



# Carving New Pathways

A Collaborative Approach to  
Healthy Aging

'23-'24  
Annual  
Report





## Who we are

Healthy Aging Alberta (HAA) is a 'by community, for community' initiative working to make Alberta one of the best places to grow older. We connect, strengthen, and amplify a network of community-based seniors serving (CBSS) organizations and groups, as well as community allies to support older adults to age on their terms.

## Our mission

HAA builds upon and advances the work of the CBSS sector through collective action, system change, and integration with allied sectors to benefit older adults.

## Our vision

Every older adult is empowered to age how they choose, ultimately improving their well-being and the well-being of their communities.

# Contents

<b>Reflecting on a year of impact</b>	<b>1</b>
<b>Connect &amp; Collaborate</b>	<b>3</b>
Nourishing Connections, Thriving Communities	
Community Development Team’s Year in Review	
Creating Spaces to Connect and Learn: 2024 Regional Gatherings	
From Inspiration to Action: Empowering Communities Through Healthy Aging Alberta	
Enhancing Provincial Collaboration	
Building Online Connections and Capacity: Healthy Aging CORE Alberta	
Connecting with Experts Abroad: Social Prescribing Learning Tour	
<b>Strengthen</b>	<b>9</b>
Strengthening Community Capacity through Provincial Service Delivery Models	
Steering Toward Hope: Walter’s Inspiring Volunteer Journey	
More Ways We’re Building a Resilient CBSS Sector	
<b>Amplify</b>	<b>16</b>
Amplifying and Empowering Community Voices	
Building Our Capacity for Enhanced Community Impact	
Increasing Regional Representation on the Community Leadership Council	
2023 Healthy Aging Alberta Summit	
Our Communications in Action: Amplifying and Unifying Community Voices	
Amplifying Men’s Sheds: Building Purpose and Community Across Alberta	
Advancing Collaborative Solutions: Systems Relations and Policy Partnerships	
Introducing an Equity, Diversity, and Inclusion Lens	
<b>Our Funders and Supporters</b>	<b>22</b>
<b>Forging the Path Ahead, Together</b>	<b>23</b>



# Reflecting on a year of impact

**Timing is everything. This past year has felt like an arrival for Healthy Aging Alberta (HAA), a pivotal moment when our efforts found their rhythm and resonance. The community-based seniors serving (CBSS) sector and our HAA team have worked tirelessly amid challenges and stretched capacities to forge and strengthen connections across Alberta's communities. Their dedication and resilience have been instrumental in bringing people together with a shared purpose: building integrated environments of empowerment and care.**

At our first sold-out summit, we witnessed the growing understanding and enthusiasm for this work. Thousands of conversations over coffee, intentional equity and inclusion strategies, and the promotion of promising practices have all contributed to the foundation we've built together with the community.

Rural, remote, and equity-deserving communities have been at the heart of our focus this year. With the support of the Government of Alberta and through our co-creation approach, we have worked to enhance access to services and opportunities across the province and amplify the voices that need to be at tables where critical decisions are being made. Our evaluation results demonstrate that communities, sector members, and system allies alike now see and understand the value of this coordinated, grassroots work and how it can uplift older adults and everyone around them.

Health and well-being are intergenerational. The well-being of our elders profoundly shapes younger generations, underscoring the importance of our mission. We are designing systems that support all older adults across Alberta by weaving together insights from Indigenous cultures, celebrating community strengths, and remaining committed to relational approaches.

We are deeply grateful for the trust of our partners and the communities we serve. Together, we will continue creating ecosystems where older adults can age with dignity, independence, and connection.

**Mariam Elghahuagi,**  
*Director, Healthy Aging Alberta*





# Connect & Collaborate

**We connect and coordinate the CBSS sector to collaborate with community allies, government, and other sectors—empowering older adults' autonomy and well-being.**

# Nourishing Connections, Thriving Communities

Community development and collaboration are at the heart of what we do. By thoughtfully and intentionally engaging with communities, we connect a vibrant provincial network to benefit older adults. Whether in-person in the community, online through Healthy Aging CORE Alberta, or working in partnership with other provincial movements, we're here to listen, learn, and collaborate on transforming the future of healthy aging, together.

## Community Development Team's Year in Review

Our Community Development team has made significant strides in building relationships with community-based groups and organizations across Alberta. Initial outreach efforts have grown into an overwhelmingly positive response from communities eager to engage with the determinants of healthy aging, form collaboratives, and plan strategically for the future. Our reach has expanded, fostering new connections while deepening existing ones.

With tools like the Healthy Aging Framework, Asset Mapping, the Social Prescribing Toolkit, and facilitation support, we are empowering communities to identify strengths, secure funding, and adopt a more holistic and integrated approach to healthy aging. This evolution reflects a shift from listening and learning to meaningful action, demonstrating our commitment to creating tangible change. By turning insights into initiatives, we are helping communities across Alberta build capacity and strengthen their supports for older adults.

## Top concerns and priorities we heard across Alberta:



More **transportation** options



Alternative and affordable **housing** solutions



Funding **sustainability** and **organizational** capacity



Growing interest in **understanding** **Equity, Diversity, and Inclusion**



**Food insecurity**



Increased **cost of living**



**Elder abuse** and **dementia resources**



**Social isolation** and **loneliness/ Intergenerational opportunities**

**6,187 km**

The distance that the **Community Development** team collectively travelled across Alberta to connect with communities.

# Creating Spaces to Connect and Learn: 2024 Regional Gatherings

This spring, we hosted our third annual Regional Gatherings, bringing together 433 participants across 12 events to share insights, exchange ideas, and collaborate. These gatherings focused on regional trends, provided input on HAA's strategic priorities, and featured inspiring keynote presentations and conversation cafes led by members of the CBSS sector.

Each gathering also included Equity, Diversity, and Inclusion (EDI) sessions facilitated in partnership with a consultant, generating valuable input that will guide the development of our future EDI strategies.

Participants highlighted learning from other communities and networking as the most valuable aspects of the gatherings. Attendees saw their work reflected in our strategic priorities, with 94% of post-event survey respondents reporting that they gained knowledge and connections to support their efforts in improving the lives of older adults. These gatherings demonstrated the strength of collective learning and the power of coming together to advance healthy aging across Alberta.

## Regional Gatherings

Connected with  
**433 community allies**  
at 12 Regional Gatherings  
including one virtual gathering.

**63% increase**  
in attendance  
from 2023.

### In-person gathering locations:

- Grand Prairie
- Hinton
- Bonnyville
- Edmonton
- Innisfail
- Drumheller
- Anzac
- Calgary
- Okotoks
- Coaldale
- Medicine Hat



## From Inspiration to Action: Empowering Communities Through Healthy Aging Alberta

One of the most rewarding aspects of our work is seeing how connections spark inspiration, leading to real change in communities. Apryl Webb's journey with the Town of Olds is a perfect example.

New to her role, Apryl attended a regional gathering in 2023. Inspired by what she learned, she returned to Olds determined to make a difference. She brought local organizations together to form an interagency group, creating a foundation for collaboration.

The following year, after discovering the potential of social prescribing, Apryl reached out to HAA to facilitate discussions in her community. This led to a meaningful asset mapping session, opening new pathways for innovative work.

**Reflecting on her experience, Apryl shared, “The gathering inspired my commitment to support aging in place. My experience with Healthy Aging Alberta has been both positive and motivating, providing valuable insights into promoting healthy aging initiatives.”**

Apryl's story demonstrates the power of learning and collaboration. By fostering connections and sharing ideas, we empower communities to create lasting change for older adults across Alberta.

## Enhancing Provincial Collaboration

This year, we worked closely with provincial organizations to strengthen initiatives supporting older adults and increase the impact of provincial efforts. Partnering with the Family and Community Support Services Association of Alberta (FCSSAA), we presented at their conference to highlight the need for dedicated supports for seniors. Our community development team engaged with FCSS offices across Alberta, many of which received HAA-facilitated funding to deliver vital programs that go beyond traditional FCSS mandates. These partnerships ensure that provincial investments are aligned with local needs, creating sustainable, coordinated solutions.

We collaborated with the Alberta Association on Gerontology (AAG) to host the inaugural Healthy Aging Alberta Summit, bringing leaders together to discuss systemic change and shared priorities like workforce planning and public policy. With the Alberta Elder Abuse Awareness Council (AEAAC), we delivered educational events to raise awareness about elder abuse, strengthening supports for vulnerable seniors.

We also worked with Caregivers Alberta to shine a spotlight on caregivers at the summit and promote a Community of Practice on CORE Alberta. Partnerships with Covenant Health's Courage Initiative and Alberta Blue Cross focused on using existing networks and technology to improve access to non-medical supports.

**These collaborations reflect our commitment to building a stronger, more connected system for Alberta's older adults.**

CONSORT  
DRUMHELLER  
HANNA

YEN  
HAT  
S

Y.COM  
YLAW

Stephanie



# Building Online Connections and Capacity: Healthy Aging CORE Alberta

## [Healthy Aging CORE Alberta \(CORE Alberta\)](#)

connects the CBSS sector and allied partners to professional development opportunities such as events, training, resources, funding opportunities, and discussion forums on promising practices and innovation. The platform also hosts groups of sector leaders collaborating on critical issues in digital communities of practice.

## Communities Leading the Way: CORE Groups and Events

From 2023 to 2024, CORE Alberta facilitated [18 groups](#), engaging 1,369 members across the province. Together, these groups hosted 32 events with 2,379 attendees and received over 2,000 views on on-demand recordings. Topics ranged from elder abuse and food insecurity to mental health, men's health, financial assistance, social prescribing, and intergenerational relationships.

CORE Groups are driving meaningful progress by bringing people together to tackle prominent issues. Their efforts are building stronger connections across the sector and creating more effective supports for older adults throughout Alberta.

## Connecting Online and Enhancing Knowledge Exchange: HAA Online Events

Alongside the community-led events hosted by CORE Groups, the HAA team organized 14 additional online CORE events, bringing together 1,238 attendees from across Canada. These sessions covered a range of important topics, including CORE training, provincially coordinated non-medical supports and assisted transportation models, community well-being services, elder abuse, caregiving, and innovative

age-friendly technologies. Each event helped connect participants with valuable insights and tools to better support older adults in their communities.

# 2,080

CORE Alberta Members collaborating on the platform



Majority of members come from the following sectors: Health, Government, CBSS organizations, Family and Community Support Services (FCSS)

# 5,000+

Available resources including news, training, funding, guides, etc.

## Connecting with Experts Abroad: Social Prescribing Learning Tour

This year, we participated in a Social Prescribing Learning Tour in the United Kingdom, facilitated by the Canadian Institute for Social Prescribing. This experience deepened our understanding of social prescribing and informed our approach here in Alberta.

Through site visits and meetings with the National Health Service and other leaders in the field, we gained valuable insights. Highlights included visiting Frome, "The Town That Cured Loneliness," to learn about their [Community Connector signposting program](#), and spending the day at [Bromley by Bow](#), a pioneering hub for social prescribing. These lessons continue to shape our work in supporting older adults.



# Strengthen

We strengthen the CBSS sector to enhance organizational resilience and supports for older adults.

# Strengthening Community Capacity through Provincial Service Delivery Models

Our three Provincial Service Delivery Models build on the strengths and successes already present in communities, leveraging existing assets to create meaningful impact. These models provide much-needed financial investment and mobilize knowledge of promising practices, helping communities strengthen their capacity to deliver high-quality services and supports for older adults. The models include Home and Community Supports, Social Prescribing, and Assisted Transportation, all designed to enhance opportunities and resources for older adults.

## Home and Community Supports

The Provincial Home and Community Supports Model is a coordinated, wraparound approach to delivering non-medical community services essential to the health and well-being of older adults. These supports help improve mental wellness, reduce loneliness and isolation, prevent frailty, provide respite, and foster vital social connections for both older adults and their care partners to creating tangible change. By turning insights into initiatives, we are helping communities across Alberta build capacity and strengthen their supports for older adults.



Thanks to funding from the Government of Alberta, we are supporting 20 organizations across the province to deliver these critical services. Significant milestones include:

**5,844** older adults accessed 6,540 home and community services since November 2022.

## **\$500,000 expansion**

adding five new funded partners (Calgary Chinese Elderly Citizen's Association, Lacombe and District FCSS, Hinton FCSS, A.S.C. Olds, Ponoka FCSS) which now supports 49 communities across Alberta.

## **\$6 million**

commitment over three years to enhance in-home non-medical support services.

The impact is clear—proactive care prevents crises, strengthens natural supports, boosts older adults' confidence, and fills service gaps, especially in rural communities. This model is building stronger, more connected supports for people aging in communities across Alberta.

**“It’s been really nice to be included in [the model] because we are so rural that our people just don’t have opportunities like they would in the big cities. So, to be able to bring this kind of programming into our small town has really brought life into the community.”**

**– Home & Community Supports Provider**



**“My life would be in an entirely different place if it weren’t for the team. They bring things to light that I can do or attend to get me through my troubles.”**

**– Older Adult Recipient of Home and Community Supports**

# Social Prescribing

Social prescribing bridges the gap between medical and social care, connecting older adults to community programs that improve health and quality of life. At the heart of this approach is the Link Worker—a supportive individual who helps people access resources, build connections, and strengthen natural supports.

Through a \$3.14M investment from Walton's Trust, we are supporting ten communities to deliver the social prescribing program for older adults.

**“I’ve met people at that exercise class, now we talk all the time. I was scared for a while to be here by myself and not knowing anybody, but the Link Worker has really helped bring things together for me.”**

**– Social Prescribing Participant**

In October 2023, seven new communities (Jasper, Whitecourt, Sylvan Lake, Innisfail, Red Deer County, Strathmore/Wheatland County, and Vulcan) joined Edmonton, Calgary, and Lethbridge in launching social prescribing programs. Together, healthcare providers in these communities have connected over 2,000 older adults to Link Workers.

**“I just hope that I can continue with them for a very long time if I need to. The Link Worker phones in on Monday morning to see how my week went. And if there was anything that I needed before she gets booked up, then she would book me in. And just knowing that is a blessing.”**

**– Social Prescribing Participant**

Interest in social prescribing is growing, with many communities reaching out to our Community Development team for guidance on bringing this model to their area. In response, we developed the [Social Prescribing Community Implementation Toolkit](#)—a practical resource to help communities establish their own programs. This toolkit guides communities through a readiness assessment and a roadmap for implementation.

This year, 127 professionals registered for Link Worker training, with 87 completing the course. Of those, 91% found the training relevant, and 92% felt confident applying their skills. This enthusiasm and success reflect the model's growing momentum and transformative potential for Alberta communities.

**Watch “A Prescription for Change”**



## Assisted Transportation

A growing number of older adults who want to live in their own homes face barriers to accessing and affording the transportation they need to live independently in their rural communities.

Assisted transportation programs promote increased access to medical and social services, resulting in improved well-being for older adults. As a social determinant of health, transportation affects almost every other determinant because it impacts access to needed services, including medical, social, and basic needs.

With investment from the Government of Alberta, we are supporting 52 communities in delivering community-based transportation services for older adults and persons with mobility issues. Currently, there are 19 organizations participating in the project with 12 phase-two organizations who joined in August 2024.

Immediate impacts in communities include fostering a sense of belonging, empowering autonomy for older adults, and strengthening the communities' overall vitality.

**Nov '23 –  
Feb '24**



**360**  
unique riders

**1,091**  
rides

**947**  
basic/social needs  
rides

**144**  
medical purpose  
rides







## Steering Toward Hope: Walter's Inspiring Volunteer Journey

Through the Provincial Assisted Transportation Project, we're proud to support local initiatives like the Fox Creek Community Resource Centre's Medical Transport Program, one of 19 projects helping older adults access essential medical and social services in rural communities.

**One heartwarming success story from Fox Creek is that of 'Walter'. A few years ago, Walter was struggling like many older adults. After declaring bankruptcy, he was living in rough conditions, unable to work, and not yet old enough to receive his pension. Desperate for support, he turned to the Fox Creek Community Resource Centre for assistance.**

With their help, Walter's life slowly began to improve. He found safe housing and became an active part of the senior community in his apartment complex. Inspired by the support he received, Walter decided to give back by becoming a volunteer driver for the Medical Transport Program. The stipends he earns as a volunteer driver help him stretch his limited budget for essentials like groceries.

Walter's dedication hasn't gone unnoticed—he was nominated for Volunteer of the Year for his service. His story is a shining example of how programs and community resources like these not only help people get where they need to go but also restore dignity, foster belonging, and empower individuals to live with renewed independence.

# More Ways We're Building a Resilient CBSS Sector

**Together, we are strengthening the CBSS sector through several special projects and approaches such as the Healthy Aging Framework (HAF), asset mapping workshops, and defining a baseline of essential services for healthy aging.**

## Developing the Sector Using the Healthy Aging Framework

The Healthy Aging Framework (HAF) continues to be essential for CBSS organizations in supporting shared language, sector development, and shared understanding of the Social Determinants of Healthy Aging. Over the past year, we presented the Framework to over 15 organizations across the province. The Framework has been used for practicum students, strategic planning, program development, asset mapping, and supporting CBSS organizations in fund development. The Framework will soon be available as a digital tool.

## Asset mapping: Connecting Local Resources and Older Adults

In Fall 2023, we facilitated seven asset mapping workshops with our Phase 2 Social Prescribing communities to create [asset maps](#) that help Link Workers connect older adults to local resources. We aligned these community assets with the Healthy Aging Framework and developed a toolkit for Regional Community Developers to use in future workshops with other communities.

## Establishing a Baseline of Services for Older Adults

In early 2024, the Community Leadership Council and our staff collaborated to draft a baseline of services for older adults across the province delivered by the CBSS sector. The goal is to identify necessary non-medical supports and services for healthy aging within communities. After drafting the baseline, we facilitated an extensive feedback process during the Regional Gatherings hosted province-wide to ensure that diverse community perspectives were incorporated into the representation of services. We have since compiled this feedback and will share the final baseline version in 2025.

## Our Indigenous Learning Journey: Reconciliation and Inclusion

We are embarking on an Indigenous learning journey—an act of reconciliation, knowledge-building, and shared understanding. This journey reflects our commitment to inclusivity and transformational capacity building by integrating both Western and traditional approaches. This parallel helps address unmet needs through a community-development approach, providing space for shared learning opportunities, building authentic relationships, intentionally including Indigenous perspectives, and striving to decolonize funding and evaluation practices.

## Strengthening the Sector at a National Level: CBSS Sector Summit in Ottawa

Healthy Aging Alberta was proud to attend and present at the inaugural CBSS Sector Summit: *Claiming our Space, Naming our Future* on June 2–4, 2024, in Ottawa. We helped secure bursary funds for eight Alberta CBSS sector representatives, CLC members, and staff to attend, showcasing leadership in sector development nationally. This vital event provided invaluable insights and fostered collaboration, strengthening our commitment to enhancing the lives of older adults across Canada.



# Amplify

We amplify diverse community voices, strengths, needs, and challenges for collective action.

# Amplifying and Empowering Community Voices

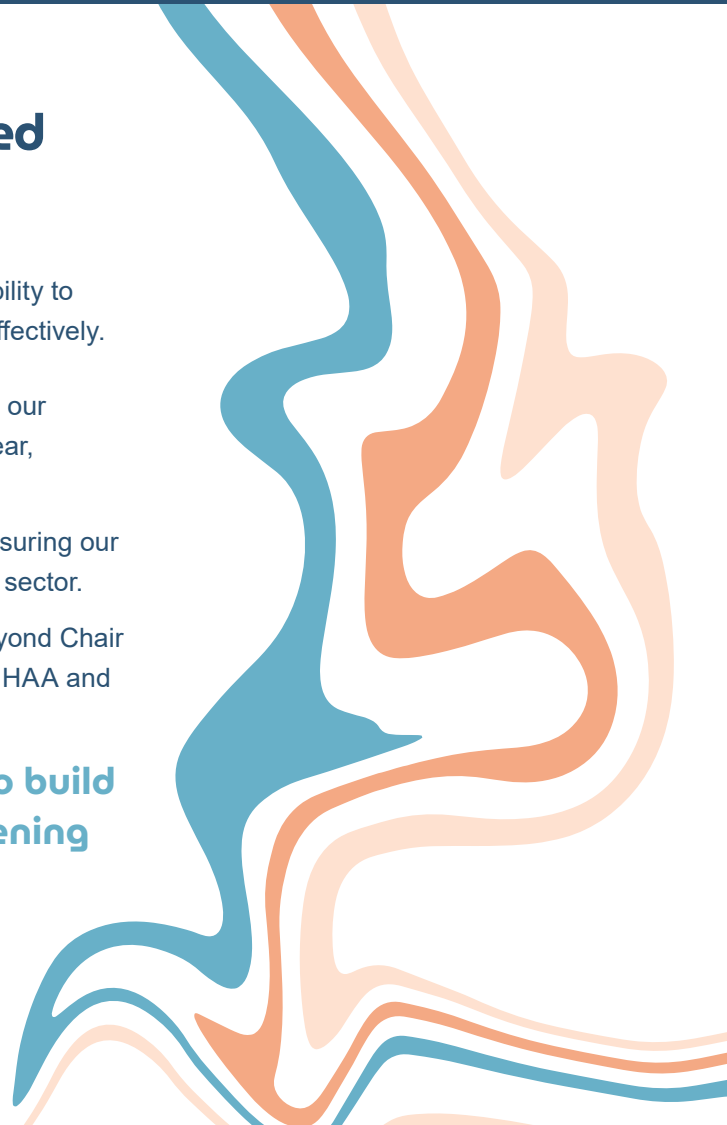
Amplifying diverse community voices is central to our mission and vision. Through the Healthy Aging Alberta Summit, our strategic communications, and stakeholder and systems relations, we foster meaningful connections and elevate impactful stories within and beyond the CBSS sector—ensuring communities are heard and supported at every level. This year, we also enhanced our team’s capacity and increased the Community Leadership Council’s regional representation to advance this work. Together, we’re creating a stronger, more inclusive network to champion the future of healthy aging.

## Building Our Capacity for Enhanced Community Impact

This year, our team has grown with new roles that enhance our ability to communicate, measure impact, and represent the CBSS sector effectively.

- Communications and Stakeholder Relations Strategist: Leads our communications portfolio, shaping our brand and ensuring clear, impactful messaging to and on behalf of communities.
- Evaluation and Data Governance Specialist: Focuses on measuring our initiative’s outcomes and ensuring accountability to the CBSS sector.
- Provincial Director – Karen McDonald: Expanding her role beyond Chair of the Community Leadership Council, Karen now represents HAA and the CBSS sector at key systems-level tables.

**These new roles strengthen our capacity to build connections and amplify voices—strengthening our collective impact for older adults.**



# Increasing Regional Representation on the Community Leadership Council

The Community Leadership Council (CLC) plays a vital role in guiding our work, providing strategic direction, and ensuring community voices are at the forefront of our initiative. Their dedication and diverse expertise empower us to drive meaningful change for older adults. Comprising 13 dedicated leaders and volunteers from across Alberta, the CLC reflects the diverse experiences, perspectives, and expertise of the CBSS sector within our province.

This past year, we expanded the council, welcoming Myrna Lanctot (Donnelly), with expertise in municipal governance, business, and seniors' housing; Coree Ladwig (Grande Prairie), specializing in preventative social services with Family and Community Support Services; and Bukola Ojemakinde (Calgary), with experience in community programming and services for Black older adults and newcomers, engineering, and community development.



**Karen McDonald**  
Sage Seniors Association - Edmonton



**Monica Morrison**  
Lived Experience Representative,  
Red Deer



**Lisa Stebbins**  
Carya - Calgary



**Doreen Williams**  
Circle of Wisdom Elders &  
Seniors Centre - Calgary



**Sheila Hallett**  
Edmonton Seniors Coordinating Council



**Myrna Lanctot**  
Mayor of Donnelly, Heart River Housing  
Board Chair (HRH) - Donnelly



**Rob Miyashiro/Heather Bursaw**  
Lethbridge Senior Citizens Organization



**Coree Ladwig**  
Grande Prairie County FCSS



**Blake Eves**  
Magrath Seniors Center - Magrath



**Bukola Ojemakinde**  
Bridge to Oasis - Calgary



**Larry Mathieson**  
Unison at Kerby Centre – Calgary,  
Veiner Centre – Medicine Hat



**Luana Bussieres**  
St Aidan's Society – Fort McMurray



**Shantel Ottenbreit**  
City of Medicine Hat

# 2023 Healthy Aging Alberta Summit

HAA and the Alberta Association on Gerontology hosted the first Healthy Aging Alberta Summit, *REIMAGINING AGING: Leading the Way for an Integrated Approach*, on October 10-12, 2023.

This three-day hybrid event brought together older adults, leaders from the CBSS, housing, health, and academia sectors, as well as government representatives, to discuss sector challenges, innovative service models, and policies for system transformation. The summit fostered critical conversations to make Alberta a leading place for aging well in communities by coordinating and integrating community-based services.



**626 attendees**  
from across sectors and  
regions across Alberta

 **390**  
in-person

 **236**  
virtual

**10**  
sponsors

**20**  
exhibitors



## Session highlights:

**28**

open sessions  
and roundtable  
conversations

**2**

closed working  
sessions

**11**

unique breakout  
sessions

**71**

speakers including  
five Indigenous Elders

## Top 3 sessions:

- 1. Rebuilding Resilience: Key Factors Supporting Individuals and Communities**
- 2. The Road to Better Seniors' Transportation**
- 3. A Path to Providing Integrated Care in Rural Communities**

## Our Communications in Action: Amplifying and Unifying Community Voices

Over the past year, we enhanced our communications efforts to amplify the diverse voices, strengths, and needs of Alberta's CBSS sector. Some of our main platforms and channels include the CORE Alberta Platform and bi-weekly newsletter and social media.

Our bi-weekly newsletter reached 2,930 subscribers, while our LinkedIn launch brought over 2,000 followers in less than a year—fostering engagement and collective action through relevant content and knowledge exchange.

We also partnered with the Edmonton Seniors Coordinating Council to develop an [Elections Messaging Package](#)—building capacity of the sector and older adults to speak to elected officials about the importance of community-based supports to aging in place.

## Introducing an Equity, Diversity, and Inclusion Lens

CBSS organizations have long advocated for prioritizing Equity, Diversity, and Inclusion (EDI) in their work. In early 2024, we partnered with an EDI consultant to launch an EDI strategy.

Together with HAA's Regional Community Developers, we facilitated EDI discussions at 12 Regional Gatherings, sparking crucial conversations for the future, including our upcoming older adult focus groups.

As interest in EDI grows, communities are eager for resources to better integrate these principles. Moving forward, we remain committed to ensuring older adults' voices are central to shaping inclusive strategies, preventing a top-down approach.



### Email Communications

2,930 CORE newsletter subscribers

---

3,600+ special mailout subscribers

---

40 emails sent including newsletters, community updates, and mail-outs.



### LinkedIn

2,000+ followers and growing

---

Reached 60,000+ LinkedIn Members

---

140,000+ impressions total across all posts

## Amplifying Men's Sheds: Building Purpose and Community Across Alberta

Over the past year, the partnership between Men's Sheds and HAA has thrived, creating meaningful opportunities to connect men across the province. Men's Sheds, a grassroots initiative led by men for men, provide inclusive spaces where men can connect, share skills, and foster a sense of belonging. Together, HAA and Men's Sheds have worked to expand awareness of this vital movement and its ability to support men's health and well-being.

"Men's Sheds reach men that other options don't," explained Amanda Harriman-Gojtan, Edmonton Regional Community Developer for HAA.

**"It's important to have safe, inclusive male spaces. Happy, healthy men have happy, healthy families, and that creates happy, healthy communities."**

Men's Sheds has led the way in close collaboration with the HAA team—sharing their stories at regional gatherings, leading their own CORE Group, hosting conversations, and integrating the Healthy Aging Framework into their strategic planning. HAA further amplified these efforts by providing platforms like CORE Alberta, newsletters, and events to share powerful "Shedders" stories—highlighting how sheds transform isolation to connection.

"We have nothing but positive experiences with the HAA team," shared Punch Jackson, Chair of the Alberta Men's Sheds Association. "Access to the Men's Shed CORE Group has been an innovative opportunity to reach out to

the entire HAA network of professionals and practitioners as well as Shedders from across Alberta sharing research updates, new initiatives, and connecting us to other CORE Groups like Social Prescribing."

This partnership is a testament to the strength of community-led initiatives and the collective effort to build inclusive, healthier communities—one Shed at a time.

## Advancing Collaborative Solutions: Systems Relations and Policy Partnerships

In 2024, Healthy Aging Alberta (HAA) prioritized systems relations and integration—a strategic approach that focuses on aligning policies, funding, and service delivery through relationship-based collaboration to achieve cohesive, sector-wide change. In alignment with our 2024-2028 Strategic Plan, HAA fostered partnerships to promote a unified, responsive service model for older adults.

The Community Leadership Council played a pivotal role in the Government of Alberta's Seniors Division Workforce Planning for the CBSS sector, offering critical insights to strengthen workforce capacity. HAA staff also contributed to the Seniors Lodge Review Panel, providing recommendations to enhance service delivery models and address housing challenges for older adults.

With over 90 stakeholder engagements and collaborations with key systems partners such as the Ministry of Health and Alberta Blue Cross, HAA has demonstrated leadership in creating integrated, innovative solutions.



# Our Funders and Supporters

We are grateful to our funders and supporters, including other philanthropists, donors, and event and corporate sponsors, who make our work with the community possible. Through the generous gifts of individual donors, United Way of Calgary and Area has supported HAA's work, which includes Calgary-focused sector development activities and the Healthy Aging Alberta Summit.

## June 2024

### Home and Community Supports

**\$6,000,000 funding commitment** over 3 years announced from the Ministry of Seniors, Community and Social Services

## Oct 2023

### HAA Operations and CORE Alberta

**\$1,390,000 commitment** over three years for continued backbone support from the Ministry of Seniors, Community and Social Services

## Feb 2024

### Home and Community Supports

**\$550,000 expansion** from the Ministry of Seniors, Community and Social Services

Alberta

WALTONS  
TRUST



# Forging the Path Ahead, Together

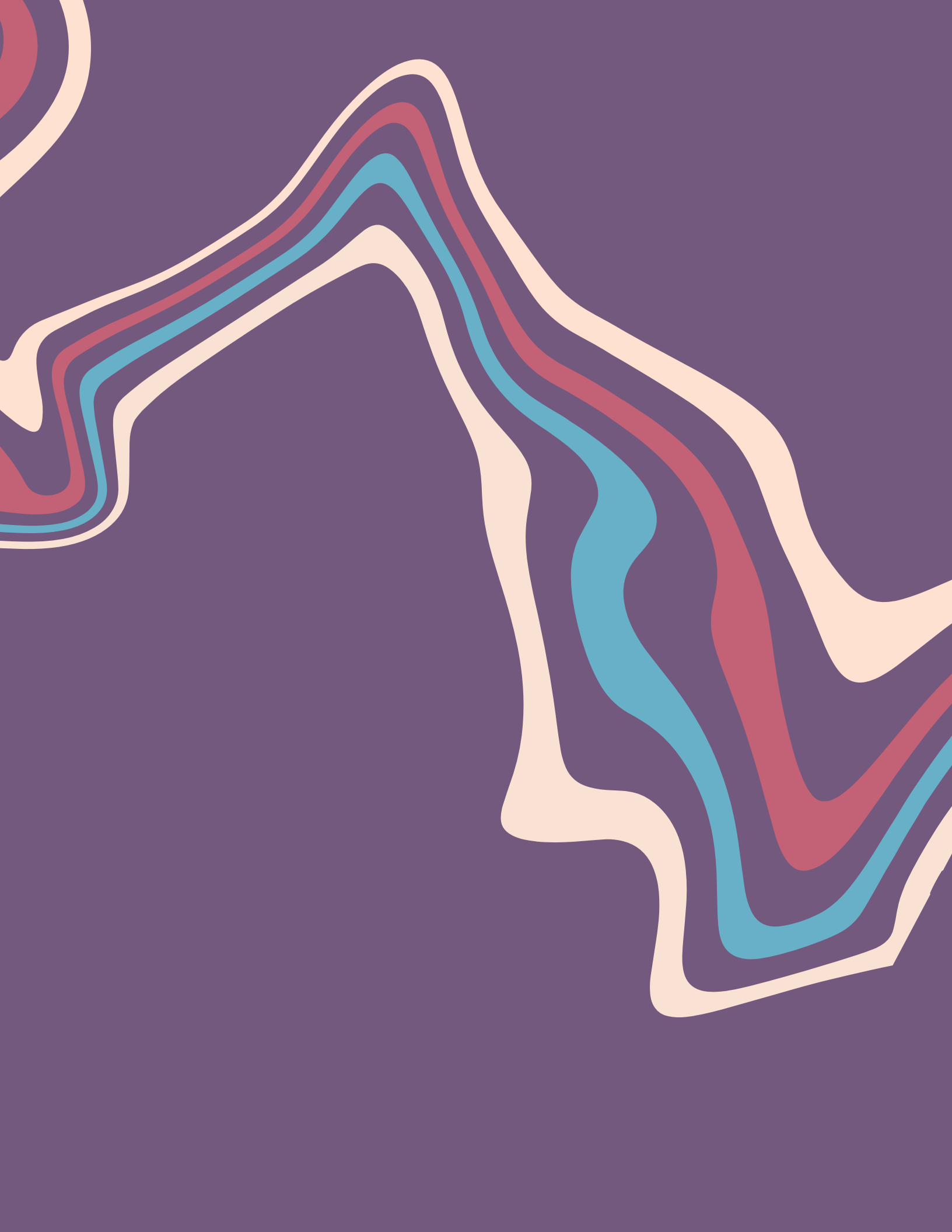
As we embark on the next chapter of Healthy Aging Alberta, our 2024-2028 Strategic Plan serves as our compass, guiding us toward a future where older adults across Alberta can age in their communities with dignity and choice. Developed collaboratively with input from community partners, CBSS organizations, and other stakeholders, the plan reflects a shared vision and the collective priorities needed to shape the future of healthy aging in Alberta.

Central to this vision is our commitment to strengthening the CBSS sector through initiatives that build capacity, foster collaboration, and advance equity, diversity, and inclusion. By addressing challenges like workforce sustainability, financial inequities, and system integration, we aim to create a sector that is not only resilient but also responsive to the evolving needs of Alberta's aging population.

With the pillars of our strategic plan—advocacy, network building, capacity development, and systems integration—we are poised to make meaningful strides. Together, we will amplify the voices of older adults, support innovative solutions, and strengthen the systems that empower them to thrive. Thank you for forging this path with us. The journey ahead is filled with promise, and together, we will create lasting impact for Alberta's older adults.

**Karen McDonald,**  
*Provincial Director, Healthy Aging Alberta,  
and Chair of the Community Leadership Council*







'23-'24  
Annual  
Report

