

## 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.

**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.

**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.

**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.

**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.

**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 at the University of Alberta.

**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?

**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.

**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.

**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.

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