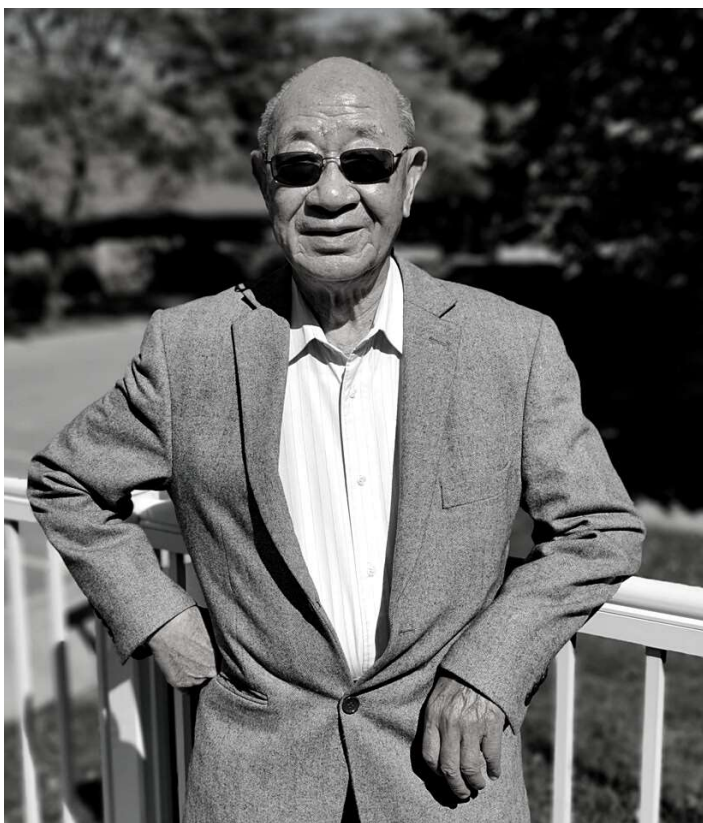


# SENIORS' WELLNESS SYMPOSIUM 2021



**NOVEMBER 22-26, 2021**

A Virtual Event

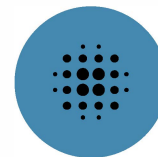
*Pre-Registration Required*

**PRESENTED BY**

**THE UNIONVILLE COMMUNITY CENTRE FOR SENIORS**



# SENIORS HEALTH SYMPOSIUM 2021



## Introduction

We are delighted to announce that the Unionville Community Centre for Seniors (UCCS) will be hosting a week-long, online Seniors' Wellness Symposium from November 22 to 26. This event has been made possible by funding from the **City of Markham's Celebrate Markham Grant**.

Over five days, UCCS will be hosting an array of experts for online seminars and workshops on a range of topics related to physical, mental, cognitive, and social wellness for seniors.

More details on our speakers and seminar topics are on pp. 3-5 of this booklet.

## Registration

This symposium is open to any resident of Markham but will be particularly relevant to seniors, caregivers, and those interested in the field of gerontology.

**Pre-registration is required to participate in our symposium.  
Registration will open on Wednesday, November 10.**

To register, please email [mnaqie@uhs.on.ca](mailto:mnaqie@uhs.on.ca) or call 905.477.2822 ext. 4235.

The cost to register is **\$10.00**. The first **50** registrants will receive a specially curated Wellness Kit, which will be available for curbside pick-up from the Unionville Community Centre for Seniors.

All registrants will receive a welcome email with Zoom login information on Thursday, November 18, 2021.

# SENIORS' HEALTH SYMPOSIUM 2021



DAY 1

Monday, November 22  
11:00 AM to Noon



## HEALTHY, (NUTRIENT) WEALTHY, AND WISE EATING FOR HEALTHY AGING

*Lisa Ireland, RD (Registered Dietitian)*

With over 25 years of experience in long-term care, retail environments, and private practice, Lisa Ireland is passionate about helping seniors understand how their food intake impacts their health, and how good nutrition can help maintain vitality and independence.

Join us for an interactive, thought-provoking workshop that will provide you with practical advice on how to shop smarter, eat healthier, and live better.

DAY 2

Tuesday, November 23  
3:00 PM to 4:00 PM



## POSTIVE PSYCHOLOGY: THE SCIENCE BEHIND FEELING GOOD

*Dr. David Chandross, M.Sc., M.Ed., Ph.D.*

Can science teach us how to be happy? How does the experience simulator in our brains create sadness or happiness? Can negative people actually change your brain structure? Why does the overuse of smartphones cause depression and anxiety? Explore the meaning(s) of happiness and the quest for it from Aristotle to modern psychiatry.

David Chandross (M.Sc., M.Ed., Ph.D.) is currently a senior scholar in residence at the Ted Rogers School of Management at Ryerson University. He has done pioneering work on the role of learning in the prevention of dementia in seniors and the use of technology such as virtual reality. Dr. Chandross served as academic dean for the Canadian College of Naturopathic Medicine for 10 years during its early stages.



**Circles Enrichment**  
ENTERTAINMENT CAN BE EDUCATIONAL

**AMICA**  
UNIONVILLE

***This workshop is made possible by our partners at Circles Enrichment and the generosity of our sponsor, Amica Unionville.***

# SENIORS' HEALTH SYMPOSIUM 2021



DAY 3

Monday, November 24  
11:00 AM to Noon



## HEADS UP! FOR HEALTHIER BRAINS: ON ALZHEIMER'S DISEASE AND BRAIN HEALTH

*Jamie Cruz, SSWG - Public Education Coordinator, Alzheimer's Society of York Region*

**Alzheimer Society**  
YORK REGION

Join us for a discussion with Jamie Cruz (Social Service Worker - Gerontology) from the Alzheimer Society of York Region for her presentation *Heads Up! For Healthier Brains*. Tune in to learn about Alzheimer's Disease and Related Dementias and how to have a healthy brain. Come to understand the warning signs of Alzheimer's Disease and how to get a diagnosis. Learn about the many ways we can all keep our brains healthy and lower our risk of getting Dementia.

DAY 4

Thursday, November 25  
11:30 AM to 12:30 PM



## SENIORS' WELLBEING: THE IMPORTANCE OF SOCIAL CONNECTION

*Dr. Penny MacCourt, B.S.W., M.S.W., Ph.D.*

Dr. Penny MacCourt has a social work background and has worked with older adults in the community, long-term care and acute care settings for many years. Her focus is aging, mental health, caregivers, social isolation, policy and service delivery. She received a Queen Elizabeth II, Diamond Jubilee Medal, in recognition of her contribution to Canada for her work with caregivers.

Currently, she is the Chair of Action for Reform of Residential Care (ARRC) BC, a citizens advocacy to improve quality of care and quality of life in long-term care. Through practice, research, policy and advocacy, and in collaboration with others, Penny's goal is to facilitate social environments (relationships, policy, services) that support seniors' well-being and mental health.



# SENIORS' HEALTH SYMPOSIUM 2021



DAY 5

Friday, November 26  
11:00 AM to Noon



## SELF-CARE AND MINDFULNESS

*Denver Hilland, MA*

Join us for a conversation regarding self-care and how it can support the many facets of wellness in our lives. Please tune in for examples of self-care and practical advice for integrating it into our daily lives. Learn also about the benefits of mindfulness, and participate in a brief mindfulness practice.



This session will be led by Denver Hilland, a Health Promoter with the Community Care Team of Health for All FHT.

## Our Partners



Alzheimer Society  
YORK REGION

AMICA  
UNIONVILLE



This program is made possible by the City of Markham and the Celebrate Markham Grant Program.