

IMPORTANT NOTICE: For the participants attending at the U of A, seating may be limited to 60%. **Week One** these ZOOM talks will be shown in ED 129 which holds 145 or 87 at 60% of capacity, **Week Two:** ED N2 115 which holds 240 or 144 at 60%. Therefore, ELLA attendees at the U of A are greatly encouraged to bring their personal electronic devices, then access the U of A's excellent Wi-Fi free, and watch the NHP talks on that device from any place on the campus.

ELLA NHP: NOON HOUR PROGRAM SPRING SESSION 2022

Tuesday May 3 Sharper Focus: Making Sense of 2022: After two tumultuous years, most Canadians were hoping 2022 would bring a return to normal. The pandemic may be less of a worry, but a whole raft of other issues have taken its place. Geopolitics, inflation, rising interest rates, and global trade disruptions are dominating the list of economic concerns. How can we make sense of these events, and what do we need to focus on?

Speaker: Todd Hirsch is the Vice President and Chief Economist for the ATB Financial. For more than 25 years, he has worked as an economist for organizations including the Canada West Foundation and the Bank of Canada. He is the author of four books. His latest, "Spiders in Covid Space: Adapting During and After the Pandemic", was released in March 2021. He serves on the boards of Calgary's Glenbow Museum and the Alberta Ballet. He is also the host of the podcast titled "The Future Of" which won a national award in 2021.

Wednesday May 4 Being and Belonging: Explorations in Social Cohesion in a Fragmented World: The talk is based on the experiences of Satya Brata Das in public life over the past four decades, and on the fruits of his explorations in social cohesion including the intersection of pluralism, diversity, and resilience in building a shared sense of community.

Speaker: Satya Das is a grandfather blessed with an open heart and open mind, champion of dignity and inclusion, journalist and seasoned strategist, policy guru, author and journalist. Polyglot, global citizen, optimist. Author of "The Community of Us."

Thursday May 5 Edmonton's Historic Cemeteries: Have you ever wandered in the Père LaChaise Cemetery in Paris and accidentally discovered so much more of history than you ever learned in school? Have you visited our own cemeteries closer to home, and heard stories of midnight parties? Concerts? Repositories for rich, noteworthy folks ~ men and women of the past? You are invited to come and listen to the rich cultural stories of days long past and the impact of those human stories as related by Kathryn Ivany.

Speaker: Kathryn Ivany is Edmonton's City Archivist and an experienced Public Historian and Archivist with demonstrated experience working in municipal government administration industry. She is skilled in museum education and exhibit design, historical research and interpretation, event management, cultural heritage promotion, writing and editing. Kathryn has a Master of Arts degree in History and studied at both the University of Alberta and Cambridge University, UK.

Friday May 6 Thinking About Your Future? Plan Now to Age in Place: Google this title and download this booklet that has been reproduced in every Canadian province. It will assist you to prepare your

personal Action Plan today for the life you want tomorrow, and to prevent crisis- driven, hasty decisions. In Canada, the average life span for women is 89 and men 87. Aging in place is defined as: “having access to the services, health and social supports you need to live safely and independently in your desired home or community for as long as you wish or are able.” This practical talk will include helpful insights, true life anecdotes, and resources for these topics. A PDF copy of the talk will be available.

Speaker: Judy Loutit was in the education field for over 50 years at Simon Fraser University, and in numerous K-12 English and French schools as a teacher, principal and substitute teacher. Now, she is an active volunteer for her church, ELLA, and Compassion Foster Children Canada. Last year she gave the well-received ELLA NHP talk: “When Winter Comes, Will All Your Nuts Be in a Row?” about ideas and resources for organizing one’s important papers.

Monday May 9 Nutrition and the Benefit to Healthy Aging: As we age our nutritional needs change and meeting them becomes harder. This situation is attributed to the normal decrease in caloric requirements as well as the fact that we are challenged with many chronic diseases and other risk factors. This talk will address some of the key changes that occur during aging and chronic diseases, and present ways that we can combat them through nutrition. We will do this by focusing on some of the current trends aimed at the senior generation which include:

- Dietary Patterns - Mediterranean, Dash and Ketogenic Diets
- Some selective nutrients such as: Vitamin D, Vitamin B12, protein and the fats (saturated, monounsaturated and polyunsaturated fats)
- Probiotics and Prebiotics
- How to shop for supplements that are marketed to the older generation

Speaker: Catherine Field holds a Tier 1 Canada Research Chair designation in Human Nutrition and Metabolism in the Department of Agricultural, Food and Nutritional Science (College of Natural and Applied Sciences) at the University of Alberta. Dr. Field’s research program centers on the effect of nutrition on the immune system. She has received many awards for her work, including an appointment to the Canadian Academy of Health Sciences, published 300+ peer-reviewed publications, and given 200+ keynote addresses. Dr. Field is a Past-President of the American Society for Nutrition and Vice Chair of the Advisory Board for the Canadian Institute of Nutrition, Metabolism and Diabetes.

Tuesday May 10 WE ARE ALL RELATED: What does that mean? Dr. Patricia Makokis has taught with Elders all of her post-educational career (20 plus years). In all of those years, the Elders always spoke about the land, the elements, air, wind, water, fire, and they always spoke of us being not only related to the land, but to man, all of mankind, the human family. Despite the colonial history in this country called Canada, the Elders always spoke with kindness. They wanted us to learn from them, step into these teaching roles and teach others with the same compassion, love, and kindness that they taught with, despite the soul wounds and the trauma they carried. Why? Why would they ask us to teach and model compassion centered leadership? Join her as she shares some of the leadership lessons as passed down to her about us all being *treaty people*!

She has co—produced two educational documentaries: “Treaty Talk: Sharing the River of Life” and “Treaty Walk: A Journey for Common Ground”, which she encourages you to watch before her talk on www.treatytalk.com

Speaker: Dr. Patricia Makokis is a proud Cree from the Saddle Lake Reserve in North-East Alberta with an EdD from the University of San Diego. She is a highly respected professor, servant leader, consultant and expert. As a speaker, she is known for her frankness, and superior knowledge of Canadian Indigenous culture, traditions, history and spirituality. Her mission is to build a bridge between the Indigenous and non-indigenous cultures.

Wednesday May 11 All My Life's a Story: Debby Waldman will be talking about her writing career, starting with her early days as a book-addicted kid who wanted to grow up and write the kinds of books she loved to read, to her detour as a newspaper reporter (because living in the US meant she needed a job with health benefits and "author" is not that kind of a job), to her current life. Her talk will include slides from her books, and the family and people who inspire her stories.

Speaker: Debby Waldman is an Edmonton writer and editor who works part time in the Academic Success Centre at the University of Alberta. Born and raised in central New York, she has a journalism degree from Syracuse University and an MFA in creative writing from Cornell University. She has written five books for children and two for parents of children with hearing loss, and articles for the New York Times, People, Parents, Sports Illustrated, Sports Illustrated for Kids, Wired, The Bittman Project, the Washington Post, and others. These days she focuses mostly on journalism because she has a short attention span, there are more opportunities for publication, and freelancing allows her to write about whatever interests her.

Thursday, May 12 Travel in a Post Pandemic World: The travel landscape is changing at a rapid pace, and with new developments almost daily, it's challenging to imagine what things will look like in May 2022. This presentation will include the very latest advice to help you plan your next trip to make it both safe and exciting.

Speaker: Nikola Berube has been in retail travel agency sales for 33 years. For nearly two decades, she has worked at AMA in multiple business lines, both in marketing and sales roles. As the Director of Sales for AMA Travel, her focus has been on customer experience and satisfaction, partner relationships, data-driven product marketing, counsellor specialization, and business development. Nikola's career has been fueled by her passion for supporting members, the travel industry, and travel itself.

April 16, 2022