



SENIORS WELL-BEING AND ENGAGEMENT PROGRAM

MONTHLY NEWSLETTER

FEBRUARY



Greetings!

February is Black History Month (BHM). Our program strives to create more opportunities for seniors of African descent in our community, ensuring that their voices are heard.

The challenge for affirmation is continuous because our elders face multiple adversities and barriers on a daily basis, whether linguistically, culturally, economically, or socially. Through our program and planned activities, seniors are actively engaged in their community and are sharing their life stories and cultural wisdom with our impressionable young generation.

To learn about some impactful stories of African descent people right here in Alberta, click [HERE](#).

Quote of the Month

“It is in your hands to create a better world for all who live in it.”
- Nelson Mandela

To learn more about Nelson Mandela click [HERE](#).

Updates

Beginning with this edition, we will be transitioning from Proverb of the Month to Quote of the Month.

We will feature quotes from significant figures in our historical tradition and provide one link to learn more about their life.



Special Feature

Our typical cold Canadian winters have taken a turn this season. With the warmer weather, we've continued our Explore Edmonton: Winter Edition with trips to the Royal Alberta Museum and the Muttart Conservatory— that we would often reserve for the initiatives Summer Edition.

The climate shift, which is frequently associated with the El Niño effect—a complex and irregular set of meteorological shifts impacting the equatorial Pacific region—has caught our interest and encouraged us to spend more time outside. We're making the most of this special winter by travelling to different locations and making memories with our senior participants.

To learn more about El Niño's impact on Canada's winter, click [HERE](#).

Community Engagement

This BHM, we hosted Cooking with Elders, an incredible collaboration with the Africa Centre's Youth Resilience Building Program.

The event provided a hands-on experience, allowing seniors to talk and teach over 30 youth and young adults about African descent foods. Keep reading to hear from one of our seniors in the new Seniors Spotlight section.



Senior Spotlight



“The event [Cooking with Elders]...was awesome. Everyone was happy to learn something new, especially the kids and being able to teach was great. Having more events like this will help us stay connected to our culture and to pass on our culture as well. Next time we can even bring more people to cook and have more recipes. I’m looking forward to it!”

- **Mary Jimmy, South Sudanese senior cook**

Interactive Corner

Health Corner

A Y V L F Q H N S Y O V M I S
W B D T A J I E E F N O U L U
S W N Y F G A S N S O U T H D
V U N Z E A I R E B I L B B A
M E D R O I B H G S R U Q W N
K F I A I P M G A N R V J L N
A A A D N O A H L U D A F A B
Z I F E M I G C N Y D Q N Y R
F I L R R H O D V N F A C W A
J L M A K T I S A L H M N Y E
F O Y B M E I G D G C O N G O
L Y H M A O U R Y W D K B J B
N B M Y A B S N E A D N A W R
P H Y P U W W T A N Z A N I A
S D S M R V Q E Y B Q M M L D

Burundi
Ethiopia
Kenya
Rwanda
South Sudan
Tanzania

Liberia
Senegal
Uganda
Eritrea
Ghana

Somalia
Zimbabwe
Sudan
Congo
Gambia
Nigeria

Heart Health and Heart Disease Prevention is the focus of February; Heart Awareness Month. It may surprise you to learn that outside of hospitals, only one in ten people survive a cardiac arrest. This statistic shows how crucial it is to recognize the warning signs of a heart attack and to be ready to act quickly in an emergency.

Signs of a heart attack:

- Chest discomfort or pain: This is oftendescribed as pressure, squeezing, fullness, or pain in the centre of the chest that lasts more than a few minutes or goes away and comes back.
- Discomfort in other areas of the upper body: This can include discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath: This may occur with or without chest discomfort.
- Cold sweat, nausea, or lightheadedness: These symptoms can also accompany chest discomfort.

For recipes to improve heart health, click [HERE](#).

Please contact the program at 780.288.3273 to be added to our WhatsApp group.
You can also email us at acsp@afriacentre.ca