



## SENIORS PROGRAM NEWSLETTER

### November Edition

#### Proverb of the Month

A cat in her house  
has the teeth of a  
lion.

A Somali proverb

Winter is here, so is the cold weather. Please make sure to stay warm and have your hats, gloves, and full winter clothing when outdoors.

#### Did you know?

That November is named after the ninth (novem) month in the early Roman calendar? During colonial times, it was the month to prepare the beaver's traps before the swamps froze and beavers retired to their lodges, to ensure a supply of warm winter furs.

This month, we will continue our Digital Skills Program for Older Adults. Congratulations for all the learners.

An eye-opening workshop on Elder Abuse is coming up on November 10. To attend, please call 780.288.3273 or email: [acsp@afRICACENTRE.ca](mailto:acsp@afRICACENTRE.ca).

### Special Feature

#### International Day of Older People

Every year around the world, October 1st is the International Day of Older People. This day is to celebrate and raise awareness about issues affecting the elderly such as isolation, elder abuse, and health.

Over the next 30 years, the number of older persons worldwide is expected to more than double reaching more than 1.5 billion persons in 2050.





## Health corner

November is diabetes month

Click the link below to learn more about this disease and help more than half a billion people living with it worldwide.

<https://worlddiabetesday.org>

To raise awareness for men's health, please participate in the "grow a mo" initiative this month and grow a moustache. Learn more here:

<https://ca.movember.com/get-involved/moustaches>

Miliete Berhane is a dedicated community connector to our program. She is the link that updates Eritrean elders about events of the program. She check in regularly and helps with language translations services.

She has been in Canada for five years. In addition to being a dutiful wife, is a loving grandmother to her grandchildren. She is active in her parish and enjoys having coffee and buna, with her friends.

In Sub-Saharan Africa, the older population will grow to be 101 million by the same year. That is an increase of 218 percent. Read more here: [www.un.org/development/desa/ageing/international-day-of-older-persons-homepage.html](http://www.un.org/development/desa/ageing/international-day-of-older-persons-homepage.html)

This year's theme is to highlight the resilience of Older Women and their roles in social, economic, and lifelong inequalities.

Women have always been an invisible force behind society's success and survival guaranteeing the human survival. This edition of our newsletter is dedicated to celebrating some amazing ladies for their participants and support to Africa Centre's Senior Well-being and Engagement Program.

### Mrs. Berhane, a caring mother





## The Resilience of Jeannie Cunningham

Cunningham Transport provides transportation for our seniors to different field trips throughout the city. It was established in 1972 by a husband-and-wife team - Jean and Edward Cunningham. In the early days, Ed would drive the one bus they had and helped Jean who was also working as a nurse with the business side, while they were raising five children.

Many sacrifices were made along the way and there were some difficult times for the family. Their hard work paid off, as 50 years later, they still come and say 'Hi!' to the almost 20 office staff and nearly 200 drivers daily. With two of their daughters now at the helm, Cunningham Transport continues to be a family owned-and-operated business and an ever-growing titan in the school transportation industry.



Rooted in Metis pride, Jean is a great example of resilience and woman power.

## Mariam, The Eldest Grandmother



Mariam Naputeto is a great role model in her family. She is a 78 year old great grandmother, mother, sister, and beloved wife to her husband who is 91 years old.

She hails from Congo; a country with weak governance, armed groups and sexual violence towards women. With determination, she left Congo to join her family in Canada.

Mariam is one of the oldest members of our program. She particularly enjoyed our field trips to the museum and botanical gardens. She speaks Swahili and meeting up with friends coffee or tea, reading the Bible and taking care of her grandchildren.



## Aunty Jane

Auntie Jane Wasike hails from Uganda and has been in Canada for seven years. Before retiring, she worked as a civil servant in various capacities for the government of Uganda.

She is meticulous, organized and generous. During our educational workshops, she brings a huge flask of masala chai tea, bread and strawberry jam to share.

Aunty Jane enjoys going to Church and cooking for friends and family.



**Get in touch with us with on [acsp@africacentre.ca](mailto:acsp@africacentre.ca)  
or call 780 288 3273**