

2018



MONDAY, SEPTEMBER 24

11:00 AM	Pre-Registration
1:00 PM - 4:00 PM	Pre-conference Session OUR COMMUNITY GATHERS TO ADDRESS HOUSING & SUPPORT NEEDS FOR OLDER ADULTS WITH MENTAL HEALTH ISSUES Raynell McDonough, BA, BSW, MSW, RSW - Issue Strategist with Calgary Neighbourhoods at The City of Calgary Kim Savard, BA - Program Manager of The Way In at Carya Lee Tunstall, BA, MA, PhD - Consultant
4:00 PM	Transportation to Evening Event
5:00 PM - 7:00 PM	Evening to Celebrate the Mid Autumn Festival at Calgary Chinese Elderly Citizens' Association (CCECA) Join the 2018 Grey Matters Planning Committee for an evening to mix and mingle with delegates, as a warm up to the convention. At the Mid Autumn Festival you will learn the Chinese traditional story and have an opportunity to build your own lantern, learn some calligraphy skills, and enjoy additional entertainment and light snacks.
7:00 PM	Shuttles Return to Hotel





TUESDAY, SEPTEMBER 25

7:00 AM	Registration and Stampede Breakfast
8:30 AM	Welcome and Opening Remarks
9:15 AM	<p>Keynote Address – John Morris Earle Morris Olympic Gold Medalist</p> <p>“Johnny Mo” is a two-time World Curling Champion and two-time Olympic Gold Medalist. John recently returned from the Winter Olympics in PyeongChang, Korea where he and his partner Kaitlyn Lawes made history by becoming the first ever Mixed Doubles Champions in the Sport of Curling. He also won Gold at the Vancouver Olympics in 2010 with the men’s curling team.</p> <p>In addition to his curling career, John has a passion for serving his community as a Firefighter at the RockyView Fire Department. John is also an active member of the Big Hearted Mavericks - a group of 25 dedicated businessmen out of the Calgary area who run various charity events throughout the city. The group has raised over 4 million dollars for Children’s Charities since their inception. He is a certified holistic nutritionist and gourmet chef.</p> <p>Accompanying John will be his father, Earle Morris, a legend in the curling world and a member of the Canadian Curling Hall of Fame. After a lengthy playing career, Earle moved into coaching and has been at it for over 20 years. He has won 6 Canadian Championships. At the World level he has won 1 gold, 2 silver and 2 bronze medals. Earle decided to retire from full-time coaching after the 2016 season and began offering his services to train high performance (HP) coaches. Earle’s coaching seminars focus on areas of training that can truly make a difference in team success.</p>
10:25 AM	Nutrition Break & Exhibits
10:50 AM	CONCURRENT BREAKOUT SESSIONS
	<p style="text-align: center;">An Information Sharing Approach to Working Collaboratively</p> <p>George Alvarez - Executive Director, Knowledge and Information Management, Community and Social Services</p>
	<p style="text-align: center;">Engaging Seniors in Rural Communities</p> <p>Cindy Lauwen - Volunteer Coordinator Barons-Eureka-Warner Family & Community Support Services</p>
	<p style="text-align: center;">Chinese Community Helper Program: A Peer Support Program for Seniors</p> <p>Liza Chan, BA, RSW, Executive Director Celia Li, MSW, RSW, Operations Manager Calgary Chinese Elderly Citizens’ Association</p>





	<p align="center">Elder Abuse Response Team: A Collaborative Approach to Promoting Safer Communities for Older Adults</p> <p>Susan Westenberger - Sargent, Calgary Police Service Jenna Powell, MSW, RSW - Social Worker - carya Luanne Whitmarsh - President, Alberta Association of Seniors Centres</p>
12:00 PM	Lunch sponsored by TELUS Wise
1:00 PM	CONCURRENT BREAKOUT SESSIONS
	<p align="center">Board Development</p> <p>Justin Solamillo, BSW, MSW - Community Development Officer, Alberta Culture and Tourism</p>
	<p align="center">What is a Dementia Friendly Community and What Does This Mean for You?</p> <p>Emma Richardson, BA - Dementia Friendly Communities Coordinator, Calgary Westhills, The Brenda Stafford Foundation</p>
	<p align="center">Let's Talk Ageism! A Collaborative, Community Approach to Change</p> <p>Donna Durand - Executive Director, Alberta Council on Aging Iman Bukhari, MA - CEO, Canadian Cultural Mosaic Foundation</p>
	<p align="center">Delivering More Than a Meal</p> <p>Christine Hentschel - Client Services Manager, Calgary Meals on Wheels</p>
2:10 AM	Nutrition Break & Exhibits
2:30 PM	CONCURRENT BREAKOUT SESSIONS
	<p align="center">Leadership Forged by The Four Horsemen - Lessons for Leaders from Fires, Floods, Pestilence and War</p> <p>Steven Armstrong, MSc - Leadership Expert, Speaker and Author of <i>You Can't Lead From Behind</i></p>
	<p align="center">What Family Caregivers Say: Surprising and Not So Surprising Results from New Research</p> <p>Allegra Samaha, MSW (c), RSW - Research Lead, Alberta Health Services Inpatient Social Worker, South Health Campus Briana Nickel, BSc - Research Team Member</p>
	<p align="center">When a Community Speaks...A Shared Journey to Wellness for Staff and Residents</p> <p>Sarah Price, B.A.Sc, Director of Service Krista Tweed, MA, Manager of Learning & Development Barbara Hagen, MA, RSW, Regional Manager Silvera for Seniors</p>





	<p align="center">Hearing Matters for an Aging Population: Research Findings and Evidence-based Recommendations for Communication and Hearing Loss</p> <p>Sharron Nixon; Alan Jones - Hearing Services Coordinators, Deaf & Hear Alberta Dr. Carrie Scarff, R. Aud, Ph.D, Registered Clinical Audiologist, Director of Audiology, Audiology Innovations, Board Member, Deaf and Hear Alberta</p>
3:40 PM	SESSION BREAK
3:50 PM	CONCURRENT BREAKOUT SESSIONS
	<p align="center">Strategic Planning for Seniors Centres</p> <p>Justin Solamillo, BSW, MSW - Community Development Officer, Alberta Culture and Tourism</p>
	<p align="center">Connecting with Others Never Grows Old - The Value of Multimedia Marketing in Addressing Social Isolation and Building Inclusive Age Friendly Communities</p> <p>Haidong Liang, PhD, Project & Facility Manager Westend Seniors Activity Centre</p>
	<p align="center">No Longer Silent: LGBT Older Adults</p> <p>Diana Wark, RSW - Training Centre Facilitator, Calgary Sexual Health Centre</p>
	<p align="center">How can our Continuing Care System Help Albertans Age Well</p> <p>Christine Walsh, MSc, MSW, PhD, RSW, Professor and Associate Dean Research, Faculty of Social Work, University of Calgary; Mare Donly, MSW, RSW, BSs, Volunteer with GSWAG and with Early Onset Dementia Support Group; Linda McFarlane, BSc, BSW, MSW, Volunteer with GSWAG and Patient/family advisor, Alberta Health Serving Continuing Care Committee</p>
5:00 PM	Closing Remarks
5:15 PM	Transportation to Evening Event
6:00 PM - 8:00 PM	<p>Networking Reception at the Kerby Centre</p> <p>Join us for a fun and relaxing evening in “Margaritaville”, complete with a live tribute band! A variety of food options included. Cash bar will be open.</p>





7:00 AM	Breakfast
7:15 AM	AGM - Alberta Association of Seniors Centres (AASC)
8:30 AM	Welcome and Opening Remarks
8:45 AM	<p>Opening Plenary – Dr. David Posen</p> <p>Physician Bestselling Author</p> <p>Dr. David Posen was a family physician for 17 years before devoting his time exclusively to stress management, lifestyle counselling and psychotherapy in 1985.</p> <p>Stress is a fact of life - but it doesn't have to be a way of life. Bestselling author, speaker and physician, Dr. David Posen, is one of North America's leading experts on stress mastery, work-life balance, health, and wellness. His dynamic presentations have empowered thousands of people to take control of their lives...and come out on top. Combining humour and practical analogies, Dr. Posen helps unlock the mysteries of stress and wellness.</p> <p>Dr. Posen is the author of five bestselling books, <i>Always Change a Losing Game</i>; <i>Staying Afloat When Water Gets Rough</i>; <i>The Little Book of Stress Relief</i>; <i>Is Work Killing You?</i>; and his most recent title, <i>Authenticity</i>.</p>
10:00 AM	Nutrition Break & Exhibits
10:20 AM	CONCURRENT BREAKOUT SESSIONS
	<p style="text-align: center;">Enhancing the Mobility of Seniors through Regional Collaborative Models of Alternate Transportation for Seniors and Launching a Community of Practice (CoP) Resource</p> <p>Dr. Bonnie Dobbs - Professor in Department of Family Medicine and Director, Medically At-Risk Driver Centre (MARD) at University of Alberta Kathleen Waxer - Director of the Community & Family Services, Municipality of Jasper Wendy Robinson - Family and Community Support Services Supervisor, Yellowhead County Susan Berry - Community Seniors Manager, Sturgeon County Emily Hussey, BSc - Research Coordinator, Medically At-Risk Driver Centre (MARD) at University of Alberta</p>
	<p style="text-align: center;">Truth and Reconciliation, the Response from City of Calgary</p> <p>Lorelei Higgins, BA, MBA - Indigenous Relations Strategist, The City of Calgary</p>
	<p style="text-align: center;">Addressing Elder Abuse in Alberta</p> <p>Lori Therrien, RSW - Elder Abuse Prevention Coordinator, Alberta Seniors and Housing</p>
	<p style="text-align: center;">Balance Your Health: Wellness Made Easy</p> <p>Melanie Fuller, BPE, CSEP, CEP, ACSM, CCEP - Manager, Wellness Programs, Alberta Blue Cross</p>
11:30 AM	Lunch sponsored by SEESA



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12:30 PM	CONCURRENT BREAKOUT SESSIONS
	<p style="text-align: center;">Healthy Aging Framework - Report Back to Senior Centres</p> <p>Luanne Whitmarsh - President, Alberta Association of Seniors Centres Karen McDonald, MBA - Executive Director, Sage Seniors Association</p>
	<p style="text-align: center;">Insights on Alberta Seniors: What Statistics Canada Data Can Tell Us</p> <p>Stephanie Quigg, MA - Program Policy and Data Analyst, Alberta Seniors and Housing</p>
	<p style="text-align: center;">Art Therapy and the Expressive Arts in Older Adults Groups</p> <p>Marilyn Magnuson, MSW, RSW, RCAT - Express Yourself Child & Family Art Therapy</p>
1:45 PM	Nutrition Break & Exhibits
2:00 PM	<p>END NOTE:</p> <p style="text-align: center;">Men's Sheds: Men Building Community & Supports, Shoulder to Shoulder</p> <p>Amanda Harriman-Gojtan - Life Enrichment Coordinator, Sage Seniors Association Punch Jackson, retired</p>
3:15 PM	Closing Remarks and Door Prizes

