



ELLA NOON HOUR PROGRAM SPRING SESSION 2023

Tuesday, May 2:

HOPE Program: Organ and Tissue Donation

Have you ever wondered what is required to be an organ and/or tissue donor? Do you know someone who's been an organ or tissue donor? Did you know that just one organ and tissue donor can save up to eight lives and make life better for up to 75 other people? Come and find out or update your knowledge about donating organs and tissues like a kidney, heart, bone or skin!

Speaker: HOPE Program Coordinator. The HOPE Donor coordinators all have a critical care background with many years of experience working in the ICU. They are responsible for taking care of the donors and their families once the intensivists have identified that a patient may be a potential donor. The name and background of the speaker will be announced.

Wednesday, May 3:

Recent Historical Architectural Projects in Edmonton

This talk will use PowerPoint slides to illustrate a number of recent architectural projects on very familiar buildings in the Capital Region where David Murray has been the heritage consultant. It will provide information about the historical significance of these buildings and descriptions of the restoration activities.

Speaker: David Murray is a member of the Edmonton Heritage Board, and an award-winning member of the Alberta Association of Architects. He has taught architecture, and been involved in many major Alberta projects, including historical building restoration, rehabilitation, and adaptive reuse projects; cultural projects in museums and interpretive centres; historical resource feasibility studies and master plans; inventories and evaluations of historic resources; main street revitalization projects; urban design studies; and residential new builds and restorations.

Thursday, May 4:

Healing Harmonies: Music Therapy for Older Adults

Music Therapy is defined as a discipline in which Certified Music Therapists use music purposefully within therapeutic relationships for all ages to support development, health and well-being. One does not need to have a musical background to benefit from it.

This talk will explain the concepts of music therapy and its relevance, with a focus on older adults. Stories and videos will highlight the benefits and uses of music therapy for

palliative care, dementia care, and also everyday well-being. (FYI: Music Therapy costs may be covered by AB Health and some private medical plans.)

Speaker: Sheila Killoran, MA, MTA, FAMI, has a special interest in the use of guided imagery and music at the end-of-life. She is a Faculty Associate at the University of Alberta and St. Stephen's College, and has been a Music Therapist for the past 16 years on the Tertiary Palliative Care Unit of the Edmonton Grey Nuns Community Hospital. She trained as a Fellow with the Association for Music and Imagery, and holds a Master's Degree in Creative Arts Therapies, Music Therapy Option, from Montreal's Concordia University on the use of The Bonny Method of Guided Imagery and Music in Palliative Care.

Friday, May 5:

Building Anti-Racism Allies in Communities and Schools

Rosalind Smith will define anti-racism, and explore these points: Language matters and appropriate language for addressing race, ethnicity, and culture; Your name is your name - embracing the importance of honouring new names; Anti-racism training in schools for teachers, parents and students; Strengthening community involvement in the fight against racism, and How individual community members can make a difference.

Speaker: Rosalind Smith graduated from McGill University, and was the first black female principal in Edmonton, where she spent over 35 years as a teacher, principal and central services leader. She worked with teachers to develop action plans to support high-needs students. She is currently an educational consultant on leadership and anti-racism. Through mentoring skills and practices for educational leaders, she has influenced the thinking around moral leadership, equity in schools and anti-racism education. She has spoken at local, national, and international education conferences.

Monday, May 8:

Bridging the Digital Divide for Creative Palliative Care and Advance Care Planning

Digital health, or eHealth, is the use of information and communication technologies in support of health services. Digital health is shifting care models toward client-centred health care, but it can further marginalize populations that already experience inequities in health care access, including seniors. Digital health literacy must be recognized as a key determinant of health, similar to income, education, or sex and gender.

This presentation will use real life examples to illustrate digital health solutions used in advance care planning and palliative care; articulate the populations who are unequally impacted by digital technology; discuss strategies that mitigate inequality and help build a more inclusive and diverse digital environment for all; and provide resources that are available in the community to improve digital literacy.

Speaker: Dr. Jingjie Xiao is a champion for palliative care. She has a PhD degree in Human Nutrition and Metabolism from the University of Alberta. Her career has encompassed cancer prognosis, palliative care services evaluation and policy, with over 30 peer-reviewed publications, clinical care guidelines and 26 conference presentations. Her current research focuses on enhancing patient-provider communication by leveraging digital health and engaging stakeholders across societal sectors. She spends her spare time volunteering in various community events, and exploring nature and the Canadian landscape with her husband.

Tuesday, May 9:

Edmonton's Chinatown: The Best of Times and the Worst of Times

Chinatown was a place of hopes and dreams for the early Chinese who settled in Edmonton. It has been the go-to place for new and settled Chinese immigrants, locals and tourists. Over the years, Chinatown has encountered obstacles that make it harder and harder for the Chinese community to keep it up as an important, unique cultural place. This presentation will highlight the good times and trials and tribulations of Edmonton's Chinatown from its start to the present time in which the Chinese community can hope and be able to dream again of a vibrant Chinatown.

Speaker: Lan Chan-Marple has a Master's degree from the University of Alberta, where she is currently a research partner. She serves on several not-for-profit boards and groups tied to Chinatown, heritage, human rights and multiculturalism. Her community activism and contributions include leading Chinatown tours, researching and documenting the Chinatown community and people past and present, and organizing or participating in Chinese and other community events.

Wednesday, May 10:

Geocaching: An Outdoor Pursuit for Everyone

In geocaching, participants seek or hide geocaches at outdoor locations marked by specific coordinates using a GPS receiver such as a smartphone, combined with other navigational and problem-solving techniques. It can be addictive, with some folks planning their vacations around geocaches to be found around the world. Eric Schulz will give an introduction to geocaching primarily around the Edmonton area, with a focus on making it easy for anyone, at any age, to participate. He will explain what a geocache is, who geocaches and where, and the essentials of finding a cache. He will describe the further education, assistance, and geocaching activities available at the Geocaching Edmonton and Area Association, which promotes geocaching as a fun, solo or family oriented, outdoor recreational activity that encourages an appreciation of our environment, parks and trails. www.geaa.ca

Speaker: Eric Schulz is a retired major, with 33 years of service in the Canadian Armed Forces. He has been geocaching since 2005 with over 6000 finds and 450 hides. He

specializes in creative and fun-to-find hides. He is the current president and founding member of Geocaching Edmonton and Area Association, and also mentors and teaches geocaching.

Thursday, May 11:

New Technology Development for Alberta's Oil Sands Recovery to Reduce Environmental Impacts

Around 80% of bitumen in Alberta's oil sands is too deep to be mined and can only be extracted in place (in-situ) by drilling wells. Commercial in-situ recovery techniques for bitumen involve injecting steam into a well to heat the bitumen, which is too viscous to flow at initial underground temperature. At high temperature, bitumen becomes less viscous and can then be pumped to the surface from a well. The steam-based recovery techniques are very energy intensive and have significant impacts on the environment in terms of carbon emission and water usage/disposal. Dr. Law will describe the new technology development for Alberta's oil sands recovery that can meet the challenge of reducing the environmental impacts.

Speaker: Dr. David H.S. Law

Dr. Law retired as Heavy Oil Technical Director from Schlumberger in 2015. He has over 30 years' experience in technology development in crude oil recovery with three patents, three books and more than 100 technical publications. He holds a B.Sc. degree from the National Taiwan University in Taiwan and MSc and PhD degrees in chemical engineering from the University of Alberta. He was a registered professional engineer until his retirement.
