



## **Healthy Aging Phone Chats**

[www.AgeFriendlyEdmonton.ca](http://www.AgeFriendlyEdmonton.ca)

**REGISTER FOR ONE OR ALL OF THESE GREAT PRESENTATIONS - FREE OF CHARGE!**

***Participate by telephone from the comfort of your own home***

**Brain Games:** Call in for an hour of mind tingling fun! Try some word games with us to challenge your brain. Presenter: Recreation Therapists, Home Living, Alberta Health Services

**Dare to Age Well:** Cutting Edge information for Senior Citizens who want to get older without getting old. Presenter: Physicians from University of Alberta

**Driving and Beyond:** Find out about all the services, tools and training programs that ETS offers to Edmontonians. ETS is committed to making public transportation easy and convenient for everyone regardless of ability. Presenter: Margaret Dorey, ETS

**Holistic Decluttering for Seniors:** Lighten up the clutter and remain independent in your home, happy in body, mind & spirit. Improve your energy & focus, as an uncluttered surrounding equals an uncluttered mind. Presenter: Lynn Fraser, Balance Your World

**Live Safely - Longer in Your Home:** Learn about home monitoring, support and response services for people of all ages and situations: from fall & flood detection to temperature monitoring, medications and appointment reminders. Also the latest technology in GPS monitoring will be presented. Presenter: Jacqueline Lovely, GSS

**Moving Forward-Downsizing Tips for Seniors, Boomers and the Sandwich Generation:** Discover solutions to downsizing and moving that face multi-generational families of today. Hot topics: Staging to sell, to renovate or not, estate planning, decluttering, organizing and financial planning for retirement. Presenter: Rennaye Miller, Realty Executives Polaris.

**Managing Caregiver Stress:** Creating better emotional and physical health by learning stress management techniques. Presenter: Debra Paches, RN, Caregivers Alberta

**Older Adults and Problem Gambling:** People gamble for a variety of reasons and for some it may become an addiction. Learn about the warning signs, and where to find help. Presenter: Leely Lew, Addictions and Mental Health, Alberta Health Services

**Oops, I Think the Dog ate my Laxative!** This presentation will describe how a medication assessment is performed. It is designed to help you learn how to take your medications in the safest and most effective way. Presenter: Gwen Petryk, Pharmacist, Alberta Health Services

**Personal Wellness through Leisure and Socialization:** This interactive presentation provides you with a wealth of information on community resources to help motivate you to get up and off the couch!  
 Presenter: Tricia Bodnar, Recreation Therapist, Alberta Health Services

**Seniors Financial Education:** An overview of Federal and Provincial programs for seniors includes information on taxes, benefits and Power of Attorney. You will also find out how to avoid fraud and scams and how to protect yourself from financial abuse.  
 Presenter: Brendan Klug, RSW, Edmonton Southside Primary Care Network

**Small Bites to Better Health:** Unlock the secrets of healthy eating as you age. We'll decode some challenging nutrition information to make sure you get the greatest health bang for your effort buck.  
 Presenters: Public Health Dietitians - Alberta Health Services

**Stay Independent: Tips to Prevent Slips, Trips & Falls:** Had a close call or a bad fall? Tune in to learn some useful steps you can take to prevent slips, trips and falls. Take action, prevent falls and stay independent. Presenter: Rosalie Freund-Heritage, Occupational Therapist, BScOT

**Strike out Stroke:** What does FAST mean to you? Learn how to Reduce your Risks, Recognize and React to the signs & symptoms of strokes.  
 Presenter: Gail Elton-Smith, BScPT, Stroke Service Coordinator, Alberta Health Services

**Please call or email to register for the sessions that interest you. Registration is limited to 10 per session. You will be placed on a waitlist for the next session if the class is full. The following are the upcoming dates and times for the next Healthy Aging Phone Chats sessions. More to follow in 2017.**

DATE	TIME	SESSION
September 29	10am-11am	Driving and Beyond
October 4	10am-11am	Small Bites to Better Health
October 6	10am-11am	Strike out Stroke
October 11	10am-11am	Brain Games
October 18	10am-11am	Live Safely - Longer in Your Home
October 20	10am-11am	Older Adults and Problem Gambling
October 21	10am-11am	Holistic Decluttering for Seniors
October 27	10am-11am	Stay Independent: Tips to Prevent Slips, Trips and Falls
November 8	1:30pm-2:30pm	Brain Games
November 18	10am-11am	Seniors Financial Education
December 13	10am-11am	Brain Games
January 2017	TBA	Dare to Age Well