

## ELLA NHP ZOOM Fall 2021

### Presenter Biographies and Talk Summaries

**October 8<sup>th</sup>, 2021**

#### **Dr. Adriana Rios Rincon**

**Title:** Do you like telling and hearing stories? Living in a smart home? Supper prepared and served by a robot?! The future is closer than you think!

**Description:** Dr. Rios Rincon will talk about aging and technology, including showcasing smart homes, monitoring technologies, GPS technologies, mobile games for monitoring and stimulating cognitive status, digital storytelling and dementia.

**Short Bio:** Dr. Adriana Rios Rincon is an assistant professor at the Department of Occupational Therapy at the University of Alberta. Her current research is devoted to investigating the use of advanced technologies to support aging in place and the transitions across the continuum of care in older adults. She is especially interested in the use of technologies to assess and promote cognitive skills and engagement in playful cognitive activities in older adults, including those living with dementia.

**October 15<sup>th</sup>**

#### **Dr. Marilyn Hundleby**

**Title:** Wellspring Edmonton: No One has to Face Cancer Alone

**Description:** Dr. Hundleby will provide patient and caregiver perspectives of the impact of their Wellspring experiences. She will also share what she has learned from her work with those faced with a cancer diagnosis, and the importance of creativity, problem solving and social connection for the patient, their loved ones and caregivers' overall health and wellbeing.

**Brief Bio:** Dr. Marilyn Hundleby is a registered psychologist and Director of Programs for Wellspring Cancer Centre. She has previously worked in the area of PTSD, and at the Cross Cancer Institute, where her work focussed on the support of cancer patients and family members. Wellspring Edmonton provides a warm, welcoming place where cancer patients and their family members can take part in in-person or zoom programs and support groups that focus on their non-medical, practical, physical, emotional, or spiritual needs. These are offered at no cost and without referral, and delivered by professionals and trained volunteers, many of whom have experienced cancer themselves. Wellspring works with a health-advisory board to ensure the programs are based on the latest research and complement medical treatment plans.

**October 22, 2021**

### **Alice Major**

**Title:** Poet Meets Pandemic

**Description:** Imagine—you've been asked to write a poem for an anthology about the pandemic, and you have nothing to say! As Edmonton's first Poet Laureate, Alice Major had to come up with poems for civic luncheons and centennial celebrations. Her work has been inspired by scientific discoveries and social trends. So why dry up now? In her noon-hour conversation, she'll talk about why she seems to have been poetically inoculated against Covid-19. More generally, she'll talk about creative inspiration, how it goes missing and where we can each look for it. And she'll share some of her poems.

**Brief Bio:** Alice Major has published 11 books of poetry and the essay collection "Intersecting Sets: A poet looks at science." She also happens to have written the text of the City of Edmonton's Seniors Declaration. She is a long-time arts activist in Edmonton, and served as the chair of the Edmonton Arts Council, president of the Writers Guild of Alberta and president of the League of Canadian Poets. The most recent of her many awards include the Lieutenant-Governor of Alberta Distinguished Artist Award and an honorary doctorate from the University of Alberta.

**October 29th**

### **Meg DeForest**

**Title:** And We Have Books Too! All the Things You Don't Know About Your Library.

**Description:** The Edmonton Public Library is one of Edmonton's most used and best-loved institutions. Learn how EPL is changing the idea of the modern library, and about the innovative and essential services provided. Libraries are one of the last free spaces for connection, and free resources within our communities. Librarians work to assist those who are experiencing barriers to using library services, and to increase literacy both of the traditional kind, and informational/ technological literacy in an increasingly online world. NOTE: Your local library may offer many similar resources to EPL, and with a free local library card you can get a TAL and/or MELibrary card, so you can borrow any physical resource from any Alberta Library, which may also be delivered to your home.

**Brief Bio:** Meg DeForest has been a Librarian with the Edmonton Public Library for nine years, working at a number of different branches serving various communities. She was pivotal in creating a variety of virtual programming during the Covid-19 closures, developing a range of

services for adults including virtual book clubs, EPL From The Heart concert, and the first ever How-to Festival.

## November 5th

### Annette Ozirny Hobart

**Title:** After The Ink Is Dry: What Happened after Treaty 6 was signed.

**Description:** After the last Chief signed Treaty 6, what happened to him, and his Tribe. This presentation gives a glimpse into the life of a descendant, after the ink is dry!

**Brief Bio:** Annette Ozirny Hobart is also known as Maska Asohtewak, “She Walks with the Bears.” On her mother’s side, she is of Treaty 1 ancestry. Her lineage includes Peter Fidler, a map maker for the Hudson’s Bay Company, who married a Cree lady named Mary Mackagoone. Their daughter Sarah, Annette’s Great grandmother, is one of the first “Metis”, or first new people of Canada. On her father’s side, Annette is of Metis and Treaty 6 ancestry, with direct lineage to a warrior named Wandering Spirit, and Chief Big Bear, who was the last Chief to sign Treaty 6. While completing her education she worked for an Oil and Gas developer and recognized the need for Indigenous people to voice their concerns about long-term sustainable development of Canada’s resources, while being stewards of the land and environment. Annette established Dragonfly resources, consulting as a liaison between Indigenous communities, resource developers and governing bodies, and is an Engagement and Communications Specialist with AER, Alberta Energy Regulator.

## November 12<sup>th</sup>

### Dr. Kathy Belton

**Title:** Know Your Risks for a Fall: Knowledge is Key.

**Description:** This presentation will explore common risk factors for falls among seniors and provide tools to identify and address our personal risk factors for falling. Learn what you can do to prevent falls and keep living your best life!

**Brief Bio:** Dr. Belton is the Associate Director of the Injury Prevention Centre in the School of Public Health at the University of Alberta. The Injury Prevention Centre’s mission is to reduce the societal and economic burden of catastrophic injuries in Alberta by building partnerships, promoting effective strategies and sharing knowledge. Dr. Belton’s research focuses on knowledge translation for the prevention of unintentional injuries and her areas of interest are concussion, motor vehicle and farm-related injuries and falls prevention for seniors. Kathy has a Masters of Education specializing in Adult education and a PhD in epidemiology from the University of Alberta. In 2013 she was awarded the National Leadership Award for her work in injury prevention. As an injury survivor she knows first-hand the impact of preventable injuries.

**November 19<sup>th</sup>**

**Kathleen Quinn**

**Title:** Challenging the Shadow of Exploitation: Calling the Light.

**Description:** Kate Quinn will give an overview of the current legislation addressing human trafficking, sexual exploitation, child protection and internet child exploitation. She will provide tips on supporting people of any age by understanding the dynamics of online luring, grooming, exploitation and sexualized consumerism, and creating a culture of respect, strength and hope at the individual and community levels.

**Brief Bio:** Kate Quinn has served as Executive Director of CEASE: Centre to End All Sexual Exploitation since 1997. She works with a team who have experienced sexual exploitation, and community, law enforcement and government partners. She has coordinated the Sex Trade Offender Program since 1996. Her service to the community was recognized by the YWCA in 2012 with the Lois Hole Lifetime Achievement Award, and the Edmonton Social Planning Council Social Justice Award in 2014. CEASE is an Edmonton-based charity. It is a community of hope, respect and transformation for individuals, families and communities affected by sexual exploitation, sex trafficking and social inequality. They support individuals to create improved futures for themselves and their families through 1:1 coaching; financial literacy and matched savings; bursaries, direct poverty relief, and by supporting women to access housing, health, and community resources.

**November 26<sup>th</sup>**

**Twyla Campbell**

**Title:** Road-tripping Alberta: Exploring Close to Home but Off the Beaten Path.

**Description:** This session will help us to discover the impact of COVID-19 on the tourism industry and what we can do to help, including the future of travel – exploring your own backyard (Alberta); Road tripping - how to plan and what to keep in mind (and in the vehicle); Resources to use; Personal recommendations – places many people don't think of or even know about.

**Brief Bio:** Twyla Campbell is a freelance food and travel writer and CBC Radio food columnist. Twyla has been writing about food, wine, cocktails and travel for 15 years and is currently CBC Edmonton Radio's long-standing restaurant reviewer and food columnist. She is a seasoned traveller and an adventurous eater who proudly supports conscientious food growers who practise sustainable food production. Twyla sits on several national and local food judging panels and is a sought-after panelist when it comes to the topic of food and restaurants. Her book, "Maps, Markets and Matzo Ball Soup: the inspiring life of Chef Gail Hall," was released in October, 2018 and debuted at No. 1 on the Book Publisher Association of Alberta's Best Seller

Nonfiction list. She is currently working on a prairie food cookbook with Random House Appetite.