



SENIORS PROGRAM NEWSLETTER

June Edition

June is the official month of Summer. Summer Solstice falls on June 21st and it is the day with the most daylight hours.

In the summer, flowers bloom, marriage ceremonies are celebrated, people go on vacations, picnics and trips to the farmers markets. The list of exciting activities is endless. While enjoying the outdoors, heat and aromatic herbs in your garden or balcony, remember to keep hydrated.

Special Feature

Alberta Seniors Week

Alberta Seniors Week will be celebrated on the week of June 6-12. Festivities kick off with an event hosted by the provincial government in partnership with the town of Taber, known as the corn capital of Canada due to the amount of sunshine it receives. Read more here: https://en.wikipedia.org/wiki/Taber,_Alberta

Alberta Seniors Week is an avenue for all Albertans to recognise and celebrate the immeasurable contributions to families and communities by our elders. Seniors are working longer, dedicating time to volunteering and taking care of their loved ones in various capacities. We depend on you, and we are grateful.

Health Corner

June is National Post-traumatic Stress Disorder (PTSD) Awareness Month.

It is caused by an experience of traumatic events like war, violent physical/sexual/verbal assault, and accidents. Some symptoms are depression, anxiety, nightmares, paranoia, insomnia, and disturbing thoughts.

Contd. on page 2



Due to the lack of knowledge around this mental disorder, as well as the stigma attached to it, many people do not seek professional help, and they suffer through it.

Learn more here:
<https://www.ptsdassociation.com/>

Announcement

Reconnect and Restart Luncheon

To specially celebrate seniors in the African community, Africa Centre's Seniors Program presents Reconnect and Restart Luncheon. This celebration is also to relaunch of our program's activities back to in-person, following the lifted restrictions due to the pandemic.

This luncheon promises to be exciting with food and drinks, conversations with our keynote speaker, Dr Jennifer Ndjenga, co-founder of Canada Homecare Group <https://www.canadahomecaregroup.ca/>. She will be speaking about realities and challenges of the pandemic from a perspective that addresses seniors' concerns.

The following African businesses in Edmonton will be sponsoring this event and are offering discounts to seniors during the Alberta Senior's week. Flyers for this event will be available at their entrances.

- Amana Travel, 10707 107 Ave NW
- Habesha African Market 10418 107 Ave NW
- Kasoa Tropical Food 9320 118 Ave NW
- Top African Fashion 9338 118 AVE NW

Safety Tips for Your Home

- Make sure your home is cleaned and organized
- Remove falling and tripping hazards.
- Keep important things reachable
- Organize and keep a reminder of medications
- keep a list of emergency numbers

Proverb of the Month

A baby chicken sleeps under a hawk's tree without knowing it. –Kpelle proverb

More about the Kpelle people:

<https://www.britannica.com/topic/Kpelle>

We appreciate your participation, and we look forward to your feedback as it helps us position our programs to meet your needs.

Get in touch with us with on acsp@africacentre.ca or call 780 288 3273.