



C - Seniors  
S - Grandparenting, disabled,  
Family history, Long Term Care,  
Volunteer Resources

# COMING of AGE

SASKATOON COUNCIL ON AGING INC.  
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## Project will link seniors, children

The Saskatoon Council on Aging has received \$40,000 in provincial funding to pilot a program that links seniors with young children and their families. Adopt A Grandparent aims to enrich the bonds between older adults and children aged 5 to 12, and provide safe and fun opportunities to foster intergenerational relationships.

The Adopt A Grandparent Planning Committee, in conjunction with the Council, is partnering with the Saskatoon Housing Authority and Saskatoon District Health to pilot the program for one year. If the pilot is successful, the Boys and Girls Clubs of Saskatoon have expressed interest in continuing it.

The program was founded in Saskatoon in 2000, based on information from the Volunteer Grandparents Society of Canada. It matches older adults with children to:

- Promote intergenerational co-operation and understanding
- Provide older adults and children the opportunity to share their skills, life experience and interests with one another
- Improve the health and well-being of volunteer grandparents and grandchildren through meaningful social interaction.

Matches will be arranged between volunteer seniors and children from two public schools, one in the inner city. Volunteers will be screened and checked as Big Brothers and Big Sisters volunteers are.

A half-time Program Co-ordinator has just been hired and is operating out of the Council offices. A November meeting will gather the partners and other interested people together. Matches between "grandparents" and children should begin in January.

## Tips for Writing Family Histories

BY BOB PHILLIPS

So you want to prepare a family history? The best way to begin is to talk with your mother or father or someone else of their generation.

The problem with collecting family history is that too few of us get to talk to folk of earlier generations. You can get genealogical data from official records, the Mormon Library in Salt Lake City or archives but none of those sources says much about what family members really did and how they lived -- the data that make a family history come to life.

I suggest you draft a questionnaire to send to everyone in your connection.

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# Significant improvements needed for seniors: NACA

BY BUBS COLEMAN, Saskatchewan representative, National Advisory Council on Aging

Five key aspects of seniors' health and well-being get an overall grade "C" in *Report Card, Seniors in Canada*, published by the National Advisory Council on Aging (NACA). "C" means "satisfactory – with significant improvements needed."

NACA teamed up with gerontologists, national seniors' organizations and government officials to identify national indica-

## WHAT'S NEW

**PEOPLE WITH A BLUE-AND-white** handicapped placard for their vehicle can buy a permit for parking at any Saskatoon meter without paying. The \$20 permits are available from City Hall's treasury department; take your handicapped placard or placard number. Permits run from May 31 to April 30, and are not pro-rated. A six-month permit is available in November, for \$10.

**A DIRECTORY OF SERVICES** available for seniors has been published by the Saskatoon Council on Aging, Saskatoon District Health's Public Health Services and the University of Saskatchewan College of Kinesiology. *Directory of Services for Older Adults, 2001* is available free at 655-4682 or 652-2255, or on the Council's website, [www3.sk.sympatico.ca/scaging](http://www3.sk.sympatico.ca/scaging).

**SASKATOON PHYSICIAN DR.** Louis Horlick, a well-known senior, has written a history of Royal University Hospital. *They Built Better Than They Knew* can be purchased at several local bookstores and the RUH Gift Shop, or through the RUH Foundation. Cost is \$30 with all proceeds to the Foundation.

tors that would begin to answer questions about seniors' health, how the health care system serves them, how they fare economically, their living conditions and participation in society.

Each *Report Card* section deals with one question, describing its indicators and their limitations, and evaluating the situation.

Indicators for the first question include life expectancy at age 65, chronic disease prevalence, hospitalization due to falls, suicide rate. Injury prevention, promotion of physical activity and suicide prevention all need improvement.

The section on the health care system reports a need for better ways to measure its responsiveness to seniors. Available data do not permit a proper evaluation.

The economic status of seniors is quite positive, the report says. But attention must be paid to

the economic security of those living alone, especially women.

The housing section found that Canada needs a better stock of affordable rentals and should reduce economic crime victimization, e.g. fake investment opportunities, phony contests.

The final section concludes that abolishment of mandatory retirement at 65 in provinces where it exists is "a priority for immediate action."

NACA will monitor the situation of seniors. Future Report Cards and interim reports will measure improvement and continue to apply pressure to ensure progress.

The *Report Card* is a follow-up to *1999 and Beyond – Challenges of an Aging Canadian Society*. Both are available free from NACA at (613) 957-1968, via e-mail at [seniors@hc-sc.gc.ca](mailto:seniors@hc-sc.gc.ca) or on the web at [www.naca.ca](http://www.naca.ca).

## Community day programs for older adults

Did you know? Community day programs offering social opportunities, exercise and food for older adults are available.

Those at Sherbrooke Community Centre, Oliver Lodge, Parkridge Centre, Saskatoon Convalescent Home and Luther Seniors Centre run under the umbrella of Saskatoon District Health and can be accessed through Client Patient Access Services at 655-4346.

Two programs, TEMT at Lutheran Sunset Home and Live Smart at Mayfair United Church, are managed by Lutheran Sunset Home, 664-0345 or 664-0300. Young at Heart runs in McNaughton Place downtown; 966-6243.

Other programs run out of Saskatoon Housing buildings, as well. Contact number is 668-2592.

Programs usually have a waiting list for participants, and often need volunteers to help.

### Coming of Age

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### Publications Committee

Rita Ledingham, chair; Jeanette Dean, June Gawdun, Michael Gillgannon, Wendell Stevens

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**Scanning:** Pat Smith, Michael Gillgannon

# Good family histories depend on gathering good information

BY BOB PHILLIPS

Since details about what family members really did and how they lived make a family history come to life, I suggest you draft a detailed questionnaire to send to everyone in your connection.

Don't be surprised if the best responses come from in-laws rather than bloods, as mine did. Ask each to provide full and proper names, date and place of birth, and the same information for their parents.

If any were born on a Saskatchewan homestead, ask for the land description because papers available with homestead records reveal much about early life on the prairies. The Saskatchewan Archives Board maintains homestead records for the province and will provide photocopies for a small fee.

Then, ask each person to identify schooling completed, certificates and degrees taken; employment including jobs held and where, what they did and for which company; rates of pay. For those married, ask similar details about spouses and children.

Now, put this material together in an easily readable form. Many computer programs are available to help but a computer is not necessary to create a good family history. Pen and good handwriting will do nicely.

To help you get started, I suggest you contact the Saskatchewan Genealogical Society, which recently published *Tracing Your Saskatchewan Ancestors* (\$26). You may find it useful.

Once you have collected all the material you can, get it typed (if you have not already done your work on

a word processor) and make copies, either by photocopying the pages and stapling them together or getting it printed. There is at least one good print shop in most towns. Don't wait until you get the latest detail when it's not readily available, or you may not get the history completed before your time has come. Reproduce what you have done and let someone else take the story from there. Give the work a title; for example, *Descendants of Tom Jones in Saskatchewan since 1901*.

Make copies for each of your siblings, your children and grandchildren and also for the Saskatchewan Genealogical Society, Saskatchewan Archives Board and your local library. Make sure your name is clearly set out on the title page together with postal address, telephone numbers, e-mail address and date published. There is nothing wrong with charging for your book, at least to cover production costs – I did for my family

history – but don't expect too many relatives to buy one. Mine didn't.

I am keen to get family history records into the public domain and suggest you make copies available to the National Library of Canada. Write the library before you finish your history and ask for an International Standard Book Number (ISBN) which you then record on your title page. There is no charge but the library requires two completed copies.

*Bob Phillips, a former member of the Publication Committee, has published a five-volume family history and is now writing his memoirs.*

## USEFUL ADDRESSES

**Saskatchewan Archives**  
University of Saskatchewan  
933-5832

**Saskatchewan Genealogical Society**  
P.O. Box 1894  
Regina S4P 3E1  
306-780-9207  
website: [www.saskgenealogy.com](http://www.saskgenealogy.com)

**National Library of Canada**  
395 Wellington Street  
Ottawa K1A 0N4

# Long-term care insurance allows independence as abilities lessen

*By  
Greg Pearson*

As your mental or physical abilities deteriorate, who will help you get out of bed, take a bath or go to the washroom? Providing around-the-clock care at home can quickly create stress and burn out family and friends – which is why nursing homes are popular.

**D**on't expect the government to provide subsidized care to the extent you need and exactly when you need it. Demand for beds exceeds supply, and waiting lists are long. It can take months, even years, to get a bed. Even if you are fortunate enough to immediately enter a subsidized nursing home, your cost is anywhere from \$897 to \$1,500 per month, depending on your income.

Privately operated "personal care homes" can cost from \$1,400 to \$2,500 per month for room and board, easily exceeding the average monthly benefits from Old Age Security (\$431) and Canada Pension Plan (\$417).

Even with Guaranteed Income Supplement, the costs of a home of any kind may leave you with no income to pay for medications, special equipment, clothing or other expenses.

People are often ill-prepared to deal with the cost of long-term care, especially when their spouse is still in good health. Most financial planners count on the cost of living dropping as seniors become less active in their 80s. Their calculations of how long your savings will last in retirement typically don't provide for the financial burden of long-term care.

The National Advisory Council on Aging published position papers in March and September 2000 describing how long-term care is not adequately provided by our national health system.

To fill in the gaps, you can buy long-term care (LTC) insurance, available in Canada for 10 years. RBC Westbury, Manulife Financial and Clarica are the dominant insurers, selling mainly to retired

middle-income people. LTC insurance pays a monthly benefit ranging from \$25 to \$300 a day if you become incapable of performing any two activities of daily living such as eating, bathing, taking medication, walking or getting in and out of bed.

Health insurance is not the same as LTC insurance. A typical health insurance plan might cover over 80 percent of the cost of nursing care services to a maximum of \$5,000, Phil Smith of Priority Planning Financial in Saskatoon notes. "That is simply not enough coverage for long-term care."

Though LTC insurance policies are issued up to age 80, Scott Beckett, Director of Living Benefits Marketing, PPI Financial Group, believes 50- to 65-year-olds are the best candidates. Mr. Smith agrees, pointing out that certain insurers offer a limited premium paying period, and if you purchase while

you are younger, you can lock in the lower premiums and have the insurance paid up by the time you are 65 or 70.

He says premiums can be less than one percent of the value of the assets you would have to deplete if you had no LTC coverage. Seniors with high net worth can use it to help preserve their estates. If you are not quite wealthy but have saved hard to build a nest egg, LTC insurance offers choice about your future care and can help you afford to stay in your own home without fear of depleting your savings.

**Nursing home costs may leave little money for other necessities.**

*Greg Pearson, a member of the Canadian Association of Financial Advisors, works in the Eldercare Solutions Division, Priority Planning Financial.*

# Volunteering: Inner satisfaction

*In the International Year of Volunteers, Millie Reynolds muses on the delights of getting involved as a volunteer.*

"Sure, Mom, work at the hospital gift shop," she said. "It's early in the season so it doesn't matter."

Despite my daughter's assurances, guilt begins to take over as I drive away from the soccer game at half-time. Shouldn't I be at the game? Why did I say 'Yes' to that phone call? Why, just why, do I volunteer? Why do others volunteer?

You know, I mumble, I have met many interesting people through volunteering... what a wide range of interests, abilities and experiences they have! You sure get to know more people than your fellow workers, neighbours and family.

**Volunteering brings the community together.**

And then, silly me volunteered to be treasurer of my professional group. Adding the columns of income and expenses didn't sound too exciting. But wait... my computer! And that is how I started to use my computer to do bookkeeping. **Volunteering brings learning opportunities.**

Oh, that's my neighbour in the car ahead... mmm... Tuesday... probably on her way to the special care home... started visiting when her dad was a resident there and when he died, just kept on. One resident told her about trapping in northeastern Saskatchewan and walking 25 miles for groceries. She told me about it. **Volunteering is interesting.**

My daughter's soccer team... it couldn't exist without the people who give time to organize it... others help keep score... there are all the other teams, groups and clubs that rely on volunteers. Groups couldn't exist if they had to pay all the leaders

and helpers... anyway, who wants to be paid for scorekeeping? Can you imagine how silly it would be for all these organizations to send T-4 forms out?

**Volunteering is a silent economy.**

My son loves singing... lessons, we asked? Nope, he said, just the school chorus and the church group. I couldn't even sing 'Twinkle, Twinkle, Little Star', but I'm trading off my telephone-calling ability for someone else's singing-leading ability. **Volunteering results in community trade-offs.**

Oh, the city's got the barriers up... guess they're fixing some last roads before winter.

Barriers. That's what school-age parents face. That's why our group felt there was such a need for a day-care centre in the high school... help young people stay in school... benefits the child, too. Lots of hard work and oodles of time, but now there is a centre ... and a line-up to use it. **Volunteering helps link people to needed service.**

There was the time my neighbour and I invited everyone from the block over for lemonade. Oh, how it rained! Had to move into the garage, but we still had fun. **Volunteering is fun.**

Ah, there's a parking spot. Sure hope I sell lots at the gift shop.

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Millie Reynolds with cribs at Nutana's day-care centre

"We played OK," my daughter greeted me when I got home, "but still lost the game. Did you sell much at the gift shop?" "Some," I replied.

"Great!" she responded. "Isn't it wonderful that sick people will get some of those nice gifts? That's happiness."

Um-hm, says I to myself. **Volunteering creates that inner satisfaction.**

# E-MAIL TIPS

By Nathan Elke

If you're like many Canadians, e-mail is probably the main use you get from your Internet connection. Here are a few tips to make it easier.

If you connect with Netscape, you will probably use its Netscape Messenger, while Internet Explorer features MS Outlook Express. My suggestions assume you are familiar with sending e-mail, so don't cover the basics of sending and reading it. These three points deal with things that will become important as you continue to use e-mail.

## The Address Book

As you send more e-mail, you'll find it hard to remember everyone's address or get tired of checking bits of paper for them. The 'address book' function in Netscape and Outlook Express solves this problem easily.

When you receive an e-mail, "right click" (hit the right mouse button while the cursor is pointing to the address) and a menu appears. Select the option that lets you put the sender's address into the address book. You will then be able to add the person's full name, address and, most important, the 'nickname' you wish

to use to e-mail that person..

If I were in your address book, you'd have my e-mail address, nathan-elke@home.com, my first and last names, and maybe the nickname 'elke'. To send me a message, you'd type 'elke' and the program would substitute my address. Much easier than notes!

## Attachments

"How do I send a picture of myself to my grandchild?" I'm often asked. You can send pictures and word processor files in an e-mail as 'attachments' to the message.

The easiest way to send an attachment is to open the folder where the file you want to send resides. Then, open your e-mail program and start a new message.

When you have typed all you want, left-click on the file and hold the mouse button down. Drag the file to the place in the e-mail program where you type the address in the To or CC: lines. This attaches the file to the message. All you have to do is send the message.

**Note:** Make sure the file you are sending can be read by the receiver. If you send a .GIF graphic, make sure the person on

the other end has a program that can read .GIFs. If you send a MS Word file, make sure the receiver has MS Word.

One solution with MS Word is to edit the document and save it as MS Word, version 6, and send this new document. Wordpad, the mini-word processor that comes with Windows 95/98, will read MS Word version 6 documents.

## Spam

As you use e-mail more, you will probably discover 'spam', or unsolicited e-mail, in your mailbox. Many companies simply blanket-mail their advertisements, offers, etc. One of the most common of these 'spam' e-mails is adult websites, or the like.

When you receive something like this, read it if you want, but DON'T reply to the advert, even to remove yourself from the mailing list. Any reply sent to these automatic e-mail senders can log your address as a 'real' one (they really have no idea who they are sending their junk to), and you'll be stuck on their list for some time.

*Computer programmer Nathan Elke is a founder of the Saskatoon Free-Net ([www.sfn.saskatoon.sk.ca](http://www.sfn.saskatoon.sk.ca)) and head of the Information Providers Committee*

## Renewing driving skills for today's traffic

We know aging affects our hearing, vision, flexibility and reaction time. Even if we haven't been involved in a collision for 40 years, we may benefit from reviewing and renewing our driving skills to ensure we maintain our independence and driving privileges.

The Canada Safety Council's 55 Alive Drive Refresher Course aims to do just that. It's designed to help us gain more confidence behind the wheel, improve

awareness of traffic hazards, update us on traffic laws and new technology, anticipate other drivers' actions, identify and correct bad driving habits, and voice our concerns in a friendly relaxed environment.

The six-hour course is given in two or three sessions in a classroom setting with instructors recruited and trained by the Safety Council. It is offered on an ongoing basis. Information from Al Reichert at 374-3843.

# “I didn’t know anything about Canada.....”

BY  
TERRY  
ENGLAND

I am one of Canada’s 48,000 war brides, and I love being one. We share a common bond. We left our families and countries to start new lives in Canada, and most of us have made good lives here. I always say Canada is my country of choice, England my country of birth.

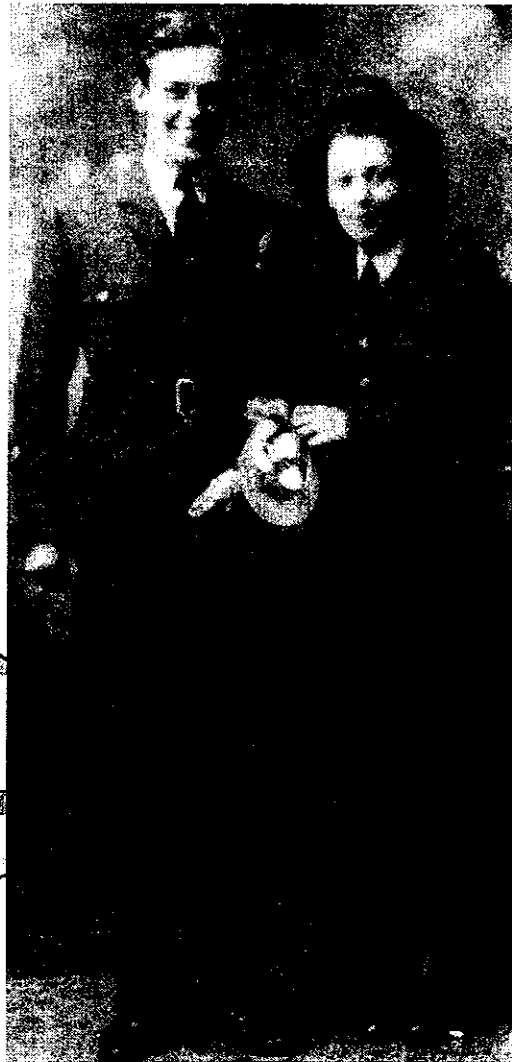
I came in 1946 on the hospital ship *Letitia* to join my husband Mark, and all I remember is seasickness and homesickness. I was so sick I couldn’t look after my baby son; a Scottish war bride cared for him. I was so glad to put my feet on land! I don’t remember too much about Halifax or Pier 21.

We got onto the train, and we seemed to travel for days and days. Most of us came from towns and cities and had never seen so much flat land. In the dining car there was a picture of the Bessborough and we thought it was a castle; to this day I think of it as my castle by the river. Watching the other war brides get off at stations along the way was very emotional. Some had people waiting for them, some did not. I often wonder what happened to them.

Finally we arrived in Saskatoon, and Mark met us. He was wearing a pin-striped suit and a fedora – the first time I had seen him in civilian clothes. We had met when we were both stationed at Pembroke Dock, South Wales. He was an RCAF air gunner, I was a parachute packer and safety equipment assistant in the RAF (WAAF). We met again at a dance and were married in September 1944. All I knew about Canada was the Mounties, the Rockies and Jeanette McDonald and Nelson Eddy singing “When I’m calling you-ooo-ooo”!

The war years were tough. My home at Deal, Kent, near Dover, was bombed in 1941, and we were evacuated, my brothers and sisters to South Wales and me to Yorkshire. It was awful being so far from them, and I joined the WAAF when I was 16, claiming to be 18. My father served in both wars and my brothers joined the army when they got older. War is hell and I hope there never is another one.

I am the first vice-president of the Saskatchewan



*Terry England and husband Mark, a retired Saskatoon Fire Department battalion chief, have three sons, six grandchildren.*

War Bride Association, which was formed in 1975. It was the first but now there are associations in other provinces. We also have a Saskatoon group and welcome new members. We love getting together. We have tea every Wednesday at the Park Town around 1.30 and luncheons there on the last Wednesday of the month at 11.30 a.m.

War brides wishing to join our group can phone me at 244-8511.

# Aging allows

BY  
MICHAEL  
GILLGANNON

## eccentricity

**G**etting old has its bad points, sure. When you stoop to pick something up, you never know how long you'll be down there. Your tennis serve is 100 mph slower than Pete Sampras's – and there was a time when it was only 75 mph slower; and there is a good chance that parts of you are no longer original issue.

There are good things, too, and one of them is this: You can be eccentric and people think it's cute. Up to a point, of course. But that point is further along the spectrum than it used to be.

Take, for example, my wife and me. We thought it would be fun to take the cats on a car ride to Vancouver. Yes, that Vancouver, the one near Hawaii. It would be a bonding experience. It would be novel. It would be better than leaving them behind where they would have many silent hours to plot their revenge.

Just one problem. These were three-year-old cats (brothers) who had no car experience beyond a trip to the vet once a year for an oil and lube job. But in problems there are opportunities, yes? Nothing ventured, nothing gained, right?

A couple of dry runs to points outside the city were uneventful, but we weren't quite eccentric enough to believe that the upcoming journey across hill and dale would be error-free. And it wasn't, as was proved on getaway day. Error number one was believing the books, which say "your cat will be much more comfortable in the car if kept in a pet carrier." Our belief in this precept lasted as far as Idylwyld Drive or, in layman's terms, about four miles. Their lamentations came in loud and clear and often. Having superior human brains, we

figured the meow-meow business would dry up eventually, as the singers got tired and fell asleep. Except they didn't get tired and they didn't fall asleep, and isn't that North Battleford ahead?

It was in that fair city that the pet carriers opened and the cargo spilled out, panting and annoyed. It was quieter, though – blissfully so – and it wasn't long before we dared to think that this crazy scheme might actually work.

Along the way, the smiles and double-takes earned by two cats in a car, or better yet, two cats on leashes, were well worth the effort required of their purported "owners." One young woman in Vancouver even claimed that seeing cats being walked on leashes was "the neatest thing I've ever seen."

Other than that, she seemed perfectly sane.

*Retired journalist Michael Gillgannon is a member of the Publications Committee*



*Fox, left, and Echo found sanctuary atop a wardrobe in a hotel room after a day on the road.*