

Positive Aging for All

A publication of the Saskatoon Council on Aging



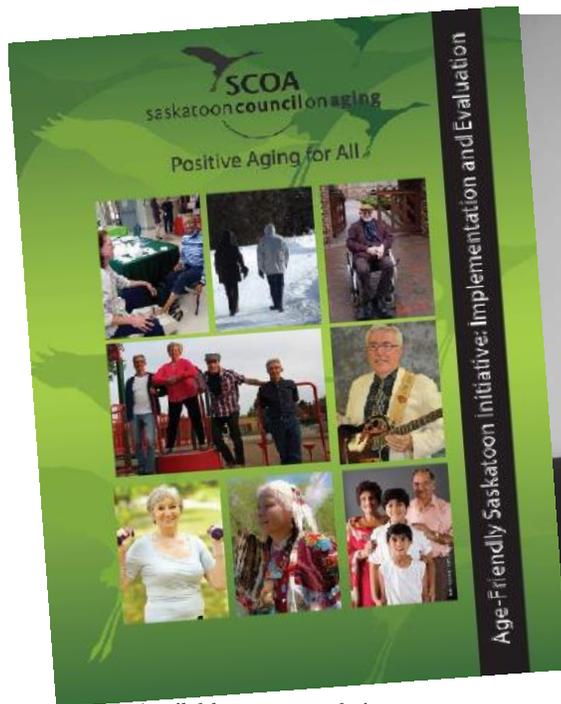
# Coming of Age

SPRING 2017

## Funder Appreciation Reception & Age-Friendly Saskatoon Initiative Phase 3 Report Launch

March 22, 2017

*5 Year Project paves way for an age-friendly city*



Available on our website: [www.scoa.ca](http://www.scoa.ca)



Candace Skrapek, Chair,  
Age-Friendly Community Development Committee

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**Shan Landry**

As we reflect on the events of this early spring in Saskatchewan, it would be easy to be discouraged by the economic downturn and the difficult decisions made by leaders in the province and being felt in our community. But as aging adults who are deeply committed to Positive Aging, we are convinced that now, more than ever, older adults need to bring their wisdom, life experience and resilience to the discussions and actions being taken. The resilience and strength of older adults is evident in the activities of SCOA over the last year!

- Where there were funding challenges, many supporters of all incomes and means stepped up to donate large and small amounts to the Cornerstone Fund, and to the organization.
- Where there were needs in programming and a shortage of help, the gaps were quickly filled with willing volunteers.
- Where we needed to keep older adults physically active, our sponsor gave more and our Globe Walk Team captains brought more encouragement so more of us could stay involved and walking at the Saskatoon Field House.
- Where we needed to work towards an age-friendly community, partners joined forces with us to continue to move forward on this.

Our SCOA 25th Anniversary year was marked by both financial resilience and positive aging success. We know that the actions of older adults can continue to have an impact in our community because we have seen it happen!

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**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



**Jane McPhee**

In the work of the Saskatoon Age-Friendly Initiative SCOA has learned a great deal about the eight factors that make a community age-friendly, and those same concepts must guide us when the going gets tough. Transportation, Housing, Social Participation, Respect and Inclusion, Civic Participation and Employment, Communication and Information, Community Support and Health Services, and even Outdoor Spaces and Buildings can be our tools for creating an age-friendly community and a strong, resilient population. As older adults, we bring our life experience to standing up for what is right for our community, and work collaboratively to make our community a better place for all ages. Working with SCOA partners like the City of Saskatoon, the YWCA and the YMCA, the police and fire departments, with Richard Kilburn Investors group, with Bourassa Rehabilitation, and others, on ways to make our community healthier and better, we can weather this downturn and continue to thrive.

What keeps us strong and connected is raising our voices together, finding new ideas to put age friendly concepts to work for the benefit of our whole community. Older adults need to speak up and be engaged in the problem solving that is required and a vibrant part of our community. Our community and our province needs us to continue to bring all we have to offer!

You will find in this edition of *Coming of Age* some examples of how we are doing just that through the many activities and projects that continue to show our community all the contributions that older adults have to offer. **Let's keep rising to the challenge together!!**

## 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 PausJensen |

Candace Skrapek | Sheila Clements

Community Engagement Coordinator: Virginia Dakiniewich

# ***Funder Appreciation Reception 2017***

Official release of the Age-Friendly Saskatoon Initiative Phase 3 Report



*Dr. Murray Scharf*

**Dr. Murray Scharf:  
Ambassador of CORNERSTONE,  
25th Anniversary Commemorative Fund**

“We need to establish long term funding, build capacity for programs to support the family so that seniors can have quality of life.

It is important for seniors to define what they are doing and not have someone do it for them; we need a permanent structure to address the future...”

**Candace Skrapek: Chair, Age-Friendly  
Community Development Committee**

“Age-friendly is about building community capacity to respond to the needs of older adults.

“Thank you to stakeholders, SCOA board and age-friendly steering committee, special thanks to Lynn Lacroix, City of Saskatoon. Thank you to older adults for their participation and all who volunteered their time.”



*Candace Skrapek*



***Thank you to our donors, funders & supporters***

# Saskatoon ZOOMER idol



## Could you be Saskatoon's next Zoomer Idol? Auditions for Zoomer Idol 2017

Older Adults 55 years and older (individuals or groups of up to 8) who have talent in voice, dance, comedy, magic, storytelling, poetry reading, etc. that is suitable for a large venue.

WHEN: Monday, June 26, Tuesday June 27 and Friday June 30, 2017

WHERE: Knox United Church, 838 Spadina Crescent East, Saskatoon

For inquiries, please contact the Saskatoon Council on Aging (SCOA) 306-652-2255



## Saskatoon's next Zoomer Idol competition: October 19, 2017 at TCU Place

"Party on with Canada"



Proudly presented by:

The Medicine Shoppe

# SPOTLIGHT ON SENIORS

TCU  
PLACE  
SASKATOON'S ARTS &  
CONVENTION CENTRE

*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.

**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 Down the Aisle Fashion Show!**

Trade Show Booths · Blood Pressure Clinic · Entertainment · Fashion Show ·  
Coffee & Treats · Lunch (available for purchase)

**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.



# **4th Annual SCOA GLOBE WALK Celebration Luncheon**

Congratulations Globe Walkers! For the past four months more than 2500 older adults living in the Saskatoon Health Region have logged over 400,000 miles. That gets us back from the moon and rockets us around the world 8.5 times.

What an incredible year it has been - great work everyone!



**Wednesday , May 10, 2017  
Western Development Museum  
12 Noon**

**Special Video message from Dr. Roberta Bondar,  
Honorary Ambassador - 4th Annual SCOA Globe Walk**

**Master of Ceremonies: Ron Spizziri**

**Entertainment by: Gillian Snider Trio**

### **Guest Speakers:**

His Worship Charlie Clarke or designate

Vera Pezer, Globe Walk Ambassador

Richard Kilburn, Investors Group

Jamie Yuzicappi, Dakota Dunes

Tickets: \$15 Globe Walkers Guests: \$20

(Includes lunch and Boomtown entrance)

Phone 306-652-2255 or visit our office 2020 College Drive

**Let's get motivated! Visit our website ([scoaglobewalk.net](http://scoaglobewalk.net))  
& like us on Facebook**

### **Thank you to our sponsors and supporters:**

Investors Group

Community Initiatives Fund

Dakota Dunes Community Development Corporation

Saskatchewan Senior Fitness Association

and our supporting partners Forever in Motion and City of Saskatoon.



# Caregiver Forum 2017: March 24, 2017

*Towards a Dementia Friendly Saskatoon: Information and Support for Caregivers*



The Honorable Jim Reiter, Minister of Health  
proclaimed March 19-25, 2017  
**Caregivers Week**



Keynote Speaker : Laura Steeves-Green  
(Alzheimer Society of Saskatchewan)

## Technology Classes

Apple technology classes will be offered until the end of May 2017.

All technology classes including Tech Buddy, will resume in September 2017.



Waiting lists will be kept for all of our Fall, September 2017 programs —**please call 306-652-2255.**

## CENTURY CLUB



If you are 90 or over, you're eligible to join the Century Club. These are wonderful social events (all costs covered including transportation,) six annual newsletters, and a free copy of the collected stories memory book.

**Call SCOA for your application at 306-652-2255.**



# THE SEW SHOPPE *Drop in program*

## THE SCOA SEW SHOPPE

Fun, creative, instructive sewing and knitting projects.  
SCOA Sew Shoppe project funds will be used to support Saskatoon Council on Aging programs.  
Thank you Preston Park 1



Mother's Day Sale Tuesday, May 9, 2017  
Market Mall 9am—6pm

## SEW SHOPPE CALL FOR PROJECT DONATIONS

Cotton fabric suitable for quilting  
CLEAN plastic bags (Walmart, Sobeys, Safeway) for weaving  
Sergers Sewing Machine – ONLY if in excellent condition  
DO NOT DROP OFF DONATIONS  
Call Sheila at SCOA 306-652-4411

## Your Seniors' Neighbourhood Hub Clubs



Mayfair United Church  
902- 33<sup>rd</sup> St W.

3<sup>rd</sup> Thursday of each month  
1:30 to 4:00pm

May 18th Horticultural Therapy and Tea Time

June 15th Year End Social



Royal Canadian Legion Nutana Branch  
(3021 Louise Street)

Eastview Hub Club is over for the season.  
Programming starts again in September 2017.



## Up-date on The Better Oral health in Long Term Care Program in Saskatchewan

By Kerrie Krieg

In September 2016, representatives of the Saskatchewan Oral Health Professions (SOHP), Saskatchewan Oral Health Coalition (SOHC), and the Saskatoon Health Region (SHR) presented **the Saskatchewan Seniors' Oral Health and Long Term Care Strategy-Best Practice Standards for Saskatchewan**, a *training resource* developed collaboratively by the SOHP and the SOHC, to the Ministry of Health, Community Care Branch.

In March 2017, Kerrie Krieg, Oral Health Coordinator in LTC, SHR, and Leslie Topola, Program Manager, Oral Health Program, SHR-Population and Public Health, made additional presentations to the Ministry of Health and Long Term Care Directors of Care from Health Regions on **The Better Oral Health in Long Term Care Program** emphasizing the need for a licensed oral health professional in the role of LTC Oral Health Coordinator in each Health Region to facilitate the delivery of oral health education, initial oral assessments, dental examinations and treatment and daily oral hygiene for residents. The Coordinator's role as an educator, mentor, and support is essential in making the program sustainable. The Health Regions have expressed interest in the program. Progress continues in this area.

The Better Oral Health in Long Term Care Program is in place in several Long Term Care Homes in the Saskatoon Health Region. Contact **Kerrie Krieg**, 306-655-4317, or [Kerrie.krieg@saskatoonhealthregion.ca](mailto:Kerrie.krieg@saskatoonhealthregion.ca) And check out this link: [Better Oral Health](#)



L to R: Kerrie Krieg, Leslie Topola

### SCOA RAFFLE 2017

A fundraising venture to support programs and services of the  
Saskatoon Council on Aging and Caregiver Information and Support  
**Tickets 1 for \$5, 2 for \$10, 4 for \$20, book of 10 -\$50**

**PRIZE: One return trip for 2 from Saskatoon to Toronto; 3 nights in Toronto, Niagara Falls tour from Toronto including boat cruise and falls view dinner OR CAA travel credit for \$2600. [Value \$2600]**

Maximum 2400 tickets sold.

Lottery License Number RR-RR16- 0615

Tickets only to be purchased or sold in Saskatchewan.

Tickets drawn **January 18, 2018 2:30 p.m. at SCOA office**  
(you do not have to be present to win)

Purchase tickets at SCOA

2020 College Drive, (Saskatoon Field House)

**Phone 306-652-2255 for more information.**



# Fight Ageism

*[Ageism is prejudice or discrimination on the basis of a person's age]*

LEARN more about the aging process.

ACCEPT that aging is a normal part of life.

TALK about ageism.

PROMOTE respectful language when talking to or about older adults.

GO BEYOND the stereotypes, they tell you little about the person.

RECOGNIZE and AVOID ageist jokes.

COMPLAIN about ageist advertising.

CHALLENGE yourself to recognize ageism in what you say.

CHANGE your language and actions; MODEL for others

ADVOCATE for programs and activities where people of all ages can participate.

## WORLD ELDER ADULT ABUSE AWARENESS DAY— JUNE 15, 2017



Elder abuse is everyone's business.  
Team up against elder abuse—wear purple  
on June 15 and show your support!

## Saskatoon Council on Aging



# AGM

**THURSDAY, MAY 25th, 2017 at 2:00 – 3:30 PM**  
**Rusty MacDonald Branch Library Meeting Room**  
**225 Primrose Drive, Saskatoon**

Motions will be presented to amend by-laws:  
 including a new membership fee structure  
 [Please visit the SCOA website [www.scoa.ca](http://www.scoa.ca) for details]

3 p.m. Program Presentation ~ New Partnerships and what this means to SCOA  
**All are welcome**



**In memoriam—Celebrate the Memory**  
 “in memory” donations are a wonderful way to honour or remember a loved one who has passed away while making an important difference in the life of an older adult.

**To make an online gift in memoriam, please visit [www.scoa.ca/donate](http://www.scoa.ca/donate) then click CanadaHelps button**

In memoriam gifts are also accepted by mail or drop by our office 2020 College Drive.

For more information please contact SCOA  
 306-652-2255 or email [admin@scoa.ca](mailto:admin@scoa.ca)



### Let's get acquainted!

Comfortable apartment, caring staff, enjoyable activities and home-cooked meals. At Stonebridge Crossing you'll enjoy all the comforts of home - and then some!

**Call (306) 974-7990 to arrange your visit. We'd love to get to know you!**

102 Wellman Crescent, Saskatoon  
[StonebridgeCrossing.ca](http://StonebridgeCrossing.ca)

**Stonebridge Crossing**



Independent Living | Assisted Living | Memory Care

## **Remembering When™ (A Fire and Fall Prevention Program) - Where Are We Going?**

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

The **Remembering When™** program is a partnership between the Saskatoon Fire Department (SFD) and the Saskatoon Council on Aging. Our goal is to support aging in place by providing fire safety and falls prevention education and support. Janet Barnes from SCOA and Dori Krahn from SFD have made a number of group presentations including the Eastview Neighbourhood Club Hub, Scott Forget, McDonald Tower, McEwen Tower, Liberty Court, the Ilarion, Chalet Gardens, Preston Park 1, Luther Riverside Terrace, and Sienna Pointe. After a group presentation there is an opportunity to request a home visit to assess your specific situation and offer supports and referrals if needed. We know we will need help and have trained a number of SFD volunteers and Saskatoon Services for Seniors staff to make home visits. We have booked two community presentations for May and are doing some follow up for the older adults that the firefighters are lifting after they have fallen and haven't hurt themselves.



Dori and Janet have met with a number of potential partners to build the capacity of the program and if possible, integrate fire safety and fall prevention into existing programs that offer home visits. We received an SGI/ABI grant to help purchase exercise bands and night lights to provide to the individuals that receive a home visit and have found a partner to provide smoke alarms if they are outdated.

**Watch for the Safety Down the Aisle Fashion Show! We have booked a show at McClure Place on June 13 at 2:00 p.m., Spotlight on Seniors in October and the Century Club in December.**

**Please join us if you can for one of the community presentations:**

**May 3, 2017**

**Sobey's Community Room**

**Varsity View – Cumberland Avenue and 8<sup>th</sup> Street**

**10:00 a.m.**

**May 29, 2017**

**Sobey's Community Room**

**Stonebridge – 3100 Preston Avenue South**

**10:00 a.m.**

If you are interested in having a **Remembering When™** presentation for your group or would like more information, please contact Dori Krahn (306)975-7715.

## **Encore Careers**

A new project of the Saskatoon Council on Aging in partnership:  
Radius Community Centre for Education and Employment Training  
Saskatoon Chapter of the Superannuated Teachers of Saskatchewan (STS)  
YWCA Saskatoon Employment & Learning Centre  
Corps of Commissionaires

**For more information:** Phone 306-652-2255 or email [admin@scoa.ca](mailto:admin@scoa.ca)

## HOW TO DONATE:

### On-line: Canada Helps or PayPal

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

### 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 community of older adults!

Stay connected, you will receive the "Coming of Age" newsletter and SCOA E-News, Discover opportunities and get involved! **Membership is FREE.**

**Please complete and return this form to:**

Saskatoon Council on Aging 2020 College Drive, Saskatoon SK S7N 2W4

**You can also complete the form online at our website:** [www.scoa.ca](http://www.scoa.ca)

Call **SCOA at 306 652 2255** or email [admin@scoa.ca](mailto:admin@scoa.ca)



Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_

Province \_\_\_\_\_

Postal Code \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Are you a Caregiver? YES \_\_\_ NO \_\_\_

Through requesting membership you consent to SCOA sending newsletters, invitations, event notices, and other materials via e-mail, text, social media and/or any other electronic means.

You may unsubscribe from receiving such materials at any time.

I would like to receive the SCOA e-newsletter YES \_\_\_ NO \_\_\_

I would like to receive the SCOA Coming of Age Newsletter YES \_\_\_ NO \_\_\_

SCOA recognizes new members in our communications.

Please indicate if you would like remain anonymous. Yes \_\_\_ No \_\_\_

Release my name for research requests which have been approved by the Council Yes \_\_\_ No \_\_\_

**To reduce mailing costs all publications will be sent via email.**