



A publication of the Saskatoon Council on Aging

Coming of Age

FALL 2019



SPOTLIGHT ON SENIORS 2019 CELEBRATE 20 YEARS OF ACTIVE AGING!

Proudly presented by:



October 1, 2019, 9am to 3pm
TCU Place
Admission: \$10
[Pay at the door]

- 70+ trade show booths
- Displays & demos
- Door prizes
- Entertainment
- Coffee & snacks
- Lunch available for purchase
- A Look Back at 20 years of Spotlight
- Forever in motion exercise break

Entertainment by: Spectacle, Slightly Off-Centre
Jam Band, Free Flow Dance Theatre Company,
Young at Heart, Bridge City Cloggers



Learn about the latest products for seniors

Enjoy music & entertainment

Join the fun & games

Age-friendly dimension #6 Civic Participation and Employment

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Shan Landry

Co-Presidents' Message

Past Board Chair: Reflections



Jeananne Klein

A friend of mine once gave me a plaque to put in my office. It was a quote attributed to Abraham Lincoln that most of us have heard many times: *"In the end, it's not the years in your life that count, It's the life in your years."*

As I reflect on my seven years with the board of SCOA, I am grateful for the *life* that involvement put into my years! During those years on the board, I was enriched by colleagues of all ages, who are passionate about the work they do to make Saskatoon an age-friendly community. I was challenged by new ideas to combat ageism and to promote all of the dimensions of an age-friendly community. I was both energized and (I admit it) tired out, by the amount of work and volunteerism and for the joy and commitment they have for working with others in a community development framework!

During my time on the board, SCOA celebrated its 25th anniversary. SCOA began as a new idea in the minds of a few determined citizens. Since then we grew to be a leading voice of older adults with over 4000 members. From the SCOA Globe Walk to the housing white paper, the Age-friendly lens and expanding Century Club, SCOA is infusing life into participation, research, education and improvements. **I am convinced that because of our activities and efforts ageism is waning.**

This does not mean there have not been setbacks. It was a low point three years ago when the Saskatoon Health Region cut our funding grant that we relied on for part of our operating budget. We were not sure that we had enough funding to keep our office going and cover staff salaries. Luckily the provincial government did continue their annual grant and... we re-grouped. Some of the more business-minded folks on our board along with our Executive Director came up with an austerity budget, new ways of investing money and achieving more grants, donations and partnerships. As well, we introduced a membership fee and came up with some additional fundraising events. To outsiders those decisions may look easy, but I know that the number of hours of creative problem solving were critical to SCOA continuing to thrive as it is doing now in 2019-2020 year.

As I age, I learned that it is an uphill struggle to educate the public to a new way of thinking. You have to share the message over and over; find new ways to spark interest and show that aging can be a positive experience. Through SCOA and our dedicated members, we are building an age-friendly community one step at a time. Through my involvement in SCOA I have reinforced my belief that growing older is a privilege and an opportunity to keep active, stay engaged and become an advocate and promoter with and for older adults. I may have finished my term on the SCOA board, but I have not finished being involved with this important work. **There is lots of *life* left in me and lots to do!**

~ *Shan Landry*

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

Coming of Age

Published three times per year by the Saskatoon Council on Aging, Inc. **Visit us online at www.scoa.ca**

Executive Director: June Gawdun

Communication Committee:

Sheila Clements, Chair | Ginnie Hartley | George James | Elliot Paus Jenssen | Mercedes Montgomery | Jane Richardson | Candace Skrapek |

**BEST.
YEAR.
EVER.**

SCOA Globe Walk 2019

Check for updates at the Globe Walk website at:
scoaglobewalk.net/news/



Last year we were thrilled to finally log more than half a million miles. **We surpassed that in 2019!** This year the SCOA Globe Walk chose “Exploring Canada’s National Parks” as our theme. Globe Walk teams could choose their own route over 47 National Parks, to suit the make up of their team. Each month our collective totals were posted, on a map of Canada, showing where we were. Individuals were also asked to set a personal goal – for instance to walk 10 kilometres more each month. Globe Walkers rose to the challenge. **We logged 828,096 KILOMETRES (517,560 miles)! Congratulations Globe Walkers!**

Our events allowed us to try new activities and repeat old favourites. We brought back drumming as a cardio fitness option and we tried pole walking. We even had a movie (and the requisite popcorn). As always, we celebrated our accomplishments at our annual windup luncheon at the Western Development Museum. The event was sold out! We were entertained with the music and stories of two of the original members of “The Northern Pikes”. We had an amazing guest speaker, Rick Stene, who gave a talk on the “Benefits of Exercise”. Mayor Charlie Clark brought the City’s congratulations.

May 2019 also saw the start of the Globe Walk Pilot Project in Regina. We may have competition next year! It will be hard to top this year – but we say that every year. We haven’t picked the theme for 2020 but you can be sure that we will come up with new, exciting, active aging challenges to help Globe Walkers stay fit. **Join us!** We thank our sponsors, our partners, and our volunteers. Most of all we thank our fantastic Team Captains and every Globe Walk participant who put in their kilometres every month.

GET READY FOR GLOBE WALK 2020 – WE LAUNCH ON JANUARY 6th



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and be our guest for lunch.

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Singing with Orpheus

By *Ginnie Hartley, Master of Speech Language Pathology, Retired*

Orpheus was a Greek god who could charm the wild beasts, coax the trees and rocks to dance and arrest the course of rivers with his music. Orpheus 60 is a chorus of seniors, men and women in Saskatoon who may not be able to charm the wild beasts, but they certainly can charm the residents of local seniors' homes.

Orpheus 60 was formed, of course, in 1960, by two local musicians who enjoyed playing and singing and decided to entertain others. The current choir numbers around 35 people with an average age of 75. Anyone can join – there is no audition and you don't even need to be able to read music – you just need to love to sing!

And sing they do: directed by George Sherban and Isabelle McCullough with accompanist Brenda Kammermayer, Orpheus 60 sings anything from wartime songs, to Broadway tunes, to gospel and everything in between. A sing-along segment is always a big hit with their audiences. They practice on Monday evenings at The Bentley and bring their love of singing to local seniors' homes on Thursday afternoons from January to May, and from September to Christmas.

Programs change along with the seasons. They are lucky to have a wonderful volunteer pianist who comes to all their practices and all their performances. They hold two concerts a year – one in early May and one in early December – when admission is by free will offering.



The choir supports the Food Bank in the spring and the Salvation Army at Christmas time. Over the last 8 years, they have donated \$6,054. The rest of the year, their concerts are given gratis and choir members provide their own transportation.

Orpheus 60 recently won a McClure Foundation Golden Heart Award which is given to an individual or organization which improves the quality of life for seniors in Saskatchewan. Orpheus would be proud!

If you are interested in joining the choir, contact Julie Janzen at 306-652-0359 or email juliejanzens@shaw.ca

Goodbye Freedom 55. Hello Freedom 70+

We are living longer and staying fit and healthy longer. A 'Third Age' has been inserted into our lives. In recognition of this 'Third Age', the Saskatoon Council on Aging, in partnership with Radius, Saskatoon YWCA, the Saskatoon Chapter of the Saskatchewan Retired Teachers, and the North Saskatchewan Branch of the Canadian Corps of Commissionaires, undertook **The New Horizons: Seniors Encore Career Project**. The project produced a Directory of Employment and Training to serve as a road map for individuals and agencies seeking support and services for employment and training.

To get your copy visit the SCOA website scoa.ca/publications.

www.scoa.ca/publications.html.

Seniors Community Police and Fire Academy Class No. 1

By Dori Krabn, Saskatoon Fire Department, Constable Dawn Epp, Saskatoon Police Service and Candace Skrapek, SCOA volunteer

“This was a terrific course with fantastic speakers and topics. Everything was perfect. Really hate to have it end! Boohoo!” - Anonymous

“The wealth of information received from this most interesting academy will surely be very beneficial to help us protect our 65 and older family and friends be mindful of safety and security issues.”

“I enjoyed these 8 weeks so much and learned a lot. Never realized how many units of service our police and fire departments have and what they go through each and every day to protect us. We are so lucky. God bless you all.”

“We must also appreciate our service people a lot more for what they do. Thank you all for giving us this insight.” - Anonymous

What in the world could these inspiring comments be about? The Community Police and Fire Academy!

The inaugural 8-week academy was launched on April 17, 2019 with 20 older adult participants from across Saskatoon. This new venture between the Saskatoon Police Service, the Saskatoon Fire Department and SCOA aimed to empower and educate older adults by providing information about safety and security issues that could help them live safely.

Participants gained valuable knowledge in each 2.5 hour session. Presentations included information about home and personal security, fraud prevention, internet security, traffic safety, elder abuse, K-9 policing, emergency preparedness, fire safety, fall prevention and when to call 911 and report an emergency.

The next class of the Community Police and Fire Academy will run from February 12 – April 15, 2020. The 2.5 hours sessions will be held on Wednesday mornings between 9:30 a.m. and noon in the Community Room of the Saskatoon Police Service (76 25th Street East) or the Community Room of Fire Station No. 3 (2613 Clarence Avenue South). Application forms are available at the SCOA office (2020 College Drive) or online at saskatoon-police.ca and Saskatoon.ca/CPFAapplication. If you are interested please submit your application between October 15, 2019 and January 15, 2020.



Welcome SCOA Board Members 2019-2020

- Paul Benson
- Reny Loewen
- Mohindar Sachdev
- Terry Scaddan
- Fred Sutter

Thank you to SCOA outgoing board members

- Bruce Irvine
- Shan Landry
- Jane McPhee
- Ila Sarkar
- Jim Wasilenko

Fall Classes & Programs

Note: All class/program fees must be paid in advance.

1. **Phone 306-652-2255** to pay with credit card, **OR**
2. **Mail a cheque** to our office: SCOA, Saskatoon Field House, 2020 College Drive, Saskatoon, S7N 2W4 **OR**
3. **Visit our office at the Field House [after Sept 16]** to register in person.

Introduction to Genealogy

This is a basic genealogy class (Instructor Cindy Paradis/Genealogical Society) and will not be able to concentrate on anyone's personal genealogy. This class will cover: where to start, where to find information, what to do and what not to do, different organizational methods, and how to record information.

Wednesdays (9hrs): Oct 9, 16, 23
1pm – 4pm \$90

Wet Felting Vessel Wool Fibre Class

Dianne Murphy, wool fibre artist, is returning with a NEW Wet Felting class. "Making a vessel using a resist" is a technique used in the wet felting process to make a seamless article. In this workshop, we will make a small bowl or hot pad while using this technique which can also be applied to making other items such as slippers, mittens, purses and other items.

Monday, Nov 18, 2019
1pm-4pm \$50

Wool Fibre Paint Art Class

Dianne Murphy, local wool fibre artist, back with wool painting. You will use natural fibres and the wet felting techniques to create your own "masterpiece". Participants can bring a picture to work from or just have fun with colouring felts. **All materials included.**

Monday, Oct 21, 2019 1pm - 4pm \$50

NEW! Bereavement Class

What do I do now? A look at life after loss.

Caregivers face a major life transition as they move from a caregiving role, to grieving the loss of their loved one. Project topics will include the concepts of normal grief and complicated grief; how to deal with others who may not understand their grief; and how to move forward in their everyday lives. Resource materials included – limited class (10) so register early.

Tuesdays, Oct 29, Nov 5, Nov 12, 2019
10am – 12pm

Cost: \$10 (Fee to cover administration costs)
Phone 306-652-2255 to register

Life Skills Class "Navigating the changes"

Canadian Housing & Mortgage Corporation: Supports for aging in place

Canada has many housing options available for seniors that suit a wide range of budgets, health needs and personal preferences. CMHC staff will provide an overview of housing and financing options to help you make an informed decision. In addition, the presenters will touch on helpful tips to avoid fraud and financial abuse related to housing.

Client Patient Access Services (CPAS): Housing Transitions

CPAS provides access to, and determines eligibility for Long Term Care Homes (permanent admission and respite care), Community Day Programs, Home Care, Community Therapies, and Volunteer Services. CPAS also provides information on other housing options like, Private Care Homes and Assisted Living Homes. CPAS staff will provide an overview of the role the Health Authority plays in housing transitions for older adults.

Tuesday, November 12, 2019 1pm-3pm \$10 registration fee

YOUR Seniors Neighbourhood Hub Clubs (SNHC) Saskatoon Council on Aging (SCOA) - Now in 5 locations!

**Open to independent seniors living city-wide/Free programs and refreshments/
Programs run 1:30pm - 4:00pm once a month/ Forever in Motion exercises/
Blood Pressure Clinics/ "Ask a Pharmacist" Station.**

MAYFAIR HUB CLUB

Mayfair United Church (902 33rd St. W.) a program of SCOA (www.scoa.ca)
The 3rd Thursday of every month – September through June (closed July/August)

| | |
|---------|---|
| Sept 19 | Cannabis-Saskatoon Police Services/Plant Trivia |
| Oct 17 | Seniors Services-Saskatoon Public Library/Word Search |
| Nov 21 | Euro Riverboat Travel by Ixtapa/Geography Trivia |
| Dec 12 | Holiday Social with LIVE music |

**Thanks to sponsors: SCOA, Conexus, Dakota Dunes, Community Initiatives Fund, Sask Lotteries,
The Medicine Shoppe, Primrose Chateau**

EASTVIEW HUB CLUB

Royal Canadian Legion (3021 Louise St.) a program of the Eastview Community Association
The 4th Tuesday of every month – September through April (Closed May – August)

| | |
|---------|--|
| Sept 24 | Info Expo |
| Oct 22 | STARS Air Ambulance |
| Nov 26 | Saskatoon Museum of Military Artifacts |
| Dec 17 | Entertainment by Wes Froese |

Contact: hubclub@myeastview.ca

ST MARTINS HUB CLUB (NEW)

St. Martin's Church (2617 Clarence Ave. S.) a program of St. Martin's Church
The 3rd Tuesday of every month - September through May (Closed June-August)

| | |
|---------|--|
| Sept 17 | BIRDS – Jan Shadick, Living Sky Wildlife Rehab |
| Oct 15 | Miracle on 34th Street" – Ken Gryschuk, Cosmo Ind. |
| Nov 19 | Jeff O'Brien, City Archives "WWII Here at Home" |
| Dec 10 | Christmas Social – Live Music of "Slim Chance" |

Contact: keith@stmartinsuc.com

SILVERWOOD HUB CLUB (NEW)

F.G. Community Church (102 Goerzen St) a program of the Silverwood Community Association
The 2nd Tuesday of every month - October through May (Closed June-August)

Contact: programming@silverwoodcommunity.org

OPEN DOOR HUB CLUB

House for all Nations (501 Ave. W. S.) a program of the Open Door Society
The 1st Wednesday of every month - September through May (Closed June-August)

Contact: jofori@sods.sk.ca

Saskatoon 60 Plus Hockey

By Frank Shychoski

“We do not play hockey to stay young, we stay young because we play hockey.”

Have you ever wanted to play a fast-paced competitive sport, stay in shape, have fun and meet new people? Give 60 Plus Hockey a try!

Just the facts

- Players must be **60 years and over** to qualify to play in this hockey league.
- We have **245 players in the league. We have 3 divisions.** Players play at the level that they qualify, to be competitive and fair to all players.
- All players are welcome and no one is turned down.
- We switch teams every 6 weeks. This gives individuals an opportunity to meet new people and make the games more enjoyable.
- **There are 21 players over the age of 80.**
- **All games are at the Schroh Arena.** The 60+ dressing room contains 125 individual dressing stalls and the rink is in the process of expanding the dressing room by another 80 stalls.



There is also a social aspect to hockey. We have a Christmas party every year with a banquet and dance in which spouses attend. From donations collected from individual members, we contribute to the Sporting Christmas Program, an initiative run by the Salvation Army. Last year we donated \$4500 to the Sporting Christmas Program. Throughout the year we have a weekly 50/50 draw and 50 per cent goes to some charitable group. The other 50 per cent goes for the upkeep of our dressing room and other league costs.

This organization is the envy of many cities in Canada. It is well organized and involves individuals representing an age span from 60 to 90. We also have our first female player this year (would you believe a goal keeper?).



CROSSMOUNT MEMORY CAFE

A support group for people living with
dementia and their caregivers

Crossmount's Memory Cafe presents the opportunity for participants and volunteers to meet regularly with others who have shared lived experiences while providing strong levels of stimulation through hands-on, activity based sessions centered around peer support and social interaction.

DETAILS:

- Held the 2nd & 4th Tuesday morning of every month
- 10am-12pm
- Arts Barn, Crossmount, SK
- Following participants' first FREE session, the cost is \$25 annually or \$5 per drop-in

TO REGISTER AS A PARTICIPANT OR VOLUNTEER:
306-374-9893 or sstreisel@crossmount.ca



Let's be Forever(and ever)...in motion

By Kimberly Willison, Senior Recreation Therapist,

Forever...in motion is a health promotion strategy to have all the citizens of Saskatchewan make regular physical activity part of their everyday life. We do that by training people to be the leaders of **Forever...in motion** groups in their condo, apartment, church or community centre to make it easy for Older Adults to get to. The majority of leaders are Older Adults 50+ and are volunteers, but we also train staff and people less than 50 years of age who would like to lead classes for Older Adults in the community.

Forever...in motion classes are held in over 135 sites in Saskatoon and surrounding area, and as of 2012 **Forever...in motion** is a provincial program offered throughout the province. The majority of sites are free of charge with a few sites charging a dollar or two per class. Classes out of leisure centers such as the City of Saskatoon do require a monthly or yearly leisure card purchase or a drop in fee.

One of the most important aspects about **Forever...in motion** groups is the opportunities for socialization. Although it is a physical activity class, most groups meet following for coffee and/or snacks as many people attend a **Forever...in motion** class to meet friends new and old!

For more information about a **Forever...in motion** group in Saskatoon and area or about becoming a **Forever...in motion** leader contact us at 306-844-4080 or kimberly.willison@saskhealthauthority.ca. You can also go on line at www.in-motion.ca and go to the Older Adult section.

For information about **Forever...in motion** in Regina contact 1-306-766-7370 or throughout the rest of the province contact Saskatchewan Parks and Recreation Association at 1-800-563-2555.

SCOA Apple Technology Classes

Beginner one-on-one Apple ONLY classes on Friday afternoons. Become more confident using your Apple iPad, iPhone, Computer or Watches. Register now for 2 classes of 1.5 hrs (3 hrs) which include a take home manual. Must bring your device.

Date: Friday afternoons Cost:\$40

Seniors Tech Buddy starts in the fall:

Phone SCOA 306.652.2255

Note: All class/program fees must be paid in advance.

1. **Phone 306-652-2255** to pay with credit card, **OR**
2. **Mail a cheque** to our office: SCOA, Saskatoon Field House, 2020 College Drive, Saskatoon, S7N 2W4
- OR 3. Visit our office at the Field House [after Sept 16]** to register in person.

IOS 12/13 Apple operating system and iPhone/iPad photography/Cloud Classes

Mystified with the Apple system update (IOS 12/13)? Having troubles with photos stored on the "Cloud"? Small group class sessions with 5 people per class – register early. **Cost: \$20 per class**

Dates: November 5th

New Apple IOS update 12/13 1:30 – 3:00

November 19th

Photography/Cloud Storage 1:30 – 3:00

Polypharmacy

By Jane Richardson, BSP, PhD, FCSHP. Retired.

What is polypharmacy? Does it describe a positive or negative scenario? These are questions I would ask pharmacy students and others when I was asked to teach or speak to different health professionals, or the public, about medication use. The answers may be more complicated than you think.

Polypharmacy, in its simplest sense, can be described as the use of multiple medications, but what does multiple mean? More than one? More than 10? Does it only include prescription medications, or should we include non-prescription medications and supplements? They all affect our bodies in some way and can have positive or negative effects or interact with each other.

Polypharmacy is often perceived as being negative or dangerous, but this is not always true. Individuals with cardiovascular disease and/or diabetes may require multiple medications to control these conditions and to prevent further complications or even death. This type of multiple medication use could be called **appropriate** polypharmacy and can be considered a standard of care.

“Be a wise consumer of medication: the number of medications you take may be important but appropriateness is more important.”

During my professional career as a pharmacist specializing in drug use in older adults, and now as an older adult myself, I’ve always been more concerned about the appropriate use of all types of medication (prescription, non-prescription, and supplements) than about the number of medications. If you are only taking one medication and you don’t

need it, and/or it may be causing more risk than benefit (physiological or financial), then that could be called **inappropriate** polypharmacy and needs to be dealt with. Dosage and frequency of medication use should also be assessed.

Take a close look at all the medications you are taking and set aside time to have a frank discussion

with your health care providers about whether you need all these products. Also ask if any dosages should be adjusted to either increase effectiveness or decrease risk. Consider the idea of **deprescribing**, “the planned and supervised process of dose reduction or stopping of medication that might be causing harm, or no longer be of benefit”¹. Look for an article about this concept in the next issue of *Coming of Age*.

¹<https://deprescribing.org/what-is-deprescribing/>

Did you know ...



The Saskatchewan drug plan funds the Saskatchewan Medication Assessment Program? [SMAP]

This funds an interview with the pharmacist to complete an in-depth Med review.

Ask your pharmacist for more information on this program.

Federal Election : October 21, 2019



Ridings and candidates: [July 2019]

| Electoral District | Candidates | | | | | | Incumbent |
|----------------------|--|-----------------|--------------|-----------------|------------------------------|-----------------------|--------------|
| | Liberal | Conservative | NDP | Green | PPC | Other | |
| Saskatoon—Grasswood | Tracy Muggli | Kevin Waugh | | | Mark Friesen | | Kevin Waugh |
| Saskatoon—University | Susan Hayton (nomination meeting 16 July) | Corey J. Tochor | Claire Card | Margaret Norris | Luiz Augusto (Guto) Penteado | | Brad Trost |
| Saskatoon West | | Brad Redekopp | Sheri Benson | Shawn Setyo | Isaac J. Hayes | Bronek Hart (Libert.) | Sheri Benson |

Voter Registration: To check if you are registered, update your address information or register to vote, use the [Online Voter Registration Service](#) or call Elections Canada 1-800-463-6868.

Voter ID: If you're registered, you will get a **voter information card** in the mail after the election is called. It tells you where and when you can vote. Bring this card with you, along with accepted ID, when you go to vote. **If you don't get a card, or if the information on it is wrong**, you may not be registered or your voter information may not be up to date. Visit elections.ca or call **1-800-463-6868** to check and update your registration. You can also register when you go to vote.

Ways to vote:

1. Vote on election day - Your assigned polling station will be open for **12 hours**
2. Vote at advance poll - Your assigned polling station will be open from **9 a.m. to 9 p.m.** on the Friday, Saturday, Sunday and Monday the week before election day.
3. Vote at any Elections Canada office - Over 500 Elections Canada offices will be open across Canada. Vote at any one of them before the **Tuesday before election day at 6:00 p.m.**
4. Vote by mail - If you live abroad, apply now and Elections Canada will send you a special ballot voting kit after the election is called. To vote by mail during the election, apply online or at any Elections Canada offices across Canada before the Tuesday before election day.

Phone Elections Canada Toll Free 1-800-463-6868 or email info@elections.ca for more information.

Remember - your vote counts!

Adapted from: Elections Canada www.elections.ca

JOIN US! BECOME A MEMBER!

You can be part of a vibrant & growing community [4000+] of older adults!

You can help us make Saskatoon a great place to grow older—become a full member of SCOA!

Full Members [\$25] & Couples [\$35] receive:

- "Coming of Age" newsletter and SCOA E-News
- Discounts from partner organizations Bourassa & Associates, YMCA & YWCA
- Opportunities to learn new things and meet new people
- **A vote at our annual general meeting**
- **You help us provide programs & services for a growing older adult population**
- **Get your coupon pack—visit scoa.ca for more information**

[Free] Individual Associate Members receive:

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

Phone 306.652.2255 or visit scoa.ca
Major Credit Cards accepted



HOW TO DONATE: Go to our website: www.scoa.ca—DONATE

By Mail—Fill out and return the following form:

Your donations help us provide programs and services which enhance the lives and meet the needs of a growing population of older adults.



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 130735756RR0001