

Minister's seniors service awards

2021 Nominees

Individual award nominees

An individual Albertan or couple, of any age, who provides volunteer service, demonstrates philanthropy, or outstanding service to seniors in Alberta.

Amanda Archibald, Caroline

Honourable Jason Nixon, MLA, Rimbey-Rocky Mountain House-Sundre

Amanda works closely with Allison Farr, who has also been nominated. These librarians have gone above and beyond in their roles to help seniors in their small community, particularly vulnerable and at-risk seniors. Even when the library was closed, they personally visited seniors and delivered books to them, stayed for friendly visits, found transportation for medical and other appointments, shopped for groceries, and delivered home-baked treats. They helped seniors set up phones and tablets to connect with family, and also helped seniors with government forms and documents. Amanda and Allison provide a safe and welcoming environment for anyone who comes to the library.

Alan Davis, Edmonton

Richard Feehan, MLA, Edmonton-Rutherford

Alan is President of the Matsunokai Club, the Seniors' Club at the Edmonton Japanese Community Association. Alan's volunteer work has been important to the seniors in his area, ensuring a strong sense of community and connectedness. His work supports the physical and emotional wellness of seniors, promotes sharing of the Japanese culture, and facilitates learning experiences through speakers and educational opportunities. Throughout the COVID-19 pandemic, he co-created a bi-weekly newsletter to keep members engaged, entertained, and to lift spirits. He contacted 50 members by phone bi-weekly to check in, ensure they were doing well, and to share information. He also ensured members who wanted to get their vaccines could do so by arranging transportation to appointments.

Allison Farr, Caroline

Honourable Jason Nixon, MLA, Rimbey-Rocky Mountain House-Sundre

Allison works closely with Amanda Archibald, who has also been nominated. These librarians have gone above and beyond in their roles to help seniors in their small

community, particularly vulnerable and at-risk seniors. Even when the library was closed, they personally visited seniors and delivered books to them, stayed for friendly visits, found transportation for medical and other appointments, shopped for groceries, and delivered home-baked treats. They helped seniors set up phones and tablets to connect with family, and also helped seniors with government forms and documents. Amanda and Allison provide a safe and welcoming environment for anyone who comes to the library.

Anthony and Alice Kung, Calgary

Kathleen Ganley, MLA, Calgary-Mountain View

Anthony and Alice ensure the residents of Lions Village are active and engaged by offering free Tai Chi classes. Tenants have been enjoying the social connection, mental health benefits, and fitness support thanks to Anthony and Alice. Due to physical distancing requirements resulting from the COVID-19 pandemic, residents were experiencing anxiety issues and reduced mobility. Alice and Anthony worked closely with facility staff to incorporate changes to their program while adhering to public health restrictions so residents could continue to safely enjoy the benefits of exercise and social connection.

Arlene Adamson, Calgary

Honourable Tyler Shandro, MLA, Calgary-Acadia

Arlene is the Chief Executive Officer of Silvera, a nonprofit organization specializing in affordable seniors' housing and services. Arlene demonstrated great leadership throughout the COVID-19 pandemic. Due to her forward-thinking, Silvera already had a detailed plan to deal with potential health crises in its facilities. Arlene and her team worked with researchers at Mount Royal University and Concordia University to prepare a paper entitled, "The Psychosocial Impact of COVID-19: Risks and Recommendations for Silvera." This report included findings on isolation, loneliness, and the effects of quarantine. Arlene has also worked with organizations to test new technology to support residents, provide monitoring support, and address social isolation.

Benita Galandy, Grande Prairie*Tracy Allard, MLA, Grande Prairie*

Benita is a generous volunteer who dedicated much of her time, knowledge, and resources to improving the lives of seniors in Grande Prairie. Benita's service to seniors truly shines in the work she does, exemplified by her contributions to the start-up of a shelter for the benefit of homeless and at-risk seniors in Grande Prairie. As a dedicated volunteer at the shelter, Benita strives to ensure seniors have a safe place to reside from the elements. In addition to cultivating a safe and family-like home for seniors, she cooks, cleans, provides transportation services, and created a social framework that addresses social isolation and access to social supports. Benita's outstanding service and commitment to seniors was evident during the COVID-19 pandemic, contributing over 8,000 hours to the shelter since the beginning of the pandemic.

Betty Good, Calgary*Honourable Prasad Panda, MLA, Calgary-Edgemont*

Betty is a volunteer with the LINKages Society of Alberta. Betty mentored the development of intergenerational programs for seniors in three communities in rural Alberta. She was instrumental in organizing and executing the LINKages program for seniors with dementia. Betty's passion, empathy, and enduring commitment to connecting isolated seniors to youth makes a great difference in the lives of seniors in her community. Betty strives to demonstrate ingenuity, flexibility, and creativity in finding ways to keep seniors and students connected, such as the two-part activity series she created so seniors and youth could connect. Betty takes a collaborative approach to her service and was instrumental in the team that launched the first Intergenerational Community of Practice on the Collaborative Online Resources and Education Alberta knowledge hub.

Brent Lyon, Rocky Mountain House*Honourable Jason Nixon, MLA, Rimbey-Rocky Mountain House-Sundre*

Brent and Wanda Elliot, who is also nominated, are employees of the Rocky Mountain House Primary Care Network. As the public health measures came into effect during the COVID-19 pandemic, Brent and Wanda worked diligently to identify seniors, many of whom live independently or were isolated in rural residences, who required access to medical care were able to do so virtually. They made daily telephone calls to seniors to make them aware physicians and medical offices were still open and, if needed, were available for telephone or in-person appointments. As the immunization program began, Brent

and Wanda ensured seniors in their area were able to book their vaccines.

Caron Stoltz, Sherwood Park*Jordan Walker, MLA, Sherwood Park*

Caron is the Volunteer Services Manager for Volunteer Strathcona. Caron brings out the humanitarian in those around her. Caron's authentic connections with volunteers and the community influence people to go above and beyond. She works diligently to support seniors in accessing services and connects them to volunteers to deliver those services. Throughout the COVID-19 pandemic, Caron successfully implemented a COVID-19 Emergency Support Project in a very short period of time, calling each senior client to assess their needs and understand how they were doing. As the vaccine program was rolled out, Caron was concerned how low-income seniors in her community could obtain safe transportation to their vaccines. She partnered with Drive Happiness to ensure seniors in Strathcona County had transportation services.

Colleen Schmidt, Devon*Mark Smith, MLA, Drayton Valley-Devon*

Colleen is an Outreach Home Support provider for the Town of Devon. Fueled by compassion, empathy, and integrity, Colleen continuously goes beyond her duties to ensure the seniors she supports are well cared for. She provides housekeeping, meal preparation, errands, and respite care as part of her role and volunteers her personal time to improve the lives of her clients. She delivers homemade meals for holidays, fundraises, procures essentials for low-income seniors, and encourages connections within the community to prevent social isolation. Throughout the COVID-19 pandemic, Colleen made weekly wellness calls to check in and see how her clients were doing, providing them comfort and space for them to express their feelings. Colleen is always looking for ways she can contribute and brings an uplifting spirit to those she meets.

Cory Young, Peace River*Dan Williams, MLA, Peace River*

Cory is a Home Support Worker for the Municipality of Northern Sunrise County. Often going above and beyond her role, she visits with, and learns about, each senior she serves. Cory is aware of how seniors become lonely and frustrated and works diligently to help them by taking time to understand their concerns and offer compassion. When she sees a gap in services, she takes time to ensure the needs of seniors are met. She does this by washing exterior windows at seniors' homes, mowing lawns, and providing transportation to medical appointments. In addition, she takes time to prepare, cook, and deliver meals to seniors.

Cory also ensures her clients stay connected and continues to visit with them regularly even after they move out of the county. Throughout the COVID-19 pandemic, Cory turned the Wheels to Meals program into a home delivery service. Seniors no longer need to go to the local community hall to receive healthy meals; instead, they can have them delivered to their door. Cory initiated this program three years ago when she noted seniors were struggling to prepare healthy meals.

Elizabeth Da Silva, Edmonton

Heather Sweet, MLA, Edmonton-Manning

Elizabeth is an outstanding volunteer with E4C's tax program that assists seniors with filling their taxes. Elizabeth did taxes every week during the tax season, and was able to help many seniors get their taxes completed. Elizabeth is dedicated to volunteering her time to helping seniors. During her time as volunteer, she completed 74 drop off taxes and 13 scheduled in-person taxes for low-income seniors and Edmonton community members.

Eric Storey, Edmonton

Marlin Schmidt, MLA, Edmonton-Gold Bar

Eric is a dedicated volunteer supporting Edmontonians for over 39 years. He actively contributes to the community and strives to make it a better intergenerational place to live by creating safe spaces where marginalized people can be their most authentic selves. Eric is passionate about social justice issues, especially those experienced by seniors, as well as at-risk and in-care youth. He advocates for sexual and gender minorities and has been involved with the Edmonton Pride Seniors Group, connecting older LGBTQ2S+ people with safe seniors' services, centres, and housing. His devotion to being an advocate for diversity, equity, and inclusivity shines through in his volunteer work. He also gives his time to volunteer with Age Friendly Edmonton and Edmonton Seniors Coordinating Council as a part of a global age friendly cities movement to support the inclusion, diversity, and well-being of seniors. Eric has spoken to many older adults to inform and educate on financial literacy and fraud prevention. Recently, Eric co-created the *Shared Mic: Conversations for the Ages*, a podcast that discusses topics celebrating diversity and identity across generations for a shared discussion between generations.

Guye Lappin, Whitecourt

Martin Long, MLA, West Yellowhead

Guye is an outstanding volunteer in his community of Whitecourt. Throughout the COVID-19 pandemic, Guye was instrumental in recruiting seniors to volunteer their time at the local ski hill. The hill provides seniors a space to keep active, and an opportunity to accompany their grandchildren

and watch them while interacting with other seniors. Guye has also been influential in keeping seniors active in other ways such as the sport of pickleball. Guye not only provided the community with recreational opportunities, but also facilitated a much needed social, physical, and mental health boost to so many seniors. Guye's contributions and leadership have made the community more inclusive, reduced isolation and created places where seniors can keep physically active.

Dr. Haidong Liang, Edmonton

Jon Carson, MLA, Edmonton-West Henday

Dr. Liang is the Executive Director of the Westend Seniors Activity Centre. Through his work, he continuously demonstrates why he is a leader in the seniors-serving sector. When the centre closed its doors due to the COVID-19 pandemic, he immediately began creating an eight-week fitness program for seniors. The centre shared 16 exercise videos seniors could watch at home to keep active. The centre also created over 2,000 handbooks with photos and descriptions so seniors who had no access to online services could participate in the fitness program. Dr. Liang shared this program across Alberta to seniors-serving organizations and businesses. As a gerontologist, Dr. Liang's passion is to serve all seniors, not just members of his organization. Over the last three years, Dr. Liang has quickly earned a reputation for being innovative, creating multi-sectoral sustainable partnerships, and for sharing resources with other nonprofit organizations to help serve more seniors. Dr. Liang created a partnership called YEG Seniors Alliance and through this partnership member organizations were able to jointly offer online classes and programs to more than 3,500 seniors. Under Dr. Liang's leadership, the Westend Seniors Activity Centre received a Minister's Seniors Service Award in 2019.

Janice Balaban, Calmar

Mark Smith, MLA, Drayton Valley-Devon

Janice and Margaret Roskewich, who is also nominated, have served the seniors' club in the community of Calmar for the past several years. They both give of their time to ensure the seniors' community in Calmar feels connected and valued. They have committed to community building and creative solutions to seniors concerns throughout their years of service. Janice and Margaret have expanded the seniors' club's Music Jammer program, which brings Calmar and District seniors together for a meal, music, and social interaction. This has grown into a monthly event to bring seniors together to address social isolation.

Jasneet Parmar, Edmonton*Richard Feehan, MLA, Edmonton-Rutherford*

Dr. Parmar is a professor at the department of Family Medicine and a medical lead for Edmonton Home Zone Living and Transition. Through her work, Dr. Parmar has raised awareness of ageism, enabling seniors to remain healthy and happy while living with chronic illnesses and conditions. Dr. Parmar is a problem solver and takes a collaborative approach to her work, she created a multi-level stakeholder team to improve patient care by developing an interdisciplinary decision-making capacity assessment process that is client centered and avoids unnecessary and successive assessments. Dr. Parmar leads a systematic approach to developing a health care system that provides supports for family caregivers. With the help of a research team, Dr. Parmar brought together over 400 stakeholders to facilitate practical change in caregiver supports.

Kate Takeda, Lethbridge*Shannon Phillips, MLA, Lethbridge-West*

Kate has volunteered at Pemmican Lodge for several years. When visiting her grandmother, who is a resident, she delivered fresh flowers each week and soon realized other residents would enjoy flowers as well. Kate contacted a local flower farm and negotiated to have them donate flowers. Kate then arranged and displayed the flowers in common areas of the lodge for all residents to enjoy. Her volunteer duties at Pemmican Lodge now include running the tuck shop. She ensures tuck shop supplies are inventoried and any required supplies ordered. Kate's thoughtfulness and tuck shop service have brought joy to the residents living at the lodge. She is an avid volunteer at Pemmican Lodge and her volunteerism meets the needs of many of the residents.

Lalit Jain, Calgary*Honourable Prasad Panda, MLA, Calgary-Edgemont*

Lalit has been an enthusiastic volunteer throughout his life in Alberta. A senior himself, Lalit has been philanthropic to the seniors' community in Alberta. He provides yoga classes to seniors seven days a week, which has been a tremendous benefit for fitness. It has made a big difference in the mental health of isolated seniors to have this social interaction and purpose each morning in these difficult times. Lalit has willingly given his time to other seniors in need; throughout the COVID-19 pandemic he has done errands, such as grocery shopping and driving seniors to medical appointments.

Laurie Adamson, Irma*Garth Rowswell, MLA, Vermilion-Lloydminster-Wainwright*

Laurie has been helping seniors for several years. Her cheery and upbeat attitude lightens the hearts of everyone she encounters. She works with seniors to ensure they are well looked after, engages in many rounds of bingo, hauls miniature horses in for talent shows, and shares stories. Many of the seniors she works with really look forward to her frequent check-ins. She provides hair-dressing services out of her home and keeps very busy with a largely senior clientele, also providing transportation to senior clients to her salon.

Margaret Roskewich, Calmar*Mark Smith, MLA, Drayton Valley-Devon*

Margaret and Janice Balaban, who is also nominated, have served the seniors club in the community of Calmar for the past several years. They both give of their time to ensure the seniors' community in Calmar feels connected and valued. They have committed to community building and creative solutions to seniors concerns throughout their years of service. Margaret and Janice have expanded the seniors' club's Music Jammer program, which brings Calmar and District seniors together for a meal, music, and social interaction. This has grown into a monthly event to bring seniors together to address social isolation.

Margo Mackinnon, Grande Prairie*Tracy Allard, MLA, Grande Prairie*

Margo is a long-term volunteer who takes initiative when she sees a need in her community. Since the beginning of the COVID-19 pandemic, Margo dedicated herself to the Letters Against Isolation campaign, a cause dedicated to sending 80 to 100 handwritten letters and colored pages a month to the residents of assisted living facilities and care homes between Sucker Creek and Grande Prairie. The Letters Against Isolation campaign serves thousands of seniors in the United States, Canada, United Kingdom, Australia, and Israel.

Marty-Jo Beier, Edson*Martin Long, MLA, West Yellowhead*

Marty-Jo is a dedicated and loyal volunteer at the Town of Edson Family and Community Support Services office for over 30 years. Her dedication and commitment means there is no amount of time Marty-Jo will not spare. Every year, Marty-Jo spends hours as the main volunteer of the local Community Volunteer Income Tax Program with over 10,000 hours of volunteering for this program alone. Marty-Jo also volunteers her time outside of the clinic to provide free tax services to individuals who do not qualify for the program.

Annually, she singlehandedly completes anywhere from 400 to 700 tax returns, helping ensure seniors receive the federal and provincial benefits to which they are entitled. In addition to this massive dedication to the free tax clinics, Marty-Jo volunteers in many other ways throughout the Edson community.

Meagan Chapman, Parkland County

Shane Getson, MLA, Lac Ste. Anne-Parkland

Meagan is the Acting Recreation Manager at St. Michael's Long Term Care Centre. She consistently demonstrates an outstanding commitment to residents and families. Her innovative work throughout the COVID-19 pandemic improved residents' connections with their families by providing opportunities for one-on-one meaningful interactions. Meagan created a safe environment where families could visit while ensuring safety. Meagan continues to instill hope within residents and strives to fill their days with purpose, laughter, and love. Meagan also introduced intergenerational activities, partnering with a local school to co-ordinate window visits, entertainment, a pen pal program, and connection between seniors and youth.

Patricia Myttenar, Edmonton

Joe Ceci, MLA, Calgary-Buffalo

Patricia volunteers at the Kerby Centre in Calgary. She has an extensive background of volunteering for numerous causes and has dedicated the past five years to helping seniors in general. Patricia has played many roles at Kerby Centre, including Kerby Ambassador, tour guide, the Food Rescue Program, and assisting with special events to name a few. Patricia embodies the volunteer spirit; she gives her time to those who need it, is a leader, and advocate for other seniors wanting to volunteer by inspiring, training, and mentoring others along the way. Her dedication to the Kerby Centre over the past five years has been remarkable.

Patricia Wilkes, Edmonton

Chris Nielsen, MLA, Edmonton-Decore

Patricia is an integral volunteer at St. Michael's Long Term Care Centre. She motivates others to become leaders in the community through benevolent and philanthropic giving. Patricia volunteers at community bingos, sits on the Ethics Education and Support Committee, and is the Vice President of the Friends of St. Michael's of Edmonton Society. Patricia has contributed over 2,100 hours of her time to enhancing the quality of residents' lives throughout the past eight years. One of Patricia's most recent contributions to the well-being of residents was in June when she volunteered to plant flowers on site for the enjoyment of residents during the summer months, which was specifically impactful during the

COVID-19 pandemic when many of the residents were isolated in their rooms.

Randy Smith, Hinton

Martin Long, MLA, West Yellowhead

Randy is incredible with the community, especially to senior citizens. He goes above and beyond to show recognition to everyone around him. He works hard to create community involvement, especially to the yearly Seniors' Week events. Randy has always stepped up to help and has given presentations to the residents. He has helped residents with financial solutions, and provided important information.

Rhoda Murray, Three Hills

Honourable Nathan Cooper, MLA, Olds-Didsbury-Three Hills

Rhoda is a volunteer in Three Hills committed to encouraging and engaging seniors in ways that uplift and support an enhanced quality of life for Kneehill County. Rhoda has shown her dedication to Alberta seniors and her community through her rich and varied volunteer history. She founded the Three Hills Arts Academy and the Jubellation Handbell Choir. She has volunteered for many years at the Seniors Outreach Program Society in Three Hills and is the current Board Director.

Rhoda shows great initiative, whether it is her work in founding new organizations, volunteering, or advocating for seniors. When the Seniors Outreach Program Society celebrated 25 years of service, Rhoda created a presentation showcasing the rich history of the organization and surrounding communities. She also spearheaded the application for Seniors Outreach Program Society to co-host the 2021 Seniors' Week provincial launch event, which was a great success.

Salima Suleman, Edmonton

Marlin Schmidt, MLA, Edmonton-Gold Bar

Salima is a dedicated volunteer who values intergenerational connections with older persons as a means to improve dialogue, empathy, and community. Salima started working with older persons in high school when she volunteered as a Hope Kid. Salima spent time with older adults to provide companionship and entertain them with her juggling skills. Her passion for intergenerational connections continued to grow into adulthood. Salima joined Age Friendly Edmonton to support inclusion, diversity, and well-being of seniors. Salima is the co-creator and co-producer of a podcasting initiative called the Shared Mic. The Shared Mic is a breath of fresh air that brings generations together. Throughout the COVID-19 pandemic, Salima and the podcast production team had to get creative to record season two of the Shared Mic: Conversations for the Ages while adhering to public

health restrictions. With over 1,500 listeners, Salima is well on her way to making Edmonton a better place to live.

Shelley McLellan, Calgary

Honourable Doug Schweitzer, MLA, Calgary-Elbow

Shelley is the owner of Aspen Care Ltd., a home care provider that provides tailored palliative care to seniors suffering from chronic illnesses or illnesses due to aging. Aspen Care's mission is to elevate senior care across Canada and help clients live with dignity. Throughout the COVID-19 pandemic, Shelley took swift action to reduce the risk of exposure, which was highly successful. After witnessing the impacts of COVID-19 on seniors' homes, Shelley pivoted the company to launch My Health Journals. My Health Journals have been donated to many organizations, nursing homes and long-term care residences in Alberta. My Health Journals are books derived from Aspen Care's nursing process. These journals help vulnerable Albertans track their health, both physical and mental.

Shirley Isaacson, Claresholm

Roger Reid, MLA, Livingstone-Macleod

Shirley started volunteering in Claresholm in 1972. Shirley is a Director with the Claresholm Transportation Society, which helps transport seniors to out-of-town appointments. She also delivers food to senior clients with Meals on Wheels. She holds a position on many community organizations, such as the Community Hall Board, the Claresholm Housing Authority Board, and the Porcupine Hills Lodge Board. Shirley is extremely passionate about her community, and believes volunteering is an important service to make a community a better place to live.

Shirley Phillips, Calgary

Honourable Tanya Fir, MLA, Calgary-Peigan

Shirley has dedicated her career to education, philanthropy, and volunteerism. Under Shirley's leadership as Chair of the Board of Directors, Immigrant Services Calgary has succeeded in continually pushing the boundaries of settlement support services for newcomers, including seniors, through innovative online platforms and resources. In addition, Shirley has been a guiding light for many projects, such as the Gateway Project and the Community Initiatives for Immigrant Seniors Programs, which are specifically designated for immigrant and refugee seniors. The Gateway system helps immigrant and refugee seniors get the right support in their settlement journey to ensure they live fulfilling and happy lives in their new homes where they feel connected and supported by a caring community.

Sunjiv and Hema Raval, Calgary

Richard Gotfried, MLA, Calgary-Fish Creek

Sunjiv and Hema have been active in the community for over 10 years. They co-ordinate seniors' programs, such as networking, socializing, information sessions, and outdoor trips. Throughout the COVID-19 pandemic, both have reached out to seniors in the community by calling to see if any assistance is needed due to the restrictions in place. They checked on seniors to ensure they were safe at home, and if they needed help with grocery shopping or any electronic device support.

Umair Ahad, Calgary

Jeremy Nixon, MLA, Calgary-Klein

Umair has been volunteering since 2014; he is an advocate for social and human rights and steps in to fill a need where he sees it. Throughout the COVID-19 pandemic, Umair spent much time helping out his community with a strong focus on assisting seniors. He has been instrumental in providing assistance with transportation, delivering groceries, medications, and meals. In addition, to help seniors access accurate information about the pandemic, he arranged a series of phone and video calls for seniors. This personalized outreach kept seniors in his community informed and connected. Recently, Umair's service was recognized with a Northern Lights Volunteer Award.

Wanda Elliott, Rocky Mountain House

Honourable Jason Nixon, MLA, Rimbey-Rocky Mountain House-Sundre

Wanda and Brent Lyon, who is also nominated, are employees of the Rocky Mountain House Primary Care Network. As the public health measures came into effect throughout the COVID-19 pandemic, Brent and Wanda worked diligently to identify seniors, many of whom live independently or were isolated in rural residences, who required access to medical care were able to do so virtually. They made daily telephone calls to seniors to make them aware the physicians and medical offices were still open and, if needed, they were available for telephone or in-person appointments. As the immunization program began, Wanda and Brent ensured seniors in their area were able to book their vaccines.

Wayne Hykaway, Calgary

Devinder Toor, MLA, Calgary-Falconridge

Wayne is a longtime volunteer who supports Alberta's seniors across numerous projects, programs, and groups. He is a strong advocate for seniors with dementia and the needs of long-term care residents.

Business award nominees

An Alberta business or corporation that has exhibited excellence in innovation or philanthropy in support of Alberta's seniors.

help facilitate the conversations by working collaboratively with businesses and organizations to ensure the best possible outcomes for its clients.

Aspen Care Ltd., Calgary

Honourable Doug Schweitzer, MLA, Calgary-Elbow

Aspen Care Ltd. has been a cornerstone for seniors struggling with their health throughout the COVID-19 pandemic. A home care provider, Aspen Care Ltd. provides tailored palliative care to seniors suffering from chronic illnesses or illnesses due to aging. A team of licensed practical nurses and health care aides works to provide an elevated level of care for seniors living at home or in various senior living facilities across the City of Calgary and surrounding areas. Throughout the pandemic, Aspen Care Ltd. implemented measures to reduce the risk of exposure, which were highly successful. Aspen Care Ltd. launched My Health Journals, which have been donated to many organizations, nursing homes and long-term care residences in Alberta. My Health Journals are books derived from Aspen Care Ltd. nursing process to help vulnerable Albertans track their health, both physical and mental.

Calgary Fire Department, Community Safety Division, Calgary

Honourable Tyler Shandro, MLA, Calgary-Acadia

The Calgary Fire Department's Community Safety Division is staffed by one Coordinator and three Community Safety Officers. Despite the small size of the division, this group is responsible for educating and preparing people that are considered to have a higher risk of fire, injury, or death. One of the group's priorities is seniors. Officers attend seniors' homes and provide information and presentations on the benefits of having smoke alarms while also replacing existing expired ones. This program is strictly for the purpose of Calgary's seniors population, and is expected to expand as the seniors population increases in Calgary.

Proactive Seniors Ltd., Calgary

Honourable Doug Schweitzer, MLA, Calgary-Elbow

Proactive Seniors Ltd. was founded by Kathy Mendham. It works with seniors and their families to help set and meet goals for living well. It helps ensure seniors have access to the support they need, such as medical appointments, financial assistance, safety equipment, and social connections. It developed an individualized road map to help seniors live their best and most enjoyable lives. It prioritized actions for its clients to take and provide referrals to any resources required to support this plan. Whether it is helping seniors remain in their homes or helping them find the most suitable living arrangement, Proactive Seniors Ltd. is there to

Nonprofit award nominees

An Alberta nonprofit organization that exhibits excellence in innovation or outstanding service to Alberta's seniors.

Calgary Seniors' Resource Society, Calgary

Honourable Whitney Issik, MLA, Calgary-Glenmore

The Calgary Seniors' Resource Society has consistently provided exceptional service to vulnerable seniors. For over 25 years, the mandate of Calgary Seniors' Resource Society has been to enrich the lives of seniors in the community by reducing social isolation and supporting them to live safely in their homes. The Society has gone above and beyond to ensure critical and meaningful services are available for the well-being of seniors. Calgary Seniors' Resource Society came up with creative ways to continue providing services to seniors throughout the COVID-19 pandemic. It collaborated with a number of organizations to provide meal deliveries to seniors, to respond to urgent needs at the neighborhood level, and it supported senior clients with transportation to cancer treatments. Calgary Seniors' Resource Society fast tracked over 1,100 additional volunteers to add to its core of 1,200 volunteers to reach more seniors who needed help and were isolated or had physical challenges. In 2020, these volunteers provided 151,377 hours of service and supported 2,312 seniors. Calgary Seniors' Resource Society received a Minister's Seniors Service Award in 2004 and 2015.

Calmar and District Senior Citizens Club, Calmar

Mark Smith, MLA, Drayton Valley-Devon

The Calmar and District Senior Citizens Club has supported seniors for over 40 years. It is a rural community organization dedicated to inclusive community building for seniors. Valuing the traditions and needs of the community, the club continues fundraising traditions and running annual bake sales. Every month, the Calmar Senior Citizens Club promotes upcoming programs through the Calmar Chronicle local newsletter. This brings people together for programs, such as the Monthly Music Jammers, weekly coffee chats, and annual holiday celebrations. The Calmar and District Senior Citizens Club works hard locally to support its seniors.

Canterbury Foundation, Edmonton

Lori Sigurdson, MLA, Edmonton-Riverview

The Canterbury Foundation is a registered nonprofit supportive living foundation with a vision to be a leader in enhancing the place of seniors in society by embracing a diversity of seniors with the promise of hope. This unique care model provides three living options for independent living, assisted living, and dementia care. There are a variety of health care services, recreational programs, and amenities to allow for a seamless continuum of care to

ensure residents are able to age in their community. Canterbury Foundation connects with the community to better serve its residents, through its volunteer program, companion care, and pet therapy. It even takes an intergenerational approach to care by partnering with youth at a local school to provide choir performances, gardening, game nights, and a GrandPal program. Canterbury Foundation continually demonstrates innovation by expanding supportive living accommodations, implementing leading research for memory care for residents living with dementia, and implementing peaceful end-of-life care.

Chinese Christian Wing Kei Nursing Home Association, Calgary

Kathleen Ganley, MLA, Calgary-Mountain View

The Chinese Christian Wing Kei Nursing Home Association provides outstanding service and excellent quality care. Through consistent and careful attention to seniors' safety and well-being, Wing Kei demonstrates its values of affection, commitment, care, and support in all it does. The mission of Wing Kei is to provide extended care services and facilities to meet the physical, spiritual, social, and emotional needs of seniors in a Christian environment. With a consistent message to act with love, Wing Kei closely partners with the families of residents in its care. Residents enjoy and are able to socialize through innovative programming. Physical distancing restrictions did not prevent the team from connecting with residents to support them emotionally, cognitively, and spiritually. Wing Kei staff have demonstrated thoughtfulness and thoroughness in all its decisions.

Father Lacombe Care Society, Calgary

Richard Gotfried, MLA, Calgary-Fish Creek

The Father Lacombe Care Society provides respectful, dignified, and compassionate care that enables the community to enjoy life to the fullest in an ever-changing environment of care. Through the values of excellence, sacredness of life, compassion, justice, and spirituality, Father Lacombe Care Society works with seniors to enhance and enrich lives. The leadership team and frontline staff have worked tirelessly throughout the COVID-19 pandemic to create and uphold an environment of person-centered care, including virtual visits with residents, their families, and loved ones; continued virtual provision of adult day support programming; recreation therapy programming; and virtual provision of non-denominational services for residents unable to enter independently into the community.

Fédération des aînés franco-albertains, Edmonton

Marlin Schmidt, MLA, Edmonton-Gold Bar

The Fédération des aînés franco-albertains has been a spokesperson organization for French-speaking seniors and retirees for more than 30 years. It provides programs and initiatives to ensure the physical and mental well-being of 32,000 Franco-Albertan older adults. Throughout the COVID-19 pandemic, the team demonstrated synergy, resilience, and creativity as they adapted programming to the changing public health situation to counter the social and linguistic isolation experienced by many of its members. The Connect Aînés (Connect Seniors) program was created in collaboration with Seniors' Centre Without Walls. This program allows seniors to converse in French in small groups and offers video conferencing sessions to help seniors break through isolation and address the lack of social activities in remote communities. The Fédération des aînés franco-albertains emphasizes the importance of developing intergenerational connections and regularly organizes interactive virtual conferences during which seniors and youth converse about their life experiences.

Greenwood Neighbourhood Place Society, Sundre

Honourable Jason Nixon, MLA, Rimbey-Rocky Mountain House-Sundre

Greenwood Neighbourhood Place Society is a resource centre that responds to community needs for Sundre and area residents through leadership, referrals, programs, and services. Greenwood Neighbourhood Place Society has demonstrated capacity to provide high quality, innovative, and locally responsive services within the community. It has provided the backbone for the co-ordinated community response to address and prevent elder abuse in Sundre, which has since transformed into SPRUCE (Seniors Protected and Respected Under Community Engagement). Greenwood Neighbourhood Place Society has an income tax service for seniors, which is free for those with low income. Many seniors were not receiving benefits for which they were entitled, so staff worked to ensure seniors' taxes were filed. Throughout the COVID-19 pandemic, it also provided a phone check in program to help seniors through the isolation with a friendly voice at the other end. In addition, it co-ordinated activities to keep seniors in the community remain engaged. It had a drive through for seniors at which it handed out information packages, including coupons from businesses for free items, and phone numbers to call when in trouble.

Immigrant Services Calgary

Joe Ceci, MLA, Calgary-Buffalo

Immigrant Services Calgary's Community Initiatives for Immigrant Seniors program is specifically designed for

immigrant and refugee seniors. It helps them to better adapt to their new life in Canada and build basic language and practical life skills through facilitated conversations, computer classes, civic education, and fitness classes. The program has helped thousands of immigrant and refugee seniors find a sense of meaning, belonging, direction, and purpose in their new home. The online social support provided throughout the COVID-19 pandemic was especially vital to clients that were isolated in their homes. The team made tremendous efforts to ensure seniors could continue to access the program and benefit from the social connections offered. Immigrant Services Calgary recognized not all seniors had access to technology; therefore, team members continued to provide supportive counselling to seniors both online and over the phone.

Jewish Family Service Calgary

Honourable Tyler Shandro, MLA, Calgary-Acadia

Jewish Family Service Calgary provides innovative, impactful programs and services for individuals and families across their life spans. The organization is a leader in the social services sector with a variety of programs specifically designed to enhance the lives of seniors. Focusing on basic needs, older adult supports, memory care, seniors' mental health and addictions, and reducing isolation through creative programming, Jewish Family Service Calgary aims to proactively prepare for the needs of the growing senior demographic, in addition to responding to COVID-related issues. Understanding that Jewish Family Service Calgary cannot be everything to everyone, the organization is committed to taking the lead, and also participating as an active member, in a growing network of collaborations and partnerships developed to share expertise, resources, and referrals to provide specialized support and activities for seniors.

Linking Generations Society of Alberta, Sherwood Park

Jordan Walker, MLA, Sherwood Park

Linking Generations was created in 2004 with a purpose to provide mentored and structured visits between seniors and youth in the community. It brings two generations together so they can share their knowledge and life experiences with each other while encouraging volunteering and social responsibility in the youth. In the wake of COVID-19, Linking Generations redesigned the intergenerational programs to become virtual as it became more evident seniors are isolated and lonely. It is critical to keep seniors connected to youth. Linking Generations is committed to providing programs to help seniors better cope through the pandemic and day-to-day life in general. The programs are offered at no cost to individual teens or seniors to enable all to participate regardless of economic circumstances.

MPC Foundation, Calgary

Honourable Tyler Shandro, MLA, Calgary-Acadia

The MPC Foundation delivers impactful programs and services for older adults and new immigrants, while working alongside nonprofits and community organizations to build capacities and achieve collective impact. MPC Foundation is focused on creating and delivering programs and services to mitigate social isolation by creating community-based social hubs. Throughout the COVID-19 pandemic, MPC Foundation worked quickly to move its programs to an online platform. It continually innovated and introduced new learning opportunities for seniors including exercise classes, art and craft classes, conversational English, sessions on physical and mental health, and expert speakers on legal and safety issues. In addition, it continued to provide one-on-one support for seniors who face difficulties accessing online activities. It also provided referral services and assistance to seniors to fill out benefit forms.

Oakridge Seniors Association, Calgary

Honourable Whitney Issik, MLA, Calgary-Glenmore

The Oakridge Seniors Association has been an important part of the Calgary Glenmore community for its work in advocating for seniors and connecting seniors. The Association is integral in promoting social connections and inclusion through various activities and events. It provides accessible, cultural, educational, and flexible programs to their entire membership. It provides practical help for seniors as well as advocating for the needs of seniors so they can continue to live enriched lives in their community.

Service Options for Seniors (SOS), Camrose

Jackie Lovely, MLA, Camrose

The SOS program informs, empowers, and connects seniors to new and existing programs, services, and resources at federal, provincial, and local levels. It supports seniors as active participants in the community by increasing and strengthening their independence, coping skills, and resistance to crisis. It does this through a number of programs and services, such as tax programs, completion of documents, referrals, and advocacy. It remained open throughout the COVID-19 pandemic, continuing to provide services and support to seniors in Camrose, including free delivery of core services, food bank hampers, prescriptions, and groceries.

Silvera for Seniors, Calgary

Honourable Tyler Shandro, MLA, Calgary-Acadia

For almost 60 years, Silvera for Seniors has been providing supports and services to Calgary seniors. Today more than 1,450 older adults live in Silvera's properties across Alberta.

When friends and family members could no longer see their loved ones face to face, the employees at Silvera's 25 properties across Calgary truly stepped up to fill the gap. Throughout the COVID-19 pandemic, staff have grown even closer to the residents they care for. Social isolation and loneliness have always been a top concern, but the virus really brought it to the forefront. New ways were found to mitigate social isolation and keep residents engaged. Outreach to the community produced some heartfelt results. Throughout the pandemic, the advocacy for seniors never stopped, advocating on behalf of older citizens who wish to live in non-medical supportive and independent living settings is one of Silvera's core values.

St. Aidan's Society, Fort McMurray

MLA Vacant, Fort McMurray-Lac La Biche

St. Aidan's Society has a focus to serve, empower, and unlock potential with its programs and community partnerships. It provides regular one-on-one assistance through outreach and advocacy for seniors and elders in its region. St. Aidan's Society raised awareness of many issues and opportunities for creating programs and services that will address the essential needs of seniors in the community. Throughout the COVID-19 pandemic, St. Aidan's Society came up with numerous ways to safely connect and engage seniors, and reduce the feeling of isolation being experienced by so many, including a weekly meal delivery program. It also organized a number of events such as plant deliveries to 'Grow the Conversation' for World Elder Abuse Awareness Day, an awareness walk, and it honoured older adults during Seniors' Week by delivering 'smile cookies' to over 350 seniors. St. Aidan's Society takes a collaborative approach to service and has partnered with many organizations to serve seniors better. In August 2020, St. Aidan's Society started a Senior Volunteer Program, matching community volunteers to seniors in need.

St. Mark's Building Society, Calgary

Nicholas Milliken, MLA, Calgary-Currie

St. Mark's Building Society currently owns and operates St. Mark's Manor, a 21-suite housing facility, which provides low-income seniors with affordable and pleasant accommodations. St. Mark's Building Society is striving to expand its roles as a provider of affordable housing in Calgary and is currently contemplating the construction of another building to address the need for affordable housing for seniors in Calgary.

Storytelling Alberta, Calgary

Honourable Sonya Savage, MLA, Calgary-North West

Storytelling Alberta is an organization that celebrates and promotes the ancient tradition of oral storytelling. In partnership with the Calgary Seniors' Resource Society, the StoryShare Project is a free outreach service for Calgary and area seniors that aims to enhance quality of life and deepen connection to the community through the sharing of stories. In the last year, StoryShare had over 400 client engagements. Stories can be posted to social media for viewing which allows those outside of Calgary to also engage with the stories and share with friends and family. Online stories offer the opportunity for people to join by phone or video to listen. Storytelling Alberta offers services in five languages and provides iPads with data to lend out for those who do not have access to the internet. In addition, three storytellers have become certified TimeSlips facilitators. In this program, seniors with dementia are guided by a facilitator who, in conjunction with photos and the aid of their caregivers, create a story.

Vermilion and District Housing Foundation, Vermilion

Garth Rowsell, MLA, Vermilion-Lloydminster-Wainwright

The Vermilion and District Housing Foundation has been providing affordable housing and accommodation at Vermilion Valley Lodge since 1960. The Foundation has grown to serve seniors from surrounding communities as well. In the lodge, seniors live independently with daily restaurant style meals and services such as housekeeping and recreational activities. The Foundation recognizes the importance and demand for seniors' housing. It has witnessed the effects of the lack of proper housing on seniors' physical and mental health. By providing care and housing at an affordable rate, the Foundation can help many members of their community, including low-income seniors. It strives to be a driving force that helps and supports its community through tough times.

Volunteer Strathcona Centre, Sherwood Park

Jordan Walker, MLA, Sherwood Park

In response to the COVID-19 pandemic, Volunteer Strathcona Centre developed and launched the COVID-19 Emergency Community Program, addressing the needs of isolated seniors. Through this program, Volunteer Strathcona has been able to better co-ordinate volunteers to provide essential services to seniors in the community. Initially, the program offered grocery delivery, prescription delivery, and compassionate calls, but the program adapted and added additional services to meet the needs identified by seniors in the community.

Alice Modin award nominees

An individual Albertan or couple who is 65 years or older and has been volunteering in their community for 20 or more years; actively promotes volunteerism; and/or has had a provincial impact through their volunteer efforts.

Benita Galandy, Grande Prairie

Tracy Allard, MLA, Grande Prairie

Benita is a generous volunteer who dedicated much of her time, knowledge, and resources to improve the lives of seniors in Grande Prairie. Benita's service to seniors truly shines in the work she does, exemplified by her contributions to the start-up of a shelter for the benefit of homeless and at-risk seniors in Grande Prairie. As a dedicated volunteer at the shelter, Benita strives to ensure seniors have a safe place to reside from the elements. In addition to cultivating a safe and family-like home for seniors, she cooks, cleans, provides transportation services, and created a social framework that addresses social isolation and access to social supports. Benita's outstanding service and commitment to seniors shined through during the COVID-19 pandemic, as she contributed over 8,000 hours to the shelter since the beginning of the pandemic alone.

Dirk Bannister, Airdrie

Angela Pitt, MLA, Airdrie-East

Dirk has been an upstanding member in many communities across his lifelong journey of volunteer work. He is currently celebrating 50 years of membership and leadership with the Kiwanis international organization. While actively volunteering for Kiwanis, he moved through the ranks from member to President. Kiwanis has meant so much to Dirk he helped start Kiwanis clubs in Camrose, Airdrie, and Cochrane. During his 57 years of volunteer work, he helped communities thrive and contributed so much in so many ways. He worked with a variety of organizations, such as women's shelters, Kamp Kiwanis, the Kiwanis Music Festival, and the Calgary Drop-in Centre. Dirk also devoted much time to helping children through the annual Christmas Gift Project for 32 years. His generosity doesn't stop there, Dirk is a strong community builder and helped build playgrounds and provided books for those in need. And in such a stellar lifetime of volunteer work, Dirk also found the time to write, edit, publish, and distribute the Western Canada News.

Eric Storey, Edmonton

Marlin Schmidt, MLA, Edmonton-Gold Bar

Eric is a dedicated volunteer supporting Edmonton for over 39 years. He actively contributes to the community and strives to make it a better intergenerational place to live by creating safe spaces where marginalized people can be their

most authentic selves. Eric is passionate about social justice issues, especially those experienced by seniors and at risk youth. He is an advocate for sexual and gender minorities and has been involved with the Edmonton Pride Seniors Group, connecting older LGBTQ2S+ people with safe seniors' services, centres, and housing. His devotion to being an advocate for diversity, equity, and inclusivity shines through in his volunteer work. He also volunteers with Age Friendly Edmonton and Edmonton Seniors Coordinating Council to support the inclusion, diversity, and well-being of seniors. Eric has spoken to many older adults to inform and educate on financial literacy and fraud prevention. Recently, Eric co-created the *Shared Mic: Conversations for the Ages*, a podcast that discusses topics that celebrate diversity and identity across generations for a shared discussion between generations.

Rhoda Murray, Three Hills

Honourable Nathan Cooper, MLA, Olds-Didsbury-Three Hills

Rhoda is a volunteer in Three Hills who is committed to encouraging and engaging seniors in ways that uplift and support an enhanced quality of life for Kneehill County. Rhoda has shown her dedication to Alberta seniors and her community through her rich and varied volunteer history. She founded the Three Hills Arts Academy and the Jubellation Handbell Choir. She has volunteered for a number of years at the Seniors Outreach Program Society and is the current Board Director. Rhoda shows great initiative, whether it is her work in founding new organizations, volunteering, or advocating for seniors. When the Seniors Outreach Program Society celebrated 25 years of service, Rhoda created a presentation showcasing the rich history of the organization and surrounding communities. She also spearheaded the application for Seniors Outreach Program Society to co-host the 2021 Seniors' Week provincial launch event, which was a great success.

Shirley Isaacson, Claresholm

Roger Reid, MLA, Livingston-Macleod

Shirley started volunteering in Claresholm in 1972. Shirley is a Director with the Claresholm Transportation Society, and she delivers food to senior clients with Meals on Wheels. She holds a position on many community organizations, such as the Community Hall Board, the Claresholm Housing Authority Board, and the Porcupine Hills Lodge Board. She is also part of Kidsport Claresholm helping to fundraise and disburse the monies to families in need so their children can participate in sports. Shirley is extremely passionate about her community and believes volunteering is an important service to make a community a better place to live.

Special service award nominees

An individual, group, or organization that has brought joy to isolated seniors to promote wellness and reduce social isolation through volunteerism, outstanding service or innovation.

Arlene Adamson, Calgary

Honourable Tyler Shandro, MLA, Calgary-Acadia

Arlene is the Chief Executive Officer of Silvera, a nonprofit organization specializing in affordable seniors' housing and services. Arlene demonstrated great leadership throughout the COVID-19 pandemic. Due to her forward-thinking, Silvera already had a detailed plan to deal with potential health crises in their facilities. Arlene and her team worked with researchers at Mount Royal University and Concordia University to prepare a paper entitled "The Psychosocial Impact of COVID-19: Risks and Recommendations for Silvera". This report included findings on isolation, loneliness, and the effects of quarantine. Arlene also worked with organizations to test new technology to support residents, provide monitoring support, and address social isolation.

Benita Galandy, Grande Prairie

Tracy Allard, MLA, Grande Prairie

Benita is a generous volunteer who dedicated much of her time, knowledge, and resources to improve the lives of seniors in Grande Prairie. Benita's service to seniors truly shines in the work she does, exemplified by her contributions to the start-up of a shelter for the benefit of homeless and at-risk seniors in Grande Prairie. As a dedicated volunteer at the shelter, Benita strives to ensure seniors have a safe place to reside from the elements. In addition to cultivating a safe and family-like home for seniors, she cooks, cleans, provides transportation services, and created a social framework that addresses social isolation and access to social supports. Benita's outstanding service and commitment to seniors shined through during the COVID-19 pandemic, as she contributed over 8,000 hours to the shelter since the beginning of the pandemic alone.

Calgary Fire Department, Community Safety Division, Calgary

Honourable Tyler Shandro, MLA, Calgary-Acadia

The Calgary Fire Department's Community Safety Division is staffed by one Coordinator and three Community Safety Officers. Despite the small size of the division, this group is responsible for educating and preparing people that are considered to have a higher risk of fire, injury, or death. One of the group's priorities is seniors. Officers attend seniors' homes and provide information and presentations on the benefits of having smoke alarms while also replacing

existing expired ones. This program is strictly for the purpose of Calgary's seniors population and is expected to expand as the seniors population increases in Calgary.

Calgary Seniors' Resource Society, Calgary

Honourable Whitney Issik, MLA, Calgary-Glenmore

The Calgary Seniors' Resource Society has consistently provided exceptional service to vulnerable seniors. For over 25 years, the mandate of Calgary Seniors' Resource Society has been to enrich the lives of seniors in the community by reducing social isolation and supporting them to live safely in their homes. The Society has gone above and beyond to ensure critical and meaningful services are available for the wellbeing of seniors. Calgary Seniors' Resource Society came up with creative ways to continue providing services to seniors throughout the COVID-19 pandemic. It collaborated with a number of organizations to provide meal deliveries to seniors, to respond to urgent needs at the neighborhood level, and it supported senior clients with transportation to cancer treatments. Calgary Seniors' Resource Society fast tracked over 1,100 additional volunteers to add to its core of 1,200 volunteers to reach more seniors who needed help and were isolated or had physical challenges. In 2020, these volunteers provided 151,377 hours of service and supported 2,312 seniors. Calgary Seniors' Resource Society received a Minister's Seniors Service Award in 2004 and 2015.

Caroline Municipal Library, Caroline

Honourable Jason Nixon, MLA, Rimbey-Rocky Mountain House-Sundre

With many seniors lacking access to services, the library has become the hub of the community. It is a drop off and pick up location, a welcoming location to stop in, sit, and chat. The library is a safe environment for anyone who comes. The librarians are always trying to support seniors and make the lives of seniors better. It set up programming specific to seniors to encourage them to come to the library and get some social interaction with each other and the greater community. If a senior is unable to make it to the library, the librarians will go out of their way to deliver or pick up items for them. They will spend whatever time is necessary to ensure any person needing help gets it.

Dr. Haidong Liang, Edmonton

Jon Carson, MLA, Edmonton-West Henday

Dr. Liang is the Executive Director of the Westend Seniors Activity Centre. Through his work, he continuously demonstrates why he is a leader in the seniors-serving sector. When the centre closed its doors due to the COVID-19 pandemic, he immediately began creating an eight-week fitness program for seniors. The centre shared 16 exercise videos seniors could watch at home to keep

active. The centre also created over 2,000 handbooks with photos and descriptions, so seniors who had no access to online services could also participate in the fitness program. Dr. Liang shared this program across Alberta to seniors- serving organizations and businesses. As a gerontologist, Dr. Liang's passion is to serve all seniors, not just members of his organization. Over the last three years, Dr. Liang has quickly earned a reputation for being innovative, creating multi-sectoral sustainable partnerships, and for sharing resources with other nonprofit organizations to help serve more seniors. Dr. Liang created a partnership called YEG Seniors Alliance and through this partnership member organizations were able to jointly offer online classes and programs to more than 3,500 seniors. Under Dr. Liang's leadership, the Westend Seniors Activity Centre received a Minister's Seniors Service Award in 2019.

Kate Takeda, Lethbridge

Shannon Phillips, MLA, Lethbridge-West

Kate has volunteered at Pemmican Lodge for several years. When visiting her grandmother, who is a resident, she delivered fresh flowers each and soon realized other residents would enjoy flowers as well. Kate contacted a local flower farm and negotiated to have them donate flowers. Kate then arranged and displayed the flowers in common areas of the lodge for all residents to enjoy. Her volunteer duties at Pemmican Lodge now include running the tuck shop. She ensures tuck shop supplies are inventoried and any required supplies ordered. Kate's thoughtfulness and tuck shop service have brought joy to the residents living at the lodge. She is an avid volunteer at Pemmican Lodge and her volunteerism meets the needs of many of the residents.

Immigrant Services Calgary

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Lalit Jain, Calgary

Honourable Prasad Panda, MLA, Calgary-Edgemont

Lalit has been an enthusiastic volunteer throughout his life in Alberta. A senior himself, Lalit has been philanthropic to the seniors community in Alberta. He provides yoga classes to seniors seven days a week, which has been a tremendous benefit for fitness. It has made a big difference in the mental health of isolated seniors to have this social interaction and purpose each morning in these difficult times. Lalit has willingly given his time to other seniors in need; throughout the COVID-19 pandemic he has done errands like grocery shopping and driving seniors to medical appointments.

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Margo Mackinnon, Grande Prairie

Tracy Allard, MLA, Grande Prairie

Margo is a long-term volunteer who takes initiative when she sees a need in her community. Since the beginning of the COVID-19 pandemic, Margo dedicated herself to the Letters Against Isolation campaign, a cause dedicated to sending 80 to 100 handwritten letters and colored pages a month to the residents of assisted living facilities and care homes between Sucker Creek and Grande Prairie. The Letters Against Isolation campaign serves thousands of seniors in the United States, Canada, United Kingdom, Australia, and Israel.

Meagan Chapman, Parkland County*Shane Getson, MLA, Lac Ste. Anne-Parkland*

Meagan is the Acting Recreation Manager at St. Michael's Long Term Care Centre. She consistently demonstrates an outstanding commitment to residents and families. Her innovative work throughout the COVID-19 pandemic improved residents' connections with their families by providing opportunities for one-on-one meaningful interactions. Meagan created a safe environment where families could visit while ensuring safety. Meagan continues to instill hope within residents and ensures their days are filled with purpose, laughter, and love. Meagan also introduced intergenerational activities by partnering with a local school to co-ordinate window visits, entertainment, a pen pal program, and connection between seniors and youth.

Patricia Myttenar, Edmonton*Joe Ceci, MLA, Calgary-Buffalo*

Patricia volunteers at the Kerby Centre in Calgary. She has an extensive background of volunteering for numerous causes and has dedicated the past five years to helping seniors in general. Patricia has played many roles at Kerby Centre, including Kerby Ambassador, tour guide, the Food Rescue Program, and assisting with special events to name a few. Patricia embodies the volunteer spirit; she gives her time to those who need it, is a leader, and advocate for other seniors wanting to volunteer by inspiring, training, and mentoring others along the way. Her dedication to the Kerby Centre over the past five years has been remarkable.

Patricia Wilkes, Edmonton*Chris Nielsen, MLA, Edmonton-Decore*

Patricia is an integral volunteer at St. Michael's Long Term Care Centre. She motivates others to become leaders in the community through benevolent and philanthropic giving. Patricia volunteers at community bingos, sits on the Ethics Education and Support Committee, and is the Vice President of the Friends of St. Michael's of Edmonton Society. Patricia has contributed over 2,100 hours of her time to enhancing the quality of residents' lives throughout the past eight years. One of Patricia's most recent contributions to the wellbeing of residents was in June when she volunteered to plant flowers on site for the enjoyment of residents during the summer months, which was specifically impactful during the COVID-19 pandemic when many of the residents were isolated in their rooms.

Rhoda Murray, Three Hills*Honourable Nathan Cooper, MLA, Olds-Didsbury-Three Hills*

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Service Options for Seniors (SOS), Camrose*Jackie Lovely, MLA, Camrose*

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Sharron Matthewman, Chestermere*Leela Aheer, MLA, Chestermere-Strathmore*

Sharron has been a strong advocate and community developer for seniors' supports and services throughout the communities of Chestermere, Langdon, and surrounding areas for the past three years. She ensures the seniors she serves are informed, connected, and cared for. Through her community work, Sharron has facilitated grassroots advocacy groups and bridged together seniors' supports to understand the challenges and barriers faced by older adults. Throughout the COVID-19 pandemic, Sharron worked with stakeholders to create a Seniors Teleconference program to serve a region where there is a lack of social and health services and to connect rural and remote seniors. Sharron also worked to introduce transportation options for seniors in Chestermere.

By collaborating with the Seniors Collective, she was able to implement a program to reduce or waive transportation costs for older adults.

Silvera for Seniors, Calgary

Honourable Tyler Shandro, MLA, Calgary-Acadia

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