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2020 College Drive
Saskatoon, SK S7N 2W4
(306) 652-2255 Tel
(306) 652-7525 Fax
admin@scoa.ca

SPOTLIGHT ON SENIORS

Seniors are important in our community

When: Tuesday, September 30, 2014 from
9 a.m. to 3 p.m.

Where: TCU Place 35—22nd Street East

Cost: \$7.00 at the door Pre-purchase at any
Medicine Shoppe or SCOA office
2 for \$10.00 or \$7.00 for single ticket

- Entertainment
- Food
- Displays
- Dancing
- Door Prizes
- Presentations

Saskatchewan's largest showcase for seniors!

Lunch available for purchase; coffee, tea and snacks
served throughout the day.

Parking: Midtown Plaza North parking lot
Pacific Avenue. For more information contact SCOA

Proudly Presented By



Saskatoon Zoomer Idol

Date: October 30, 2014

Doors Open: 5:00 pm

Location: German Cultural Centre
(160 Cartwright Street)

Tickets: \$75.00 (Includes Supper and Pro-
gram)

Details: Saskatoon's first Zoomer Idol presenting eight
very talented older adults

Contestants:

Mildred Novak and Cheryl Mercier – Piano Duo

Dr. Barry Heath – Cowboy Poet

Syl White with Slim Chance and the High Rollers –Musical
Trio

Pat Thode and Terri Woods - Tap Dancers

Norm Woodcock and The Close Chorders –Barbershop Quartet

Wayne Salloum and The Paddlewheelers – Musical Group

Timothy Fraser Hampton – Roots Singer

Lila Henderson - Vocalist

Proudly Presented by





Janet Barnes

CO-PRESIDENT'S MESSAGE

By Janet Barnes and Jane McPhee,
Saskatoon Council on Aging



Jane McPhee

Greetings from Janet and Jane! First a bit about us: We are both recently retired from the Saskatoon Health Region (SHR). Janet's work as a Recreation Therapist involved developing initiatives to improve the health of older adults such as Forever...*in motion* and Falls Prevention; Jane, an Occupational Therapist, worked with older adults in long term care and Geriatric Re-enablement before taking on a leadership role with allied health professionals within the SHR. As Co-Presidents, of Saskatoon Council on Aging (SCOA), we are very pleased to work with a Board that shares our passion to promote the health, dignity and independence of older adults in Saskatoon!

We welcome new staff: Ashley Stam, Program Coordinator and Rachelle Eichholz, Community Engagement Coordinator. We appreciate the work of many dedicated volunteers; without them SCOA could not function. In our new roles, we are grateful that Past President Elliot PausJenssen will remain on the Board for another year! We say good-bye to Candace Skrapek after eight years on the Board. She will continue to co-chair of the Age Friendly Saskatoon Initiative. We welcome new board member Dr. Jane Richardson, a clinical pharmacist who worked with older adults in the Geriatric Evaluation and Management Team, SHR.

SCOA has partnered with the Saskatchewan Population Health, Evaluation and Research Unit to support research with older adults in the rural communities of Watrous and Young. An interdisciplinary project, in partnership with the College of Nursing - "*Social Engagement, Independence and Productivity among Older Adults: Participatory Research to Promote Aging in Place*", will focus on ways to engage older adults in supporting aging in place strategies.

SCOA greatly appreciates the essential financial support we receive through operational grants from the SHR and Saskatchewan Health, as well as individual grants for projects. Fundraising is vital to keep SCOA running. Please support the events planned for fall.

Please take note of the events and programs listed in this publication. **Spotlight on Seniors** happens on **September 30** at TCU Place. **Saskatoon Zoomer Idol** is coming up on **October 30**. An updated **Directory of Activities and Services for Older Adults** will be available for pick up at Spotlight on Seniors. Thanks to the Community Initiatives Fund, a **second location for our Positive Aging Drop In program has its Grand Opening on September 18th at 1:30 p.m. at the Lawson Heights Civic Centre.**

Coming of Age

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Visit us online at www.scoa.ca

Communications Committee:

Mercedes Montgomery, Chair
George James
Elliot PausJenssen
Adrienne Sawchuk
Candace Skrapek
Executive Director: June Gawdun
Community Engagement Coordinator: Rachelle Eichholz

Published with assistance from the Saskatoon Health Region.

Saskatoon Council on Aging Board Members for 2014-15 Year

Executive

- Janet Barnes—Co President
- Jane McPhee—Co President
- Elliot PausJenssen—Past President
- Joan Lidington—Vice President
- Bruce Irvine—Treasurer

Members At Large

- Muriel Baxter
- Jan King
- Shan Landry
- Leo Monseler
- Vera Pezer
- Burna Purkin
- Peter Sen
- Jim Wasilenko
- Jane Richardson

New Board Member



Jane Richardson

Corey Tochor MLA
for Saskatoon Eastview
Is proud to serve his constituency at:
#1 – 3012 Louise Street
Saskatoon, SK S7J 3L8
Office: (306) 384-2011 Fax: (306) 384-2229
ctochor@mla.legassembly.sk.ca

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About the Logo:

The **CRANE** signifies longevity. The **Circle** represents the Circle of Life. The logo presents a spirited **CRANE** tracing a circle (the Circle of Life) in flight. The **CRANE** is on the ascent that highlights aging as the launch of a new period in life, rather than a decline .

AGE ALIVE PHOTOGRAPHY EXHIBITION
AT THE MENDEL—Nov. 4-30

The Mendel Art Gallery is celebrating its
50th Anniversary
September 26, 2014 to January 4, 2015
and AGE ALIVE will be there!

The Board of the Saskatoon Council on Aging (SCOA) is pleased to invite you to a reception on November 4, 2014 from 4:00 to 6:00 p.m. for the opening of the AGE ALIVE Photography Exhibition

Images of Positive Aging
at The Mendel Art Gallery
950 Spadina Crescent East Saskatoon

Executive Director June Gawdun celebrates 20th Anniversary with SCOA



June, 2nd from right, 20th Anniversary

The Saskatoon Council on Aging celebrated June's 20 years with SCOA at a surprise party for her after Annual General Meeting on May 29, 2014.

Paying tribute to June were past and present Board Members: Bill Bender, Muriel Baxter, George James and Janet Barnes.

Bill Bender described how the Personnel Committee (George James, Wilma Mollard and the late Lorne Glauser), saw June as "an excellent fit to work with people, able to use their skills to accomplish the purposes set out by SCOA's founders".

Muriel Baxter spoke to June's "willingness to grow as SCOA grew." She paid tribute to June's "total commitment to SCOA through ups and downs noting one time when SCOA was faced with lack of funding June "went resolutely about seeing everything was in order to leave the organization in the best possible position even though it would mean the loss of her job."



June on left, McClure Golden Heart

George James described June as "a major pivot in SCOA". He paid tribute to her organizational skills, careful attention to detail, knowledge of SCOA and the community, and to her ability to work with the Board, committees and staff.

Janet Barnes described June as "an excellent community partner" when as Senior Recreation Therapist with SHR she first worked with June and SCOA. Janet spoke of June's knowledge of community and her "quiet way of making sure things get done. You can count on her. She is always willing to go the extra mile." Happy 20th anniversary, June, thank you! We love you!



June, second from left back row with founding members

TechBuddy Program—a new SCOA program

TechBuddy pairs students and older adults to explore technology
by Hannah Konschuh, TechBuddy Program Steering Committee

The **TechBuddy** program is designed to help older adults connect with the world around them. In partnership with Holy Cross School, **TechBuddy** introduces older adults to various technologies and devices (tablets, iPhones, internet, twitter, etc.) with students providing one-on-one instruction.

In spring 2014, a pilot version of **TechBuddy** was implemented and went off without a hitch. A handful of older adults and high school students were paired and met in the afternoon at Holy Cross School. The response from both students and seniors was tremendously positive. If you or someone you know is hoping to learn more about a technology or device of interest and would like personalized guidance, **TechBuddy** is a great option.

TechBuddy is suitable for beginners and for people who have taken one of SCOA's computer technology courses and want to learn further skills. It **begins again September 2014**. Contact SCOA at **306-652-2255** for more information.

Funding is provided through the New Horizons and is **offered to older adults at no cost**.

See page 8 for a listing of computer technology courses available at SCOA this fall for a small fee.

Travel Insurance 101

Article submitted by CAA

Planning a winter vacation? Heading south to escape the snow and cold? Then consider travel insurance for your peace of mind.

Travel insurance protects you and your family 24/7 from the unexpected while on vacation. There are a number of travel insurance options available, from daily plans to annual plans – all competitively priced and flexible. Our plans include emergency medical coverage up to \$5 million (CAD), emergency dental treatment, medical repatriation and transportation. There's also a policy that includes trip cancellation and baggage insurance. Saskatchewan Health Services coverage provides you with extensive care within Saskatchewan, but it doesn't cover emergency medical expenses outside your home province beyond the equivalent cost in Saskatchewan (usually much less than other countries).

Completion of a medical questionnaire by travelers will help our insurance consultants build the best travel insurance plan, based on medical history. The medical questionnaire is short, easy to fill out, confidential, and is required if the applicant is 60 years and over, and purchasing medical travel insurance. Remember CAA Members save 5% on all travel insurance plans.* Get a quote at caask.ca/travel-insurance or call 1.800.564.6222 to talk with one of our experienced insurance consultants.

**Applies to CAA Members in good standing (CAA membership dues paid in full by membership expiry date).*



INSURANCE • TRAVEL • AUTOMOTIVE



Home First

By Donna Jouan-Tapp, Project Manager Home First/Home Care

In November 2013 the Ministry of Health provided funding to the Saskatoon Health Region for the Home First/Quick Response Home Care pilot project. This project aims to provide enhanced services to seniors in the community to help them to remain safely in their homes longer. The Home First team consists of Nurses, Continuing Care Aides (CCA), Nurse Practitioners, Occupational therapists, Client Care Coordinators, Social Workers, and Pharmacists. The team works closely together to ensure each person enrolled in the project receives the personalized care that they require. To date the team has supported over 300 individuals.

Each individual's needs are unique, however some themes of support include:

- Respite for caregivers. For those seniors who take on the role of caregiver for their loved one, it can be difficult to find time for themselves. Home First has provided respite for these caregivers so that they can have planned time away.
- Extra nursing or CCA care above regular Home Care guidelines for those who need short term assistance, or for those waiting for long term care placement. Examples of extra home services provided include light housekeeping, assistance with meal preparation, unpacking groceries, and assistance with laundry.
- Support and intervention to prevent hospital admissions. When hospitalization occurs, the team works to ensure that transition home from hospital is smooth and supported.
- Quick response by Occupational therapists to get Intensive case management – Our coordinators are able to connect with clients on a frequent basis to ensure that the assistance given is meeting their needs. The team works together to review each client in a holistic fashion, offering support from any of the disciplines within the team that could be beneficial for the client to be as independent as they can, in their own home, for as long as possible.

SCOA is one of our community partners, and has been supportive of the Home First/Quick Response Project since it began one year ago. In addition to providing the project team with insight and suggestions about how to support seniors in the community, they are assisting us with evaluation of the project. Jane McPhee, Co President of SCOA's board of directors has assisted in the development of a survey tool to assess the effectiveness of the project from the client perspective. She continues to follow our progress and provides a link between SCOA and the project.

To date the feedback from clients has been very positive. Home First is providing support that makes a difference for the people involved. The project is funded for one more year and it is our hope that if successful the Government will make the funding permanent. Our goal is to continue to provide this service to those who "just need a little something extra" that will enable them to stay safely in their own homes.

Seniors' Globe Walk 2015 -To The Moon!!

After a very successful 2014 Saskatoon Seniors' Globe Walk, plans are now underway for our 2015 Walk. Last year our goal was to circumnavigate the globe by the end of the walk; that goal was surpassed after the first month so obviously we have to make 2015 a lot more challenging! With that in mind we're expanding to include older adults living in communities within the Saskatoon Health Region and we're heading for the moon. The launch will take place on January 5th, 2015 but teams and individuals can begin registering at the end of October. For details please e-mail Linda at linda@scoa.ca



The Hazards of Sitting

by Kimberly Willison, Senior Recreation Therapist SHR



Picture two people. Person A is sedentary for the majority of the day, but for an hour a day they exercise vigorously. Person B does not exercise vigorously, but is physically active at a light to moderate intensity level (gardening, house work and errands) for a good portion of their day. Who is at a greater risk of developing poor health and chronic conditions? If you answered A you are correct.

Unfortunately, a few hours per week spent exercising vigorously does not offset the potential health risks of sitting for extended periods of time. The key is to reduce the amount of time spent sitting and move around more frequently.

This may be starting to sound familiar...there are many research findings now that encourage us to get off our chairs and couches. The main finding is people who sit for four or more hours a day have a 50% increased risk of death from any cause and about 125% increased risk of developing some sort of cardiovascular disease.

Here are some simple suggestions that may help to reduce your sitting time:

- Stand up while you read your morning newspaper—or this newsletter.
- Walk around while you are talking on the phone.
- Do the tasks manually. Vacuum or sweep the floor yourself. Get some fresh air and sunshine and mow your lawn.
- Take regular breaks, stand up from your computer frequently.
- Walk instead of taking the car for short errands.
- For seated tasks, try sitting on a stability ball.
- Move around when watching TV: walk/march in place, exercise & stretch.
- Get a pedometer and track the number of steps you take. Try to increase your number of steps each day
- Walk and talk with friends.
- Set a timer so you don't sit for more than ½ hour at a time

References

Harvard Women's Health Watch: Too much sitting linked to an early death, 2014. Harvard Health Blog
Healthy Lifestyle: What are the risks of sitting too much?, 2012. Mayo Clinic

For more information about the hazards of sitting or to order a free poster about the hazards of sitting from in motion go on the following link: <http://www.in-motion.ca/news/article/hazards-of-sitting-infographic>

Leave a Legacy

Have you ever considered including the Saskatoon Council on Aging (SCOA) in your estate plan?

SCOA is a registered charity that receives donations and annual gifts. Now it also is possible, and very simple, to leave a legacy by including SCOA in your estate planning. Bequests, which are distributions from your estate through your Will, are the most common type of planned gift.

You can also request that your loved ones left behind name SCOA as the recipient of a memorial in lieu of flowers.

Contact SCOA to find out more about leaving a gift through your will or estate plan. We can advise you about what you need to discuss with your lawyer or financial advisor to ensure that your Will is properly worded. If you have already made provision in your Will for a donation to the Saskatoon Council on Aging, we would appreciate hearing from you. Please contact us by calling 306-652-2255.



Saskatoon Council on Aging

Winter 2014 Programs

Call 306-652-2255 to register or for more information

Technology Workshops All workshops are \$25 for one 2-hour session		
iPad Workshop Dates (1:30-3:30pm) Thurs, September 25 Thurs, October 9 (Level 2) Wed, October 22 Wed, November 19 Thurs, December 4 Thurs, December 11 (Level 2)	iPhone Workshop Dates (9:30-11:30am) Tues, September 16 Wed, October 15 Mon, November 10 Tues, December 9	
Skype Workshop Dates (1:00-3:00pm) Wed, October 15 Wed, November 12	Facebook Workshop Dates (9:30-11:30am) Wed, September 24 Thurs, October 23 Mon, November 17 Mon, December 15	Men's Cooking Classes Cost: \$55.00 Level One Oct. 7, 14, 21, 28 (4:00-6:30pm) Soups and Sandwiches Nov. 4, 18, 25, Dec. 2 (4:00-6:30pm) On My Own Presentations Car Care Cost: \$10.00 Ens Lexus Toyota Oct. 29 (6-8pm) Everything Organized Cost: \$10.00 SCOA Office (2020 College Dr.) Nov. 26 (10:00-11:15 am)



Free Positive Aging Drop-In Programs

Art Classes

Exploring the Wonder of Watercolors
 Cost: \$85 (1:00-4:00pm)
 October 7, 14, 21, 28

Painting with Acrylic for Beginners
 Cost: \$85 (1:00-4:00pm)
 November 4, 18, 25, December 2

Beginners Drawing Class
 Cost: \$40 (1:00-4:00pm)
 November 3 and 10

Drop-In Program Bus Tour
The Barn Playhouse
'A Prairie Trio'
 October 15—Cost: \$50.00

Saskatoon Field House (9:00 am-12:00 pm)

Sept. 22: Worried about Medications
 Oct. 27: Prevent the Flu and Pneumonia
 Nov. 24: Relax and Take Care of Your Feet
 Dec 15: Christmas Social

Lawson Civic Centre (1:30-4:00pm)
New Location

Sept. 18: Worried about Medications (**Grand Opening**)
 Oct. 16: Prevent the Flu and Pneumonia
 Nov. 20: Relax and Take Care of Your Feet
 Dec. 18: Christmas Social

HOW TO DONATE

On-line

Donate on-line Go to our web site:
www.scoa.ca

Planned Giving Program

Through SCOA's Planned Giving Program we can accept your donations today or you can set up a gift for the future by leaving a legacy. For more information phone SCOA at (306) 652-2255.

By Mail—Fill out and return the following form:



Please send your cheque to:
 Saskatoon Council on Aging,
 2020 College Drive, Saskatoon, SK
 S7N 2W4. You will receive a tax
 Receipt for donations of \$25.00 or
 More (please include full address).

Yes, I would like to help with a donation of:
 ___\$50 ___\$75 ___\$100 ___ (write other amount here)
 Name _____
 Address _____
 City _____
 Postal Code _____ Phone Number _____