

COMING of AGE

ISSUE 58—FALL 2010



Age Alive

SCOA's Age Alive photography exhibition begins on Oct. 5th at Spotlight on Seniors. For more photos and the full story, see page five. Above, Janet Gilmour and great-grandson Ryan give "Hershey" kisses to Candra Payne, at Saskatoon Christian School. Photo submitted by Yvonne Gilmore.

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President's Message

By Candace Skrapek, President
Saskatoon Council on Aging

It is with great anticipation that I begin my term as president of the Saskatoon Council on Aging (SCOA) – a truly vibrant organization, lead by a dynamic and committed group of volunteers and staff.

This is a time of significant demographic change. Saskatchewan has a higher percentage of older adults (15.42 per cent) than the Canadian average of 13.71 per cent. Statistics Canada predicts that within a few years, seniors will make up 25 per cent of Saskatchewan's population.

Recently, SCOA's board affirmed a new vision statement: Positive Aging for All. This vision reflects SCOA's hopes for a community that addresses ageism and enables healthy, positive aging of all citizens – a city that is truly age friendly.

This vision evolved from our realization that aging well requires new public policies and actions – all based on the increasing knowledge and research about this stage in life. Engaging older adults in the development and implementation of services is a vital part of this vision. Older adults have a wealth of knowledge, skills and experience to share.

Around the world, cities (including many in Canada) have adopted the Age Friendly City model developed by the World Health Organization (WHO). The Age Friendly Cities Guide provides an excellent framework for assessing and planning current and future developments for older adults. An Age Friendly City has policies, services, settings, and

structures that support and enable people to age actively.

Because positive aging is a lifelong process, an age friendly city is not just "elderly friendly."

Age friendly cities make life better for everyone. Barrier-free buildings and streets enhance the mobility and independence of people with disabilities; secure neighbourhoods encourage people of all ages to venture outside in confidence. Families experience less stress when their older members have the community support and health services they need.

The whole community benefits from the retention and participation of older people in volunteer or paid work. Finally, the local economy profits from the patronage of older adult consumers.

In Saskatoon, SCOA continues to build on existing partnerships to promote the development of strategies and approaches for positive aging in Saskatoon. In October, you'll see two excellent examples of our vision for positive aging: Age Alive, a photography exhibition designed to fight ageism with positive images of older adults; and Spotlight on Seniors, Saskatoon's premiere event for older adults.

None of SCOA's successes happen without the hard work of committed volunteers, and I would

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Coming of Age

Published three times per year by the Saskatoon Council on Aging, Inc., 301-506 25th St. East, Saskatoon, SK S7K 4A7 (652-2255).

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SCOA is a non-profit organization dedicated to promoting the dignity, health and independence of older adults. Visit us online at www.scoa.ca

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Published with assistance from the Saskatoon Health Region.

Seniors Week events

Seniors Week in Saskatchewan is Sept. 27-Oct. 3. SCOA and other organizations are recognizing this important week.

The **Seniors Week Walk** is Wed. Sept. 29th. Walkers (or rollers) sign in at 10:30 a.m. at the Mendel Art Gallery.

At 11 a.m., participants travel along the Meewasin, taking either the short route (2 km) or the longer

route (3.5 km). All routes converge at St. Johns Anglican Cathedral (815 Spadina Cres. E), where participants enjoy a complementary lunch.

There is a \$2 registration fee—register by Sept. 24th. Call SCOA at 652-2255 for more information.

The Seniors Week Walk is presented by SCOA, the Saskatchewan Seniors Fitness Association, Saskatoon Services for Seniors, Park Fu-

neral Chapel, In motion and The Franklin.

Spotlight on Seniors is on Tuesday, Oct. 5th at TCU Place. This is Saskatoon's premiere event for older adults, with music, entertainment and dozens of trade show displays.

Trade booths and sponsorship opportunities are still available for this year's Spotlight. Call Pat at 652-4411 for more information.

SCOA volunteers receive awards for community service

Dr. Murray Scharf was presented with the McClure Golden Heart Award for his outstanding efforts to improve the quality of life for older adults. The award ceremony was held on June 10 at TCU Place.

Also, Rowena McLellan was presented with a Village Community Builders Award for her outstanding volunteer efforts in Saskatoon. A celebration was held on June 3 at



Dr. Murray Scharf

the Village Anniversary BBQ. More than 100 volunteers contribute upwards of 10,000 hours to help SCOA provide valuable programs and services that promote the dignity, health and independ-

ence of older adults in Saskatoon and area. SCOA offers many volunteer opportunities—from mailing and distributing information (including this publication) to serving on the organization's various committees or the board.

For more information about volunteering, call the Council on Aging Resource Centre at 652-2255 or visit www.scoa.ca.

President's Message

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like to express deep gratitude to departing board members Diane Brownell, Katherine Ash, Dick Strayer, Karen Heise and Audrey Gulickson for their contributions.

I would like to especially thank outgoing President Eleanor Williams for the strong leadership she provided during her term.

Her knowledge and expertise, coupled with her great sense of

humour, shepherded through a number of important initiatives for the Saskatoon Council on Aging.

On a personal note, I also appreciated the generous mentorship that Eleanor afforded to me over the last year.

I look forward to her continued involvement on the board and a number of volunteer committees.



Candace Skrapek (l) and Eleanor Williams

SCOA tackles ageism with photography exhibition

Age Alive launching in October with support from New Horizons for Seniors Program



The Saskatoon Council on Aging (SCOA) is developing a photography exhibition to challenge age-related stereotypes with funding from the Government of Canada's New Horizons for Seniors Program.

Age Alive will launch on October 5th at Spotlight on Seniors (TCU Place), and later ap-

pear in various public locations until the end of 2010.

"Ageism is one of the last acceptable prejudices in North America. By featuring positive images of aging, and engaging the community to produce and submit these images, we hope to shed light on how out of touch the stereotypes can

be," says SCOA President Eleanor Williams.

The public was invited to submit images for Age Alive this spring and summer with a competition and prizes (winners to be announced Oct. 5th).

The Age Alive exhibition will highlight positive, realistic im-

PHOTOS: TOP LEFT—Students from Vincent Massey and Bishop Klein schools received free photography lessons this spring with Age Alive. The after-school program highlighted intergenerational learning. TOP RIGHT—Janet Barnes and Candace Skrapek (Age Alive co-chairs) are interviewed by Jeff Rogstad of CTV. BOTTOM LEFT—Committee members Candace Skrapek, Janet Barnes, Stacy Ruest, Dale Worobec, and Mercedes Montgomery. Missing: Executive Director June Gawdun, co-chairs Jeanette and Christopher Dean. BOTTOM RIGHT—School coordinators Dean Brooman and Trisha Carter helped organize the after-school programming.

Older adult abuse awareness workshop

“Train the trainer” session scheduled for Sept. 27

Are you interested in learning how to help older adults avoid becoming victims of abuse—and help those who *are* victims find help?

SCOA is offering a free training workshop on Making Effective Presentations—Elder Abuse Awareness. This workshop happens on Monday, Sept. 27th at the Heritage Inn in Saskatoon (9 a.m.-4:30 p.m.)

The workshop is intended as a “train the trainer” session. It is free for those willing to make one follow-up presentation on this topic by Nov. 15th, 2010 and at least one other presentation by March 31st, 2011.

Lunch and snacks will be provided, and travel reimbursement may be available for out-of-town participants. There are 25 seats

open for this workshop and it is anticipated demand will be high, so register early.

This training workshop is made possible with support from the New Horizons for Seniors Program, Human Resources and Skills Development Canada.

To register, call SCOA’s Resource Centre at 652-2255.

Age Alive—Continued from previous page

ages - older adults who are active and contribute as volunteers, enthusiastic continued learners, and role models to others in family or community settings.

The Age Alive project coordinator is **Dale Worobec**, who works with an Age Alive committee chaired by **Candace Skrapek** and **Janet Barnes** (general chairs) and **Jeanette**

and **Christopher Dean** (photography). **Stacy Ruest**, a social work student, has also been an important part of the Age Alive project.

SCOA also wishes to thank sponsors who supported Age Alive by offering prizes during the photo contest.

Thanks to **Don’s Photo, phase 2 foto source, Saskatchewan Seniors Fitness As-**

sociation, Future Shop, and Black’s Photo!

For more information, contact the Saskatoon Council on Aging at 652-2255 or see Age Alive on Facebook.

Also be sure to attend Spotlight on Seniors (Oct. 5) for the launch of the Age Alive Photography Exhibition.

Upcoming staff changes at Council on Aging

The Saskatoon Council on Aging will be seeing some staffing changes.

Over the summer, Sandra Schweder, our Operations Coordinator (who has been with Council for almost three years), decided to go to Horticultural School and we wish her well. She did wonderful work while at the Council and will certainly be missed.

The end of December, Dale Worobec's contract will be coming to an end. Dale made many contributions as Communications Manager and Age Alive Coordinator, including editing this publication. Dale has been with Council for more than three years and will be missed!

As well, Stacy Ruest, who has been with Council for eight

months (first as a practicum student and then as a summer employee) will be returning to university to finish her 4th year of social work. We wish her success in the future.

You will also see some new faces at Council in the fall as we get new interns funded through the Help the Aged program.

Staying on your feet

Preventing falls through physical activity

By Janet Barnes and
Jo Ann Walker Johnston

The statistics are scary – one in three people over the age of 65 will fall once this year, and the numbers increase with age.

Falls account for greater than 90 per cent of all hip fractures in people over the age of 65. There are more than 3000 hospitalizations in Saskatchewan annually due to falls – 18 per cent result in admission to a long term care facility and 6 per cent result in death.

Some people experience a fear of falling, lose their confidence and become home-bound. This can become a vicious cycle that actually leads to more falls!

The reasons for falling are complex and it is important to know what your fall risk factors are, so that you can make changes to the things you have control over:

Environmental – Scatter and bath mats, clutter, dog toys, poor lighting and extension cords. Uneven sidewalks, ice, snow and potholes.

Equipment – Do you have the proper equipment and use it properly? Items such as walkers, canes, raised toilet seats, grab bars, ice grips for shoes?

Activity – Do you have a good

mix of both social and physical activity

Clothing and Footwear – Do you wear properly fitting clothing, supportive shoes and socks?

Health Management - Do you have a history of falls, fear of falling, mobility impairments with balance, or muscle weakness? Do you have the ability to walk normally? Other risk factors: Exces-



There are more than 3,000 hospitalizations each year in Saskatchewan due to falls.

sive alcohol, risk taking behaviours, poor vision, four or more prescription medications, not eating well or drinking enough fluid, not having enough Vitamin D and calcium, poor sleep habits, unmanaged chronic conditions such as arthritis, Parkinson’s disease, osteoarthritis, stroke, cardiovascular disease, bowel and bladder urgency or incontinence.

Good functional balance is a key part of preventing falls. Older adults can fall when:

- Standing up too quickly
- Rushing

- Reaching, bending down, turning
- Changing direction too quickly
- Walking on a slippery surface, and
- Choosing not to use a walking aid.

Understanding the components of balance can help with committing to an exercise program that is designed to improve a person’s balance.

By understanding your personal fall risk factors, making changes to these factors and improving your balance and strength, you can significantly reduce your risk of falling.

The **Staying on Your Feet** program (offered by the Saskatoon Health Region in partnership with **Forever...in motion**) was developed to help reduce falls in older adults, with an emphasis on balance education and exercises.

For more information, contact Janet at 655-7874, or JoAnn at 655-3418.

Janet Barnes is Senior Recreation Therapist, Community Older Adult, with the Saskatoon Health Region. Jo Ann Walker Johnston is Senior Physical Therapist with SHR’s Community Fall Prevention Project.



News & Upcoming Events

Spotlight on Seniors is Oct. 5th

Spotlight on Seniors is Saskatoon's premiere event for older adults. This annual happening is now in its 11th year.

Listen to great music (dancing encouraged), enjoy a free manicure, browse the trade show and then enjoy coffee or a snack. With more than 60 exhibitors featuring products and services for seniors, and great entertainment throughout the day, Spotlight offers something for everyone.

Spotlight on Seniors happens Oct. 5th at TCU Place from 10 a.m. to 4 p.m. Call SCOA at 652-2255, or visit www.scoa.ca, for more information.

Seniors Walk—Sept. 29

The 11th annual Seniors Week Walk happens on Sept. 29th.

Sign in at 10:30 a.m. in the main lobby of the Mendel Art Gallery. At 11 a.m., walkers set off from the Mendel along one of two different routes (2 km or 3.5 km), with both routes ending at St.



Johns Anglican Cathedral (806 Spadina Cr. E).

There is a \$2 registration fee, and a complimentary lunch will be provided. Call or visit SCOA to register.

NEW THIS YEAR: Buy a footprint for \$1 and help support SCOA's many programs and services for seniors. Footprints are available at Brainsport, the SCOA Resource Centre and at the Seniors Week Walk.

Caregiver Forum

The next Caregiver Forum will be held on Thursday, Oct. 28th at McClure United Church. Call 652-4411 for more details, or visit the Caregiver Information Centre online at care-give.sasktelwebsite.net.

A Taste of Time cookbook

Looking for a great gift for someone special? Try A Taste of Time, with 182 pages of recipes, medicinal remedies, stories, original drawings and photos. Copies are \$15 and all proceeds support SCOA programs and services. Get your copy at our Resource Centre or by calling 652-2255.



Scandinavian Dance

Oct. 1st, 8th, 15th, 22nd and 29th at Stensrud Lodge from 1:30

p.m. to 3:30 p.m. Registration is \$50.

Free Drop-In Program

1:30-3:30 p.m. on the third Wednesday of every month. Sept. 22—Yoga; Oct. 20—Open House; Nov. 17—Celebrate Veterans; Dec. 15—Holiday Social.

Caregiver Education

Educational sessions for caregivers and families. Sept. 14th—Financial Planning (Carla Herman). Oct. 13th—Navigating the Healthcare System (Heather Leepart, CPAS). All presentations at 7 pm., W.A. Edwards Centre, 333 4th Ave. N.

Resource Centre

The Saskatoon Council on Aging serves as a Resource Centre, with information on many topics including housing options, community programs, and services for older adults in Saskatoon. Call or visit today!

Call the Saskatoon Council on Aging at 652-2255 for more information, or to register for these programs and events. Or, visit our Resource Centre at 301-506 25th Street East. You can also find more information online at www.scoa.ca.

Growing old in reverse

Michael Gillgannon

I wish the reverse life cycle was my idea, but I believe it was invented by comedian George Carlin, who unfortunately is no longer with us, having come to the end of his normal life cycle not long ago. Or maybe it was F. Scott Fitzgerald, whose short story with that theme was made into a Brad Pitt movie in 2008. Then again, it could have been Socrates, or even Magic Johnson.

The premise is that life is unfair (we all know that). And life is tough, right? So why does it have to end with death? Is death supposed to be some kind of bonus?

It would be better if we started out dead, then moved into an old folks' home where we could eat canned peaches for a couple of years and talk incessantly about the good old days that haven't even happened yet.

Then after we get kicked out of the home for being too young, we get a job, or several jobs, and cop a gold watch after 30 or 40 years. I know, nobody gets a gold watch anymore because everybody's on contract, but let's pretend. Eventually, when we're actu-

ally young enough to enjoy retirement, we do drugs, have keg parties and ride around town with nothing to do and lots of time to



not do it in.

After a few years of this, we become a kid. The prime directive of a kid is to mess around and not have any responsibilities beyond

making sure we don't set the cat on fire. After kid comes baby, and that means being waited on hand and foot. Only drawback: It's back to the canned peaches — and worse. Then we get to float around in a warm dark place for nine months listening to the beat of a jungle drum a.k.a. heartbeat. After that, it's lights out — a pretty good payoff for all that time spent working for a living way back when.

Some might spot a connection between our last days on earth and our early days of babydom.

The main difference is the address.

As babies we live at 234 Main Street or 189 Pinehouse Road. When we are geezers, our keepers like to put us in quaint sounding places that include words like "downs," as in "Royal Oak Downs," and "view," as in "Shady View."

Unfortunately, the view of those canned peaches is seldom shady and more often overly fluorescent.

Michael Gillgannon is a retired newspaper writer and editor, and lives in Saskatoon.

SCOA Programs

Beginner Computer Lessons

Three courses: Microsoft Word, Internet, and Facebook. Registration: \$75. Computer lab sessions start in September. Also, Beginner Internet Lab to run Sept. 20th, 22nd, and 24th (9:30 a.m. to 12

p.m.).

Acrylic Art Lessons

Nov. 1st, 8th, 15th, 22nd and 29th from 1-4 p.m. Registration is \$95.

Photography Lessons

Sept. 15th to Nov. 24th (9 a.m. to

12 noon), and photo shoot from 1-4 p.m. Registration is \$200 per course.

For more information or to register, visit www.scoa.ca or call the Resource Centre at 652-2255.

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