

## Karine Keys

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**From:** Assisted Living and Social Services <seniorsinformation@gov.ab.ca>  
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**To:** Karine Keys  
**Subject:** Age-Friendly E-News: Seniors' Week and Fire Safety Awareness

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# Age-Friendly E-News

Alberta

## Celebrate Seniors' Week 2025!

For 39 years, the Government of Alberta has celebrated the first week in June to honour and recognize seniors for their many contributions to our province. This year, Seniors' Week started Monday, June 2 and runs until Sunday, June 8. To launch the week, a special Seniors Prom event was co-hosted with the City of Camrose.

Throughout Seniors' Week, hundreds of events, both virtual and in-person, are taking place across the province. Albertans of all ages can attend an event, catch up with the seniors in their lives, or thank those who have made a difference in their community. Seniors' Week is a wonderful opportunity to recognize and celebrate seniors and their enormous contributions to our families, communities and province. Seniors have helped build Alberta into the great province it is today.

So, throughout the week, consider spending time with the seniors in your life. Find an event in your area to attend and celebrate their contributions to Alberta!

To learn more, check out Honourable Minister Nixon's statement [here](#) and visit our website: <https://www.alberta.ca/seniors-week>.

## Fire and Life Safety is Important for all Ages

Seniors' Week began on June 2 and is celebrated the entire week. It is an opportunity to celebrate and recognize all seniors in the province through various community events and activities. This year we will also highlight how we can make our communities safer places for seniors and all our loved ones by learning more about home fire safety tips.

### Did you know?

- Cooking is the leading cause of house fires.
- Medical oxygen increases fire risk.
- Working smoke alarms save lives – test them monthly!
- Your local fire department may offer help with smoke alarms and escape planning.

Fire and life safety is important at every stage of life, but as we age, physical changes, mobility challenges, and medical needs can increase our risk. Fortunately, there are practical steps you can take to protect yourself and your home.

- **Stay Safe in the Kitchen:** Never leave cooking unattended. Keep flammable items away from heat, avoid loose clothing while cooking, and always turn off the stove if a pan catches fire.
- **Use Oxygen with Care:** Keep oxygen tanks away from flames and heat. Never smoke near oxygen equipment.
- **Check Your Smoke Alarms:** Install alarms on every level, test monthly, and replace batteries yearly. If you have hearing or vision impairments, consider specialized alarms with lights or vibrations.
- **Plan Your Escape:** Know two ways out of every room. Practice your escape plan and have an emergency kit ready with medications, documents, and contact numbers.
- **Create a Safer Home:** Keep pathways clear, use flameless candles, avoid overloading electrical outlets, and install carbon monoxide detectors.

### **You're Not Alone – Help Is Available**

Reach out to family, friends, caregivers, or check with your local fire department as they may support with smoke alarms or safety planning.

Learn more about fire and life safety and explore support for older adults at: [www.alberta.ca/seniors-resources](http://www.alberta.ca/seniors-resources).

Let's all do our part to stay safe and support one another.



Website



E-mail

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