

Young at Heart

**SENIORS CONFERENCE
MAY 15**

SESSION INFORMATION

ALL PARTICIPANTS WILL JOIN KEYNOTE PHYLLIS ROBERTO FOR THE ENERGIZER AND THE KEYNOTE SPEECH AS WELL AS THE CLOSING REMARKS.

KEYNOTE TOPIC

It's All In Your Head

By Phyllis Roberto

Don't believe everything you think - most of it is history repeating itself. We'll talk about how our subconscious mind keeps us entrenched in old beliefs and behaviours even if it's no longer for our best interest.

Phyllis L Roberto

Thought Leader and Strategic Intervention Coach through Robbins-Madanes Training
Phyllis is the creator of the Your Life, Your Way personal development workshop series.



A mother and a grandmother Phyllis has lived in the rural Edson area for most of her life. The last 10 years, after children were grown and more time available, Phyllis has seriously explored various modalities in the area of personal growth. Initially for her own benefit, her desire has since become to also bring healing and wellness to those around her.

Having grown up in a family of longevity Phyllis strongly believes that getting older does not have to mean deteriorating. As Dr. Christine Northrup says in her book Goddesses Never Age; "Getting older is inevitable. Aging is optional."

Phyllis aspires to live a vibrant, active, purposeful life all of her days and wants to assist others to do the same.

MORNING BREAKOUT SESSIONS

BRAIN GAMES: KEEPING YOUR BRAIN AGILE

By Phyllis Roberto

A couple of techniques for better memory in a fun way.

LAUGHTER YOGA (Active) (1 hour)

With Donna Strongman

A fun and easy way to energize and improve your health. Fifteen minutes of laughter increases circulation, strengthens your immune system, reduces stress, stimulates your brain and builds connections with others. An easy way to exercise, all you need is your funny bone and a smile.

FRAUDULENT SCAMS AND PERSONAL AWARENESS

By Sgt. Peter King

It arrives in your inbox one day: An official-looking email from your bank, a favourite retailer or maybe even the taxman, with an urgent request for you to click on a link to verify personal details or face the consequences. Don't click! Learn about common scams, how to be aware and protect yourself.

ALBERTA SUPPORTS

By Bailey Williams

In her role as an Alberta Supports Coordinator, Bailey explains the programs that can be accessed through Alberta Supports. A more in depth discussion on Alberta Seniors Programs, including descriptions, how to access them and who is eligible.

SEXUAL HEALTH FOR SENIORS

By Lori Harrison

*As we age the **hope** for a fulfilling sex life doesn't have to change. As our bodies change, we learn to overcome the challenges and obstacles we face. We can still have an enjoyable sex life, no matter what our age.*

INTERGENERATIONAL PLAY: SOCKLES

Sarah McDonald and Dana Tattersall

Make "Sockles" at the FCSS Family/ParentLink Centre during an intergenerational play session. You will be paired up with a child to create a fun craft. Play is forever, and studies have shown the benefits on seniors health and happiness when participating in play activities with children.

OLD SCHOOL HOUSE TOUR

By Edson Cultural Heritage Society

Tour the old school house and get a glimpse of Edson's past at one of the oldest Historical sites, the Edson School House.

AFTERNOON BREAKOUT SESSIONS

LAUGHTER YOGA (Active)

With Donna Strongman

A fun and easy way to energize and improve your health. Fifteen minutes of laughter increases circulation, strengthens your immune system, reduces stress, stimulates your brain and builds connections with others. An easy way to exercise, all you need is your funny bone and a smile.

5 POWERFUL STRATEGIES TO HELP YOU LIVE WITH PURPOSE, HEALTH AND JOY!

Krista Davi-Digui (Writer & Joyful Living <https://www.alifeinprogress.ca>)

Growing older is a gift. Growing older joyfully is a choice. Martha Beck writes “since our society equates happiness with youth, we often assume that sorrow, quiet desperation, and hopelessness go hand in hand with getting older. They don’t. Emotional pain or numbness are symptoms of living the wrong life, not a long life”; I happen to agree with her. Whatever our age or stage of life there are some science-backed, seemingly simple yet potentially powerful strategies we can use to live with purpose, health and JOY. Let’s explore 5 of these strategies together and some practical ways to apply them so you can show up fully to your imperfect and beautiful life.

TOOLS TO HELP KEEP YOUR INDEPENDENCE

By Jacqueline Lovely

Attend the presentation by the Good Samaritan Society to learn what is available to help you live in your own home safely for as long as possible. There is government funding available for those who qualify and much more.

CLEANING OUT YOUR MEDICINE CABINET-WHAT TO KEEP AND WHAT TO RETHINK

By Andrea Rushfeldt

Hospital Pharmacist Andrea Rushfeldt will go through a list of commonly utilized medications (both prescription and non-prescription) that might be worth a second-thought for seniors.

BE HAPPY, IT DRIVES PEOPLE CRAZY

By Allison Roth

What is the one determinant across all ethnicities, genders and age groups that determines happiness? Does the absence of disease make us healthy? Can attitude really affect our health and lifestyle change? To learn the answers to these questions and more, this session is for you!

PLANTING A FLAG IN THE MUSKEG: A BRIEF HISTORY OF EDSON AND AREA

By The Edson and District Historical Society

Experience Edson’s wild west history as you have never heard it before.

EXERCISE AND EDUCATE (Active) (1 hour)

With Meika Stewart

Full body exercises with chair options to help improve fitness, balance and maintain bone density, led by a Certified Exercise Physiologist.

CARDIAC HEALTH: HOW TO STAY YOUNG AT HEART

Kerry Suave-Johnson

Learn about how the heart changes as we age and how to manage risk factors to help keep your heart healthy. We will also discuss some common myths surrounding heart disease.

IT'S NOT RIGHT! NEIGHBOURS, FRIENDS, & FAMILY FOR OLDER ADULTS

Charlene Sitar

Many people feel they have a right to ignore, harm, or control older adults because of their age. We have a shared responsibility to promote respect for all members of our society. Everyone has a role to play. You may be the neighbour, friend or family member who can make a positive difference in the life of an older adult experiencing abuse or mistreatment. This presentation will teach you how to take the first step.

WHAT ABOUT ME? CARING FOR THE CAREGIVER

Carol Eberharter

As we are busy caring for others, we don't have the time, or take the time to care for ourselves. This workshop will be about taking care of yourself, the caregiver, recognizing that time and energy is a premium commodity as you are busy with the needs of others. The goal is for you to walk away with some practical ideas for doing some much-needed self-care!

INTERGENERATIONAL PLAY: SOCKLES

Sarah McDonald and Dana Tattersall

Make "Sockles" at the FCSS Family/ParentLink Centre during an intergenerational play session. You will be paired up with a child to create a fun craft. Play is forever, and studies have shown the benefits on seniors health and happiness when participating in play activities with children.