

Positive Aging for All

  
**SCOA**  
saskatoon council on aging

Age-friendly Community

A publication of the Saskatoon Council on Aging

# Coming of Age

FALL 2017



## Saskatoon **ZOOMER** idol



**FINALISTS 2017:** Young at Heart, John Wilby, 42 St. Barbershop Singers, Gloria Raichuk, Roy Hargreaves, Eileen Mackenzie (*not in photo*)



**"Party on with Canada"**

**DATE:** Thursday, October 19, 2017

**TIME:** Doors Open 5:00 pm, Dinner at 6:00 pm,  
Performances 7:30 pm

**WHERE:** TCU Place, 35 22nd Street East

**Emcee:** Rob MacDonald

Tickets on sale now-get them while they last!  
\$100 Partial tax receipt available

Phone 306-652-2255 or purchase at SCOA, 2020 College Drive (Saskatoon Field House)  
Cash, cheque or credit cards accepted. Visit [www.scoa.ca](http://www.scoa.ca) for more Zoomer news.

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2020 College Drive

Saskatoon, SK S7N 2W4

(306) 652-2255 | [admin@scoa.ca](mailto:admin@scoa.ca)

[www.scoa.ca](http://www.scoa.ca)



**Shan Landry**

As all of us look forward to a beautiful Saskatchewan summer enjoying the outdoors and celebrating Canada 150, there are new opportunities on the horizon for SCOA.

The newly created provincial health authority will center head offices for health operations out of Saskatoon. During a recent meeting with the Minister of Health Jim Reiter, he was responsive to the idea that SCOA might be a good connector to convene meetings with seniors to ensure their concerns, issues and ideas are put forward to the new Authority. He agreed that SCOA is uniquely positioned to offer advice from the Age-Friendly Initiative and to contribute the voices of older adults during the redesign and beyond. Minister Reiter acknowledged the small but essential funding grant that his department provided this year to SCOA and opened the door for further meetings with us in the Fall.

In July, three dedicated representatives of SCOA agreed to spend an entire week participating in a planning process for health services in the Nutana neighbourhood. SCOA representatives presented ideas to improve Home Care and Long-Term Care, Illness Prevention and ways to design a system that has age-friendly principles as its basis.

Opinions are those of the authors, and do not necessarily reflect the views of the Saskatoon Council on Aging. While efforts have been made to ensure accuracy, the Saskatoon Council on Aging, Inc. assumes no liability for any errors, omissions or inaccuracies. No part of this publication may be copied or stored for electronic retrieval without prior consent of SCOA. © 2009/2017.

**The SCOA is a non-profit organization dedicated to promoting the dignity, health and independence of older adults through programs, services, education and advocacy.**

## Co-Presidents' Message



**Jim Wasilenko**

The City of Saskatoon has proven to be a great partner for SCOA and at our urging applied for and was successful in getting Saskatoon signed on as a member of the World Health Organization Age-Friendly Global Network. You will find out more in the future about this partnership and the steps we will work on together to ensure our continued development as an age-friendly city.

SCOA has always been blessed with volunteers who are willing to give of their time and share their meaningful ideas for fulfillment of our vision and mission. Recently, a group of eager professionals have come together to work on their interests in housing. This 'Think Tank' has produced a paper and background material and will continue to refine their ideas and research for use not only by SCOA, but also other organizations in our community. The Think Tank provides an exciting model to build community capacity amongst many new volunteers who have expertise and want to pursue their specific interest in partnership with SCOA.

Now is the time to get behind the essential work that SCOA is doing to make life better for older adults.

**Please become a member and add your support and voice as we strive for an improved future and quality of life for older adults in our communities. Phone SCOA 306-652-2255 or visit [www.scoa.ca](http://www.scoa.ca).**

### Coming of Age

Published three times per year by the Saskatoon Council on Aging, Inc.

**Visit us online at [www.scoa.ca](http://www.scoa.ca)**

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Mercedes Montgomery, Chair

George James | Elliot PausJenssen |

Candace Skrapek | Sheila Clements

Fund Development & Communications: Virginia Dakiniewich

## Challenging Ageism: Media headlines-reality or misperceptions?

By Mercedes Montgomery & Candace Skrapek

For some time negative ageist stereotypes have prevailed when describing the growing older adult population. Media headlines frequently reflect perceptions and often misperceptions about older adults. It's important to separate myth from reality and to frame information in the positive rather than the negative.

### Myth: The growing older adult population is “a Silver Tsunami”.

Implies a huge and “sudden” increase in older adult population is sweeping the nation with all the implied negative consequences.



**FACT:** The population bump created by high birth rates between 1945 and 1965 (the Boomers), has arrived. Add the long and gradual improvement in general health and longevity and older adults now claim a larger share of the overall population.

**Canada ranks 28<sup>th</sup> in the world in terms of people 65+ as a share of the population, Japan ranks 1<sup>st</sup> and Italy 2<sup>nd</sup>. “Silver” maybe, “Tsunami” hardly.**

### Myth: Older adults are overrunning the Emergency Departments (ED).



**Fact:** According to data from the Saskatoon Health Region older adults 60+ accounted for 26.1% of all ED visits in the past year. In other words, **73.9% of ED visits are by those under the age of 60.**

Who is overrunning what?

### Myth: Older adults are a drain on the economy. Really?



**Fact:** Older adults contribute hours of service as volunteers and as caregivers. 45% of seniors 65-74 contribute volunteer time, at an average of 233 hours per year—more than any other group and continue to do so well into their 80s. **The economic contribution of informal caregiving, much of it carried out by older adults, is around \$26 billion per year. Older adults donate generously. Now that's giving back!**

### Myth: Old people are unwell.

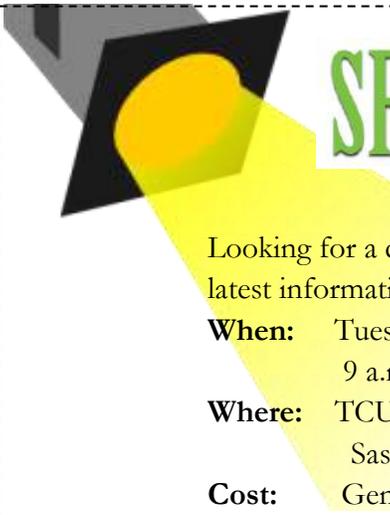


**Fact:** The majority of older adults are healthy and active, particularly those under 80 years old. Less than 10% of people aged 65 and older lived in nursing homes. **Framed in the positive...90% of older adults are living independently.**

It is necessary to look behind and beyond the surface facts and statistics. Statistics may either support or distort and may not tell the whole story. You may have come across some of these unwarranted attitudes about ageing. It doesn't mean that you have to accept negative stereotypes about older adults.

**Choose to frame things in the positive. It's good for your health!**

Source: A 2017 Webinar presentation Not a cost curve to be bent, by the Office of the Seniors Advocate, Conference Board of Canada; Statistics from BC Ministry, Canada Statistics, World Bank ; Saskatoon Health Region. Emergency Department Cumulative Volumes, All Sites Combined For Registrations 01-Apr-2016 to 31-Mar-2017



# SPOTLIGHT ON SENIORS



## *Saskatoon's premiere event for older adults*

Looking for a day of fun and relaxation? Drop by Spotlight on Seniors for the latest information on products and services for seniors.

**When:** Tuesday, October 3, 2017 from  
9 a.m. to 3 p.m. **Program starts 10 a.m.**

**Where:** TCU Place 35—22nd Street East,  
Saskatoon

**Cost:** General Admission at the door is \$10

**Keynote Speaker: Order of Canada Recipient Harold Chapman**

**NEW: Safety Style Down the Aisle Fashion Show!**

**Trade Show Booths · Blood Pressure Clinic · Entertainment ·**

**Coffee & Treats · Lunch** (available for purchase)

Proudly presented by:



**Parking:** Midtown Plaza North parking lot Pacific Avenue.

**Contact the Saskatoon Council on Aging**

**306-652-2255 for ticket locations or purchase at the door the day of the event.**



## WHO Global Network for Age-friendly Cities and Communities

Saskatoon has been accepted as part of the [World Health Organization's Global Network for Age-Friendly Cities and Communities!](#) The application, which included the great work from the Age Friendly Saskatoon Initiative was submitted by the City of Saskatoon with the full support of Mayor and City Council.

Age-friendly communities feature accessible transportation, affordable appropriate housing options, inviting outdoor spaces, quality community and health services, employment and volunteer opportunities, and access to social activities and public events.

SCOA has recently formed an Age Friendly Community Development Committee with several key stakeholders who have an interest in building a positive future for older adults that will continue to ensure that Saskatoon is Age-Friendly.



**SCOA GLOBE WALK  
2017  
WE ROCKED IT!  
481,795 Team Miles  
Earned**



From January to April each year, Globe Walkers stroll and roll, bike and hike, swim and gym to reach a collective goal. We motivate each other to get/stay fit in a fun, healthy way.

The 4<sup>th</sup> Annual SCOA Globe Walk saw 81 teams with 2638 members “get our fit on” in a big way. Thanks to all our wonderful Captains and the great people who make up the teams.

Teams – Get ready! Globe Walk is already planning for next season. The 2018 Globe Walk will start on January 8<sup>th</sup> and will feature an OLYMPICS theme. You can register your team in September 2018 by visiting our website at [scoaglobewalk.net](http://scoaglobewalk.net).

We welcome new teams. Get together with friends, colleagues, or family members and do yourself a world of good. Individuals who are not part of a team are invited to join the SCOA team.

For information on the Globe Walk visit our website, come into the SCOA office or call Beth, the Globe Walk coordinator, directly at 306 652-0027.

Finally – a shout out to our great sponsors – Richard Kilburn, Investors Group, Dakota Dunes CDF, Community Initiatives Fund and the Saskatchewan Senior Fitness Association as well as our partners Forever...in motion, the YMCA and the City of Saskatoon.

## **Make 2018 the year that you become part of the Globe Walk!**

### **Globe Walk Celebration Luncheon May 10, 2017: Highlights**

- A “live” video of the launch of *Discovery* from our ambassador, Dr. Roberta Bondar, who offered her congratulations and support for the Globe Walk program.
- Greetings from the City of Saskatoon by Mayor Charlie Clark. He outlined the many ways in which the City has partnered with, and values participation of, older adults.
- Jamie Yuzicappi, Dakota Dunes CDC, a major sponsor expressed her congratulations and satisfaction with collaboration in support of the Saskatoon community.
- Mr. Richard Kilburn, Investors Group, a major sponsor, reiterated his continuing support of Globe Walk, in the amount of \$5,000.00. In addition Mr. Kilburn also indicated that he was prepared to match further donations directed towards Globe Walk, for a limited time, up to a maximum of \$5,000.00.



## FALL PROGRAMS 2017

Registration for all programs must be paid in advance

Space is limited. Call SCOA at 306-652-2255 to register. Classes held at SCOA 2020 College Drive

### Introduction to Birding with John Patterson



Consider appeal and beneficial aspects of birding, what you need to get started and how to tailor the activity to fit your own interests and skills. Using winter

birds and waterfowl as examples, we will develop identification skills - observe field marks and bird behavior, recognize bird song and understand the role of habitat in finding and identifying birds. Includes outdoor session.

**Tuesdays—September 5, 12, 19 (2pm—4pm) 6 hours**

**Cost: \$30**

### Digital Photography Class *with award winning*

*photographer Roberta Wells*

Create beautiful images using photographic composition guidelines. Class emphasis will be on having fun, taking beautiful pictures and sharing them with family and friends. Includes outdoor shooting.



**Mondays – 2pm – 4pm: Oct 2, 16, 23, 30,**

**Nov 6, 13 (12 hours)**

**Cost: \$110**

### Canada Safety Council

#### 55 Alive Mature Driving: Renew Your Driving Skills for Today's Traffic

The 55 Alive Driver Refresher Course is designed to help



Canadians 55 years and over to maintain their independence and their driving privileges.

September 13th or September 27th

9 am -5 pm (7 hours)

\$10 fee for SCOA Administration costs

**Call the Saskatoon Council on Aging 306-652-2255 to register**



## Technology Classes – Phone 306-652-2255

### BEGINNER one on one APPLE classes on Fridays

**Become more confident using your Apple iPad or iPhone.**

2 classes of 1.5 hrs (3 hours) includes a take home manual Cost: \$40

### INTERMEDIATE classes for Apple iPad or iPhone

**Topic : Photography and Cloud Storage**

**October 24 & 31 (11 am to noon)**

Cost:\$20

**Topic: Security/Texting/Email**

**November 14 & 21 (11 a.m. to noon)**

Cost: \$20

### Seniors Tech Buddy

One on one beginner technology classes with students from local high schools.

Learn how to use your laptop, smartphone or other device.

**\$10 fee for administration costs. Phone 306-652-2255 or email [admin@scoa.ca](mailto:admin@scoa.ca)**

**Transportation is available for those in need!**

### Facebook and WhatsApp classes

Stay in touch with family and friends. Learn how to share photos and videos, send messages and get updates on **Facebook**. **WhatsApp** used by over 1 billion people in 180 countries.

2 classes of 1.5 hrs (3 hours) includes take home manuals.

**Classes start Thursdays, October 26th**

Cost:\$20



## ART CLASSES

### Celebrating Creativity with Acrylic: Instructor Gisele Bauche

This new class is for beginners and beyond. The Acrylic workshop will inspire you to “loosen-up,” have fun and paint more! You will learn new techniques and approaches to painting with acrylic, awakening your passion for painting. There will be demonstrations, practicum and group sharing. Contact SCOA for your art supplies list. Enrolment limited.

**Dates: Tuesdays, October 17, 24, 31, Nov 7**

Time: 1:00 – 4:00 (12 hours)

Cost: \$95



### Mandala Art Class: Instructor Gisele Bauche

Creating mandalas is an ancient art form and a personal symbol that expresses who we are in the moment. Mandalas are about our journey connecting our inner life to our outer life. This class will offer relaxing meditations, time to create mandalas, reflection and sharing. You will have the opportunity to relax, let go, be inspired and to allow your creative spirit to run free. Contact SCOA for your art supplies list; mandala patterns provided.

**Dates: Tuesdays, Nov 14, 21, 28, Dec 5, 2017**

Time: 1:00 – 4:00 (12 hours)

Cost: \$95.00

## Your Seniors' Neighbourhood Hub Clubs



### WESTSIDE

Mayfair United Church—902- 33<sup>rd</sup> St W.  
**3<sup>rd</sup> Thursday of each month: 1:30 to 4:00pm**

September 21—Bird Identification/Word puzzles  
October 19—Balance & Dizziness: Finding Your Centre/Halloween Party  
November 16—Celebrating Veterans/Canada 150  
December 14—Holiday special with live music

Refreshments will be served

Ask a Pharmacist/FIM exercises/Blood pressure checks

Thanks to our sponsors and funders:  
CONEXUS, Saskatchewan Lotteries,  
Medicine Shoppe, Primrose Chateau



### EASTSIDE

Royal Canadian Legion Nutana Branch  
(3021 Louise Street)  
**4<sup>th</sup> Tuesday of each month: 1:30 to 4:00 p.m.**

September 26th—Information Expo  
October 25th—Tai Chi/Cribbage  
November 28th—Kidney Health/Bingo  
December 19th—Christmas Social/games/Live Music

Visit our website: [www.myeastview.ca](http://www.myeastview.ca)

Refreshments will be served

Ask a Pharmacist/FIM exercises/Blood pressure checks

Thanks to our sponsors and funders:  
Community Initiatives Fund  
Preston Park

## Bourassa & Associates Rehabilitation Centre

### Managing Joint Pain

By Erica Gasmó B.Sc.(Kin), B.Sc.(P.T.)

Bourassa & Associates  
REHABILITATION CENTRE

Painful, stiff, and swollen joints can be very common, especially as we age, and can have a variety of causes. One cause can be normal age-related degenerative joint changes that occur over our life span. Sometimes these changes are sped up after an injury, repetitive movements, or heavy use. With use, our joints can change over time, including a wearing down of the protective covering at the end of the bones, the cartilage, which then can lead to more pressure on the bone itself, causing an aching pain.

Another cause can be from arthritis, which has two main types: degenerative (such as osteoarthritis) and inflammatory (such as rheumatoid arthritis.) There are actually more than 100 identified types of arthritis, and all of these different types have unique characteristics. Successful management often comes from cooperative care between the patient, family physician, rheumatologist, physical therapist and/or occupational therapist, to develop appropriate strategies, depending on the type and stage of arthritis.

Some of the most common areas of joint pain and stiffness related to both degenerative changes and arthritis are the neck and lower back, as well as the hips and knees. Often pain in the feet, shoulders and even the jaw can be related back to joint changes as well. The good news is that you can influence how your joints change over time, and the resultant symptoms that you experience.

**“Some of the most common areas of joint pain and stiffness related to both degenerative changes and arthritis are the neck and lower back, as well as the hips and knees.”**

Even better news is that despite joint changes, the symptoms that you experience can be modulated by a number of different factors.

One of the main strategies in managing joint pain and stiffness is to maintain optimal joint mechanics, range of motion and mobility, as well as surrounding soft tissue flexibility, strength and stability. The better the joint can move, and the better the muscles can support it, the fewer issues you will experience, including both less pain and improved function. Much of this can be

gained from exercise, and sometimes can be assisted by some hands-on care to help with the process. With arthritis, there can be short periods of inflammation, and these can be managed utilizing a number of different strategies. A physical therapist can work with you to identify your needs to maximize your joint health, and to successfully navigate this process.

Physical therapy is typically covered by group health insurance, and although a referral is not required for care, some insurance companies do require a referral for coverage. Please enquire to your insurance provider for details.



## Brain Health

By Kimberly Willison, Senior Recreation Therapist; *Forever...in motion*

Throughout the normal aging process, our brain volume gradually declines at 5% per decade starting at about age 40 up to age 70, at which time, any number of chronic conditions will accelerate the process.

However, we are able to slow or prevent this decline if we continue to do activities to strain or challenge our brain. **Being physically active can reduce your chance of developing Alzheimer's disease by up to 25%!**

Some physical tasks to help keep your brain strong include:

Go for walks— fresh oxygen and increased blood flow to the brain is very good for it

- Dance – Line dance, waltz, square dance
- Try strength training or aquacise
- Try using your non-dominant hand when writing or brushing your teeth
- Attend a **Forever...in motion** group – it will work your mind and your body plus you will meet new friends



Practice mind games and movements that challenge your brain e.g.

- Draw a 6 in the air with one hand a 9 with the other (at the same time), then switch which hand does each
  - Hold your hands up with palms towards you while making two fists. With your left hand, stick out your thumb and with your right hand extend your pinkie, then switch (at the same time). Keep alternating. Try going faster!!
  - Use different patterns of movements when exercising: March 1-2-3 tap on the spot, then move forward to back
  - Do sudoku, word searches, flow or crossword puzzles

It is known that severe mental decline is caused by disease. However, most age-related memory loss is a result of inactivity and lack of mental stimulation.

**So get out there and strain your brain!**

### Government of Canada Benefit Payments Schedule

#### Canada Pension Plan

September 27, 2017 | October 27, 2017  
November 28, 2017 | December 20, 2017

#### Old Age Security

September 27, 2017 | October 27, 2017  
November 28, 2017 | December 20, 2017

### Senior Steps Downsizing and Relocation Service

Sandra Shpyth, Owner/Operator

318 Blackshire Crescent  
Saskatoon, Sk. S7V 1B3  
seniorsteps17@gmail.com  
Seniorsteps.ca  
(306) 290-7171



# SCOA Board Members 2017-2018

## Executive Officers

**Co-President:** Shan Landry  
**Co-President:** Jim Wasilenko  
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 Candace Skrapek, Chair Age-Friendly Community Development  
 Jane McPhee, Chair Nominations/Board Development

## Members at Large

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 Jane Richardson  
 Ila Sarkar  
 Cheryl Kloppenburg  
 Joan Cochrane  
 Karen Pitka

## SCOA Caregiver Workshop

**“Living with the Stress of Caregiving: Learning, Sharing and Connecting with other Caregivers”**

Thursday, September 28, 2017  
 (Mayfair United Church—902 33rd St. W.)



- 1:00 pm – 1:15 pm Greetings
- 1:15 pm – 1:45 pm **“How to share the load” & other specific coping strategies to prevent burnout/ guilt.**  
**Presenter: Jeanne Beaudoin – Caregiver Support Group, Saskatoon Health Region**
- 1:45 pm – 2:15 pm Questions/feedback
- 2:15 pm – 2:45 pm Snacks/sharing time for caregivers
- 2:45 pm – 3:15 pm **“Learning about caregiving supports and resources: financial, social, and practical”**  
**Presenter: Arden Moore—Client Patient Access Services, Saskatoon Health Region**
- 3:15 pm – 4:00 pm Questions/feedback

**Registration required—\$10 registration fee. Call SCOA at 306-652-2255**





## Remembering When™ (A Fire and Fall Prevention Program)

*Dori Krahn, Saskatoon Fire Department and Janet Barnes, SCOA Volunteer*

Fire and fall prevention often starts with us making small changes to our everyday habits to make them safer. Too often falls and fires are a result of something unsafe that we've gotten away with many times and then get caught. We will focus on one fire safety and one fall prevention message of the 16 included in the Remembering When program.

**1** **If you smoke, smoke outside.** Provide smokers with large, deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out or bury them in sand. Never smoke in bed. Never smoke if oxygen is used in the home.



Smoking remains a major cause of fires in Saskatoon. Smokers dispose of multiple cigarette butts every day and it's easy to get careless. Even if you don't smoke yourself, it is important to provide any house guests with an appropriate place to dispose of their cigarette butts. If not they will find someplace, likely a planter or the ground. Planters are especially dangerous because they usually contain some peat moss which will smoulder for a couple of hours before suddenly bursting into flames.

These suggestions are just a taste of the information offered during a Remembering When presentation. If you are part of a group that would benefit from a presentation, please contact Dori Krahn at 306-975-7715 or [dori.krahn@saskatoon.ca](mailto:dori.krahn@saskatoon.ca)

**1** **Exercise regularly** to build strength and improve your balance and coordination. Ask your doctor about the best physical exercise for you.



Exercise is key to building the strength and coordination we need to prevent a fall. All exercise is good but exercise that focuses on improving our balance is especially helpful. Specific exercises done for 10 – 15 minutes three times a week can make a big difference in your ability to recover your balance if you accidentally trip. The Saskatoon Health Region has a number of exercise programs for older adults that are specifically designed to improve balance. For more information on Forever ... in motion, please phone 306-655-2286; for Staying on Your Feet, 306-655-3418.



## HOW TO DONATE:

### On-line: Canada Helps or PayPal

Go to our website: [www.scoa.ca](http://www.scoa.ca)—DONATE

### By Mail—Fill out and return the following form:

*Your donations help us to continue to provide programs and services which enhance the lives and meet the needs of a rapidly expanding population of older adults.*



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

**Yes, I would like to help the Saskatoon Council on Aging with a donation of:**

\$50    \$75    \$100    \$200    \$Other

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

SCOA recognizes donors in our communications.  
Please check this  box if you wish to remain anonymous.

Please send your cheque to:  
Saskatoon Council on Aging  
2020 College Drive,  
Saskatoon, SKS 7N 2W4.

You will receive a tax receipt for  
donations of \$25.00 or more.  
(please include your full  
address).  
CRA 130735756RR001

**Become a member:** Be part of a vibrant & growing community of older adults!

*Show your commitment to making Saskatoon a better place to grow older—become a full member of SCOA.*

*Help us continue to create an age-friendly community.*

**[\$25.00 fee] Individual Full Members receive:**

- "Coming of Age" newsletter and SCOA E-News
- Discounts from our partners Bourassa & Associates, YMCA & YWCA
- Opportunities to learn new things and meet new people
- **Vote at our annual general meeting**
- **Help us continue to provide programs & services for a growing older adult population**

**[Free] Individual Associate Members receive:**

- "Coming of Age" newsletter and SCOA E-News
- Discounts from our partners Bourassa & Associates, YMCA & YWCA
- Opportunities to learn new things and meet new people



Visit our website [www.scoa.ca](http://www.scoa.ca), drop by our office 2020 College Drive or  
phone 306-652-2255

[Major credit cards accepted.]