



SENIORS WELL-BEING AND ENGAGEMENT NEWSLETTER October

Proverb of the Month

Let gratitude be the
pillow upon which you
kneel to say your
nightly prayer. And let
faith be the bridge you
build to overcome evil
and welcome good.

-Maya Angelou

For more influential
quotes from black
women, click
[HERE.](#)

Fall is here! On October 1st, let's come together to observe the United Nations' International Day of Older Persons. It's an opportunity to express gratitude for the wisdom, experiences, and love that seniors contribute to our communities. This day also serves as a reminder of the responsibility we all share to acknowledge and address the loneliness and isolation that some older individuals may experience.

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

Historical Timeline: United Nations recognizing older adults

- 1948: the UN emphasized the need to address equal human rights for older persons
- 1982: the World Assembly on Aging was established to highlight the global situation of older persons.
- 1990: the UN declared Oct. 1 as the International Day of Older Persons to recognize their contributions and address international challenges.



Health corner

October is Breast Cancer Awareness Month. About one in eight Canadian women are expected to be diagnosed with breast cancer at some point in their lifetime.

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

Digital Skills Program Class Session.

Special Feature: Digital Skills Program for Older Learners

In October, we launched our second annual Digital Skills Program for older adults of African descent. The program, led by a new instructor, focuses on foundational computer and online skills, aiming to integrate seniors into the digital age. This initiative addresses barriers like loneliness and isolation, providing older adults with the technical know-how to access essential services and enhance their quality of life.



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@africacentre.ca to be added to our mailing list.