



COMING of AGE

A Publication of the Saskatoon Council on Aging

Spotlight will shine on seniors in October

By Sherry Christianson

Mark October 6 on your calendar to attend **Spotlight on Seniors**. In recognition of Seniors' Week and the International Day of Older Persons, the Saskatoon Council on Aging is again partnering with the Centennial Auditorium to bring Spotlight to the city.

It runs from 10 a.m. to 4 p.m. on the Auditorium's lower level, which is served by an elevator.

There will be commercial booths displaying a wide variety of goods and services, informational displays and wonderful entertainment tailored to those 55

and better. New to the program is a fashion show by Designer Discount. Another addition is demonstrations of crafts and physical activities of interest to older adults.

Chimo Chordsmen barbershop quartets will entertain during the day, and later, the Jammers will provide old-time music for listening and dancing.

Draws for door prizes will add to the excitement. The \$5 admission includes coffee, sponsored by Teachers Credit Union; a reasonably priced lunch will be offered. Limited transportation help is available; call the Council at 652-2255.

See you October 6 at the Auditorium!

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- A Voice for Saskatoon Seniors

Saskatchewan celebrates Seniors' Week Sept. 27–Oct. 3. A promotion committee has been working since spring with Saskatchewan Health to encourage seniors in groups or individually to do something special that week to celebrate, and show how much seniors matter to the province and its people. We hope for a wonderful response.

Regina holds a celebration gala lunch Sept. 27. In Saskatoon, a Seniors' Walk at noon on Sept. 29 has been arranged by the Saskatoon Council on Aging and Saskatchewan Seniors Fitness Association, with refreshments after in the Council office.



Lt.-Gov. Lynda Haverstock will host a reception and tea on Sept. 30 to honour members of the new Saskatoon and area branch of the Saskatchewan Century Club (open to all Saskatchewan citizens who are 90 or more).

For more information on these events, call 652-2255.

If you want to mark the week individually, the committee suggests doing something special with a child or children – read or talk about old times at a school, teach a child to knit or crochet, take one to a park, swimming or to the movies.

Above all, have fun!

President's Message

BY MURIEL BAXTER

PRESIDENT, SASKATOON COUNCIL ON AGING

The fall season is upon us and, like the seasons, presidents change. As I begin my term as Council president, I wish to thank Rowena McClellan for the significant contribution she made, not only as president but throughout her time on our board. We are also grateful for the commitment of Peggy MacLeod and Mildred MacGillivray, who retired from the board this year. We welcome new board members Katherine Ash, Diane Hergott, Betty Secord and Dick Strayer.

April found our organization in a financial crisis when Saskatchewan Health informed us of a change in funding criteria, which resulted in the loss of our core funding. Without that core

funding we would be unable to access the various grants that have made possible our valuable contribution to the community through numerous projects. Fortunately, with significant support from our friends (both organizations and individuals) and continued conversations with the government, funding has been restored. Our board wishes to express sincere gratitude to you for intervening on our behalf and to the Minister of Health for responding to the expressed concern. The immediate funding crisis is over.

We benefited as well when Jubilee Ford selected the Council as the beneficiary of its July 10 barbecue. We received \$230.65 from that event, and thank Jubilee

Ford most sincerely.

Now we are looking forward to fall activities. If you use a computer, check our website at www.scoa.ca for programs and events or call the office at 652-2255; the staff will be happy to answer your inquiries. One of the fall highlights will be Spotlight on Seniors on Oct. 6 at the Centennial Auditorium. We are again pleased to partner with the Auditorium for this project.

Remember Seniors' Week is Sept. 27 to Oct. 3. Watch for celebrations taking place in the city or plan your own. Celebrate who you are. Seniors have made and continue to make an enormous contribution to this community. Be proud!

Direct deposit: Making life a little simpler

Human Resources Development Canada

Every day, more and more Canadians are choosing to have their Canada Pension Plan and Old Age Security payments deposited directly to their bank accounts through the direct deposit system. Direct deposit is a safe, reliable and cost-effective way to receive your monthly payments.

To find out more about the Canada Pension Plan and Old Age Security programs, visit www.hrdc-drhc.gc.ca/isp or call free of charge:

1 800 277-9914 English

1 800 277-9915 French
TDD/TTY: 1 800 255-4786

For faster telephone service, please call Tuesday to Friday during the middle weeks of the month. Please have your social insurance number (SIN) ready.

Thinking Metric

- A miss is as good as 1.6 kilometres.
- Put your best 0.3 of a metre forward.
- Twenty-eight grams of prevention is worth 435 grams of cure.
- Give a man 2.5 centimetres and he'll take 1.06 kilometres.
- Peter Piper picked 8.8 litres of picked peppers.

Coming of Age

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IT'S ONLY STUFF

By Wendell Stevens



We recently had occasion to move from our home into a seniors condo. The difference in available space immediately required a considerable amount of downsizing – not simply of basic materials but in many cases the accrual of the memorabilia of our years. It seemed very foreboding. It became a satisfaction.

Naturally there were things our family could take, but in many cases our treasures did not fit their desires. Certainly a china cabinet's worth of antique china was acceptable as long as the china cabinet went with it. And a granddaughter fancied an antique china toilet set. When all was said and done, a large horse trailer of "stuff" made its way to Yorkton and a son found a need for a variety of tools, etc.

Then what about those boxes and boxes which had accumulated through the years? There were people who wanted a variety of things. A lady showed up who wanted a box of souvenir plates and another welcomed material for quilting. The symphony was happy to receive a quantity of music and records for its annual sale, and there

were materials to be passed on to several groups of archives at the university and elsewhere.

But what of the rest? We were referred to an auction agency which for a percentage of the proceeds came and removed heavy furniture and anything else we needed to be rid of. They came. They took a van load. We were relieved of the effort and we were glad. The proceeds paid for our final move.

Finally, many trips to our church to leave all manner of goods for its annual garage sale.

The point I want to make about this is that we found this a satisfactory exercise. It felt good to pass along in different directions to different agencies goods and materials that once were important to us but which we no longer needed, or even wanted. At this point in our lives they were only "stuff." All these things once had some degree of purpose in our lives but now we were grateful that they could be useful and perhaps valuable to others.

There was no occasion for regret, only for rejoicing. It was only stuff.

Wendell Stevens was formerly on the Publication Committee.

Type 2 Diabetes Tool Kit

Health Canada estimates that almost 2 million Canadians have diabetes, mostly type 2 diabetes. Senior citizens are particularly affected.

So Canadian Pensioners Concerned Inc., a nation-wide education and advocacy group that works for the betterment of life for seniors, got Health Canada funding to develop a tool kit – an easy-to-read how-to manual that brings together information on type 2 diabetes and ways of dealing with it.

They hope the tool kit will act as a catalyst to bring seniors together in groups to discuss and develop ways they can encourage and support each other in moving toward living healthier lives.

To get a copy, contact Jim Ward, project co-ordinator, toll-free at 1-888-384-8884 or at www.canpension.ca. In Saskatchewan, contact Wes Ashwin at 17 - 1817 Edmonton Ave., Saskatoon S7L 0V1 or at 384-8710.

4 Caregivers experience joys and stress, but they need help from society

By
Rita
Ledingham

The greatest needs, problems and joys involved in caring for loved ones were spelled out at a workshop for family caregivers sponsored by the Council on Aging's Caregiver Information Centre.

Saskatoon caregivers confirmed the research done by keynote speaker Dr. Priscilla Koop, Associate Professor in the University of Alberta Faculty of Nursing, who studies family caregiving to persons with dementia and advanced cancer.

Dr. Koop found that caregivers need information on how to give care and about the disease process, treatment and required equipment. They need relief from their responsibilities, both to leave the home and to just spend time with the care recipient.

Need for Support

Oh yes, Saskatoon caregivers said in group discussions that followed. They described a need for emotional and financial support, for someone to listen to them and to act as their advocate. They need reassurance that they are doing care correctly and recognition of what they do. They need respite.

Caregivers Dr. Koop interviewed looked to the health care system for information and help with changes in the care recipient's health, arranging for equipment and respite, and to family and friends for social and emotional support. They received support from those they cared for, who managed their own care as much as possible.

Saskatoon people called for tax credits for caregiving, as much home care as they need, a drop-in centre for themselves and their care recipients, and a flexible system of respite available any time it is required.

Stress

Caregiving is stressful, Dr. Koop found, resulting in health problems caused by sleep deprivation and exhaustion. Most caregivers are women, many are elderly, and they struggle to maintain their own health. They may have to teach a changing parade of paid workers. They find it hard to stop caregiving if the health system is not set up to take over. Those who are employed reported negative effects at work – decreased benefits, work interruptions and worries about what is happening at home.

Satisfaction

However, caregivers also saw many positives, including the opportunity to give back and the chance to mend relationships. They had a sense of satisfaction, a lack of guilt and a sense of reality during bereavement since they saw the intermediate steps.

Saskatoon caregivers agreed that they struggle with financial, physical and emotional stress, but they do the job willingly and with much satisfaction. Supportive friends, faith and the Council's Caregiver Centre.

Noting that family caregivers save the health care system countless dollars, they called for increased public support through improved home care services, employment assistance for employed care providers and flexible respite care.

Dr. Koop said the major reasons for the trend to community-based caregiving are the financial savings to the health care system, the improved quality of life for the care recipient and the wish by that person (and family) to be at home as long as possible.

Rita Ledingham is chair of the Publication Committee

Seniors enjoy finding the world's a stage

BY GINNIE HARTLEY

"All the world's a stage" ... and on winter evenings, Saskatoon seniors can enjoy watching the players at Gateway and Persephone theatres as "they have their exits and their entrances." Both theatres run seniors' evenings which include transportation, a meal at a hotel and a play.

The idea began in the early 1990s. The Lazars Junior Women's softball team was looking for a fund-raiser to help pay its travel expenses, and seeking a way to involve team members in a community project. Saskatoon City Police Services were looking for a way to assist seniors to get out safely on dark winter evenings. The two groups came together and the Gateway Theatre seniors' evenings became a reality.

Gateway runs five plays per season at Castle Theatre in Aden Bowman Collegiate. City buses pick seniors up from their homes; Lazer volunteers on each bus walk people to and from their doors. A meal at the Ramada is followed by the play. The mid-week seniors' night is a popular event. Last year, nearly 300 people participated. The most expensive centre block seats are \$148 for the season, and the side section costs \$125.



Persephone Theatre has had a similar program since 1993. It is a little more expensive as this is a professional theatre (everyone at Gateway is a volunteer). Persephone runs six plays per year and the meal is at the Saskatoon Inn. Door-to-door transport is by city bus, complete with chaperones to see people to and from their homes. Also mid-week, this program costs \$192 for a season.

Marj Perry participates in both theatres' seniors' evenings. She really enjoys being picked



up to go out for dinner and a play in the winter when it is cold and dark. She likes the fact that if it's minus 40, it's not her car that will freeze up! She says many seniors would probably not go to the theatre in the evening without these programs. She enjoys getting to know the other people on her bus route and has made many friends.

Everyone wins with these programs. Seniors can go out safely in the winter for reasonable cost, and the theatres have fuller houses mid-week. The Lazars do some fund-raising and many friendships are formed. "Let the play begin!"

For more information, call:
Gateway, 653-1200;
Persephone, 384-7727.

Ginnie Hartley is a Saskatoon writer with a special interest in seniors.

Other Perks Available for Seniors in Saskatoon

- Seniors' days at local supermarkets, pharmacies, department stores, malls
- Senior bus rates
- Senior rates at the movies
- Annual senior membership at the Western Development Museum

Through CESO, Saskatonian Connects to Developing Countries

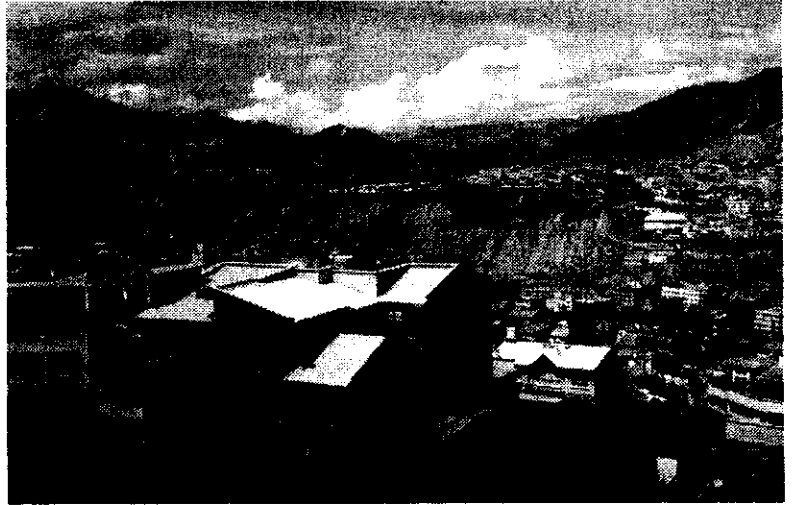
BY JENNI MORTIN

He's used his years of experience with municipal water and sewer works to help in two Latin American countries, and Maurice Pardoe is eager for a third overseas opportunity.

A civil engineer by training, a municipal engineer by experience in Prince Albert, Moose Jaw and Saskatoon, Maurice has been active since his retirement in CESO, the Canadian Executive Service Organization which sends people abroad on brief assignments in their field at the request of governments or agencies in other countries.

Most recently, he's worked here at home with the Aboriginal Women for Tomorrow program for developing organizational and small business skills, because CESO also has an active in-country program. But, at 77, he's checking its computer listings regularly for a third offshore posting that needs his skills and experience, and maybe even his fluent Spanish.

After all, when he retired at the end of 1992, "I never intended to sit around," he says quite matter-of-factly. He and his wife Jean have had two rewarding experiences in developing nations – in Bolivia for three months in 1999 and in Honduras in February of 2003 – and they're ready to go again.



Three months in Bolivia: Above, part of the capital, La Paz, a city of 1.7 million. Left, Maurice and Jean Pardoe in the Sorata region. They spent most of their weekends seeing the country.

In La Paz, Bolivia's two-mile-high capital, Maurice was charged with writing – in Spanish – a much briefer version of a 100-page contract between the city and a consortium that won the competition to operate its water and sewer system. "They wanted a model contract that could be taken to other cities," he says, since the La Paz contract was too cumbersome and micro-managing.

He was working – without payment, though housing, food

and transportation to and from the country were provided through CESO – for the new non-political Superintendencia of Waters. He says the objective of the new contract was "to set terms and conditions so the end result would be an efficiently operating water and sewage system to benefit the people."

Working with lawyers, professional people and technical staff, he developed a 21-page contract that fulfilled all legal and technical requirements and standards. He proudly keeps a copy of it.

And when he wasn't working, he and Jean travelled throughout Bolivia, a small but very diverse country with a large Indian population and 500 years of European influence.

In Honduras, the job was quite different. He was working

(continued on page 7)



Not like the others: Maurice was shown by employees around a modern water treatment plant in Honduras, unlike the ones he was assisting.

with the umbrella agency for about 400 little water utility co-operatives, developing a basic course in conventional water treatment that its staff of 10 could use to train the people in the local co-ops.

Information, for example, about proper chlorination of water from mountain streams and wells that was tapped by the co-ops for their members' personal use, not for gardens or crops. They were required to chlorinate, but many did not do so because of the cost.

He was the only person in the office in Tegucigalpa, the capital, who spoke English so the Spanish learned through 10 years of evening classes in Saskatoon was invaluable.

And here, too, the Pardoes spent their spare time "doing everything possible to get around as much as we could and see everything we could." Some of those travels are highlights of their time overseas, but so are the positive work experiences. No wonder they are ready for more.

*Jenni Mortin is the editor of
Coming of Age.*

Setting up a physical activity for seniors

in motion
Physical Activity - do it for life!

7

By
Brenda
Temple

In motion can provide your group with support and resources to get a physical activity program going. Before you set up a program, think about:

Building Support

The most important step is building support in your community. Do people in your group believe physical activity is a health issue they want to do something about? Once you've established that, begin planning a program.

Begin Recruiting

- Have peer recruiters talk about the value of exercising
- Promote your ideas by distributing a flyer to everyone in your group
- Host a "lead up" educational session before the program starts to discuss concerns individuals may have about exercising. A lead-up session is provided by Public Health Services, Older Adult Wellness Program (655-4630).

Get an *in motion* Information Kit

Use the kit at presentations, as mailouts or at meetings. It includes:

- Background information on the community *in motion* initiative (brochures, flyers, etc.)

- Description of *in motion* older adult initiative
- Information on resources provided by *in motion*, with samples
- Research supporting physical activity for older adults
- *In motion* vision poster

Choosing the Program's Frequency, Length, Day, Time

It is suggested that one should be active on most days of the week, so determine how often you can have a program. If it's only once a week think about providing information on how people can keep active on the other days.

It may be difficult to find a day and time that meets everyone's needs. Pick one that works best for the leader and most participants. Each class should last 45 to 60 minutes, with time for socializing afterwards.

For more information on getting a physical activity program started, being a part of *Forever...in motion* by becoming a leader for older adults programs, please contact the *in motion* info line at 655-DO IT (3648).

*Brenda Temple is a recreation therapist
with the Saskatoon Health Region's
Older Adult program.*

Remembering those "golden" school days

In days of yore when I was going to grade school, there was a cafeteria in the church basement.

The church was next door to the school, which was convenient for religious activities – of which there were many – and for playing on its front steps at recess. You would run from the curb and when you got to the steps (concrete all the way), you would leap as far as you could, trying to land on the top step while avoiding skull fractures. If you did manage to hit the top step, the only way to stay put would be to grab onto the door handle. If someone happened to be leaving church while you were in flight, well, there wasn't much an air traffic controller could do for you at that point.

Girls never played this game, mainly, I think, because they had to wear uniforms, the lower half of which was a brown skirt. Need I say more? Since then, uniforms have fallen out of favour except at some private schools. Even so, kids tend to dress the same way. It's just not the way the powers-that-be would dictate if they actually ran the schools.

Oh yes, I was going to talk about the cafeteria in the church basement. Every day

there was a hot, or semi-hot, or not too cold lunch. A meal ticket for a week cost a dollar. Unfortunately, the cafeteria ladies' favourite offering was sauerkraut. It's the only thing I can remember ever being served. (It was a German parish.) Sauerkraut and I never really hit it off. Maybe it was an Irish thing. I didn't like the way it looked, I didn't like what it was made of (cabbage, apparently) and I didn't like the way it tasted (surprisingly like boiled cabbage).

If it weren't for the cafeteria monitors, that would be the end of the story. I would tell you that when the cafeteria ladies ladled sauerkraut onto my plate I would eat around it and as soon as possible toss the offensive mush in the trash, then bolt outside for recess. But the monitor – a nun or (worse) a priest – didn't like to see food wasted, so sometimes it was actually necessary to eat the stuff under the watchful glare of this cabbage tyrant.

Luckily, room could usually be found in a pocket for temporary storage of lunch. Once or twice I forgot that my pocket was lined with cabbage, but my mother would remind me on wash day.

Michael Gillgannon is a member of the Publication Committee

**MICHAEL
GILLGANNON**



Back row, from left: Suzanne North; Thomas MacLachlan (Short Story Winner); Hilda Heffner (Essay Winner); Yann Martel; Fay Wurm (Short Story Honourable Mention); Ron Marken. Front row, from left: Helen Bouthillette (Essay Honourable Mention); Mary Pyne (Poetry Winner); Marie Dunn (Poetry Honourable Mention); Mercedes Montgomery (Short Story Honourable Mention).

Senior Writing Awards

The Saskatoon Public Library's First Annual Senior Adult Writing Awards was a success with 60 entries submitted by 40 writers. The awards ceremony was hosted by the library's Writer in Residence, Yann Martel. Judges Suzanne North and Ron Marken chose winners in the short story, poetry and essay categories.

The library organized the awards to give seniors a much-needed voice in the writing world. Library staff are encountering an increasing number of seniors with a strong interest in writing. Saskatoon Public Library wishes to encourage that interest and recognize those efforts.