



SILVERA
FOR SENIORS

60
YEARS
1962 | 2022

15th Annual

EMPLOYEE CONFERENCE

June 7 & 8, 2022

*Diamond Relationships -
Strong and bright
as we reunite*

Confederation Park 55+
2212 13 Street NW

CONFERENCE GUIDE

AGENDA

Tuesday, June 7

8³⁰-9	Registration/Networking/Tradeshow
9-10	Keynote (Arlene) & Opening Remarks (Michael)
10-11	Session 1 - Mindful Practices to Deepen Your Connections
11-12	Session 2 - Enhancing Cultural Sensitivity for Fostering Inclusion and Sense of Belonging
12-1	Lunch/Tradeshow/Mindfulness Breaks
1-2³⁰	Session 3 - Take a Stroll Through Silvera's Neighbourhood (with Modelling Clay)
2³⁰-3	Break - Stretching/Mindfulness Breaks
3-3³⁰	Awards - Arlene/Michael Draws/Hors D'oeuvres/Celebration

Wednesday, June 8

9³⁰-10	Registration/Networking/Tradeshow
10-11	Keynote (Arlene) & Opening Remarks (Michael)
11-12	Session 4 - Become a Triple S Photographer (Silvera Story Specialist)
12-1	Lunch/Tradeshow/Mindfulness Breaks
1-1³⁰	Session 5 - Finding the 'Wow' Factor: Towel Art Showcase
1³⁰-2	Break - Stretching/Mindfulness Breaks
2-3³⁰	Session 6 - Take a Stroll Through Silvera's Neighbourhood
3³⁰ -4³⁰	Awards - Arlene/Rob Easson/Michael Draws/Hors D'oeuvres/Celebration

NOTES

@ 12:45 & 2:45 - 10 Mins Mindfulness Breaks
 @ 11:50, 2:30, 2:35, 2:40 - 5 Mins Stretching Breaks

AWARDS

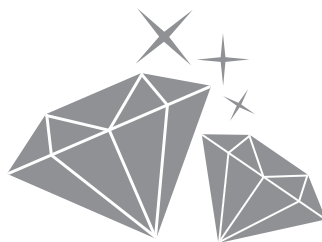
5 year Long Service Awards will be presented on Day 1. Long Service Award recipients may bring a guest for 3 pm.

NOTES

@ 12:45 & 1:45 - 10 Mins Mindfulness Breaks
 @ 10:50, 11:50, 1:30, 1:35, 1:40, 3:20 Stretching Breaks

AWARDS

10, 15, 20+, etc Long Service Awards will be presented on Day 2. Long Service Award recipients may bring a guest for 3:30 pm. Service of Excellence Awards as well as the Randy Adrian Award will be presented on Day 2.



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ABOUT THE SESSIONS

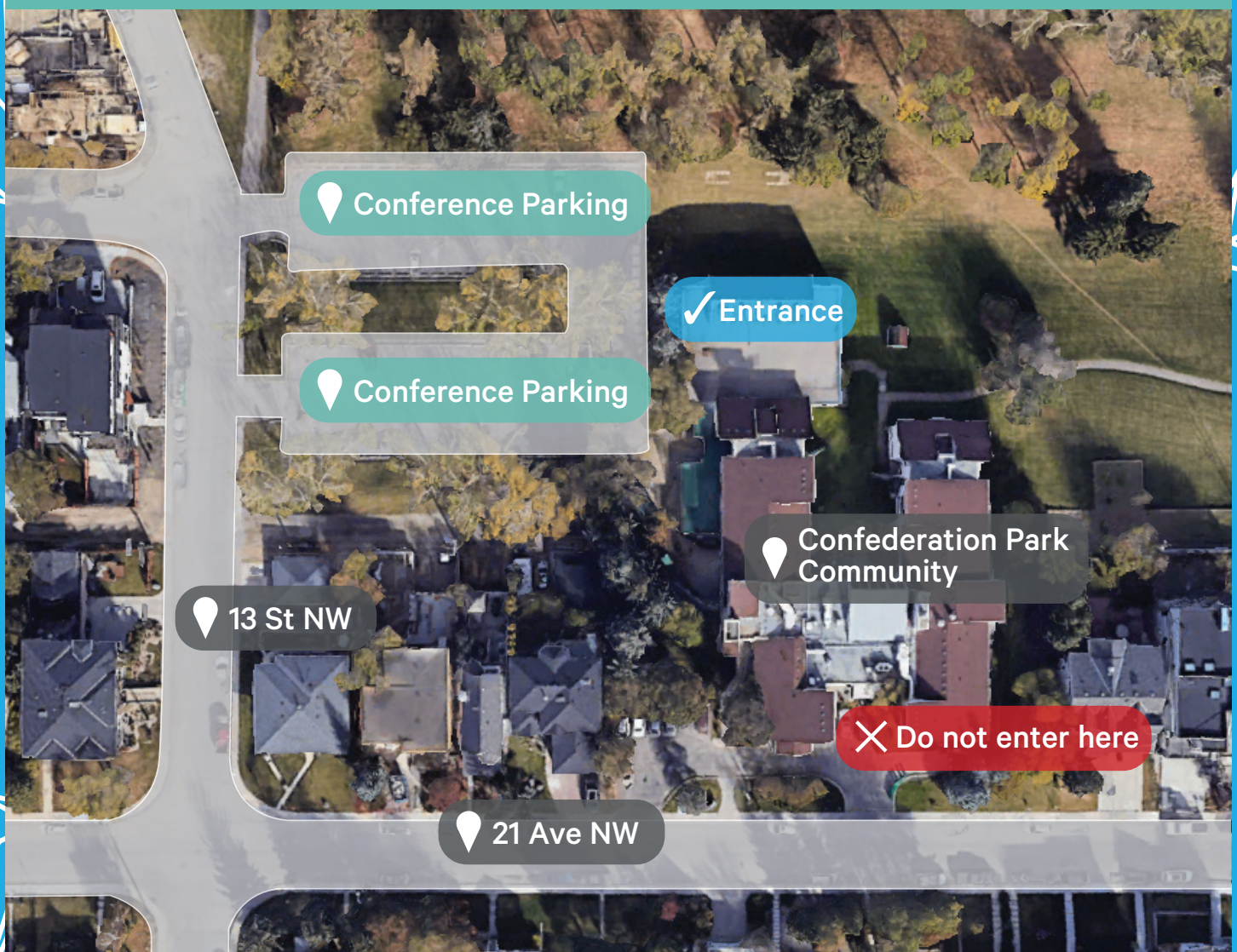
Mindful Practices to Deepen Your Connections	50 MINS	<p>Mindfulness is the practice of connecting to the present moment through purposeful, non-judgmental awareness. It is a meaningful way to deepen your connection to self, others, and the world around you. Join Patty as she takes you through three practices that will help you harness the power of mindfulness and deepen your connections.</p>
Presented by Patty Grant		
Enhancing Cultural Sensitivity for Fostering Inclusion and Sense of Belonging	50 MINS	<p>Due to growing global interconnectedness, the acquisition of ‘cultural competence’ is essential. Cultural competence helps us learn about and adapt to others’ ways of doing things, allowing us to more easily interact with others in our daily lives, workplace and society by recognizing different world views and values. Diversity education programming is a tool and a resource to help us embrace and celebrate the rich dimensions of Canadian diversity, while respecting each individual’s uniqueness.</p>
Presented by Sinela Jurkova, PhD Diversity Education Program Coordinator		
Become a Triple S (Silvera Story Specialist): Telling our stories through photography	50 MINS	<p>Photos are a powerful tool we can use to dispel myths about senior living. Most of us take photos with our phones and cameras, but very few of them become memories we want to keep, look at again, or make a part of our story. This presentation will provide some understanding of the foundational concepts of photography, including the exposure triangle for your camera and basic composition techniques for your phone or camera. Knowing what goes into an image that is correctly exposed and how you place or isolate your subject in a photo will help you increase the “keepers” and tell the story of what’s unfolding in front of you.</p>
Presented by Paul Fesko, photographer, and Cathy Hume, Senior Manager, Brand, Marketing & Communications		
Take a Stroll Through Silvera Neighbourhood: Living Your Best Life	75 MINS	<p>The last two years left a lasting impression on us all, particularly residents who experienced the loss of supports, independence, and health. Silvera, a sector leader, applied learnings and pivoted to reframe how we support older adults to live their best lives and age in our Silvera neighbourhood. Join Service & Operations for a sneak peek at how Silvera’s Service Strategy will help residents reconnect with each other, their inner passions, and their Calgary neighborhoods. Spoiler alert: you will be a part of a fun and interactive team exercise of visioning and “clay sculpting” your Silvera neighbourhood...from your own unique perspective as a future senior.</p>
Presented by Olivia Chubey, Chief Service and Operations Officer		
Finding the ‘Wow’ Factor: Towel Art Showcase	25 MINS	<p>Housekeeping can make cakes too! Aspen’s Housekeeping team has begun showcasing their creativity through towel art displays in residents’ suites. Their creations bring smiles to residents’ faces on special occasions such as birthdays, move-ins, and returning from the hospital. They will demonstrate different towel art ideas, toilet roll folds, and share how they make their ‘cakes.’</p>
Presented by Aspen Housekeeping team members Manasi Patil, Shirla Elliot, Wennie Baquir		
Stretching and Mobility Break	5-10 MINS	<p>Stretching and mobility increase circulation, improve range of motion, prevent injury and calm the nervous system. Join Patty for a quick movement break to help you feel refreshed for the rest of the conference.</p>
Presented by Patty Grant		
Mindfulness Based Body Scan	10-15 MINS	<p>The body scan is a wonderful way to calm the nervous system and turn on the relaxation response. Research shows that this style of meditation helps to offset the negative impact of stress. Join Patty for a short body scan to re-establish connection to your mind and body.</p>
Presented by Patty Grant		

ABOUT THE PRESENTERS

Wennie Baquir	Wennie has been with Silvera for the past 12 years. She is very enthusiastic and is currently volunteering at a Senior's Club in her community. She enjoys gardening with her uncle. Fun fact: Wennie is an expert in line dancing!
Olivia Chubey	Olivia joined Silvera as Chief Officer for Service & Operations in 2020. She has spent 22 years supporting older adults, and, as a future senior herself, is passionate about creating ways for older adults to maintain their independence to live in-community for as long as possible. Leaving her 12-year Alberta Health Services senior leadership career and moving from Edmonton was her lifetime opportunity to make a positive impact on Calgary's senior living sector. Other than being a passionate people leader, a mom of a 20 year old son and two cats, Olivia is a bit of a daredevil. She enjoys scuba diving with sharks, skydiving, rollercoasters of any kind and held a Kyokushin karate Western Canada champion title in her younger days.
Shirla Elliott	Shirla has been with Silvera for 14 years, working in a variety of roles at both Spruce and Aspen. Shirla loves being a grandmother!
Paul Fesko	Paul was a municipal engineering consultant for 10 years and a Water Resource Manager with The City of Calgary for 31 years. He picked up a camera as a hobby in the late 90s and, since then, has watched a lot of YouTube, and taken many photo courses and workshops locally and around the world in Canada, the US and Europe. He volunteers on the photo crews for the Calgary Folk Festival and Calgary Film Festival. Now retired from the City, Paul snaps a lot of photos (30,000 last year!), hangs out with his grandkids, is learning French and remodeling his house while waiting for the end of the pandemic so he can travel again.
Patty Grant	Patty has been a Recreation Program Specialist for the City of Calgary for more than 20 years. She is an AFLCA Assistant Trainer in Aquatic, Group, Resistance and Older Adult training and holds a Yoga RYS 200 hour teaching certificate. She is also the creator of the aquatic program, Aquazen, and helped co-create the AFLCA Aquatic Tethered Training manual. Known for her passion, creativity and supportive nature, her mission as a facilitator is to help her students maximize their potential in their own unique and extraordinary ways.
Cathy Hume	Cathy joined Silvera in February 2021 and is now Silvera's Senior Manager, Brand, Marketing and Communications. She is also the President of Calgary Seniors Housing Forum Society. For three decades, she has passionately worked to create positive and rewarding experiences within the senior housing sector. Cathy has been recognized by the province for her volunteer service to seniors and works daily to challenge conventional stereotypes of aging.
Sinela Jurkova	Sinela has a PHD in Research Education and Adult Learning and an MA in Communication and Culture (University of Calgary). She specializes in transcultural transformative learning, intercultural communication and competence, strategies for diversity and inclusion, and theories and practices for inclusive education. She is a member of national and international academic associations related to educational research, international comparative education, adult learning, educational migration and ethics studies. Her current position is Diversity Education Coordinator at the Calgary Catholic Immigration Society, developing and facilitating learning sessions. Sinela also develops diversity strategies and educational programs for organizations in Calgary and Southern Alberta.
Manasi Patil	Mansai has been with Silvera for five years. She has worked in the hospitality industry across India, UK and Canada for more than 15 years. She loves spending time with her energetic kids, ages two and seven.

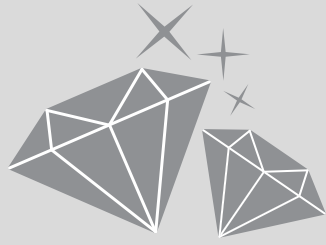
CONFERENCE PARKING

This year's conference takes place at the former 55+ Club building, on the lower level of Confederation Park community.



2212 - 13 ST NW

Please park in the lots that are accessible from 13 St NW. You will enter the former 55+ Club from the west (lower) parking lot. **Please do not enter the Confederation Park community to access the conference.**



Thank you
to our generous donors



CONFERENCE COMMITTEE TEAM

Travis Ouchi, Brenda Robart, Debbie MacKinnon, Mary Joy Palmer, Janice Ton, Godwin Nazareth, Riza Pangilinan, Hyder Syed, Bernadette Flegel, Kimberley Berreth

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