

| Time                    | Session                                                                                      | Location      |
|-------------------------|----------------------------------------------------------------------------------------------|---------------|
| 8:00 a.m. – 9:00 a.m.   | Registration & Breakfast                                                                     | Main Ballroom |
| 9:00 a.m. – 9:30 a.m.   | Welcome and Greetings                                                                        | Main Ballroom |
| 9:30 a.m. – 10:30 a.m.  | The Alberta Story: Key Elements of Successful Social Prescribing Programs                    | Main Ballroom |
| 10:30 a.m. – 10:45 a.m. | Coffee Break                                                                                 |               |
| 10:45 a.m. – 11:45 a.m. | Breakout A: Building Healthcare Partnerships for Social Prescribing                          | Amber A       |
|                         | Breakout B: Creating Connections: Community Animation and Social Prescribing in Conversation | Amber B       |
|                         | Breakout C: Where Social Prescribing Fits –                                                  | Main Ballroom |

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|-------------------------|--------------------------------------------------------------------------------------------|---------------|
|                         | Perspectives from Across the Health System                                                 |               |
| 11:45 a.m. – 12:45 p.m. | Lunch                                                                                      |               |
| 12:45 p.m. – 1:30 p.m.  | Keynote – Windtalking: The Role of Indigenous Code-Talkers in Effective Social Prescribing | Main Ballroom |
| 1:30 p.m. – 1:45 p.m.   | Transition Break                                                                           |               |
| 1:45 p.m. – 2:45 p.m.   | Breakout D: Building a Community-Based Spectrum of Navigational Support for Older Adults   | Amber A       |
|                         | Breakout E: Building Sustainable Practice and Boundaries that Support Care                 | Amber B       |
|                         | Breakout F: Grant Writing – From Good to Great                                             | Main Ballroom |

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| 2:45 p.m. – 3:00 p.m. | Snack Break                                                                                           |               |
| 3:00 p.m. – 3:50 p.m. | Panel Discussion:<br>Engaging Municipal<br>Leaders – Making Social<br>Prescribing a Local<br>Priority | Main Ballroom |
| 3:50 p.m. – 4:00 p.m. | Closing Remarks                                                                                       | Main Ballroom |

## Session Descriptions

**9:30 a.m. – 10:30 a.m.**

### The Alberta Story: Key Elements of Successful Social Prescribing Programs

Alberta's social prescribing journey has highlighted several key ingredients that contribute to successful programs, from strong partnerships between health and community organizations to dedicated Link Workers, sustainable funding, and a shared commitment to person-centred care. In this panel discussion, leaders from across Alberta will reflect on the province's experience, sharing practical lessons, successes, and challenges to explore what it takes to build, grow, and sustain impactful social prescribing programs in diverse communities.

**Presented by:**

- Krista Mulbery, Edmonton Seniors Coordinating Council
- Dr. Jesse Christansen, Innisfail Medical Clinic
- Jane Atkins, Sundre Seniors Spruce Society
- Lisa Stewart, St. Aidan's Society
- Rebecca Aspden, Healthy Aging Alberta (Moderator)

**10:45 a.m. – 11:45 a.m.**

### Breakout A: Building Healthcare Partnerships for Social Prescribing

Potential key audience(s): Frontline Workers, Leadership, Change/Policy Makers

Successfully embedding social prescribing takes more than a strong idea, it depends on building meaningful relationships with physicians, clinic managers, home care managers, and other healthcare partners. In this interactive workshop, participants will first share experiences about what has worked and what hasn't in real-world partnerships, then move into identifying practical strategies to strengthen trust and engagement across healthcare settings. Through facilitated discussion, participants will leave with focused, actionable insights they can apply in their communities.

**Presented by:** Sheena George, Senior Healthcare Consultant

## Breakout B: Creating Connections: Community Animation and Social Prescribing in Conversation

Potential key audience(s): Frontline Workers, Community Developers, Volunteers

Two colleagues working at Sage Seniors Association explore how Community Animation and Social Prescribing can work together to help seniors move from crisis to connection in their communities. In this conversational panel, Jan and Mary Ann will share honest, practitioner level reflections on successes, challenges and barriers, and the potential for further cross-program collaboration.

**Presented by:**

- Marianne Stover, Sage Seniors Association (Moderator)
- Jan Tworek, Sage Seniors Association
- Mary Ann Flett, Sage Seniors Association

## Breakout C: Where Social Prescribing Fits – Perspectives from Across the Health System

Potential key audience(s): Leadership, Change/Policy Makers, Government

As social prescribing continues to expand across Alberta, understanding its role within the broader health and community care landscape is critical to building strong partnerships and integrated models of care. This panel discussion will bring together perspectives from across the health system to explore how social prescribing complements clinical care, strengthens connections between health and community services, and supports better outcomes for older adults. Panelists will share their experiences, discuss opportunities and challenges for collaboration, and reflect on what is needed to continue embedding social prescribing into a more integrated system of care.

**Presented by:**

- Anne Summach, University of Alberta
- Shelly Franklin, Bonnyville Health Centre

- Breanne Cunningham, Assisted Living Alberta
- Jackie Northey, Canadian Rural Communities Wellness Institute (Moderator)

**12:45 p.m. – 1:45 p.m.**

### Keynote: Windtalking: The Role of Indigenous Code-Talkers in Effective Social Prescribing

Touching on experiences in youth work, student service, Elder support and health care, this presentation will focus on the communicative power of code-switching and how interpreting that which is both spoken and unspoken, culturally and cosmologically, leads to higher levels of self-determination and culturally informed care.

**Presented by:**

- Trevor Phillips

**1:45 p.m. – 2:45 p.m.**

### Breakout D: Building a Community-Based Spectrum of Navigational Support for Older Adults

Potential key audience(s): Leadership, Community Developers, Change/Policy Makers

Healthy Aging Alberta and its community partners have developed a community-based framework for navigational supports that helps older adults access the right support at the right time while promoting aging in place and stronger system coordination. This session will introduce a four-tier continuum of navigation. Participants will learn how coordinated referral pathways, standardized assessment, community partnerships, and integrated workforce roles can create a more responsive and sustainable system that improves access to services, strengthens community capacity, and reduces reliance on crisis and institutional care.

**Presented by:** Nancy Zuck, NZA Management Consulting

## Breakout E: Building Sustainable Practice and Boundaries that Support Care

Potential key audience(s): Frontline Workers, Leadership, Volunteers

Whether you are a social worker, healthcare provider, community connector, volunteer, or anyone supporting older adults, caring for others can only be sustained when we also care for ourselves.

Join **Matthew Wengrowich, MSW, RSW** for a practical and thought-provoking session on creating healthy boundaries, preventing burnout, and fostering sustainable helping relationships. Through a strengths-based lens, Matthew will explore how we can support older adults in reaching their goals while protecting our own well-being and capacity to care.

**Presented by:** Matthew Wengrowich, Bow Valley College

## Breakout F: Grant Writing – From Good to Great

Potential key audience(s): Leadership, Funders, Community Developers

Unlock the potential of your organization's story. In this engaging session, we move beyond the obvious mechanics of grant writing to explore the art and science of successful funding applications. Designed for organizations of all sizes, this workshop provides practical tools to shift your focus from "chasing dollars" to articulating a clear mission. Join us for a hands-on experience where you will practice effectively sharing your unique community impact and enabling your team to compete with confidence.

**Presented by:** Rolando Inzunza, Axioma Consulting

**3:00 p.m. – 3:50 p.m.**

## Panel Discussion: Engaging Municipal Leaders – Making Social Prescribing a Local Priority

Municipal governments play an important role in creating the conditions for successful social prescribing by strengthening community connections, supporting local partnerships, and aligning services with community priorities. This panel brings together elected officials and municipal staff to discuss how municipalities can champion social prescribing, build cross-sector collaboration, and integrate

community wellbeing into local decision-making. Panelists will share practical insights from Alberta communities on what it takes to make social prescribing a recognized and supported local priority.

**Panel Presentation by:**

- Mayor Jean Barclay, Town of Innisfail
- Councillor Kayla Blanchette, Town of Bonnyville
- Sarah Travnicek, Town of Strathmore
- Rachel Swendseid, Healthy Aging Alberta (Moderator)