



The Twelfth Annual Health & Wellness Conference

Truth & Reconciliation

Friday, November 19th and 20th

10am to 3pm

The YEG Seniors Alliance

Recognizes, respects, honours and acknowledges Treaty Six Territory, the traditional and sacred lands of many Indigenous people, including the Cree Nehiyaw, Blackfoot, Dine, Ojibway Anishinabe, Sioux Nakota, Metis, and all other indigenous nations upon which the members of the alliance are situated. We also honour the chiefs and elders past, present and future.

Twelfth Annual Health & Wellness Conference

Presented by the YEG Seniors Alliance - [Edmonton Seniors Centre](#), the [Westend Seniors Activity Centre](#), and [ICAN the Chinese Seniors Association](#).

This conference is for you. Last year in our post-conference survey you told us what you were most interested in hearing. We listened and you'll see those preferences listed in the topics being covered by the speakers.

Below you can read more about the speakers and the vendors who'll be presenting over the two days of conference. Don't miss this unique opportunity to hear what experts in the field have to say about healthy ageing.

Secret Word Game for Door Prize Draw

We have a heck of a door prize this year. The Comedy Strip in the West Edmonton Mall has donated a gift worth over \$250. It is tickets for eight people to attend a show.

Each vendor donates a gift card and there will be a draw for those as well.

How to you entre the draw?

1. Register to attend
2. Listen for the secret word that each speaker and vendor gives during their talk
3. The more words you enter into the form provided, the more changes to win one of these great prizes.
4. At the end of Day 2, all the names are put into a hat and drawn with the winners being announced and contacted regarding their prize.
5. [Click here](#) for link to Secret Word Tracker.

Look for Your Loot Bag Full of Goodies

Lots of information from the vendors and speakers are included in your digital loot bag. It's a great way to see more about what you've heard. The loot bags are sent to your email, so you have them anytime you want to look at them.

Meet Your Speakers



Stephen Mandel

Stephen Mandel has taken part in the community through a wide variety of roles such as political leader, business person, and volunteer. He served as the mayor of Edmonton from 2004 to 2013. During this time he worked on city infrastructure, renewing older neighbourhoods, expansion of transit services, and recreation. He also made contribution efforts to help homelessness, safety, and senior's housing. Stephen is an avid volunteer with experience at the Mazankowski Heart Institute, Heart and Stroke Foundation, Jewish Community Centre and Allen Gray Continuing Care Centre. Stephen holds a lot of knowledge

from his experience in these roles as well as being the previous Minister of Health and board member of AHS.



Kyla Prakash - How to Stop Smoking

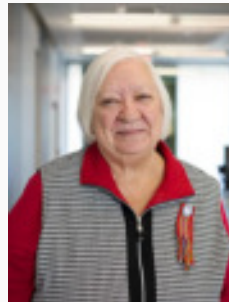
Kyla Prakash is a QuitCore Group Program Facilitator (AHS), a certified tobacco educator (CNRC) and prevention practitioner (theBETTERprogram) . Some projects Kyla is involved in include the cessation or reduction of tobacco products, as well as opioid awareness and community based naloxone training. In the past she has been credited as the research and project co-ordinator for Opioid Navigation Services for the MNA. In this project Kyla and colleagues handed out dozens of naloxone kits across the province to raise awareness toward opioid use.

Join Kyla Prakash (BA, CTE), the Métis Nation of Alberta's (MNA) Community Prevention Practitioner, as she shares how important it is for culture and lived experiences to be woven into health programming related to commercial tobacco use. This presentation will take a closer look at the MNA's response to cancer prevention by looking at their Tobacco Reduction Programs. The Community Prevention Practitioner will share lessons learned while providing Métis in Alberta with culturally adapted and relevant tobacco cessation interventions. A closer look at program development, delivery, and evaluation will also be explored. This presentation will also look at why tobacco cessation is so crucial for seniors' health, and how we may utilize our seniors' experiences to shape healthier generations. By joining this presentation, we hope to inspire those working with Indigenous Peoples to design their cessation interventions with a community led focus on culture and peer lived experience.



Adrian Wagg, MD - Bowel Health - Don't let the title fool you. This is a talk that could change your life

Dr. Adrian Wagg is a specialist in Geriatric and General Medicine with expertise in health services research. He is currently a Professor in the Department of Medicine at the University of Alberta and Professor of Continence Sciences at the University of Gothenburg, Sweden. He is Deputy Head of the Department of Medicine at the University of Alberta. Dr. Wagg has significant front-line experience in healthcare administration and systems development, a strong knowledge of operational issues and an in-depth perspective of healthcare of older Albertans. Dr. Wagg holds the Alberta Health Services Chair in Healthy Ageing. His research interests involve improving care for people with urinary incontinence, community engagement and the quality of care for older people in nursing homes. He is active in national and international clinical practice guideline development and is the Co-Chair of the International Consultation on Incontinence; prior to this he was General Secretary of the International Continence Society. In his service to the community, Dr. Wagg is President of the Canadian Continence Foundation and participates in numerous other activities promoting health literacy and the healthy ageing of seniors.



Norma Spicer - Prayer and traditional land acknowledgment

Norma Spicer has a passion for Métis history, culture and customs developed from hearing stories of her ancestors on her mother's side. A descendent of Jean Baptiste Lagimodière and Marie Anne Gaboury (the first white woman to settle in Western Canada) through their daughter Josepthe, Spicer's family history includes those who fought alongside Louis Riel during the Métis Resistance.

Formerly with the Métis Nation of Alberta (MNA) in a variety of positions, Spicer remains a member of its Cultural Team, and conducts prayers and blessings for MNA events and ceremonies. Recently, she prepared a research paper on the Métis History of Fort Edmonton and Surrounding Areas for the Fort Edmonton Management Company and sits as a member of its Indigenous Expansion Committee.



Reagan Bartel - Health Priorities

Reagan Bartel is a registered nurse within the Alberta Health Services who now works as the Director of Health at the Métis Nation of Alberta. With her experience of 16 years of working as an Intensive Care Nurse at Edmonton's Inner City Hospital. There she provided high quality care to vulnerable peoples and mentored new staff at the Royal Alexandra Hospital. She is a daughter, granddaughter, wife, and Auntie. She is a proud Métis woman, descending from the line of Ignace Poitras Sr. on her father's side and Irish settlers on her mother's. Her focus is on ensuring that the Métis stories, experiences, and perceptions gifted to the MNA are incorporated into health advocacy, policy, programs, and services. She values leadership, culture, community, growth and transparency in her life and work.

With her education from both the Grant MacEwan University and the University of Alberta, as well as her previous experience with the Métis Nation of Alberta, and her current experience as a registered nurse and the Director of Health at the Métis Nation of Alberta, Reagan holds lots of knowledge and expertise within the health centre community, and has a passion for helping others be more in touch with their health as well.

Sha Tao, MD

Dr. Sha Tao is a family physician who has worked in the University of Alberta Hospital and Royal Alexandra Hospital and other hospitals in Edmonton since 2001. Officially practiced family medicine in 2006. Dr. Tao is currently still working as a family physician and Hospitalist in UAH. Dr. Tao was trained as physician-ophthalmologist and researcher in cell and molecular biology in China. From 1988 to 2001, Dr. Tao was a researcher at the UAH. From 2001 to present, Dr. Tao works as a Family Physician and Hospitalist

Dr. Tao will be presenting in Mandarin and we will be translating it into English. Our partnership with the Chinese community means a lot to us, so we are working to provide them with useful information for healthy ageing.

We are strong together and can serve more seniors through our YEG Seniors Alliance.



Dr. Hongmei Tong - Eastern Approach for Health and Well Being

Dr. Tong received her Master of Law in Sociology from Fudan University and Master of Social Work from the University of Hong Kong. After several years of teaching social work in Fudan University in Shanghai, China, Hongmei came to Canada and completed her PhD degree in social work at the University of Calgary in 2013. Dr. Tong is actively engaged in the practice community in Edmonton, Calgary and more broadly. Her expertise is in social exclusion and integration of ethno-cultural older adults, mental health in later life, gerontological social work education and practice, social determinants of health, digital storytelling, mixed methods.

Dr. Hongmei Tong is an Associate Professor of the School of Social Work, MacEwan University, Canada. Dr. Tong received her Master of Law in Sociology from Fudan University, and Master of Social Work for The University of Hong Kong and completed her PhD degree in Social Work at University of Calgary in 2013. Her scholarly goals are to promote and facilitate healthy, and active aging, and to create inclusive and friendly communities for older Canadians. Dr. Tong' teaching focuses on developing a positive attitude and a sense of social justice among students, as well as the anti-oppressive knowledge and critical thinking skills necessary for them to effectively address social issues.

A short description of the presentation: Dr. Tong will present an eastern approach for health and well-being, Integrative Body-Mind-Spirit Model. She will also introduce some technical tips to apply this model in practice and self-care.



Dr. Donna Wilson - Living with Pets

Dr. Donna Wilson's research focuses on health services and health policy, although primarily in relation to aging and end-of-life care. She has undertaken a wide range of studies such as those focusing on: grief and bereavement, high users of hospitals, ageism, social isolation, bioethics and social values, acute delirium, location of death, the good death, home care utilization, home care client trends, long-term-care resident trends, health services use before and after admission to a nursing home, use of hospitals prior to death, linkages between chronicity and home care utilization, transitions in place of care in the last year of life, waiting for placement, and many others.

Join Dr. Donna Wilson as she explores "Living With Pets", a discussion that will include the benefits of living with one or more pets/companion animals, and issues and concerns associated with pets/companion animals, including grief.

Meet your Vendors

Vendors make it possible for us to bring you this conference free of charge. Remember, listen for the secret words so you can be in the draw for some pretty great door prizes.



Drive Happiness is a Seniors Assisted Transportation Program and Volunteer Program

Read more about Drive Happiness

<https://www.albertahealthservices.ca/news/Page15871.aspx>

or visit their website: <https://drivehappiness.ca/>



Dignity Memorial - Edmonton

As a member of the Dignity Memorial® network, we are committed to providing the compassionate care you expect from a locally-operated establishment with the value you deserve from one of the largest network of funeral, cremation and cemetery service providers in North

Visit their website: [Click Here.](#)



Chartwell Retirement Residences

Making People's Lives BETTER is more than a phrase at Chartwell, it is a promise that we consider to be our highest priority. We want our residents to know that the care and services

they receive in a Chartwell home will make their lives happier, healthier and more meaningful.

We want family members to feel reassured that their loved ones are secure, active and engaged while living in one of our retirement or long-term care residences. We want our employees to know that their contributions are valued and appreciated. [Click Here for Website](#)



Shine on Life Memories

Shine on Life Memories can help you with
shining love on your forever life memories by providing:

Forever Photo Storage -- Memorial Web Pages -- Memorial Keepsakes
Candle Ceremonies - Graveside Services - Anniversary Memorials
CARE Circle Gatherings - Celebrations of Life

[Click Here for Website](#)

— THE — *Tegler Foundation* **Senior Housing**



The Tegler Foundation Housing

In the year 1900, Robert Tegler left his home province of Ontario, traveled across the country, landing in Edmonton in the same year. Of the many businesses achieved by Robert during his

lifetime, the project with which he was most often identified was the Tegler Building, built in 1912 and expanded in 1913. It was, at the time, the "largest business building" in the City of Edmonton. In 1978, a new charitable organization, known as The Tegler Foundation, was formed with their major project: a Senior Citizens' high rise apartment building, known as Tegler Manor. The Tegler Foundation continues to provide affordable, subsidized housing for Seniors.

**The Tegler is a Charitable Foundation that Proudly Owns and Operates two (2)
Independent Living locations for Seniors within the City of Edmonton
Tegler Manor 9943-110 Street NW and Tegler Terrace 9918 - 149 Street NW**

Our Residents come first because we Care!

To visit their website [click here](#)



HLA Inc. offers presentations and courses that encourage and support aging adults in the fulfillment of their changing creative, social and spiritual needs. A current list of scheduled presentations and courses can be found under the Program link at the top of this page.

The [Events](#) tab links you to currently scheduled presentations and courses. Under the [Newsletters](#), [Book Reviews](#) and [Product Reviews](#) tabs you will find information on activities, books, and products relevant to the process of healthy aging.

For Website [click here.](#)



Westend Seniors Activity Centre - Meal Program

NEW MENU EVERY 2 WEEKS!

REHEATABLE - All meals are fully cooked so you simply need to reheat in and serve!

FREE DELIVERY - Available to seniors who do not drive...our team of volunteer drivers and our friends at Drive Happiness will deliver your food orders to you!

SERVING SIZE - Most seniors tell us they get 2 to 3 servings with our entrees and soup!

FRESH INGREDIENTS - Our Cafe team purchases fresh meat and vegetables the day before they prepare the meals. This is to ensure only the best ingredients go into every meal we prepare for you!

OPEN TO PUBLIC - You do not have to be a member to use our meal program...it is open to everyone!

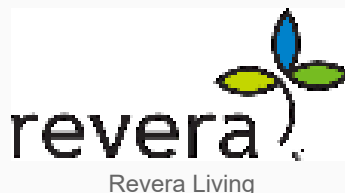
To learn more about this wonderful meal program [click here.](#)



Custom Orthotics, Ltd

Today, Custom Orthopedic Ltd. & The Walk Shoppe continues the tradition of making hand crafted orthopedic devices. We also sell high quality brand name footwear & we teach our clients HOW to purchase appropriate footwear. We're up front about it: We'd rather you buy your shoes from us, but, if you don't like what we have in the shop, it's by far more important that you know the HOW and WHY of shoe buying so that you can be your own shoe buying expert! There are components in some of the footwear on the market today that Saverio never had to deal with that can potentially change the way that your orthotics function!

Visit their website: [click here.](#)



Through a strategic focus on growth, innovation and leadership, Revera aims to improve the aging experience by celebrating the ageless spirit of older adults. Real Talk on Senior Living

We appreciate how difficult it can be to even consider a change. Just talking about this stuff is tough. Aging. Homes. Care. Life. The whole thing. We wrote this guide to make it easier for you to understand your options, and to tell it like it is.

[Click here to visit their Website.](#)



Edmonton 55+

Edmonton55 developed out of my passion to show you how you age well in your home. I know your housing choices will affect your ability to remain independent, stay connected to your community and help you manage changing health needs. Since 2018 I have been working with mature adults to discover the best housing choice that can meet your specific aging well goals.

My goal is to work with those who want to make the best home choices for their golden years. I don't just know about all the residence options. I'll guide you through decisions about renting, buying, selling or life leases. I'll help you manage timelines so you can be ahead of a crisis. I understand how to ensure you make cost efficient decisions that meet your financial goals. My unique background in healthcare, senior housing and real estate gives my clients an advantage to assist my clients make housing transitions related to downsizing, accessibility, health changes, dementia, disability, death and more!

To visit the website [click here](#)