



SENIORS PROGRAM NEWSLETTER

February Newsletter Special Edition: Black History Month

February of every year since 2008 has been recognized as Black History Month in Canada. This is the time when Canadians celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada a culturally diverse, caring, and thriving country.

It is a great opportunity to celebrate the achievement of so many black individuals as well providing insightful reminders that systemic racism endures. Society must give visibility to the people and organizations such as ours dedicated and focused on creating change.

Special Feature

The Story of Viola Desmond: The Lady on The \$10 Bill

Viola Davis Desmond (1914–1965) was born in Halifax, Nova Scotia. She was an African Canadian who ran her own beauty parlor and beauty college in Halifax, Nova Scotia. On November 8, 1946, while waiting for her car to be repaired, she decided to go see a movie in the Roseland Theatre in New Glasgow.

She refused to sit in the balcony, which was designated exclusively for Blacks. Instead, she sat on the ground floor, which was for Whites only. She was forcibly removed and arrested.



Read more about contributions of Black Canadians at www.canada.ca/en/canadian-heritage/campaigns/black-history-month/black-canadians.html

Here are some activities to engage in this month

Black Albertans should know:

Alberta has been home for people of African descent for over a century. Black Canadians in Edmonton and Calgary interacted with people of diverse cultures amidst discrimination while they remained dedicated to social inclusion and making their contribution to the society at large. Read more via these links: <https://albertalabourhistory.org/black-communities-in-alberta/> and www.ucalgary.ca/equity-diversity-inclusion/literacy-and-education/albertans

Lunch 'n' Learns

Ageing in Place: Tips on helping to make your home safer and more accessible

Many seniors desire to "age in place" - stay in their own homes as they grow older, but may have concerns about safety, getting around, or other daily activities. A few changes could make your home easier and safer to live in independently.



Register via this link www.seniorscouncil.net/lunch-n-learns to join Edmonton Seniors Council to discover simple ways to make this a reality.

Winter Activities - Help Birds in Bad Weather

In the month of February winter is almost more than half gone. However, in the prairies where we live, it is still cold and frigid. We can feed birds to ensure that they come back over and over again. Here are some things to explore:

- Put out high-energy foods. such as suet, meat scraps, and peanut butter. Fat gives the biggest energy boost to winter birds, and without enough energy to keep them going, many songbirds would not survive a cold winter night
- Suet (the fat removed from processed beef), meat scraps, and peanut butter all provide fat to birds that eat them. If you don't have a suet feeder, use a mesh onion bag. Suspend it from a tree branch or iron feeder hook. Even in your apartment balcony
- To feed peanut butter, drill one-inch holes in a foot-long section of a small log. Insert a screw eye into one end of the log. Smear peanut butter into the holes and suspend the feeder from the screw eye.

Read more: www.birdwatchersdigest.com/bwdsite/learn/top10/top-10-ways-to-help-birds-in-bad-weather.php

Tax Clinic

Free Tax Clinic available from February 15, 2022 at the Africa Centre. Book an appointment by calling 780-860-3229

How Best can We Serve You?

Share your thoughts with us by emailing: acsp@africacentre.ca

Health Corner

As we approach the beginning of the end of Covid 19 measures in Alberta, take precautions to protect yourself.

Learn more here: www.alberta.ca/coronavirus-info-for-albertans.aspx

February is Heart and Stroke Month

To stay informed about proactive measures, visit heartandstroke.ca