



Christmas Hampers in Alberta

If you are finding yourself in need this Holiday Season, there are several ways to get help. In addition to the information below, you can reach out to your doctor, teachers, social workers, police officers or nurses, who can assist with a referral to local agencies for Christmas hampers. You can also *call 2-1-1* and they will direct you to assistance.

The deadline to apply for Christmas help is fast approaching, with many deadlines already past. Please contact your supporting services within the month of November to apply for Christmas support. Many rural services are still accepting applications, however, large organizations may have closed the application process already.

Basic Needs Support

Provided by: Society of Saint Vincent de Paul - Calgary

- NOTE: COVID-19 UPDATE – WILL KEEP PROVIDING FOOD HAMPERS UNTIL SUPPLIES LAST. LIMITED RESPONSE TO CALLS AT THIS TIME. Provides basic needs assistance and support services. Calgary, Alberta, T2P 2M5, Telephone: 403-250-0319

Christmas Elves

- 4917 Hankin Street, Thorsby, Alberta, T0C 2P0, Telephone: 780-789-4004
- 5088 1 Avenue S, New Sarepta, Alberta, T0B 3M0, Telephone: 780-941-2382 4901 50 Avenue, Calmar, Alberta T0C 0V0
- 4901 50 Avenue, Calmar, Alberta, T0C 0V0, Telephone: 780-985-3191
- 5212 50 Avenue, Warburg, Alberta, T0C 2T0, Telephone: 780-848-2828

Christmas Gift Card Program

- Provided by: Family and Community Support Services of Nampa - Northern Sunrise County 1055 Christian Street, Cadotte Lake, Alberta, T0H 0H0, Telephone: 780-629-2477
- 10203 99 Avenue, Nampa, Alberta, T0H 2R0, Telephone: 780-322-3954
- 135 Sunrise Road, Peace River, Alberta T8S 1Y9, Telephone: 780-625-3287
- 1 Bouchard Street, St. Isidore, Alberta T0H 3B0, Telephone: 780-624-8071



Christmas Hamper Program

There is something about the holiday season that calls to a special place within each of us. There is something about the magic in the air that makes us want to ensure no one is left behind. The Adopt-A-Family program provides Christmas hampers to low-income families referred to us by counsellors working in recognized social service agencies. Eligible families cannot have received a hamper in the past three years and will not receive any other hamper during the holiday season.

- Provided by: Kin Canada, 47 Riel Drive, St. Albert, Alberta, T8N 3Z2, Telephone: 587-355-2137
- Spruce Grove, Alberta, T7X 2V2, E-Mail: sprucegrovekinettes@gmail.com

Christmas Hampers

- Provided by: Fort Saskatchewan Food Gatherers Society, 11226 88 Avenue, Fort Saskatchewan, Alberta T8L 3W5, Telephone: 780-998-4099

Christmas Hampers

- Provided by: County of Lamont Food Bank, 4844 49 Street, Lamont, Alberta, T0B 2R0, Telephone: 780-619-6955

Christmas Hampers

- Provided by: Family and Community Support Services of the Central Peace Region, 4202 50 Street, Spirit River, Alberta, T0H 3G0, Telephone: 780-864-3500 Ext. 1

Christmas Opportunities

Application Deadline November 30, 2021

- Provided by: Salvation Army, The - Edmonton, 12404 140 Avenue NW, Edmonton, Alberta, T5X 5Z1, Telephone: 780-457-0275
 - 1241 Hyndman Road NW, Edmonton, Alberta, T5A 4T3, Telephone: 780-472-6743
 - 9115 75 Street, Edmonton, Alberta, T6C 4L3, Telephone: 780-469-6846
 - 9611 102 Avenue, Edmonton, Alberta, T5H 0E5, Telephone: 780-429-4274



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Christmas Programs

- Provided by: Salvation Army, The - Grande Prairie, 9615 102 Street, Grande Prairie, Alberta, T8V 2T8, Telephone: 780-532-3720 (Office)

Christmas Toy Program

- Provided by: Salvation Army, The - Calgary, Pickup for toys will be at different sites but the clients have a choice to where they want to pick up and they have a choice of the time as well. Details are included in the registration form. Calgary, T2P 2M5, E-Mail: christmastoy@salvationarmycalgary.org

Emergency Food Hampers and Christmas Hampers

- Provided by: Coronation and District Food Bank Society, 5002 Municipal Road, Coronation, Alberta, T0C 1C0, Telephone: 403-578-2727

Toys and Food Hampers

- Provided by: Drayton Valley Santa's Anonymous, Drayton Valley, Alberta, T7A 1R6, Telephone: 780-234-6065

Christmas Bureau of Edmonton

To accommodate the delivery of services before Christmas Eve, the application deadline is November 26, 2021. Applications and documentation received after November 26, 2021 services may be delayed until AFTER Christmas.

- #1, 12122 68 St NW, Edmonton, T5B 1R1, (780) 414-7695

Beaumont, Nisku and area Christmas elves

- Leduc County residents are served by five separate Christmas Elves programs that provide food hampers, toys and gifts to families in need, helping them experience a joyful holiday season. Each community in Leduc County has adapted the program to meet the local needs and resources available call 780-929-1006 to register. Contact: 825-995-1008, **Deadline for referrals: Dec. 11**, Delivery: Dec. 21, Inquiries/donations: www.leducshelpers.ca
- The City of Leduc is served by Leduc Santa's Helpers. To register for the program, call 825-995-1008.
- Contact Taylor at 780-985-3191 to register for the Christmas elves program in the Calmar region.

- Visit the Association of the Devon Christmas Elves or call 587-600-2525 to register. Contact: 587-372-7916, **Deadline for referrals: Dec. 4**, Delivery of instructions: Dec. 8 (1 to 3 p.m.), Pick up of gift cards: Dec. 11 or 12, Inquiries/donations: www.devonchristmaselves.com
- Contact Lucille at 780-941-2382 to register for the New Sarepta and area Christmas elves program.
- Contact Tami at 780-848-2828 to register for the Warburg and area Christmas elves program, fcss@warburg.ca, **Deadline for referrals: Dec. 11**, Pick up: Dec. 17
- Beaumont/Nisku and area Contact FCSS at 780-929-1006 or fcss@beaumont.ab.ca, **Deadline for referrals: Dec. 11**, Delivery: Dec. 16, Inquiries/donations: www.bnchristmaselves.com
- Thorsby and area, Contact Patti at 780-789-4004 or fcss@thorsby.ca, **Deadline for referrals: Dec. 2**, Pick up: by appointment

Red Deer Christmas Bureau

- The Red Deer Christmas Bureau strives to make sure all families have an enjoyable Christmas by providing those in need with a full Christmas meal and gifts and toys for children. For more information please call 403-347-2210.

Christmas Hampers

- Christmas is a time of new beginnings and a time to share. This program is run by the Knights of Columbus with support and assistance from the Bonnyville Friendship Centre. Forms are available for pick up at our office. Box 5399, 4711 – 50th Avenue, Bonnyville, Alberta, T9N 2G5, 780 826 3374

Kinsman Club of Stony Plain

Kinette/Kinsmen Christmas Gift Hamper 2021 registration ends: December 11, 2021 at 12:00 pm.

- If you or someone you know is in need of a Christmas Hamper, contact the Parkland Food Bank or click on this link: www.parklandfoodbank.org

Strathcona Christmas Bureau

- Hamper Application (inactive until campaign starts): 780-918-2521, P.O. Box 3525,



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Sherwood Park, AB, T8H 2T4

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Beulah Church in Greater Edmonton

- Do you know someone who would be blessed by a Christmas Hamper this year? Or are you yourself in need of one? Application Deadline: Friday, Dec 3
<https://beulah.ca/hampers/>

1,500 FAMILIES ARE IN NEED

The Holiday Hamper Program makes a difference in the lives of Edmonton families in need. Participants become Hamper Elves by adopting a local family – then shopping for a healthy festive meal and small gifts for the kids. On Delivery Day, Hamper Elves come to the Expo Centre to receive turkeys, fresh produce, and their adopted family's address from our team of volunteers. Then they are off to deliver joy to families in need in our community.

This year they are partnering with 55 Edmonton schools that have come to our program in need of support. Our schools are estimating 1,500 families will not have a holiday meal without your help. You can make a difference in the lives of Edmonton families this holiday season.

<https://www.holidayhamper.ca/signup>

Charitable Holiday Initiatives to Support

While grappling with the impact of a very turbulent year, many charities are experiencing an increased demand for their seasonal adopt-a-family and Christmas hamper programs that support individuals and families through the holidays. Food security remains an ongoing issue in our community – you can also find food hamper-specific programs below:

<https://calgaryfoundation.org/holiday-season-initiatives-to-support/>

Addressing Delays in Treating Hearing Loss Can Lead to Better Outcomes

By Sheila Serup, MBA

Individuals wait on average seven to 10 years before seeking help for hearing loss, research from the Canadian health measures study (2012/13) has found. By this time, communication has become difficult, isola-

tion and health risks increase, and cognitive processing declines.

The latest research into the impacts of delaying diagnosis of hearing loss shows challenges to a person's auditory processing. Dr. Carrie Scarff, a Calgary Audiologist at Audiology Innovations, was asked how delays in addressing hearing loss impact individuals, and to share tips on assisting individuals to seek treatment.

How does delaying hearing diagnosis impact on processing skills?

Dr. Scarff: There are natural changes to our processing abilities throughout our lifespan. Our auditory processing includes abilities such as listening to speech in noise, following rapid speech or accents, and even remembering what we hear (auditory memory).

Our auditory system isn't fully developed until between approximately ages 14-19 years, and once developed, we have good auditory processing for a few decades. However, this processing ability changes as we age, particularly after age 35-50, independent of whether we have hearing loss or not.

Deterioration in auditory processing simply happens all on its own as we grow older. However, if we also have hearing loss, these auditory processing abilities are going to be much more notable.

The average person who identifies that they have some hearing loss takes between seven and 10 years to seek diagnosis and treatment. The majority of people who have hearing loss are unaware that they have hearing loss (70% as per the Canadian health measures study in 2012/13.)

So, it is important not to wait to identify hearing loss and that we do something about hearing loss. Hearing loss will increase our auditory processing challenges and therefore our ability to really function well with our hearing in our day-to-day real world listening.

There are three main reasons why auditory processing changes with untreated hearing loss. The brain changes in a few ways:

1. Firstly, untreated hearing loss shows the recruitment of the auditory cortex for other modalities like vision. This could become permanent, affecting speech perception, and understanding.
2. Secondly, untreated hearing loss leads to a reduction in activity at the auditory cortex that can become permanent, and this has been shown to occur after 4.5 years. This research follows audi-



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tory deprivation research that began 40 years ago. If the receiver is damaged (the brain), it doesn't matter what sound you send to it from the ear, it won't be understood, deciphered, or distinguished.

3. Lastly, untreated hearing requires more effort, so we are decreasing the available resources for other cognitive functions.

If we want to avoid potential permanent detrimental changes to our auditory processing capabilities, we should consider hearing loss identification and treatment sooner rather than later.

What are some activities that you recommend for people with hearing loss to improve or retain cognitive processing?

Dr. Carrie Scarff: We should practice good auditory processing in our day-to-day activities by ensuring that we keep up with our day-to-day listening skills. It is important that we do not get used to living in silence. We need to immerse our auditory system in sounds. You can:

- Listen to sounds throughout your day.
- Listen to music.
- Listen to podcasts/recorded books/radio programs/movies and TV and even YouTube learning.
- Each will have differing levels of background noise (which is good) and you'll have a good chance to hear different voices that you are unfamiliar with, which is all good practice for your auditory processing.
- Have telephone conversations with people you are familiar with and answer the phone with people you are unfamiliar with.
- Take part in listening and conversations on Zoom, Skype, etc.

Use tools to assist you with distinguishing what you hear more accurately such as closed captioning. Do not rely completely on closed captioning but rather use it as a support in pre-recorded shows. You must still practice 'hearing' and 'listening' to the audio, looking to the words with your eyes only when necessary. This can help your auditory system recognize the sounds more accurately and more quickly the next time you use them.

The research supports that your hearing clinic should provide audiology recommendations that treat your hearing in a holistic way, integrating technology like hearing aids or FM systems with consideration of auditory processing that we've discussed.

We need to think of your listening skills as a muscle just like in the rest of your body, and keep it tuned up

on a daily basis.

Can you share any tips on how to be proactive with loved ones on addressing delays in diagnosing hearing loss?

Dr. Carrie Scarff: Although the research is still emerging how hearing loss and dementia are linked, there is a large enough body of historical research and growing body of current research that points to the fact that early treatment is better for brain health.

You may want to point out a few other findings:

- We see better relationships when people improve their hearing.
- We see less frustration, depression and social isolation when people improve their hearing. People are more confident and want to take part in activities when they hear better and aren't always asking people to repeat.
- People respond more to thinking about the emotional side of hearing loss.

You can point out how sound and communication are an integral part of our lives. You may want to have a conversation about your loved one about 'what sounds they love...their grandchildren's voices, music, birds in the garden, etc.'

This may get them started thinking about the importance of hearing properly in relation to their quality of life.

Dr. Carrie Scarff completed her Master of Science in Audiology at Dalhousie University, clinical Audiology internships at Georgetown Medical Centre in Washington DC and The IWK Grace hospital in Halifax, and her PhD and PostDoc in Auditory Neuroscience at the University of Calgary in the area of brain plasticity and hearing research under the tutelage of Dr. Jos Eggermont. She has published peer-reviewed publications in the areas of early identification of hearing loss, Tinnitus and auditory cortical plasticity following hearing loss. Dr. Scarff practises at Audiology Innovations Ltd. (www.audiologyinnovations.ca) and is involved in educating and informing health professionals and agencies about hearing loss issues, new research and treatments in hearing loss. She takes a particular interest in the effects of hearing loss on the brain and advancements in research in this area.

Giving Tuesday 2021 - Nov. 30th

Join the movement dedicated to giving back. Get behind your favourite cause for GivingTuesday and get your friends involved. If you can show generosity and share kindness, you have something to give!



#GivingTuesdayCA is about giving of all types. Even

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as we practice physical distancing, we can remain connected through kindness and generosity. Individuals can still provide financial, emotional and social supports to nurture our communities. Join us in this movement as we unleash generosity across Canada and around the world.

<https://givingtuesday.ca/blog/entry/10-ways-to-participate-in-gt>

Here are ideas to inspire giving in your community:

- Look for a local fundraiser, community drive or coordinated event to join others in your area or with your same interests in giving back. Find a civic movement in your area so you can find what's happening in your community.
- Reach out to a neighbour in need: send them a card, cook them a meal, bake them some treats, or give them a call to check in.
- Show gratitude to healthcare workers, service providers, and other essential workers who are making sure we still have the services we rely on, even at risk to their own health.
- Add a #GivingTuesdayCA Facebook Frame to your profile to show that you're giving back.
- Share your giving story by posting an #Unselfie. This is a post on social media that shares a message about why you give back.
- Shop local. This is a difficult time for small businesses and restaurants. Support those in your neighbourhood by ordering take out or buying items online.
- Share your giving story on Instagram with a #GivingTuesdayCA Instagram sticker or filter.
- Create sidewalk chalk designs. Share messages about world unity, inspiring kindness, or give love to your city/town. You can do this any time the week before #GivingTuesdayCA so you have your photos ready!
- Share your photos on your social channels on GivingTuesday and don't forget to tag us #GivingTuesdayCA!
- Add a link to your email signature to let others know what cause you are supporting for GivingTuesday.
- Help inspire others by sharing good news stories on your social media channels. Showcase all the good happening in your community. Check out

#GivingTuesdayCA's Instagram, Facebook, and Twitter channels for inspiration.

- Donate to this campaign:

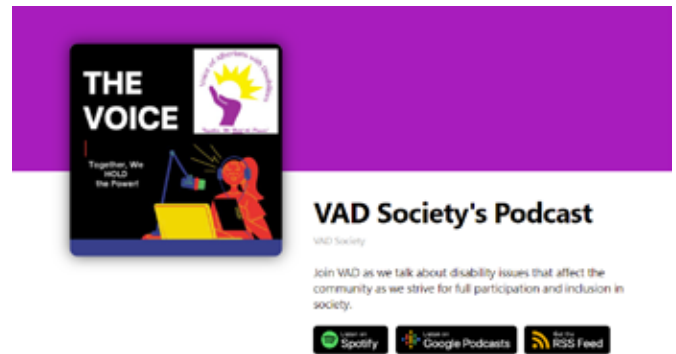
<https://vadsociety.ca/donate>

<https://givingtuesday.ca/partners/voice-of-albertans-with-disabilities>

VAD's Podcasts - The Voice

<https://vadsociety.buzzsprout.com>

Join VAD as we talk about disability issues that affect the community as we strive for full participation and inclusion in society. Send your podcast ideas to vad@vadsociety.ca



International Day For Persons with Disabilities 2021

We want to invite you to the 2021 IDPD Edmonton event "The Road to the Podium: Moving From Recreational to Competitive Sport" happening December 3, 2021 from 11:00 am to 1:00 pm on Zoom:

<https://bit.ly/3nZv3Nv>

In honour of the recent Summer Paralympic games and the upcoming Winter Paralympic games we have invited incredible athletes who have both gone to the Paralympic games or are on their way there! We also have two special guests: Chanel Keenan, the intersectionality consultant for the Seattle Kraken and a special musical performance by Tony Flores!



ASL Interpretation and Cart Captioning will be provided, please indicate at registration if you require any other accommodation to improve your enjoy-

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ment of this event.

11:00 AM: Welcome from the Accessibility Advisory Committee of Edmonton

11:05 AM: Proclamation from City Council

11:20 AM: Carrie Anton, Paralympic Goalball Gold Medalist, Sydney 2000 Summer Games

11:35 AM:
 Sierra Roth, NextGen Athlete,
 Rowing Canada

11:50 AM:
 Morgan Bird, Paralympic
 Swimmer Bronze Medalist,
 Tokyo 2020 Summer Games

12:05 PM:
 Viviane Forest, Paralympic
 Alpine Skiing Gold Medalist,
 Vancouver2010 Winter Games

12:20 PM:
 To Be Confirmed

12:35 PM:
 Chanel Keenan, Inclusion Con-
 sultant, NHL's Seattle Kraken

12:50 PM:
 Closing Musical Performance
 and interview with Tony Flores

Register here:
<https://bit.ly/3nZv3Nv>

carepros **IDPD EDMONTON 2021** **UNIVERSITY OF ALBERTA** **aac** **Alberta**

Carrie Anton
Gold Medalist - Goal Ball

Viviane Forest
Gold Medalist - Alpine Skiing & Goal Ball

Morgan Bird
Bronze Medalist - Swimming

Chanel Keenan
Intersectionality Consultant
Seattle Kraken

SIERRA ROTH
NEXT GEN PARA-ROWER

**THE ROAD TO THE PODIUM:
MOVING FROM RECREATIONAL TO
COMPETITIVE SPORT**

**With Special Musical
Guest: Tony Flores**

**JOIN US VIRTUALLY
DECEMBER 3, 2021 11 AM TO 1 PM**
 On Zoom Register here:
<https://bit.ly/3nZv3Nv>

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