

A line art illustration in shades of purple and blue. A hand is shown holding a thread that loops around to form a heart shape. The hand is positioned on the right side of the frame, and the thread extends to the left, where it forms the heart. The background is a light, warm color.

# The Tapestry of Aging

Threads of  
Connection  
& Well-being

Summit Program

October 6 – 9, 2025 | Edmonton, AB & Online

# Welcome!

Thank you for joining us for the 2025 Healthy Aging Alberta Summit: *The Tapestry of Aging: Threads of Connection & Well-being*. Together, we will explore innovations in service delivery, system transformation for healthy aging, and inclusive practices that uplift older adults across the province. Your participation ensures that every thread—every organization, every voice—contributes to the collective fabric of healthy aging.

## Meet your hosts

The 2025 Summit is hosted by Healthy Aging Alberta in partnership with the Alberta Association on Gerontology (AAG) and the Alberta Elder Abuse Awareness Council (AEAAC).



[Healthy Aging Alberta](#) (HAA) is a 'by community, for community' initiative, powered by United Way Calgary and Area, 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.



[The Alberta Association on Gerontology](#) (AAG) is a not-for-profit, member-based organization, established in 1975 to bring together a multi-disciplinary group of professionals, researchers, cross-sectoral service providers, older adults, educators, and students to improve the lives of older Albertans.



[The Alberta Elder Abuse Awareness Council](#) (AEAAC) is a collective of dedicated Albertans committed to fostering awareness and empowering communities to respond to elder abuse. AEAAC's goal is to uphold the dignity, well-being, and autonomy of older adults by addressing the factors that contribute to abuse and building a strength-based, empowering and more inclusive community response.

# Thank you to our sponsors



Supported by



## Access the Summit on the go!

Access the schedule, session descriptions, venue map, and more all on your phone.

Download the VFairs event app to get started!

Download on the App Store



GET IT ON Google Play



# Program Schedule

All welcome addresses, keynote speakers, and breakout sessions will be broadcast virtually.

## Attending an in-person breakout session?

**If you've already signed up—great!**

If not, sign up for a session through the VFairs app or log in to the event website. If you need additional support, check with a Healthy Aging Alberta team member.



## Special Experiences

**Oct 6**

4:00 PM – 6:00 PM

**Age Out Loud Photobooth**

*Sponsored by Infinity Healthcare*

📍 2nd Floor: Canmore Room

Get your photo taken by a professional photographer!

**Oct 7 – 8**

12:00 PM – 4:00 PM

**Oct 6**

4:00 PM – 6:00 PM

**Ceremony Room**

*Sponsored by The Good Samaritan Society*

📍 2nd Floor: Red Deer Room

**Oct 7 – 8**

12:00 PM – 4:00 PM

A space dedicated to quiet reflection, respect, learning, and intentional pause throughout the Summit. Open to all participants, it offers a place to ground oneself, honour lived and ancestral experiences, and reconnect with purpose.

# Special Experiences

**Oct 6**

6:00 PM – 8:00 PM

## **Men’s Sheds Experience**

📍 *2nd Floor: Medicine Hat Room*

An immersive and interactive exhibit designed to replicate the feeling of walking into a real Shed. This experience will give attendees a hands-on understanding of how a Shed functions, its activities, and why it plays such a vital role in promoting mental health, social connection, and purpose for men in later life.

**Oct 7 – 8**

12:00 PM – 4:00 PM

**Oct 7 – 8**

8:00 AM – 5:00 PM

## **Exhibitor Hall**

📍 *Main Floor: The Crystal Gallery & Lobby*

Network with other attendees and organizations while discovering services and opportunities for your community.

**Oct 7 – 8**

8:30 AM – 4:30 PM

## **Poster Presentations**

📍 *2nd Floor: Glacier Room*

This space will showcase both academic studies and community-led initiatives that are advancing healthy aging across Alberta.

### **Poster Sessions**

Engage directly with researchers, program leads, and practitioners. Ask questions and exchange ideas.

**Session 1:** Oct 7 at 1:20 – 2:20 PM

**Session 2:** Oct 8 at 1:00 – 2:00 PM

**Oct 7**

12:00 PM – 5:00 PM

**Oct 8**

8:00 AM – 5:00 PM

**Oct 9**

8:00 AM – 12:00 PM

## **Healthy Aging Alberta Experience**

📍 *Main Floor: Lobby*

Add your thread to our Tapestry of Aging, explore our Systems Map and Healthy Aging Framework Digital Tool, learn more about our initiative’s evaluation and data, and share your feedback to help shape the future of HAA’s work.

View full session descriptions in the event app or on [our website](#):



# Monday, October 6, 2025

Time	Session	Location 
1:00 PM – 5:00 PM	Registration	Main Floor: Lobby
2:00 PM – 2:15 PM	Refreshments	Main Floor: Grand Ballroom
2:15 PM – 3:45 PM	Welcome & Opening Remarks	Main Floor: Grand Ballroom
4:00 PM – 6:00 PM	Welcome Reception	11th Floor: Top of the Inn



# Tuesday, October 7, 2025

Time	Session	Location 
7:30 AM – 8:30 AM	Registration & Breakfast	Main Floor: Lobby & Grand Ballroom
8:20 AM – 8:45 AM	Welcome Address & Ceremony with Elder	Main Floor: Grand Ballroom
8:45 AM – 9:05 AM	Providing the Context: Alberta Focused Data – Presented by the National Institute on Aging	Main Floor: Grand Ballroom
9:05 AM – 10:00 AM	Keynote: A Conversation with Dr. Olive Bryanton	Main Floor: Grand Ballroom
10:00 AM – 10:55 AM	Community-Based Seniors Serving (CBSS) Service Delivery Model	Main Floor: Grand Ballroom
10:55 AM – 11:10 AM	Coffee Break	
11:10 AM – 12:20 PM	Ecosystem Activation Presented by Alberta Association on Gerontology (AAG)	Main Floor: Grand Ballroom

<b>Time</b>	<b>Session</b>	<b>Location</b> 
12:20 PM – 1:20 PM	<b>Lunch</b>	Main Floor: Grand Ballroom
1:20 PM – 2:20 PM	<p><b>Breakout A:</b> An Introduction to the Natural Supports Framework for Older Adults</p> <p><b>Breakout B:</b> AAG Ecosystem Tabletop Discussions</p> <p><b>Breakout C:</b> Strength in Connection: Advancing Social Prescribing Through Coordinated Community Action</p> <p><b>Breakout D:</b> Innovative Workforce Solutions: Applying Rural Alberta Healthcare "Grow your Own" Tactics to Senior Services</p> <p><b>Breakout E:</b> Connecting Older Adults and Young Families through Library Early Literacy Programming</p> <p><b>Poster Session #1</b></p>	<p>2nd Floor: Edmonton Room</p> <p>Main Floor: Empire Room (Grand Ballroom)</p> <p>Main Floor: Royal/Imperial Room (Grand Ballroom)</p> <p>11th Floor: Top of the Inn</p> <p>2nd Floor: Calgary Room</p> <p>2nd Floor: Glacier Room</p>
2:20 PM – 2:35 PM	<b>Transition Break</b>	
2:35 PM – 3:35 PM	<p><b>Breakout F:</b> Building Stronger Communities: Innovative Transportation &amp; Home Support Services</p> <p><b>Breakout G:</b> "Strengthening Relationships": Honouring and Respecting Our Differences</p> <p><b>Breakout H:</b> Weaving Caregiver Support into Alberta's Tapestry: Aligning National and Provincial Strategies for Healthy Aging</p> <p><b>Breakout I:</b> Embracing the Value of Evaluation in Community-Based Seniors Serving Organizations</p> <p><b>Breakout J:</b> Improving Equity and Access to Palliative Care Through an Indigenous Lens</p>	<p>Main Floor: Empire Room (Grand Ballroom)</p> <p>11th Floor: Top of the Inn</p> <p>Main Floor: Royal/Imperial Room (Grand Ballroom)</p> <p>2nd Floor: Calgary Room</p> <p>2nd Floor: Edmonton Room</p>
3:35 PM – 4:05 PM	<b>Transition Break</b>	

Time	Session	Location 
4:05 PM – 4:30 PM	<b>Facilitated Reflection</b> with Dr. Olive Bryanton	Main Floor: Grand Ballroom
4:30 PM – 6:00 PM	<b>Break</b>	
6:00 PM – 9:00 PM	<b>Evening Gala Dinner</b>  The Next Chapter in Healthy Aging: Collaboration Across Sectors: 6:45 – 7:30 PM  Healthy Aging Impact Awards Ceremony: 7:40 – 9:00 PM	Main Floor: Grand Ballroom



## Wednesday, October 8, 2025

Time	Session	Location 
7:30 AM – 8:30 AM	<b>Breakfast</b>	Main Floor: Grand Ballroom
8:30 AM – 8:50 AM	<b>Welcome Address &amp; Ceremony with Elder</b>	Main Floor: Grand Ballroom
8:50 AM – 9:40 AM	<b>Keynote:</b> Pathways for Walking Together – Dr. Patricia Makokis	Main Floor: Grand Ballroom
9:40 AM – 10:10 AM	<b>Reflection Exercise:</b> Pathways for Walking Together	Main Floor: Grand Ballroom
10:10 AM – 10:35 AM	<b>Coffee &amp; Networking Challenge</b>	Main Floor: Grand Ballroom
10:35 AM – 12:00 PM	<b>Building Innovative Seniors Housing – Insights from Successful Models</b>	Main Floor: Grand Ballroom
12:00 PM – 1:00 PM	<b>Lunch</b>	Main Floor: Grand Ballroom

<b>Time</b>	<b>Session</b>	<b>Location</b> 
<b>1:00 PM – 2:00 PM</b>	<b>Breakout K:</b> Innovative Housing Solutions: Tabletop Discussions	<i>Main Floor: Empire Room (Grand Ballroom)</i>
	<b>Breakout L:</b> Walking Alongside Equity Building Groups	<i>11th Floor: Top of the Inn</i>
	<b>Breakout M:</b> Safe Spaces – A New Initiative in Rural and Indigenous Communities	<i>Main Floor: Royal/Imperial Room (Grand Ballroom)</i>
	<b>Breakout N:</b> The Vital Role of Seniors' Centres	<i>2nd Floor: Calgary Room</i>
	<b>Breakout O:</b> The Power of Storytelling: Honouring the Voices of Older Adults	<i>2nd Floor: Edmonton Room</i>
	<b>Poster Session #2</b>	<i>2nd Floor: Glacier Room</i>
<b>2:00 PM – 2:15 PM</b>	<b><i>Transition Break</i></b>	
<b>2:15 PM – 3:15 PM</b>	<b>Breakout P:</b> Community Collaboration for Living Well with Dementia	<i>Main Floor: Empire Room (Grand Ballroom)</i>
	<b>Breakout Q:</b> Empowering Voices – Ethnocultural Perspectives on Older Adult Mistreatment	<i>2nd Floor: Calgary Room</i>
	<b>Breakout R:</b> Compassionate Alberta – Programming and Resources to Help People Plan Ahead and Support Each Other When it Matters Most	<i>Main Floor: Royal/Imperial Room (Grand Ballroom)</i>
	<b>Breakout S:</b> A Sustainable Response to Food Scarcity	<i>11th Floor: Top of the Inn</i>
	<b>Breakout T:</b> Empowering Staff: The Secret Sauce for Well-Being, Engagement, and Workforce Success	<i>2nd Floor: Edmonton Room</i>
<b>3:15 PM – 3:45 PM</b>	<b><i>Transition Break</i></b>	
<b>3:45 PM – 4:45 PM</b>	<b>Keynote:</b> Global Models and Local Innovations: Dr. Samir Sinha on Aging Well in Alberta	<i>Main Floor: Grand Ballroom</i>

Time	Session	Location 
7:30 AM – 8:30 AM	<b>Breakfast</b>	Main Floor: Grand Ballroom
8:30 AM – 9:00 AM	<b>Welcome Address &amp; Ceremony with Elder</b>	Main Floor: Grand Ballroom
9:00 AM – 9:30 AM	<b>Keynote:</b> Transforming Communities Through Radical Listening – De'Amon Harges	Main Floor: Grand Ballroom
9:30 AM – 10:30 AM	<b>Workshop:</b> Finding the Wisdom in Community – Led by De'Amon Harges	Main Floor: Grand Ballroom
10:30 AM – 10:45 AM	<b>Coffee Break</b>	
10:45 AM – 11:40 AM	<b>Keynote:</b> Strength from the Heart: The Economics of Community in our Aging Society – Todd Hirsch	Main Floor: Grand Ballroom
11:40 AM – 12:00 PM	<b>Closing</b>	Main Floor: Grand Ballroom



# Our Exhibitors

Discover these exhibitors in-person or online.

- Alberta Blue Cross
- AspireCare Home Care
- The Alzheimer Society of Alberta and Northwest Territories
- Caregivers Alberta
- Chartwell
- COURAGE**: Action for Better Aging
- Edmonton Seniors Coordinating Council (ESCC)
- Health Quality Alberta (virtual only)
- HearCANADA
- HelpAge Canada
- Infinity Healthcare
- Finding Balance AB, Injury Prevention Centre (U of A School of Public Health)
- Just Like Family Home Care
- Nurse Next Door Edmonton SW
- Qualicare Edmonton South
- Rural Health Professions Action Plan (RhPAP)
- Utilities Consumer Advocate
- WE Seniors



Learn more about our Exhibitors and access their info and resources on the VFairs App.



Alberta Blue Cross® is the largest benefits provider in Alberta and one of the largest in Western Canada. We serve more than 1.8 million members with coverage through small and large employer group plans, individual plans and government-sponsored programs. For more than 70 years, we have been recognized as an organization who delivers quality service and competitive benefits while keeping our customers at the heart of every interaction.

As an Alberta-based, not-for-profit organization, we believe we have the responsibility to empower people to live their best life. We believe all communities should thrive. And, we are committed to promoting the health and wellness of Albertans.

[ab.bluecross.ca](http://ab.bluecross.ca)



AspireCare Home Care is a dedicated provider of compassionate, personalized, and high-quality home care in Edmonton and surrounding areas. We support children with autism, seniors with chronic conditions, and individuals with disabilities — enhancing independence and quality of life through tailored care.

Our certified team offers personal care, companionship, nursing support, respite care, palliative care, and more. At AspireCare, we believe that every individual deserves compassionate and tailored care, and we are dedicated to making a positive impact on the lives of those we serve.

[aspirehomecare.ca](http://aspirehomecare.ca)



**Vision:** Each person living with dementia, and those supporting them, can thrive as we focus on care today and a cure for tomorrow.

**Mission:** We bring awareness to dementia, provide education and support programs, alleviate personal and social impacts, and fund research for prevention and cure.

New initiatives include Cultural Communities, Dementia Supportive Communities, Mobile Rural Navigators, and Grief & Palliative Care.

[helpfordementia.ca](http://helpfordementia.ca)

1-866-950-5465

[help@alzheimer.ab.ca](mailto:help@alzheimer.ab.ca)



Caregivers Alberta is the only non-profit in the province solely dedicated to supporting unpaid family and friend caregivers. Since 2001, we've empowered caregivers through resources, one-on-one coaching, group programs, and education opportunities — ensuring those who provide care also receive the support they need.

Our **Caregiver Connect®** program links caregivers to local services, resources, and supports tailored to their needs.

[caregiversalberta.ca](http://caregiversalberta.ca) | [Caregiver Connect](#)



Chartwell is in the business of serving and caring for Canada’s seniors, committed to our vision of Making People’s Lives BETTER and to providing a happier, healthier, and more fulfilling life experience for our residents. Chartwell owns and operates a range of seniors housing communities, from independent living through to assisted living and memory care. Chartwell is one of the largest operators in Canada, serving approximately 25,000 residents in four provinces across the country.

At the heart of every Chartwell residence is the **LiveNow life enrichment program**, a holistic approach nurturing six dimensions of wellness through engaging activities, social connection, and purposeful living.

[chartwell.com/find-a-residence/alberta](https://chartwell.com/find-a-residence/alberta)



**COURAGE:** Action for Better Aging is a growing alliance of 350+ coalition members working to build a society where we can age with dignity, choice, and purpose. Founded by **Covenant** and **SE Health** in 2021, we’ve listened to over 1,000 voices—most of them older adults—calling for the freedom to age at home and in community.

The **COURAGE** journey brings together research, expert insights, and community feedback to help shape the future of aging in Canada. The **Roadmap for Action** outlines 4 key recommendations and 16 actions to move us forward.

Join the movement and explore the **Roadmap for Action** at [ActionForBetterAging.ca](https://ActionForBetterAging.ca)



For 20 years, ESCC has improved outcomes for older adults through **systems-level planning**—bringing people, ideas, and information together to strengthen the seniors-serving sector.

We support front-line organizations, identify and advocate for unmet needs, foster interagency collaboration, and facilitate strategic planning so providers can focus on delivering essential services. Key initiatives include **Hello Seniors**, **Social Prescribing Edmonton 55+**, the **Seniors Sector Inclusion Project**, and the **Edmonton Age Friendly Alliance**.

[seniorscouncil.net](https://seniorscouncil.net)



Health Quality Alberta is a provincial agency that brings together patients, families, and our partners from across healthcare and academia to inspire improvement in patient safety, person-centred care, and health service quality. We assess and study the healthcare system, identify effective practices, and engage with Albertans to gather information about their experiences. Our responsibilities are outlined in the *Health Quality Council of Alberta Act*.

[hqa.ca](https://hqa.ca)



With coast-to-coast coverage, online services and pioneering technology, HearCANADA is on a mission to make hearing care simpler and more accessible than ever before, setting a new standard in modern hearing care. Our teams volunteer time in the community to offer a full suite of complimentary mobile hearing care services. Drawing on the expertise and aftercare services of our hearing care professionals, we are helping more people take charge of their hearing health, making wonderful sound part of their everyday life.

[hearcanada.com](http://hearcanada.com)

## HelpAge

Canada

At HelpAge Canada, we're exclusively dedicated to supporting community organizations and the older people they serve. We believe that change starts where you live. That's why HelpAge Canada has adopted a holistic approach to healthy aging, working alongside community-based seniors' services (CBSS) organizations to deliver solutions that are tailored to the needs of communities and the older people who live there.

Together, we can create a new norm where everyone can age with dignity.

[helpagecanada.ca](http://helpagecanada.ca)



*Because aging isn't about slowing down — it's about living boldly, your way.*

At Infinity Healthcare, we believe every stage of life should be lived with confidence, dignity, and joy. That's why we launched **Age Out Loud** — a campaign that celebrates individuality, champions personal choice, and empowers older adults to embrace the fullness of life without apology.

Rated the **best homecare company in Northern Alberta** by consumers, we go beyond standard care. From the first conversation, our team listens to your values, preferences, and passions — creating care plans as unique as the people we serve.

We are committed to raising the standard for what aging can look like. **Because aging isn't something to hide. It's something to celebrate.**

*Infinity Healthcare – Empowering you to live your best life at home.*

[infinity-8.ca](http://infinity-8.ca) | [Age Out Loud Campaign](#)



**Falls are the leading cause of injury among seniors.** Finding Balance AB is an education program and public awareness campaign, developed and led by the **Injury Prevention Centre, School of Public Health, University of Alberta**, to help adults 55+ stay independent and prevent falls.

Through practical tips, resources, and learning opportunities, we empower older adults to build strength, improve balance, and reduce risks at home and in the community. Visit our website for free resources and sign up for our eNewsletter at [findingbalancealberta.ca](http://findingbalancealberta.ca).



**Aging affects the whole family — we're here to help make life better, together.**

With 50+ locations nationwide, Just Like Family is **Canada's largest 5-star, Canadian-owned home care company**. We provide 24/7 person-centered support, from personal care and companionship to housekeeping and wrap-around services that nurture emotional, social, and mental well-being.

As Canada's only Certified Social Enterprise home care company and an approved CDHCI provider, we go beyond home care — building connection, advocacy, and support for families.

[justlikefamily.ca](http://justlikefamily.ca)



**Nurse Next Door®**  
*home care services*

We do home care differently and empower seniors to live life to their fullest! Nurse Next Door Edmonton SW is a locally owned and operated Canadian Franchise serving clients from birth to end of life all over central and northern Alberta. We deliver **reliable home care services** to help your loved ones stay independent and at home.

Whether you need dementia, Parkinson's, disability or post-operative surgery, our custom in-home care services can help you. We offer support in personal care, meal preparations, 24-hour home care, transportation services, respite care and more.

[nursenextdoor.com/location/edmonton-sw-ab](http://nursenextdoor.com/location/edmonton-sw-ab)



At Qualicare Edmonton South, we provide **compassionate, personalized home care services** that empower individuals to live with dignity, safety, and comfort in their own homes. As part of a nationally trusted brand, our locally owned and operated team supports seniors, families, and those with complex care needs through a nurse-led approach.

Services include personal care, respite, palliative and dementia care, plus specialized nursing support. Our **Specialized Dementia & Cognitive Support Program** promotes independence, engagement, and quality of life.

[qualicare.com/edmonton-south](http://qualicare.com/edmonton-south)



RhPAP helps keep healthcare close to home by supporting the people and communities that make rural healthcare possible. We work with rural Albertans, including allied health professionals, physicians, nurses, and community leaders to strengthen recruitment, retention, education, and training.

Through initiatives like the **REAL (Rural Education and Advanced Learning) Program**, we make professional development more accessible and affordable — helping rural health professionals grow so rural communities thrive.

[RhPAP.ca](http://RhPAP.ca)

utilitiesconsumer  
**advocate**

The **Utilities Consumer Advocate** helps Albertans navigate electricity, natural gas, and water markets with trusted information, tools, and support. We empower residential, farm, and small business consumers to make informed choices and resolve utility issues.

Our role is threefold: **Educate** (resources, webinars, cost comparison tool), **Advocate** (consumer interests, fair pricing & service), and **Mediate** (support in disputes with providers). Whether you have questions about utilities, need help understanding your bill, or find yourself in a dispute with your provider, remember: the UCA is here to help.

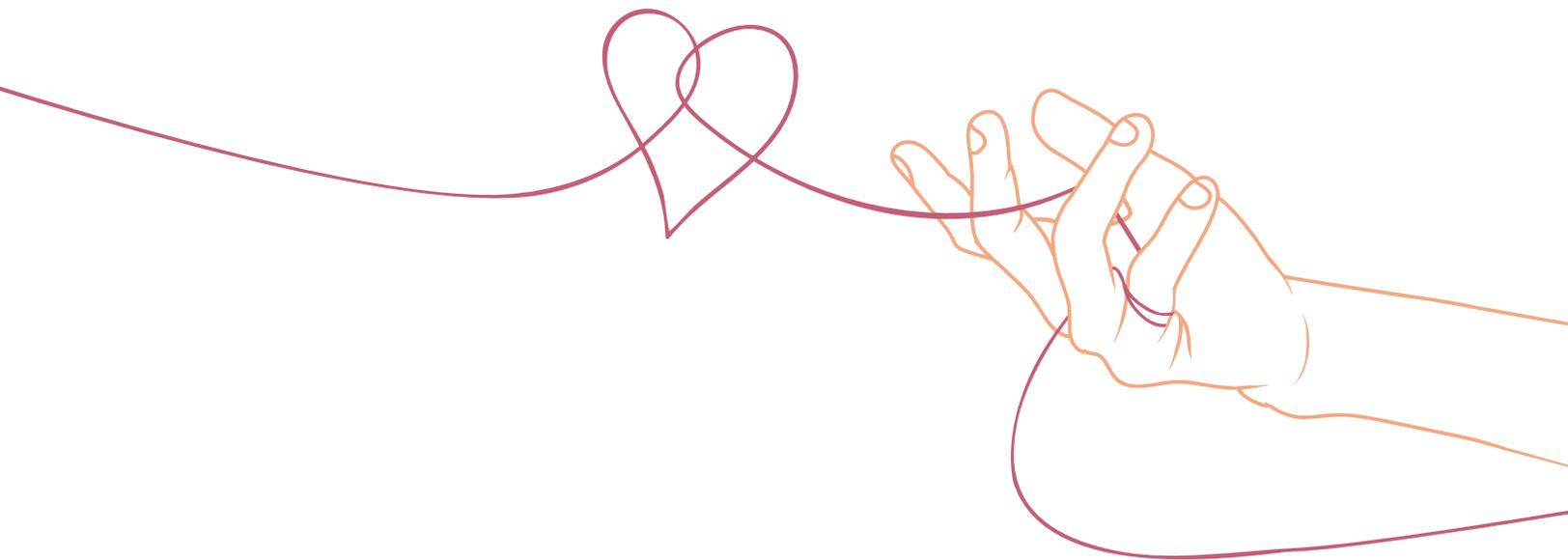
[ucahelps.alberta.ca](http://ucahelps.alberta.ca) | 310-4822



With two vibrant hubs — the **Westend Seniors Activity Centre** and **WE Seniors Strathcona County** — we're like a "*Seniors' High School*", offering fun recreation programs, compassionate outreach services, multicultural events, and support to keep seniors healthy, active, and engaged.

Our **Active Aging Series** brings health professionals, businesses, and community voices together for interactive sessions that inspire independence and connection.

[weseniors.ca](http://weseniors.ca) | [strathcona.weseniors.ca](http://strathcona.weseniors.ca)



Share your Summit  
Experience with us  
on LinkedIn!

#2025HealthyAgingSummit

