



## SENIORS WELL-BEING AND ENGAGEMENT NEWSLETTER November

### Proverb of the Month

Get rid of your tents, bring your hearts closer, Tuareg proverb from Mali.

To learn more about the Tuareg people, click [HERE](#).

November is Family Violence Prevention Month in Alberta. Our Elder Abuse Awareness Campaign, part of the Circles Under the Tree Project, will provide meaningful services to African descent seniors in Edmonton and Calgary. We aim to raise awareness about warning signs and ensure accessible resources.

As part of the campaign, seniors can share their thoughts on an interactive wall in our offices. Follow our social media for updates on our informative campaign throughout November, focusing on Elder Abuse.

To stay tuned to upcoming activities, please register [HERE](#).

#### Launching Circles Under the Tree Project

The project initiated an effort to break down the stigma around elder abuse and support organizations in creating a more inclusive environment for seniors of African descent.

In October, we organized an [Elder Abuse Awareness Event](#) at the Africa Centre, which attracted over 40 attendees, our campaign aims to increase awareness, encourage discussions, and provide training for handling elder abuse cases. During the event, Noreen Sibanda from the [Alberta Black Therapist Network](#) (ABTN) highlighted the emotional and psychological impact of Elder Abuse.



## Health corner

November marks Lung Cancer Awareness Month.

Nearly 30,000 Canadians are diagnosed annually with this often preventable disease, and approximately 80% of cases are attributable to smoking cigarettes.

To learn more about the condition, click [HERE](#).

### Digital Skills Program Classes

#### Beginners Class

(Jan. 9 - March 19):

This session offers a slower pace, focusing on foundational mouse and keyboard skills.

To register for the Beginners Class, click [HERE](#).

#### Basic/Intermediate Class

(Jan. 9 - March 19):

In this more fast-paced session, participants will delve into Gmail, online searching, Google Meet & Maps, and YouTube. The class provides opportunities for extended learning based on individual experience.

To register for the Basic/Intermediate Class, click [HERE](#).

### Special Feature: CBC News Article Featuring the Circles Under the Tree Project.

#### 'They need a safe place': Africa Centre working to improve tools to address elder abuse

Circles Under the Tree Project aims to break down stigma around elder abuse



Madeline Smith · CBC News · Posted: Oct 26, 2023 6:00 AM MDT | Last Updated: October 26



To read the full article, click [HERE](#)

#### Elder Abuse Awareness Event Oct. 25



#### Your feedback is always needed!

Please send us a text message at 780.288.3273 to be added to our WhatsApp group or simply email us [acsp@afriacentre.ca](mailto:acsp@afriacentre.ca) to be added to our mailing list.