address- Mayor Jyoti Gondek- City of Calgary VIP Address- Corinne Schalm – Assistant Deputy Minister of Continuing Care in Alberta Health	Sundance ABC
1:40 p.m. - 2:15 p.m.	Session Title: Demographics Shape our Future Speaker: Laura Tamblyn Watts, CEO CanAge	Sundance ABC
2:15 p.m. - 2:50 p.m.	Session Title: Appreciating Differences Speaker: Dr. Marvin Washington, College Dean & Vice Provost, College of Social Sciences & Humanities, University of Alberta	Sundance ABC
2:50 p.m. - 3:10 p.m.	Afternoon Break with Refreshments, Networking, and Exhibitor Visitation	Hall
3:10 p.m. - 3:45 p.m.	Session Title: Developing an Age-Positive Culture and Embracing Aging Speaker: Carl Honoré, Canadian Journalist, International Bestselling Author	Sundance ABC
3:45 p.m. - 4:10 p.m.	Response Panel: SPEAKERS ROUND TABLE with Q &A regarding the last three speakers in the Seeing & Seizing a Future of Longevity & Opportunity stream Speakers: Laura Tamblyn Watts, Dr. Marvin Washington, Carl Honoré	Sundance ABC



Tuesday - October 10, 2023

4:10 p.m. - 4:25 p.m.	Session Title: Pursuing Person-centered Health & Wellbeing Navigation Speaker: Leonard Frank, Director of Health Integration, Alberta Blue Cross	Sundance ABC
4:25 p.m. - 4:40 p.m.	Session Title: Living Well: Shaping a Movement for Greater Inclusivity Speaker: Jill Petrovic, Strategist with Alzheimer Society of Calgary	Sundance ABC
4:40 p.m. - 5:30 p.m.	Round Table Dialogue: Demographics May Shape Our Future: PEOPLE Will Create Futures of Wellbeing, Caring & Prosperity Speakers: Laura Tamblyn Watts Ron Freckleton Marjorie Zingle Rossbina Nathoo Dr. Elder Reg Crowshoe Elder Rose Crowshoe	Sundance ABC
5:30 p.m. - 5:45 p.m.	AUDIENCE REFLECTIONS for whole day - Table Conversations	Sundance ABC
5:45 p.m. - 6:00 p.m.	Closing Remarks: Healthy Aging Alberta and Alberta Association on Gerontology	Sundance ABC
6:00 p.m. - 7:30 p.m.	Reception: Celebrating our Diversity	Hall



7:30 a.m. - 8:30 a.m.	Check-In, Breakfast, Exhibitors Open	Hall
8:30 a.m. - 8:40 a.m.	Introductory Remarks Healthy Aging Alberta Introduction Elder Smudge and Prayer	Sundance ABC
8:40 a.m. - 9:20 a.m.	Welcoming Address Healthy Aging Alberta Welcoming Address VIP Address- Karen Young, President and CEO of United Way of Calgary and Area	Sundance ABC
9:20 a.m. - 10:20 a.m.	DAYTIME KEYNOTE: Social Enterprise within the Community- Based Seniors Serving Sector Speaker: Shaun Loney, Encompass Co-op	Sundance ABC
10:20 a.m	Morning Break with Refreshments, Networking,	
10:40 a.m.	and Exhibitor Visitation	Hall
10:40 a.m 10:40 a.m 12:20 p.m.		Hall Sundance ABC



Breakouts 1:30 p.m.- 2:30 p.m.

Break 2:30 p.m.- 2:45 p.m.

Session Title	<u>Description</u>	<u>Location</u>
Breakout A Rebuilding Resilience: Key Factors Supporting Individuals and Communities Speaker: Tim Neubauer, Rural Mental Health Project This session will be offered twice.	Explore the essential elements of psycho-social care that help individuals and communities bounce back and flourish in the aftermath of a crisis. Tim is the Training Coordinator for the Rural Mental Health Project. He has spent over 28 years involved in community development work (asset-based), psycho-social capacity building in communities following natural and manmade disasters, and training development and facilitation for organizations across Alberta looking to create psychologically safer workplaces. Passionate about citizen-led community action, he is a champion for social movements seeking change at a societal level.	Sundance A
Breakout B Building Social Resilience Through Futures Literacy Speaker: Jeny Mathews-Thusoo, The City of Calgary This session will be offered twice.	Futures literacy is central for the long-term resilience of societies. It is conducive to preparedness, adaptability, creativity, and ingenuity. It inspires hope and generates discussions on actions needed today so that our organizations and the communities we serve can be responsive to our ever-changing world and to the local and global challenges we are and will be facing. Jeny Mathews-Thusoo, Program Lead of Resilience & Futures at The City of Calgary will take you through an interactive session to develop your capabilities in futures literacy and to see new possibilities, while fostering a more future-oriented mindset to make positive changes in your lives. Jeny will introduce the concept of futures literacy, why futures literacy is important to be resilient, and then immerse you in a futures simulation (SunExit) that may have implications in the work you and your organization does	Sundance C



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Break 2:30 p.m.- 2:45 p.m.

Session Title	<u>Description</u>	<u>Location</u>
Breakout C The Road to Better Seniors' Transportation Speakers: Dr. Raza M. Mirza, Nicole Perry, and Gregor Sneddon, HelpAge Canada This session will be offered once.	As we age, we rely on transportation for some of our most urgent needs. Yet studies show that only 6% of Canadian seniors use public transit as their primary mode of transportation due to lack of accessibility and other barriers. When older people can't get around easily, their overall health and quality of life suffer. They need transportation solutions to live full and connected lives. It's a complex and urgent problem; innovation, collaboration, and age-friendly approaches in the sector are the way forward.	Midnapore
Breakout D A Path to Providing Integrated Care in Rural Communities Speakers: Sharon Hamlin, Helen Lightfoot & Katharine Mellon, Strategic Clinical Networks, Alberta Health Services This session will be offered twice.	The Connecting People and Community for Living Well (CPCLW) initiative aims to transform how health, social, and community sectors in rural communities work locally to design, deliver, and implement services and supports. The work is grounded in a well-being perspective and aims to enhance multi-sector teams' ability to transform how people are supported to live well in their homes and communities for as long as possible. Findings from the past three years, which focused on those living with dementia and carers, will be shared, and how these learnings inform the current work supporting other underserved populations. Also included will be a discussion around the social value of this type of work for individuals, communities, and publicly funded organizations and services (social support, community, and health care).	Bridlewood
Social Prescribing	Closed Session	Sundance B
Workforce Planning Extended Session	Closed Session 2.5 hrs	McKenzie Towne



Breakouts 2:45 p.m.- 3:45 p.m.

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Workforce Planning Extended Session	Closed Session 2.5 hrs	McKenzie Towne



Breakouts 2:45 p.m.- 3:45 p.m.

Session Title	<u>Description</u>	<u>Location</u>
Breakout K Emerging financial tools that help nonprofits Speaker: Shaun Loney, Encompass Co-op This session will be offered once.	What if nonprofits are actually subsidizing governments, not the other way around? Shaun Loney will go into more detail about emerging financial tools that help nonprofits "get up from the kids table" to become part of the mainstream economy, not breathing its fumes. Nonprofits can see their work financially valued by embracing tools such as social enterprise, social procurement, outcomes purchasing, community bonds and impact investment.	Sundance B
Breakout E Opening the Door to Aging in Place: Insights from the Intergenerational Canada Homeshare Program Speakers: Dr. Raza M. Mirza, Nicole Perry, and Gregor Sneddon, HelpAge Canada This session will be offered once.	Older adults prefer to live in their own homes for as long as possible — to 'age in place' — but, for myriad reasons, may be unable to do so. To address this, several housing alternatives have been explored, including homesharing. Canada Homeshare is an intergenerational shared housing solution with the potential to empower older adults to age and thrive in place by enabling them to obtain additional income, companionship, and assistance with completing household tasks in exchange for renting out a room in their home. The program matches older adults (55+) with postsecondary students, and insights will be shared around the following themes: (1) benefits and challenges of participating in homeshare for older adults; (2) intergenerational engagement as social exchange; and (3) how homeshareing can support older adults living in the community. Additional insights important for policy and practice, and areas for future research will be presented.	Midnapore
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3:45 p.m. - 4:00 p.m.	Transition time and Short Break	Hall
4:00 p.m. - 4:30 p.m.	Closing Remarks- Healthy Aging Alberta and Alberta Association on Gerontology Honourable Jason Nixon Minister of Seniors, Community and Social Services	Sundance ABC
4:30 p.m. - 5:00 p.m.	Break and Exhibitors Open	Hall
5:00 p.m. - 6:00 p.m.	Cocktail hour and networking	Hall
6:00 p.m. - 6:45 p.m.	Dinner	Sundance ABC
6:45 p.m. - 7:45 p.m.	EVENING KEYNOTE: Collaboration Between Communities, Municipalities, & Government Speaker: Dr. Amara Enyia	Sundance ABC
7:45 p.m. - 8:15 p.m.	Senior Performances	Sundance ABC
8:15 p.m. - 9:00 p.m.	Networking	Sundance ABC and Hall



7:30 a.m 8:30 a.m.	Check-In, Breakfast, Exhibitors Open	Hall
8:30 a.m 8:50 a.m.	Introductory Remarks Healthy Aging Alberta Introduction Elder Smudge and Prayer Healthy Aging Alberta Welcoming Address Honourable Adriana LaGrange Minister of Health	Sundance ABC
8:50 a.m 9:40 a.m.	Plenary Session: Aging in Community Supports Provincial Model Development & the Healthy Aging Framework Speakers: Healthy Aging Alberta	Sundance ABC
9:40 a.m 11:00 a.m.	Sector Development Journeys Speakers: Kahir Lalji, United Way British Columbia Marcy Cohen, United Way British Columbia Chris Smith, The Muttart Foundation Pieter de Vos, University of Alberta	Sundance ABC
11:00 a.m 11:30 a.m.	Morning Break with Refreshments, Networking, and Exhibitor Visitation	Hall



Breakouts 11:30am - 12:30pm

Session Title	<u>Description</u>	<u>Location</u>
Breakout F The Door is Open- Welcoming 2SLGBTQ Seniors Speaker: Michael Phair, Edmonton Pride Seniors Group (EPSG) This session will be offered once.	Michael Phair looks at the last 70 years of history and "baggage" impacting 2SLGBTQ folks and how those events affect older 2SLGBTQ adults today. What barriers and traumas may older adults be facing today? How does this affect access to services, programs, housing, caregiving needs, isolation, and discrimination? How Edmonton Seniors Pride Group (ESPG) is supporting the needs of 2SLGBTQ seniors and helping heal the past.	Sundance A
Breakout G Enabling Caregivers to THRIVE: Who Are You Going to Call? Speakers: Sharon Anderson, Alberta Association on Gerontology Johnna Lowther, Caregivers Alberta James Janeiro, The Canadian Centre for Caregiving Excellence This session will be offered once.	One in 4 Albertans are family caregivers (care partners, carers). They provide unpaid care worth \$12 Billion yearly. That \$12 Billion is 32% of the 2021 Alberta Health budget! However, they remain an unsupported shadow workforce, despite being the backbone of the healthcare system and essential to Aging in Place. Care work can stretch the caregiver's coping ability, increasing stress and burnout. The July-August 2022 Statistics Canada Survey found that 44% of Canadian caregivers were distressed. How can we all enable caregivers to Thrive? Whether you are a caregiver, social or health provider, leader, or policy maker, you will learn about all the resources available to help Alberta's caregivers deal with the stresses of caregiving, burnout, and family dynamics. In this session, you will hear from the University of Alberta's Sharon Anderson, Caregivers Alberta's Johnna Lowther, and The Canadian Centre on Caregiving Excellence's policy expert, James Janeiro, to gain new insights on resources to support caregivers, create caregiver-friendly communities and workplaces, increase providers' comfort and confidence to partner with and support caregivers, and develop provincial policies to support a National Caregiver Strategy.	Sundance B



Breakouts 11:30am - 12:30pm

Session Title	<u>Description</u>	<u>Location</u>
Breakout H Rural Capacity Development Speakers: Jessica White, Calgary Seniors' Resource Society Ellen Helgason, Innisfail Community Partners in Action Beth LeBlanc, Municipality of Jasper Crystal Tremblay, Smoky River FCSS This session will be offered once.	Learn how innovative rural Albertan organizations are taking collaborative action to overcome limited resources and geographical barriers and address the needs of older adults in their communities. Panelists will share their journeys, highlighting the benefits and barriers of partnerships, and providing insight on where to start for other communities interested in undertaking similar action.	Sundance C
Breakout I An Alberta Approach to Assessing and Improving Integrated Care of Older Adults within Community-Based Senior Serving organizations. Speakers: Anne Summach, Regional Centre for Healthy Aging, Carlina MacInnis, Regional Centre for Healthy Aging This session will be offered once.	Modern approaches to older adult services encourage integration of health and social assessment and interventions to optimize wellbeing and function. The Northern Alberta Regional Centre for Healthy Aging in Edmonton, Alberta is fostering collaboration between community senior organizations, healthcare entities and sector leaders to streamline and standardize assessment of "healthy aging" in older adults across the sector. The RCHA team will present on their processes and achievements to date and host a discussion session with attendees focused on identifying future opportunities and synergies to enhance pathways of support within communities.	Midnapore
Breakout J Elder Abuse and a Recovery Oriented System of Care Speakers: Joanne Blinco, ROSC Grant Coordinator, Alberta Elder Abuse Awareness Council Dr. Rose Joudi, Aging & Ethnic Diversity Educator, Consultant on Aging This session will be offered once.	The Alberta Elder Abuse Awareness Council is a group of Albertans dedicated to increasing awareness and supporting a community response to elder abuse. The session will be looking at Elder Abuse, a Recovery Oriented System of Care (ROSC), the CCR Model and diversity tools. Dr. Rose Joudi is a certified Consultant on Aging, a Researcher, Academic, and a Consultant on Senior Living, who has a sincere passion for finding ways to support and enhance the lives of older adults.	Bridlewood



12:30 p.m 1:25 p.m.	Lunch, Networking, and Exhibitor Visitation	Hall
1:25 p.m 2:30 p.m.	DAYTIME KEYNOTE: Asset-Based Community Development Speaker: Cormac Russell, Nurture Development	Sundance ABC
2:30 p.m 2:45 p.m.	Short Break, Networking and Exhibitor Visitation	Hall
2:45 p.m 3:45 p.m.	WORKING SESSION: Where do we go from here? Community Organizing and Sector Development Speaker: Cormac Russell, Nurture Development	Sundance ABC
3:45 p.m 4:00 p.m.	Closing Remarks from Healthy Aging Alberta and Alberta Association on Gerontology Speakers: Karen McDonald, Executive Director, Sage Seniors Association Mariam Elghahuagi, Manager, Healthy Aging Alberta Marlene Raasok, Alberta Association on Gerontology	Sundance ABC
4:00 p.m.	Conference Completion	



Exhibitors:

2 Resolve Conflict Services
Alberta Bluecross
Alberta Gerontology Nurses Association
Alzheimer Calgary
Calgary Health Foundation
Canada Revenue Agency
Canadian Accreditation Council
Canadian Centre for Excellence in
Care Giving/ Azreilli Foundation
ChartWell Retirement Residences
COURAGE -Covenant Health

Edmonton Seniors Coordinating Council
Genesis Centre
Healthy Aging Alberta
Healthy Quality Council of Alberta
Hear Canada
Help Age Canada
Kimberly Fraser Author
Palliative Institute - Covenant Health
Sage Seniors Association/ NARCHA
Sunshine Connected

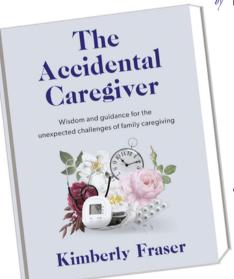
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