

COMING of AGE

A Publication of the Saskatoon Council on Aging



Instructor Cliff Speers showed students how to move the skis.

More Ski Classes Planned

The popular cross-country ski classes offered by the Council on Aging and the Nordic Ski Club last January will be repeated in 2007. As many 10-student sessions as necessary will be run, says George James, the Council member who came up with the idea, with Cliff Speers instructing.

More information will be available from the Council, 652-2255, after December 1. Deadline for registration will be mid-January.

For a first-person report on the first set of classes, see page 6.

Spotlight on Seniors Again -- October 4

BY DIANE HERGOTT

To celebrate Seniors Week, the Saskatoon Council on Aging will again partner with TCU Place to host Spotlight on Seniors, on Wednesday, October 4.

This year, the fun-filled event will be held in the new addition to TCU Place, from 10 a.m. to 4 p.m., and feature great entertainment, educational presentations, craft demonstrations and more.

Commercial and non-commercial booths will showcase a wide variety of products, services and informational displays of interest to older adults. Designer Discount will be back with a noon fashion show. Volunteer nurses from the Council will check the blood pressure of those who want it.

Saskatoon's centenary will be celebrated with cake, Century Club members as special guests (courtesy of Saskatoon Citizens' Centennial Committee), and a little trip down memory lane. Folks are encouraged to wear period costumes or hats; prizes will be awarded for the best costume/hat.

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.

Other Events to Watch For

Thursday, October 12
Council on Aging Dinner and Silent Auction, Somewhere Else Pub & Grill, Avalon Shopping Centre. Cocktails 6 p.m., dinner 6.30 p.m. For tickets, call 652-2255.

Wednesday, October 27
Caregiver Forum at McClure United Church 9.30 a.m.-2.30 p.m. Sponsored by the Caregiver Information Centre. Details, registration, 652-4411



President's Message

BY JEANETTE DEAN

PRESIDENT, SASKATOON COUNCIL ON AGING

I hope you all enjoyed our long hot Saskatchewan summer and, in this season of new beginnings, are looking forward to the year to come. When I was teaching, fall was not only the most beautiful season but the most exciting as we encountered new programs and fresh faces when returning to our established routines and old friends.

As your new president, I have the same feeling of excitement. We are sorry to lose four wonderful board members who served their full six-year terms, and I want to thank Muriel Baxter, Audrey Gullickson, George James and Rita Ledingham for the many hours of hard work they devoted to the Council. All are staying on as active committee members.

Welcome to three new board members: Dianne Brownell, a retired nursing administrator; Murray Scharf, newly retired from the College of Education; and Allan Stamler, who brought his financial and computer skills from Ontario. They will bring new ideas and perspectives to our hard-working and harmonious board.

Our popular blood pressure clinic has already begun on the first Tuesday of each month. One-on-one computer lessons continued through the summer. Drop-in programs and outings are planned, with financial help from three barbecues organized by our enthusiastic young office staff, Katherine and Jared. The Caregivers Centre will continue giving support and our Resource Centre has a lot of new materials. The Century Club hopes to meet more

frequently this year.

After a successful workshop in June, the Task Force on Older Adult Abuse is at work on its recommendations. Seniors' Week is September 25-October 1, and among the special events is a Walk and Lunch on September 27. Register by September 22 at 652-2255. Another fun-filled Spotlight on Seniors is set for October 4.

I hope to get to know many of you and share ideas and concerns at these activities. It should be a great year.

Did you have an autograph book when you were young? My Grade 2 teacher wrote in mine, "Every day is a new beginning to bring a smile where tears were." I think that's worth sharing.

Jeanette

As it focuses on the old topic of elder abuse, the Saskatoon Council on Aging has discovered that people in Saskatoon believe the immediate need is for public awareness of the problem and education about it.

That was the consensus of the discussion sections of a successful workshop held by the Council in connection with World Elder Abuse Awareness Day, June 15, said Elliot Paus-Jenssen, who is co-ordinating the exploratory phase of the elder abuse project begun a year ago.

"Now we're trying to develop projects that would respond to this identified need to build awareness and education," she said. The

Awareness, Education About Abuse Needed

Task Force on Older Adult Abuse hopes to have identified a project by the end of this year, and kick it off in 2007.

Among the ideas being examined are suggestions for

establishment of an ombudsman or seniors advocate.

Abuse of older adults can be financial, physical, emotional, mental or a violation of their rights, but there is still denial of the problem, she said. "People see it as something that happens 'over there'."

She insisted, "We need to get abuse back on the agenda."

Coming of Age

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Opinions expressed are those of the authors, and do not necessarily reflect the views of the Council.



Visit the Council on line at www.scoa.ca

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Help Knocks on Your Door 3

A selection of Saskatoon services that will come to your home, making life easier

HOME CARE, SASKATOON HEALTH REGION

Personal care, medication management, meals on wheels and respite arranged initially through Client/Patient Access Services, 655-4346. Fees are subsidized and income-related.

DRUGSTORES

Most Saskatoon drugstores offer free delivery of prescriptions. Check with your pharmacist.

DOCTORS AND HOUSE CALLS

One Saskatoon doctor will make house calls to people who are not his own patients. Dial-a-Doctor house call service, 374-6721

Many doctors make house calls for their own patients. Ask your doctor about his/her policy.

GROCERIES AND FOOD PREPARATION

Clarence Avenue Market will deliver telephone orders to your home, \$9. 244-3866

5th Avenue Fine Foods, free delivery and a 5% discount on purchases over \$30. \$3 charge for delivery of purchases under \$30. 382-2641

Mount Royal Foods. Delivery charge on telephone orders ranges from \$3 to \$7.50, depending on distance.

Pelican Market. Telephone orders over \$100 delivered free. Under \$100, \$5 charge. 242-8099

Riversdale Grocery Store. Free delivery on telephone orders totalling \$50 or more, for people in the downtown area. 653-4177

Pic N Del charges \$7.99 for delivery plus a \$5 charge for a phone-in order. \$7.99 delivery fee also applies to on-line ordering service. 664-6644.

Well Seasoned will prepare gourmet dinners or freezer-ready meals in your home. 373-2701

HAIRDRESSING

Jan's Hair Care on Wheels, 653-1043

Daryl Pitka Mobile Hairdresser, 477-0636

VETERINARIANS

Some Saskatoon veterinarians will make house calls in a pet emergency, for a charge. Check your own veterinarian.

DRIVING

My Personal Driver. 382-3737

HOME HELP/HEALTH

A Friend of the Family. Cleaning, child care, companionship. 222-0282

Bill Dustin. Massage therapy. 382-1549

Caring Hands. Footcare. 665-6777

Daily Living Personal Care. Cooking, cleaning, transportation, emergency respite, etc. 229-1184

Dolan's Support Care Services. 24-hour care, companionship, cleaning, meals, etc. 382-7505

Easy Step Physiotherapy Services. 227-2750

G&R Nanny Service. Caregivers for seniors, nannies for children. 477-1366

Handy Housewives. Cleaning, food preparation, grocery shopping, laundry. 249-9567

Lorraine Boucher. Massage therapy. 222-0674

Nightingale Group Nursing. Nursing, personal care, homemaking, companionship, etc. 652-3314

On the Spot Mobile Massage Therapy. 227-4752

Saskatoon Home Support Services. Personal care, homemaking, companionship. 956-3334

Walk Well Footcare and Aesthetics. 227-0016

We Care. Home health services, companionship, respite, housekeeping. 244-2273

SERVICES FOR SENIORS

For 20 years, Services for Seniors has provided client-directed home support services to the elderly and the physically challenged so they can live independently as long as possible.

Services include housekeeping, meal preparation, laundry, grocery shopping, snow shovelling, grass cutting and other yard work, letter writing and companionship.

"We'll even hang your Christmas lights or plant and harvest your garden – anything that contributes to your independence," says executive director Scott Bray "The only thing we do not do is care of a personal nature."

Services for Seniors is Saskatoon's only non-profit, registered charity providing home support services. It works with community partners to keep client fees down, and subsidized rates geared to income are available. For more information, or to book service, call 668-2762.

The Publication Committee has tried to include all available services, but some may inadvertently have been missed. The committee takes no responsibility for the quality of these services.

MAKING A DIFFERENCE

John Cross may have stepped down in January 2005 as CEO of the noted Saskatoon bioagriculture company that he co-founded, but he does not say he's retired.

"I've rewired," says the 66-year-old chemical engineer. "I want to wear out, not rust out."

Instead of concentrating on Philom Bios, the manufacturer, marketer and leading supplier of high-value inoculants that enhance the efficiency of crops, he is limiting "work" to 50% of his time – and that work often involves speaking about leadership. The other 50% is his own, to do "things I haven't done, like the family tree."

But listening, you quickly realize that for 100% of his time, his mind is whirling with ideas about developments that could utilize the medical, agricultural, university, research and entrepreneurial brains of Saskatoon and Saskatchewan to improve health and nutrition for elders, children and the general public.

In just one conversation, he talks about the global demand for better understanding of the role of food components in causing disease and easing disease. He wonders if people who are obese keep eating because their bodies crave things that were present in earlier human diets and are now missing. Is there a market for nutritious frozen meals designed for

seniors that would ease their shopping and avoid waste? He thinks hospitals should, and could, provide a diet designed for each ailment. He asks why North American white men have the highest rate of prostate cancer, why diabetes is more prevalent, why kids go to school hungry.

"We're in the food business in this province," he points out, suggesting that Saskatchewan has the skills to play a lead role in solving such problems.

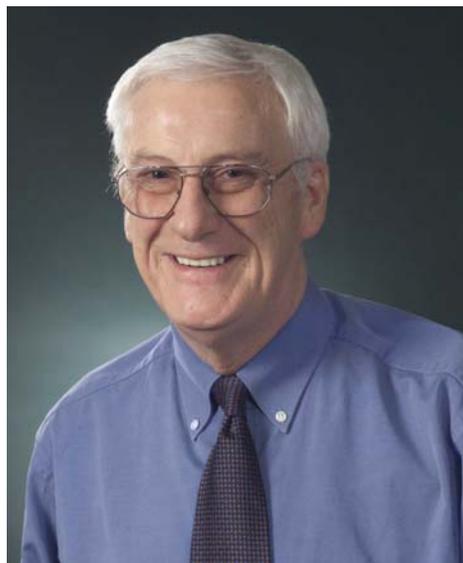
A long-ago experience in Mexico pushed Cross to become the man he is. The Mexican government had been buying skim milk powder, mixing it and giving it to poor people, but the cost became too high. The government asked the John Labatt company, where Cross was working in food research and development, to develop a milk replacer based on soy and whey protein that could be mixed 50-50 with skim milk powder and be cheaper but still nutritious. Cross went to Mexico with the first batch.

He remembers: "The day before we were to leave, we were invited to see the boxcars filled with 50-pound bags of milk replacer that had just arrived from Canada. I watched men dressed in loincloths carry those 50-pound bags from the boxcar to the warehouse three at a time. As I stood there, clothed and well-fed, it came to me that with

privilege comes responsibility, and it is my responsibility to make a difference.

"That has been a driver for me. I can still see those men."

Another giant influence was Charles Gill, the teacher in his small school in Wales, who took



the entire class of nine-year-old boys by train to Cardiff to see the Royal Welsh Ballet perform Swan Lake, widening their perspectives in a memorable way. "I didn't remember Charles Gill's kindness until I saw the men in Mexico. You see, he made a difference by paying for the tickets for the whole class; he is the origin of my love of music."

Now he feels compelled to share his experience and the ideas that move him so passionately. People who have the excitement and privilege of being in business for themselves have a responsibility to deliver value to others, he believes. He is proud that Philom Bios "created

Continued on Page 5



By
**Michael
 Gillgannon**

Exploring the mysteries of high definition (HD) TV

Life just keeps getting more complicated. For proof, take a stroll through the audio/video section of the nearest FutureShop and try to make sense of the television-related bounty on display: HDTV, EDTV, STB, CRT, PVR, digital this and that, HDMI, rear and front projection, microdisplays, plasma, LCD, DLP, LCoS – it's enough to make you take out a membership in the ASC (Acronym Society of Canada).

It all started to get a little nuts when high definition television jumped off the pages of technical papers presented at pointy-heads' conferences and into ordinary living rooms. Now, most people are at least aware of its existence, even if they remain confused about how to implement it. And they are confused because it's, well, confusing.

First things first: an HD picture displayed on an HDTV set can be quite astonishing. That's because it has six times the detail of a standard signal. The colour is also much more vivid. The picture format is different as well – it's wider, like a movie screen. Its width-to-height ratio is 16:9, while a standard TV picture is 4:3. More and more TV shows have adopted the wide format (with black bars on the top and bottom) even though that

alone doesn't make them high definition. The powers-that-be are trying to get us used to the new format but they may have succeeded in making the whole issue more confusing. In fact, a U.S. study revealed that 17% of HDTV owners who thought they were viewing HD programs were mistaken. The shows either weren't high definition to begin with, or they didn't have their TVs hooked up right.

In Canada, "hooked up right" means having a set-top box (STB) that receives the HD signal (via cable or satellite) and passes it along to an HD compatible television. Keep in mind that there are only a few high definition channels at the moment, and even their HD content is less than 100%. Usually far less. Shaw has nine, Bell ExpressVu has 21.

There isn't space here to go into the different types of HD televisions (plasma, LCD, etc.) Any of them can offer up a stunning picture. If you're auditioning one in the store, make sure it's being fed a true HD signal, NOT a standard broadcast and NOT a DVD movie. HD contains at least twice as much data as a DVD, although that is changing with the very recent appearance of – what else? – high definition DVDs. But that's another story . . .

Michael Gillgannon is a member of the Publication Committee.

a \$95-million increase in net profit for our customers last year, treating three million acres of crops."

All the ideas that flow from him are just concepts, he says. "I'm trying to think clearly about fundamentals." The business part is not rocket science, he adds. "You have to have the intellectual

determination to get your head around it. It's not politics."

"It's our obligation to honour our forefathers by managing tomorrow," he says. And that obligation doesn't end with retirement.

He would like to make one change in his current life, though. He financed his education with a

saxophone, played in clubs with a group that made a record, and he'd like to be active in music again. Last year, at a 40-year reunion, the Tempests recorded 22 tracks, so who knows?

"That's in my other 50%. It goes back to Charles Gill and Swan Lake."

Jenni Mortin is editor of Coming of Age.

Ski for Life - and fun

By
Elliot
Paus-Jenssen

The enthusiastic response to the Ski for Life program last January surprised its sponsors, the Saskatoon Council on Aging and the Nordic Ski Club Saskatoon. While other cross-country ski classes in the city had vacancies, 22 adults over 55 signed up for one 10-person class. Even George James, avid cross-country skier and Council member whose brain child the program was, had not anticipated that.

Therefore, two classes of 10 were offered. They were limited to 10 to permit individual teaching and supervision and so each participant could use one of the 10 tracks in the practice grid. The last two people to register/inquire went on a waiting list, but no one dropped out and classes were well attended.

I was one of the lucky 20 who registered early enough. Though Ski for Life was aimed at seniors who had never skied, most of us had some experience years or even decades ago. Many were self-taught. We saw ourselves as beginners who needed to learn



Elliot Paus-Jenssen, in the foreground, and fellow students master balance and gliding on cross-country skis during a Ski for Life class in January.

basic skills and techniques and unlearn bad habits.

Still, we were surprised to learn from instructor Cliff Speers that we had not cross-country skied in the past, we had cross-country shuffled!

All seniors, we ranged from the “hopelessly unco-ordinated” (me) to the naturally athletic, from the truly terrified to the very venturesome. Health and fitness levels varied. All were made welcome. We learned and progressed at our own pace. We picked ourselves up from falls, laughed at our mistakes, encouraged our new friends and were encouraged in turn. We had fun.

Cliff, a certified ski instructor of Canoe Ski Discovery Company, taught us the rudiments of proper ski waxing and made sure our skis were waxed for the conditions of the day. He gave clear explanations, demonstrated basic techniques and had a knack for seeing and explaining any needed corrections. He worked with us individually and as a group. Participants evaluating the program described Cliff as a fine and thorough instructor, very patient and accommodating.

We had four two-hour classes

over two weeks, with classroom time in the Kinsmen Park ski shack and practice time on the practice grid and other areas of the park. Hot chocolate and coffee were available at the Council Resource Room afterwards.

All for \$30! A “steal of a deal,” we agreed.

The Council initiated and co-ordinated Ski for Life, hired Cliff, handled publicity, information and registration and provided space for orientation and socialization. The Nordic Ski Club set up and maintained practice grids in Kinsmen Park and provided participants with complimentary memberships for the remainder of the year. Cameco Caring Community Grant provided financial support through the Saskatoon Community Foundation. Forever in Motion – In Motion Saskatoon and The City of Saskatoon were supporting partners.

Most of us were sorry when the classes ended. Satisfaction was high, with 89% rating it 5 on a 5-point scale and the rest 4. All participants said they would recommend Ski for Life to others.

My advice is – register early!

Tips for Healthy Walking



Walk for 30-60 minutes on all or most days of the week. You can break this down into three 10-minute daily walks. Be sure to walk at a level that is comfortable for you.

Among adults 65 and older, walking is one of the most popular physical activities.

Loose-fitting, comfortable clothes, good shoes and a safe place to walk will start you off on the right foot.

Keep motivated and add variety by changing your route; listening to music; joining a walking club; recording on a calendar how long you walked; and rewarding yourself.

Ideas to fit walking into your daily activities:

- Think before you drive - walk to the local shop or post box
- Get off the bus a stop earlier
- Park the car farther from the supermarket
- Take the stairs, not the elevator
- Take a friend's dog for a walk



Noticeable benefits of regular walking include: feeling good, relieving stress, achieving and maintaining a healthy body weight, gaining energy and reducing the risk of developing heart disease, osteoporosis and certain cancers.

Good posture is important when walking. Think tall; with each step, your heel touches the ground first; reach out your leg with your knee, heel, and toe pointed in the direction you travel; roll over the ball of the foot onto your toes; and swing your arms naturally at your sides in opposition to your legs.

Amanda Steer is a Research Assistant for in motion

"Oh, My Aching Feet"

By Heather Rasmussen

"Many of us take our feet for granted until we experience problems with them, and then we realize what an impact painful feet can have on all aspects of our lives," says Ian Weeks, co-ordinator of pedorthics in the Saskatchewan Abilities Council's Orthopaedic department.

When that happens, pedorthics -- custom-made or modified products to provide comfort and correct or support foot deformities or injuries -- can help. They include arch supports, shoe raises and modifications, partial-foot prostheses, toe fillers, therapeutic footwear and custom fabricated footwear.

Custom foot orthotics, or arch supports, are the most common appliances provided by the Council's orthopaedic footwear specialists. They may be prescribed for conditions such as plantar fasciitis, heel spurs or metatarsalgia, can help relieve knee or back pain or shin

splints or help alleviate disease-related ulcers on the sole.

The Council, which works with people of varying abilities to enhance their independence and participation in the community through vocational, rehabilitation and recreation services, doesn't have a shoe store but does carry a few shoes for special situations, Ian says.

"Clients often ask us about finding good quality, affordable shoes once they have obtained foot orthotics so we're trying to meet that need with this line of shoes" -- therapeutic footwear and a running shoe available in extra depth and width.

Shoe raises may be required due to leg length discrepancy, and the department manufactures custom orthopaedic footwear for clients who cannot wear off-the-shelf shoes because of a foot deformity. It also helps people who need a toe filler or partial foot prosthesis after a partial foot amputation.

A doctor's referral is required to access the Council's services. For more information, contact the Council at 374-4448, or visit www.abilitiescouncil.sk.ca.

Heather Rasmussen is Manager, Rehabilitation Services, Saskatchewan Abilities Council

The World Is Chock-a-block with Interfacing Consultants

A job I wouldn't want to have is that of an out-placement consultant. They are the folks who do one-on-ones (have meetings with) companies' human resource components (people) who have recently been out-placed (de-hired, downsized, restructured, laid off, fired).

They hold your hand – scratch that; could be seen as sexual harassment. They interface with you in a sympathetic manner, tell you what a valuable person you are, and assure you that life will get better if you pick yourself up off the scrap heap long enough to see that the market practically bristles with jobs paying half the rate you're used to, with none of the job security. (Although if there had been job security, why are you talking to a consultant?)

And your age, well, that is a problem isn't it? We'll not talk about that. Don't worry, something will come along. Hone that resumé, adopt a positive outlook, be happy that you still have your health, and cheerio, pip pip. And please don't take offense if this security guard walks you out of the building. Next!

One thing the Eighties and Nineties and beyond have created in abundance is consultants. If there is something that someone, somewhere can't be consulted about, I don't know what it is. The world is just chock-a-block with smarty-pantses who actually do know how many angels can dance on the head of a pin, thank you very much.

But consultants go back a lot further than the Eighties. A lot further. In the Old Testament Abiathar was the son of Ahimelech, a priest. He fled during a slaughter of priests under King Saul and became a religious consultant to David, who at the time was an outlaw in Judea.

Many, perhaps most, consultants once were just plain folks, collecting pay cheques and functioning as important tendrils in the office grapevine. For one reason or another they got out (perhaps to be replaced by a philodendron) and now try to inform what remains of the corporate world about their particular genius ("knowledge skills," the schools call it).

So be nice to the next consultant you see. There but for the grace of God, etc.



**Michael
Gillgannon**

Michael Gillgannon is a member of the Publication Committee.



**WALKING IS AN EXCELLENT PHYSICAL ACTIVITY
FOR PEOPLE OF ALL AGES
IT'S EASY AND CAN BE DONE ALMOST ANYWHERE**

Some programs to keep you walking

Mall Walking Program

Phone: 244-1980

Contact: Sheldon Kraus

- Keep track of time, distance
- Speakers on health topics
- At Saskatoon malls

Pedestrian Walking Club

Phone: 244-0957

E-mail: brainsport@brainsport.ca

Website: www.brainsport.ca

Contact: Sean McConnell

Tuesday evenings year-round, free

Gentle Walk and Talk

Six-week program at the

Saskatoon Field House:

October 30-December 8

Cost: \$43

Phone: 975-3354