

**IT TAKES A
VILLAGE
TO AGE WELL**



HEALTHY AGING
CORE Collaborative Online
Resources & Education
ALBERTA

CORE Intergenerational Linkages GROUP



INTERGENERATIONAL LINKAGES COMMUNITY OF PRACTICE

DATE: Nov. 25, 2021
TIME: 11:00 – 12:00

FACILITATORS:
Betty Good / Rebecca Zezula

Special Feature:

Dr. Lori Stevic-Rust: via video

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It Takes a Village to Age Well

AGENDA

- Healthy Aging CORE
- Community of Practice Team
- Video: Dr. Lori Stevic Rust
- Discussion - whole group
- Breakout rooms for discussion
- Wrap up

Intergenerational Community of Practice



- **Betty Good** – LINKages Society, Calgary
- **Rebecca Zezula** – Clearwater Regional FCSS / Rocky Mountain House
- **Charlene Fletcher** – Therapeutic Recreation-Gerontology Student
- **Jody Wood** – Ministry of Seniors and Housing
- **Coree Ladwig** – Team Lead for Seniors, Adult and Community Programs, County of Grand Prairie
- **Cindy Nguyen** – United Way, Calgary
- **Julie Friesen** – Recently retired / on brief leave

IT TAKES a VILLAGE to AGE WELL

**Connections between generations
are essential for
the mental health and stability of a nation.**

~ Margaret Mead

IT TAKES a VILLAGE to AGE WELL



Better
CONNECTICUT

Dr. Lori Stevic-Rust
doctorlori.net



**Why is it
important that
intergenerational programs
have mutual benefits
for both
youth and seniors?**



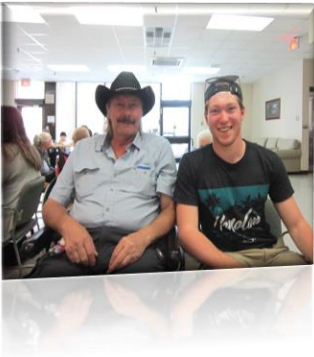
**Many older people
don't want to be seen as
needing help.**

**What would a program
that is mutually beneficial
look like?**

What is the importance of a relationship VS having a class come in and sing/perform?



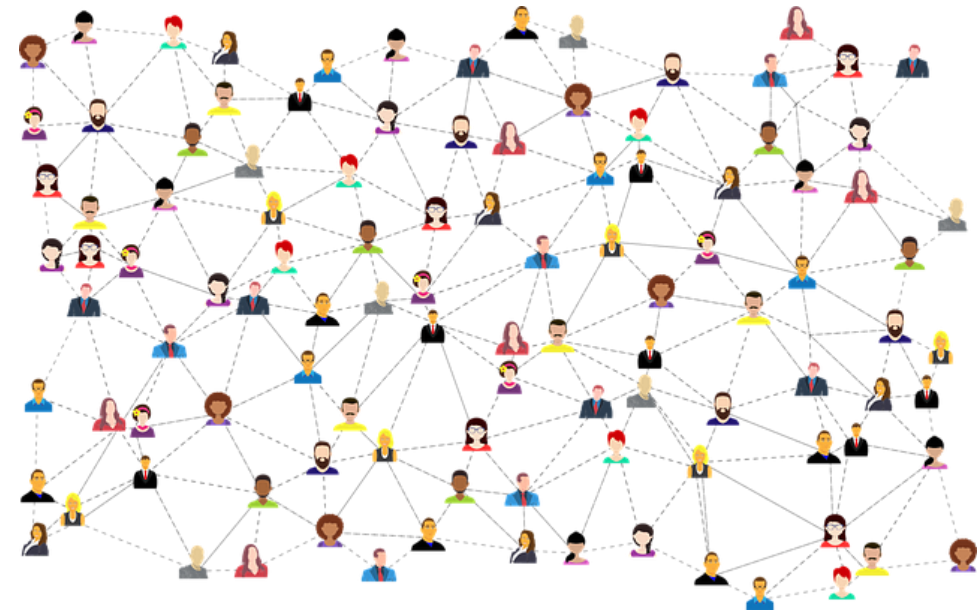
Does anyone have examples of programs that focus on relationship building? Let's hear your stories!



BREAKOUT ROOMS

**How can we be a support
for one another in this
Community of Practice?**

**How might we stay connected
with each other
in our own communities
as we all “age well”?**



SHARING



What did you hear in your group that the rest of us want to hear?

TAKE-AWAY?



Feel free to contact us at anytime.

Don't forget to join CORE Alberta!

JOIN US!

Add New ▾

MY GROUPS

MSG

ALERTS

MY PROFILE

Home > Intergenerational Linkages Community of Practice

INTERGENERATIONAL LINKAGES COMMUNITY OF PRACTICE

JOIN

Open group | 21 members



[Group Home](#) [Discussions](#) [Resources](#) [Events](#) [Training](#) [Members](#) [Membership](#)

The aim of the Community of Practice (CoP) is to bring together committed individuals who have a desire to work collaboratively to learn, share and build capacity and develop intergenerational linkages programs or initiatives in their communities.

▾ Add New Group Content

Thank you for participating & sharing your time and expertise!

SEE YOU ON CORE!



Remember to update your information on

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Contact us at

healthyaging@calgaryunitedway.org