



## SENIORS PROGRAM NEWSLETTER

### January Edition

Welcome to the first edition of the monthly newsletter for Africa Centre's Seniors Program.

My name is Aurelia Uarsama, I recently joined the Africa Centre as the Seniors Program Coordinator. I want to introduce myself to all the readers and program recipients and to wish you a Happy New Year!

I am excited to be initiating wonderful new activities and programs. I have lived in Canada for the past decade and Edmonton is home. I am an avid reader and enjoy gardening. If you have any concerns or need any information about our services, please contact me at [acsp@africacentre.ca](mailto:acsp@africacentre.ca)

Due to the COVID-19 pandemic restrictions, our Seniors Program has not been as active as it used to be. However, as we begin to adapt to our environment, we have planned some exciting and engaging initiatives with volunteers and participants to create fun ways of connecting with one another again.

More than ever before, we are committed to supporting seniors of African decent and addressing the issue of social isolation through activities and helping our seniors access services that enhance their well being.

#### Program Registration

Our program registration forms are out and can be downloaded by clicking the "Program Registration" button on our website [www.africacentre.ca/seniors-wellbeing-and-engagement](http://www.africacentre.ca/seniors-wellbeing-and-engagement)



### Quote of the month

**"Wisdom is like a baobab tree; no one individual can embrace it."  
– Akan and Ewe  
(Benin, Ghana and Togo)  
Proverb**





You can also fill out the volunteering form on our website, if you are interested in volunteering roles in the Senior Programs. We will be very happy to have you in our team.

We are the service hub for all our African seniors, providing services such as: housing information, community resources, assistance in applying for financial support and filing government forms.

Join our mailing list by registering and stay informed about programs and activities such as:

- Workshops for seniors' issues
- Virtual English classes
- Training of using new technology to and connect with your loved ones online

**Here are some activities to engage in, this month:**

**January is National Soup Month**

Soup recipes are versatile and easy to make. Soups are mostly liquid, and they are a great way to keep you hydrated and full in very low temperatures. They help soothe cold and flu symptoms especially when they are prepared with nutrients such as turmeric, ginger and garlic. Here is a link for some popular African soups: [www.tasteatlas.com/most-popular-soups-in-africa](http://www.tasteatlas.com/most-popular-soups-in-africa)

## Health Corner

### January is Glaucoma Awareness Month

Glaucoma is a group of eye conditions that damage the optic nerve, which connects the eye to the brain.

Damage to the optic nerve occurs because of abnormally high pressure in the eyes. This may lead to blindness or partial vision loss. Do book a routine eye examination with an eye doctor.

**January is Hot Tea Month**

We know how soothing a cup of tea can be at any moment of our day. Whether for breakfast or in the afternoon, while watching TV or reading a book.

Here is a recipe with anti-inflammatory ingredients to boost the immune system.

**Ginger Tea Recipe**

- One teaspoon ground turmeric or one tablespoon grated fresh turmeric
- Two and a half cups of water
- Three sticks of cinnamon
- One teaspoon fresh ginger
- Honey for sweetening

**How Best can We Serve You?**

We are conducting a needs assessment about our Seniors Program. Please participate through our questionnaire (which will be available in the February newsletter) or simply share your thoughts with us by emailing: [acsp@africacentre.ca](mailto:acsp@africacentre.ca)



**Tax Clinic**

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