



November 2018 Newsletter



Before you know it, it will be time to register for ELLA 2019. Be sure your membership is up to date.

Hint: Preview of Spring 2019 found below.

Our membership year runs from October 1st to September 30th. A membership purchased after May 1st is applied to the next membership year. It's quick and easy to renew online! [Click here!](#)

No computer access? No problem. Contact the ELLA office by mail, phone or in person! An ELLA volunteer can enter your membership information for you.

Office Hours:

October – December 12th, 2018 Wednesdays from 10:00 am – 2:00 pm

December 13th, 2018 – January 6th, 2019 Closed for the Christmas break.

January 7th – February 28th, 2019 Mondays and Wednesdays from 10:00 am – 2:00 pm

ELLA 2018 Attendees Share Favourite Classes

- The best class I attended in 2018 was 'All About Music' with Rebecca Schellenberg. So much enthusiasm and musical knowledge presented with great humour and humility. ~ Maureen Andre
 - My favourite course was Frank Robinson's "Behind the Barn Door". Frank's genius is engaging the class in research and making every day filled with fun AND scientific evidence-based learning. I think he is doing a public service by letting people know what is going on in agriculture and informing us about commercial myths and fallacies. ~ Dawn Milligan
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Edmonton Seniors Coordinating Council

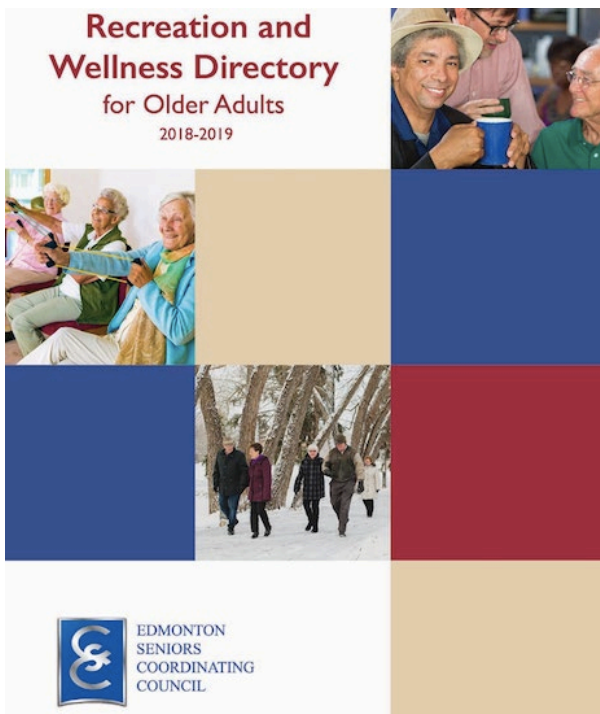
Connect to information and resources

There's a lot going on for older adults in Edmonton. How do you stay in the know about what's happening?

As a communications hub for the Edmonton seniors sector, the Edmonton Seniors Coordinating Council shares information about seniors' activities, initiatives, events, news, and resources.

These useful tools will connect you to relevant information and resources:

- [Link Letter newsletter](#): Shares weekly updates on news, activities, volunteer/work opportunities, and resources for seniors and seniors organizations.
- [Recreation and Wellness Directory for Older Adults](#): Outlines arts, fitness, technology, health, and recreational opportunities for adults 55+ in Edmonton.
- [ESCC website](#): Connects to information on supports for seniors and resources for seniors organizations.
- [ESCC Updates newsletter](#): Highlights seniors sector initiatives that enhance programs and services for seniors.



Check out the links to learn about opportunities and supports for older adults in Edmonton. Feel free to email the [Edmonton Seniors Coordinating Council](#) if you have questions or call 780-423-5635.

Improve your Quality of Life by Making Art

Did you know that you can improve your quality of life by making art?

Have you ever thought about taking an art class, but didn't? ELLA's beginner art instruction courses are a good place to start.

Creating art relieves stress, encourages creative thinking and imparts other mental health benefits. Anyone can do art.

Activities like painting, sculpting, drawing and photography are relaxing and leave you feeling mentally clear and calm.

Creating art provides a distraction, giving your brain a break from your usual thoughts.

When you get totally immersed in a creative endeavour, you may find yourself in what's known as "the zone" or a state of "flow."

This meditative-like state focuses your mind and temporarily pushes aside all your worries.

Why not explore some art-related activities at community and learning centres around Edmonton and at ELLA's upcoming 2019 spring session?

*This article was adapted from **The Mental Health Benefits of Art Are for Everyone** by Deane Alban and Dr. Patrick Alban. [Click here](#) to read the complete **Be Brain Fit** article.*

Did You Know ...

We're On the Move!

Our ELLA office has been relocated.

You can find us in the lower level in Enterprise Square in Room L-012. When coming down the escalator from the Jasper Ave entrance, turn left making a 180 degree turn and proceed back along the side of the escalator.

At the end of the hallway turn right and at the end of that hallway turn right again, through the double doors. We are located immediately on the right in room L-012. Follow the signs in the hallway.



ELLA Spring 2018 Blank Page Attendees Write

[Click here](#) to read *My Backpack is Full* by Dolores Brent.

[Click here](#) to read *All I Really Need to Write I Learned from Eunice Scarfe* by Rachel Vincent.

Volunteers needed! Come Volunteer!

ELLA needs member volunteers in a number of areas! We can't exist without our membership being involved!

Current Opportunities include:

- Two members to help on the fund raising committee -Some experience in grant writing, and/or agency and/or government solicitation would be helpful but not necessary. Contact [Shyamala Nagendran](#).
- Six board members - No previous experience is necessary and if you are interested please come to a board meeting and see what it entails.

Contact [Joyce Madsen](#) or [Shirley Forrest](#).

- Information Technology Chair -This volunteer needs IT experience in either the technical, applied or strategic sides of the business. Contact [Joyce Madsen](#) or [Shirley Forrest](#).

For job description details, [click here](#).

- Office Team Leader -The Team Leader is responsible for the general management of the office and its volunteers. Training will be provided. Contact [Linda Riopelle](#).

For job description details, [click here](#).

Or contact [Doug Davey](#) our Volunteer Chair.



Shirley Forrest

Message from your ELLA President

Hello ELLA Members;

How time goes by! It is only about seven months until we will be meeting again at Spring Session. The volunteer committees have been busy at work developing next year's program and, from what I have seen, it looks like a great one!

Unfortunately, our Information Technology Chair, Jimm Valentinsen, has had to retire from the ELLA Board mid-term. Jimm is busy setting up his own IT consulting business. On behalf of the Board and all ELLA members, I would like to thank Jimm for his service to ELLA and wish him well in his new venture. We are looking to replace Jimm as quickly as possible so...if you have IT experience in either the technical, applied or strategic sides of the business and would like more

information about this volunteer role please contact our ELLA Board Recruitment Committee Chair, [Joyce Madsen](#) or [me](#).

For job description details, [click here](#).

ELLA is like a giant jigsaw puzzle and it takes many hands to put all the pieces into the right places to create Spring Session. There are big jobs and small, seasonal ones and one-time contributions and, of course, longer-term governance roles. There is a role for you if you would like to join us.

Due to the retirement of several Board members who have fulfilled their Board terms, this year we are looking for a number of new Board members. We are particularly looking for candidates who would be willing to join the Board as a Director at Large for the balance of the 2018/19 term and then take on a more specific role after the May AGM. Board experience is always an asset but not necessary for these positions.

Our Fund-Raising Committee, headed by Shyamala Nagendran, is poised to take ELLA into the world of fund raising. In our effort to be more inclusive and diverse, Shyamala and her team have applied for a grant from New Horizons for Seniors to develop a program to make sectors of our immigrant community more aware of ELLA. We are awaiting the results of the submission and will know early in the new year. We are also looking at other opportunities. If you have a gift for fund raising please join us on the Fund Raising Committee.

As many of you experienced at last Spring session, we have had some issues with our membership system and the interfaces to Eventbrite. We are currently looking at some new technology to replace our Membership system. The new system will provide our administrative team and IT support with many new features that will make our work easier. Unfortunately, the new system will not be ready for the next Spring Session but will be implemented shortly thereafter. We have repaired the existing system and you can renew your membership now by [clicking here](#).

As you can see, your ELLA Board and Committees are very busy continuously trying to enhance the ELLA experience. Please feel free to join us on this journey. We welcome your suggestions and your support.

Respectfully,

Shirley Forrest

Your ELLA President

What You Say Matters - Call for Program Evaluation Volunteers

ELLA evaluates each Spring Session in a variety of ways. We are looking for volunteers to help us with this ongoing program. Job descriptions are available for each role, and training will be provided.

1. One person with good - excellent Excel skills to reset our data entry form used for the paper-and-pencil questionnaires distributed the last week of Spring Session. Estimated time required 5-10 hours. Timing is flexible but no later than mid-April
2. Two-three people for data entry of the responses on the paper & pencil questionnaires. Estimated time required 10-20 hours, depending on familiarity with data entry and Excel. Timing is NOT flexible, starts about May 16 and needs to be completed by May 24.
3. One person as co-chair of the Evaluation Sub Committee. Has a working knowledge of questionnaire design and data analysis including Excel; communicates evaluation outcomes to the appropriate committee, the ELLA Board and ELLA membership. Estimated time required: 40 hours. The busiest time for is January-May, when the Spring Session evaluations are

developed, reviewed and processed; however, development can be done well in advance, even in the previous summer/ fall.

For information on these opportunities, please contact [Mary Anne](#).

A Preview of 2019 ELLA Spring Session

Just a few weeks after the successful 2018 Spring Session wrapped up the 40+ volunteers serving on the ELLA Program Development Committee began work on the 2019 program. As of late October the program has not yet been finalized, but most of it is in place.

The 2019 program will feature some previously offered favourites that are “back by popular demand”, as well as exciting new offerings that we expect will become favourites in their turn. Some of your favourite art instruction courses and fitness activities will return. You'll have a chance to raise your voice, whether in song or in discussions. Various forms of music, from Bach and Beethoven up to the Beatles (the third “B”?) will be the focus of different courses, as will various forms of literature.

On the science side, you will be able to learn about timely topics such as pipelines, astronomy, nanotechnology, heredity and my DNA, artificial intelligence, mathematics, social media, conservation, and (back by popular demand) animal agriculture in Alberta. And all those exasperated by this year's early snowfalls will be interested in a course about weather and climate change.

For those most interested in the humanities, you can armchair travel to China, Mexico and India or learn about African-Canadian communities in Alberta, the global Islamic movements, the history of aviation in Canada, and a reprise of last year's sellout course on maps.

The schedule of noon hour presentations also looks great, including one on medical and recreational marijuana, using litigation to advance gender equality and other hot topics.

Looks like a fun session!

Walter Archer and Mary Anne Yurkiw,
Co-Chairs of the Program Development Committee

Our Mission:

To offer adults, in partnership with the Faculty of Extension, high quality and affordable non-credit educational courses, seminars and workshops which stimulate both mind and body by exploring liberal arts, fine arts, sciences, humanities and physical activities.

Signing in to Eventbrite directly will not take members to their Ella account.

Please [click here](#) and **sign in**.. Find the membership tab and the Purchase/Renew dropdown choice. [Click here](#) to be taken directly to the membership renewal page

[Renew Your Membership now with the easy online registration process ...](#)

[For detailed instructions on how to renew your membership, please click here.](#)

[If you are still having challenges with the renewal system, click here for a pictorial step-by-step guide on how to renew.](#)



