

Our amazing SCOA Globe Walk and Olympic ambassadors:



Globe Walk Ambassador

Dr. Roberta Bondar

- Astronaut, physician, educator, photographer
- Canada's first female astronaut
- Flew on the Space Shuttle Discovery
- Order of Canada recipient



Olympic Ambassador

Dave King

- Coach at University, NHL, Olympics levels, Coach in Russian, German and Swedish leagues
- Hall of fame inductee
- Order of Canada recipient



Olympic Ambassador

Colette Bourgonje

- 10 times Medalist in both Winter and Summer Paralympics
- Hall of Fame Inductee
- Has a Saskatoon Public School & a street as her namesakes

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Saskatoon, SK S7N 2W4

(306) 652-2255 | admin@scoa.ca



Shan Landry

Co-Presidents' Message



Jim Wasilenko

SCOA continues to promote the 8 dimensions of an Age-Friendly Community. The focus for this publication is the dimension of Community Support and Health Services.

It seems most of us believe if we live long enough we will end our days in long term care. The facts tell us otherwise. Although the odds of being admitted to long term care do increase as you grow older, only about 10-12% of us in Saskatchewan can expect to be admitted for long term care. That percentage is going down despite our life expectancy going up. This is because many of us, including SCOA, are working hard to correct misconceptions about aging and to develop new ideas about how people can live their lives more fully by “aging in place.” We need to create new resources to support aging in communities and neighbourhoods and people’s own homes.

SCOA assists people to age in their own communities through programs, education and advocacy.

- We established HUB clubs and the Century Club to keep people engaged with one another.
- We offer many lifelong learning courses.
- We developed a support program for caregivers supporting older adults in their own homes
- We advocated and participated as advisors for increased and creative options for home care and palliative care services.



- Through a think tank on housing, we studied a variety of housing alternatives that support assisted living.
- We worked with our partners the City Fire and Protective services on the “Remembering When” program facilitating home safety for older adults.
- We participated in the design of new health centres that provide senior health services within a community setting.

We do these things because we believe that older adults should be empowered to raise their voices and be heard when they say “let’s build a community that is age-friendly, allows us to age in place, and that if (not when) long term care is needed we can expect to receive high quality care designed by us and with us as part of the team.”

We continue to work to develop programs and use our influence to increase access to social and health services for older adults in our province and city. We want to change the conversations about growing older. This will include expectations that the community will work to meet the needs of older adults with choices at home, in the community and through high quality long term care. It can only be done in partnership. We welcome your ideas and assistance to continue working on this important dimension of an age-friendly community.

Reference: 5 bold moves the Sask. government could make in this budget to renew health care

Steven Lewis suggests it is time to “Get Serious about a Senior’s Strategy” <http://www.cbc.ca/news/canada/saskatchewan/opinion-5-bold-moves-sask-health-1.4602445>

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**

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GLOBE WALK 2018

by Beth Hills

*Celebrating
Five Years*

This year is Globe Walk's 5th Anniversary. In a few short years we have more than doubled the number of participants and more than tripled the number of miles logged annually.

The original concept was to have 500 older adults take part in walking 24, 901 miles - the distance around the Globe. Globe Walkers surpassed that goal and have continued to do so ever since. Statistics tell the tale:

<i>2014</i>	<i>47 Teams</i>	<i>1210 Participants</i>	<i>145,538 miles</i>
<i>2015</i>	<i>60 Teams</i>	<i>1789 Participants</i>	<i>285,525 miles</i>
<i>2016</i>	<i>75 Teams</i>	<i>2486 Participants</i>	<i>437,000 miles</i>
<i>2017</i>	<i>79 Teams</i>	<i>2640 Participants</i>	<i>481,785 miles</i>
<i>2018</i>	<i>83 Teams</i>	<i>2850 Participants</i>	<i>500,000 miles (est.)</i>

In other words, nearly **11,000** Globe Walkers have logged more than **1,849,848** miles. How's that for success! We have circumnavigated the Globe, travelled to the moon and back and orbited the International Space Station. This year we set a different type of goal – "Going for Gold". We chose to take inspiration from the Canadian athletes participating in the 2018 Winter Olympic/Paralympic Games and work toward our own Globe Walk Olympic medals. 200+ miles = a Gold Medal.

As the 2018 Globe Walk comes to an end I hope that all SCOA members (and their friends and family) will consider joining one of teams or forming a new one in 2019. We are successful for a reason: the cost is small (Globe Walk is a free SCOA program) but the benefits are huge! Phone Beth at 306-652-0027 for more information or visit the Globe Walk website: scoaglobewalk.net

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SAVE THE DATE!:

Saskatoon Horticultural Society Passport Garden Tour

Saturday, July 21st 2018 from 1 PM – 4 PM
www.saskatoonhortsociety.ca

Challenging Ageism: How old are you, & does it matter?

Is age important and how does it influence your awareness of another person or yourself?

By Mercedes Montgomery

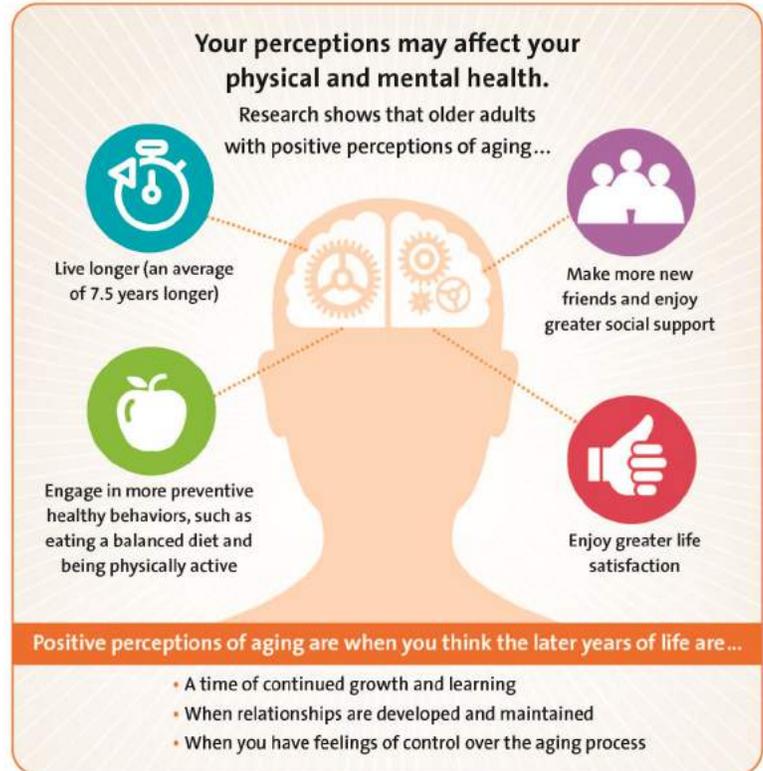
I try not to give my age when someone asks. It's not because I'm uncomfortable in my boots but I expect my age will most likely raise a certain image in that person's mind and I will be labeled and slotted into a pre-conceived category: **How old? I bet she's older than that! Or she looks great – for her age!** Or that old favorite that always diminishes, **what do you expect, after all, she/he IS 70/81/85/91**—pick an age! Perception is everything, but once a label is attached it's hard to see around it.

Life is so individual and way too short to live it according to a preconceived notion of what's appropriate at a specific chronological age. It's how WE think about ourselves at any age that matters most. Then it comes down to ageing positively and maintaining our quality of life and well-being. In due time, we will all concede that we are now older, meanwhile, let's all plan to "Live Long and Prosper!" How Long? Long. Prosper? Why not? ¹

¹ https://en.wikipedia.org/wiki/Vulcan_salute

[Fact Sheet: Positive Perceptions of Ageing <https://www.matherlifewaysinstituteonaging.com/senior-living-professionals/free-industry-information/positive-perceptions-aging/>]

POSITIVE PERCEPTIONS OF AGING



SOURCES

Levy, B. R., & Myers, L. M. (2004). Preventive health behaviors influenced by self-perceptions of aging. *Preventive Medicine*, 39, 625-629.

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Institute on Aging

HAVE QUESTIONS ABOUT HOUSING, HOME SUPPORT, HEALTH PRODUCTS, SOCIAL EVENTS FOR SENIORS OR OTHER TOPIC?

SCOA is your One Stop Shop for information for older adults!

Visit our walk-in Resource Centre -2020 College Drive, Saskatoon Field House
Our staff will assist you to find the information you need.

OR phone us at 306-652-2255 or email admin@scoa.ca -

We look forward to hearing from you!

Our website scoa.ca has many resources including community supports and our Directory of Services and Social Activities publication - **free online**

Find us on Facebook [Saskatoon Council on Aging] and follow us on Twitter @scoa3



Ask a Lawyer *By Cheryl L. Kloppenburg*

Q: DO YOU NEED A WILL?

A recent report indicated that fewer than 50% of adults in Canada had a Will. Is that a concern?

A: In Saskatchewan, if a resident dies without a Will, all solely owned property of that person is distributed under *The Intestate Succession Act, 1996* which provides:

1. The first \$100,000 of your estate goes to surviving spouse;
2. If your estate exceeds \$100,000 and a spouse and one child survive, the excess over \$100,000 is divided equally between spouse and child;
3. If you leave a spouse and more than one child, spouse receives 1/3 of the excess over \$100,000 and children share equally the remaining 2/3 of the excess over \$100,000.
4. If you leave a spouse without children, spouse takes all;
5. If you are unmarried and leave children, the children share the estate equally. If a child has predeceased, and leaves children, i.e. grandchildren, they take the share of deceased parent in equal shares;
6. If you are unmarried at death and without children or grandchildren, but leave a parent or parents, they take the estate;
7. If you die without a spouse or children or a parent, your estate will go to your brothers and sisters, equally. If any sibling is deceased the children of the sibling will take the share their parent would have received if living;
8. Ultimately, the rules provide that your estate will be distributed equally among the next of kin of equal degree of consanguinity.
9. Finally, your estate will go to the Province if no heir can be located.

So you may ask, what is wrong with this? In some instances, the answer is nothing. However, not having a Will means that your preferences as to whom you wish to inherit your assets or whom you want to administer your Estate are not taken into consideration. Sometimes, this is not a concern. More often than not, it is a concern.

In the next edition, some of these concerns will be discussed.

AGE-FRIENDLY SASKATOON

SCOA raises awareness in the community about the many benefits of an age-friendly Saskatoon...a city that is that is designed to meet the needs of our diverse and aging older population, that is safe, accessible and inclusive with programs and services that help people to age in place, remain active, socially connected and engaged in decisions that directly affect them.

SCOA provides information to the public about the many features of an age-friendly city with examples of activities led by SCOA and community partners to enhance the quality of life of older adults. You can find this information on SCOA's website, in newsletters, and follow us on Twitter and Facebook.

Volunteer Newsletter Editor Needed

The SCOA Saskatoon Branch of the Saskatchewan Century Club is looking for a volunteer Newsletter Editor.

Using materials/photos provided by the committee in a WORD template, this person would edit 6 bi-monthly newsletters. The volunteer can work from home and has the option of attending bi-monthly events and committee meetings.

Phone 306-652-4411 or email Sheila
sheila@scoa.ca

2nd annual Provincial Caregiver Week (March 18-26, 2018)

The Saskatoon Council on Aging (SCOA) responds to caregiver needs by providing easy access to information, social and emotional support, coordination of resources, and developing a caregiver network in an age-friendly community. Our Caregiver Information and Support program **saw over 146 caregivers attend Caregiver workshops in the city** including: Living with the Stress of Caregiving (Learning, Sharing and Connecting with other Caregivers), our annual Caregiver Forum (Easing the Stress of Caregivers), CADTH (Fundamentals of Online Health Care Research), and the Alzheimer's Society of Saskatchewan (ABC's of Dementia). **The Saskatoon Caregiver Information and Support Centre has been a program of the Saskatoon Council on Aging since 2000.**



CAREGIVER FORUM 2018
Keynote Speaker: Tanis Walmsley
(Saskatchewan Health Authority)
“Practical tools for easing the stress of caregivers”

ENGAGEMENT OF OLDER ADULTS IN THE WORKFORCE AND ENTREPRENEURIAL PURSUIT *by Murray Scharf*

Recognizing the changing work and retirement circumstances of older adults, SCOA and its partners undertook The New Horizons: Seniors Encore Career Project. The Project is funded in part by the Government of Canada's New Horizons for Seniors Program. The focus of the Project was to facilitate the work engagement of older adults in Saskatoon during the “Third Phase” of their lives – that period from age 50 to 75.

Although the Project is ongoing, the following **draft** documents will be made available on the SCOA website [www.scoa.ca] for your perusal and use:

- a. “Background Support Document for the New Horizons: Seniors Encore Career Project;”
- b. “Pathways to Employment;” and, “The Directory of Employment Services.”

We anticipate proffering guides and workshops on pathways to employment, entrepreneurship, and retirement for older adults, and workshops for employers on the employment of older adults. In addition, look out for a job fair combining the employee and employer foci.

**SCOA, Radius, YWCA,
Saskatoon Chapter, Sask. Retired Teachers Association,
Northern Saskatchewan Branch, Canadian Corps of Commissionaires**

Your Seniors' Neighbourhood Hub Clubs

The Saskatoon Council on Aging (SCOA) continues to reduce the isolation faced by many older adults in the city with its Seniors Neighbourhood Hub Club (SNHC) "SCOA Age Friendly" initiative. The Eastview Community Association successfully took over the eastside SNHC in 2016 from SCOA and this year we saw a new Open Door Society SNHC created on the westside of the city. The SCOA Mayfair SNHC saw over 377 older adults attend their program this year. The most significant success of the Seniors Neighbourhood Hub Club project is the number of older adult lives that are enriched by the program through education, exercise and socialization. Call the SCOA 306-652-2255 or visit our website www.scoa.ca for more Hub Club information.



WESTSIDE

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

Upcoming dates:

May 17—When Life Gives You Lemons/Lemon
 Recipe Exchanges

June 21—Live Music Round-up/Flower Power

Refreshments will be served

Ask a Pharmacist/FIM exercises/Blood
 pressure checks

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



EASTSIDE

Nutana Legion—3021 Louise Street
4th Tuesday of each month: 1:30 to 4 pm

Visit our website: www.myeastview.ca

Eastside Hub Club program will resume in
 September.

Refreshments will be served

Ask a Pharmacist/FIM exercises/Blood pressure
 checks

Thanks to sponsors and funders:
 SCOA, Saskatoon Home Support,
 Community Initiatives Fund,
 Preston Park 1

World Older Adults Abuse Awareness Day

World Older Adult Abuse Awareness Day Event – June 12, 2018 – 9:00 a.m. – 12 p.m.

McClure United Church – 4025 Taylor Street East

Registration fee: \$10.00 Phone 306-652-2255 to register.

Presentations and Networking

Learn how to avoid fraud, scams and handle money safely

ASK A PHARMACIST *by Joan Cochrane BPS, CDE **

Q: I've been hearing a lot about the shingles vaccine, and apparently there is now a new one. What can you tell me about who should get vaccinated, when should they get vaccinated and how much does it cost? What is shingles anyway?

A: Shingles is a condition that can only occur in someone who has had chicken pox in the past. When you have chicken pox some of the virus remains dormant in your body for the rest of your life. It can be reactivated, usually in people who are frail or ill. However, it can happen to anyone. It is most common after age 60. The first shingles vaccine is called Zostavax II. It is a live vaccine that has been weakened. This means it creates an immune response in your body, but is not active enough to make you get an infection from it. However, since it is a live vaccine, some people who are immune suppressed cannot have it. It is one shot and costs about \$205. Getting the vaccination will lower your chance of getting shingles by 51%. It is effective for about 5 years and then becomes less effective.

The new shingles vaccine is called Shingrix. It is a recombinant vaccine. That means it does not contain live virus. It also contains an adjuvant ingredient that boosts the immunity. It requires 2 shots, the first one and then the second dose to be given 2 to 6 months after the first dose. It costs about \$145 per dose. Getting this vaccination will lower your chance of getting shingles by over 90%. It is effective for at least 9 years.

At this point the CDC (Center for Disease Control- USA) is recommending Shingrix above Zostavax due to the longer activity and better effectiveness. However if you do not remember to get your second shot of Shingrix, we do not know how effective it would be. Health Canada has not made an official recommendation yet, but it is likely they will recommend Shingrix. Neither vaccine is covered by SK Drug Plan at this point.

It is recommended that people over 60 will get the most benefit from the shingles vaccine. However, many sources recommend people get the vaccination at age 50.

If you have questions please feel free to call me.

Joan Cochrane, BSP, CDE (Certified Diabetic Educator)
Medicine Shoppe on 33rd - 306-931-2999

CPP and OAS payments for 2018

May 29, 2018

June 27, 2018

July 27, 2018

August 29, 2018

September 26, 2018

October 29, 2018

November 28, 2018

December 20, 2018



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What Type of Physical Activity is Best?

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

I'm sure what I'm about to tell you is not something that you don't already know. Going back to Health Canada's recommendations, they suggest endurance, strength, balance and flexibility to have a well rounded, balanced body. But how much of each?

- **Endurance or cardiovascular exercise should be done 4-7 days of the week.** This can be 10-30 min/day all at one time or stacking on activity 10 min 1-3 times/day.
- **Strength should be 2-3 times/week** trying to use all major muscle groups. This is extremely important as we age to maintain our muscle and bone strength.
- **Balance is recommended 2-3 times/week** but balance is so easy to slip in almost every day. Stand on one foot while you brush your teeth, lean side to side while you talk on the phone. Just do something for balance or you will really feel your balance decline as you age.
- **Flexibility again is easy to slip in every day** which is what is recommended. When you get up stretch your arms above your head, do a few arm circles backwards. Do some movements that will help improve your range of motion to help perform your activities of daily living easier.



211 is a free, confidential information and referral system for community and social services available across the province – 24 hours a day, 365 days a year – by searching the easy-to-use online database at www.sk.211.ca.

So what are some examples of things that incorporate all these components?

- Go for a walk with walking poles. This incorporates cardio and strength into a great workout. Finish your walk with 3-5 min of balance and flexibility and you have it all!
- Go golfing. Almost it all, strength, cardio, balance...just wrap up your round with a few stretches and your good to go!
- Attend a **Forever...in motion** class. Instructors are taught to incorporate all 4 components in the 30-60 min class. Plus you get a visit and some socializing in as well.

But most importantly the best exercise is something that you enjoy doing. Choose something that is motivating and that you enjoy doing. Only then will it become a regular habit that you will see benefits from.

For more information about a **Forever...in motion** class near you or other activities that you may be interested in contact Kimberly at 306-655-2286 or Kimberly.willison@saskhealthauthority.ca

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Arbor Memorial Inc.

Ask a Computer Professional by Dan Lowe, Mobile Computer Solutions

Q: How can I avoid having my computer scammed?

A: Have you been told your computer is infected and needs to be fixed? Have you had the phone call "Your Computer is infected, we can help." Or had a page pop up on your screen saying the same thing? On-line Scammers are getting smart but we can be smarter! They might say they are with Microsoft. DON'T believe them. Definitely DON'T let them access your computer. They are after your money. Scammers steal millions of dollars a year and it is our responsibility to make sure they don't get any from us.

Do you need help with your computer, printer, GPS or other device? Did you do a Google search for the company to find help? Be sure you click on the actual manufacturer's website. Scammers put up fake websites to get you to think you are talking with a legitimate helpline but you are not. In particular don't provide contact information to receive a call back. Recently scammers are pretending to be with Revenue Canada and even provide a phone number for you to call them back. It can be scary out there. **Be very careful!**

If you have any questions about your computer it is always better to talk with a local reputable service provider. In this case local is better than online.

Dan Lowe, Mobile Computer Solutions

Email dan@saskatooncomputers.com

Cell: (306) 251-2567



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Make Yourself at Home

SAVE THE DATES!

Spotlight on Seniors 2018

Wednesday, October 10, 2018
TCU Place

Saskatoon Zoomer Idol 2018

"The Best of Zoomer Idol"
Thursday, October 25, 2018
Western Development Museum



"Spring 2019 Event"

March 21, 2019
Western Development Museum
Music, dance and entertainment!
NAME THAT EVENT!

Help us create a catchy name for our event and be entered to win a prize! Send your ideas to admin@scoa.ca or phone 306.652.0149.

Visit our website scoa.ca for updates!

Ask a Horticulturalist *By Sandra Schweder, Master Gardener*

Q: How can I grow more food in a limited space?

A: Phrases like foodscape revolution and guerilla gardening may sound combative, in a sense they are. They battle limiting ways of gardening and remove barriers that threaten our freedom to grow food where and when we want. Obstacles include smaller grow areas, limited mobility, busy schedules and inconvenience. Foodscaping practices go a long way towards reconnecting us with our food, fostering feelings of wellbeing and offering us more food growing options.

When most of us think about growing food at home, we typically picture tidy rows of veggies relegated to their own area of the garden, usually in the backyard and separate from our traditional ornamental beds. While this method is still valid, foodscaping is more encompassing. Integrating edibles such as fruits, herbs and veggies in ornamental beds and containers offers more choices and many creative options.

A varied mixture of plant material increases biodiversity ultimately welcoming more pollinators and beneficial insects, fostering greater productivity and visual enjoyment in the garden. Ensuring that your soil is well-drained and rich in organic matter will yield greater success. Armed with a few considerations such as sun exposure, water and soil requirements, food can be beautifully incorporated into the home garden.



Lacinato kale

Think about growing food not only in terms of eating, but also to add color, texture, and form. Lacinato kale packs a delicious, nutritional punch and looks great in the garden with its interesting dark blue-green, wrinkled leaves.

With a little more attention to watering, integrating food in containers use all same principles as gardening in the ground with the added benefit of convenience. Containers can be strategically placed on balconies, entrances, decks, patios, further maximizing resources and putting everything within reach and closer to the dinner table!

Saskatoon Council on Aging—Annual General Meeting

June 14, 2018 - 1:30 p.m. – 3:30 p.m.

The Glen at Crossmount #10 Glen Road

Business meeting followed by a tour of SCOA's website and videos highlighting SCOA partnerships/programs.

HOW TO DONATE:

On-line: Canada Helps or PayPal

Go to our website: 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.



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

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Help us continue to create an age-friendly community.

[\$25.00 fee] Full Members & [\$35 fee] Couples 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
- **Vote at our annual general meeting**
- **Help us continue to provide programs & services for a growing older adult population**
- **10% discount on select programs & classes**



[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

To renew or join visit our website www.scoa.ca, drop by our office 2020 College Drive or phone 306-652-2255

[Major credit cards accepted.]