Our Morning Inspiration

Darrel Janz is a celebrated television and radio news anchor and Canadian broadcasting icon.

From humble roots on a Main Centre, Saskatchewan farm, to teaching in a one-room schoolhouse on the edge of the beautiful Qu'Appelle Valley, to a 37-year career bringing Calgarians the news of the day from CFCN TV Calgary, Darrel Janz's professional journey has been a storied one.

An educator at heart, Darrel trained as a teacher at Saskatchewan Teachers College and put that training to good use as a Broadcast Journalism instructor at SAIT for eleven years and Mount Royal College for fifteen years.

Darrel has covered it all, along the way garnering three Bert Cannings awards for best newscast in Canada and two Edward R. Murrow awards for best newscast in the world outside the USA.

Most recently you would have seen his weekly feature, Inspired Albertans which ended in May 2023 when he "retired" to take on his next venture - hosting an inspirational talk show called Legacy Makers with former co-anchor Jacqueline Clements.

So, what's at the centre of Darrel's storied career?

He would say it's purpose, plain and simple. What gets us up in the morning? What are we contributing? What is our place in the world?

In his keynote, Darrel will reflect on purpose after retirement, but he truly believes these questions aren't just for those over 65 or the aging baby boomers approaching their golden years. It's about all of us - it's about purpose at EVERY AGE.

September 22, 2023 - The Fairmont Palliser Calgary





With Master of Ceremonies **Dave Kelly**



WHERE: The Fairmont Palliser 133 9th Avenue SW Calgary, Alberta

WHEN: Friday, September 22, 2023 Check-in & Networking: 7:30-8:00am Breakfast & Program: 8:00-9:30am

What

Join Calgary Seniors' Resource Society for our second annual One For the Ages Breakfast with keynote speaker Darrel Janz!

The **One for the Ages Breakfast** is a unique opportunity for you to support Calgary Seniors and our mission to provide personalized client-centered supports, services, and connections that help Older Persons on their aging journey.

At this signature annual fundraising event, you will learn about the unique role Calgary Seniors plays in Calgary's senior-serving sector. Join us in celebrating recent successes and the partnerships that make them possible, and hear about how our agency values – ingenuity, leadership, action and connection - anchor our programs and continue to guide our transformational work.

Who

Having a purpose – whether great or small – helps us live our best and most authentic lives. A 2019 study found that a sense of purpose promoted happiness and well-being among older adults aged 50-90. And not surprisingly, it's associated with better physical and mental health for everyone, no matter what age. Whether we reach our objectives or continue to strive for them, a present purpose steers our course and gives us future hope.

That is why we are so pleased to present celebrated television and radio news anchor and Canadian broadcasting icon Darrel Janz as our keynote speaker.

In his keynote, Darrel will reflect on his personal journey and on purpose after retirement – but he truly believes that a purposeful life isn't just for those over 65 or the aging baby boomers approaching their golden years. It's about all of us - it's about purpose at EVERY AGE.

Why

Calgary Seniors' Resource Society envisions a world where seniors no longer face barriers that are holding them back from the life they want and deserve: a world free of ageism where they always feel safe, in a community where they can thrive, with support systems to live independently.

This is our north-star – "Inclusive, connected communities where people of all ages flourish"

In 2022, Calgary Seniors provided over 840 Older Persons at-risk or in crisis urgent 24-hour response to their critical needs or short- and long-term case management. And over **3000 volunteers** provided practical and social supports for over 34,500 requests totaling 127,633 hours of service (equivalent to 63 full-time employees). Here are just some of the numbers!

Friendly Check-ins 11664

- 6583 Friendly Visits
- Essential Transportation rides to medical & vaccine appointments 4462
- **Shopping Companion requests** 4724
- Pet Assist requests 1084

With your support of this event, you are helping us create that world. We thank you!



2023 Snonsorshin Tahle and Ticket Registration

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To be listed in printed program, payment must be received by Sept. 11, 2023							

QUESTIONS: Please call Tamrin Heardt at 403-472-9213 or email theardt@calgaryseniors.org. Completed forms may be scanned to breakfastinfo@calgaryseniors.org or mailed to Calgary Seniors' Resource Society, 3639 26th St. N.E., Calgary, Alberta, T1Y 5E1