

Zoomer Idol 2016



Mary Ellen Buckwold ~ Judges' Pick
1st Runner up—People's Choice



Maggie Burke—People's Choice



Brenda Bennett—
2nd Runner Up People's Choice



THE VILLAGE AT
CROSSMOUNT

Thank you
to all our
contestants, sponsors,
donors, and volunteers for a
wonderful event.

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Shan Landry

CO-PRESIDENTS' MESSAGE



Jane McPhee

As we write this we are heading into the bright and sparkly holiday season and anticipating exciting times for SCOA in its 26th year. There have been many successes in 2016, our 25th Anniversary Year including our 2016 Spotlight on Seniors, (pg.4) SCOA Globe Walk (pg. 8) to name a few of the high points! All these events represent hours of volunteer effort and passion for the activities that contribute to positive aging for many thousands of our community's older adults.

Many thanks to the huge numbers of volunteers who make our organization thrive! And thank you also to those who have contributed financially to our Cornerstone Fund, our 25th Anniversary Commemorative fund to make SCOA healthy financially into the future.

Our Cornerstone Ambassador, Dr. Murray Scharf, has had a busy year of speaking about our work across the community and seeking support, both financial and participation in the work of SCOA.

Our 2016 highlights also provide a wonderful springboard for making 2017 a promising and positive year. We've heard from many people that they are already counting on participating in 2017 activities and asking for the dates of Spotlight on Seniors and Zoomer Idol to add to their calendars! Many have already started getting their teams geared up (maybe even in preliminary training?) for the SCOA Globe Walk.

Not only are our successes a springboard for more, they are also a foundation for continued partnerships and community advancement. The presentation Candace Skrapek made to the Planning, Development and Community Services committee of City Council on phase three of the Age Friendly Saskatoon Initiative has led us to a more enduring and expanded partnership with the City of Saskatoon.

(continued on page 3)

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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.

Coming of Age

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Visit us online at www.scoa.ca

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Communications Committee:

Mercedes Montgomery, Chair

George James | Elliot PausJensen |

Candace Skrapek | Sheila Clements

Community Engagement Coordinator: Virginia Dakiniewich

CO-PRESIDENTS' MESSAGE

(continued from page 2) The City Council approved the recommendations we made to them about joining the Global Age Friendly Network and we have convened a December meeting with Lynn Lacroix, a senior City Manager, to further explore the opportunities for SCOA and the City to work together in 2017. By the way, the Mayor and those City Council members on the committee needed no orientation to SCOA and its work! They were already well informed and very positive about SCOA. This is a testament, in part we think, to the work all of us did during the recent civic elections to make sure older adults had their voices heard in civic engagement!

In a recent article in the Globe and Mail that reported on current extensive research on dementia, it has been shown that the rates of dementia are now starting to show a decline in North America! (<http://www.theglobeandmail.com/life/health-and-fitness/health/us-dementia-ratefalling-new-study-reveals/article32980340/>) The researchers are now starting to look at the contributing factors for this encouraging result. We will wait for their next set of conclusions based on evidence, but would not be surprised if the research shows that SCOA's focus on the eight dimensions of an age friendly community will also contribute to positive mental and physical factors in healthy aging – perhaps even this decreasing rate of dementia.

As we celebrate the year just passed, and feel excitement about 2017, another year of adventures in Positive Aging, we encourage you to ask yourself: “What am I doing to promote positive aging for myself and my community?” Are you happy with your answer and with your contribution to SCOA goals? There is no time like NOW to get involved!

A HAPPY AND AGE-FRIENDLY NEW YEAR!!

Welcome to SCOA's new staff:

Bonnie Grove, *Community Development Coordinator*

Beth Hills, *SCOA Globe Walk Coordinator*

Our thanks to **Sheila Angelstad** for her amazing work for the SCOA Globe Walk.

Sheila is our new *SCOA Program Coordinator*.

BUILDING A BETTER COMMUNITY FOR SENIORS

Now is the time to donate to the Saskatoon Council on Aging (SCOA). The completion of SCOA's Age Friendly Saskatoon Initiative (AFSI) resulted in an understanding of what older adults need to improve their day-to-day lives in Saskatoon. After consulting with over 500 older adults, community leaders, the business community and more than 120 service providers, many new findings were discovered and a series of recommendations were developed. Many of the recommendations are low cost and are easy to act upon. With the documented knowledge of what is important for older adults, the service providers are highly motivated to make changes. Now is the time for older adults to support SCOA's leadership to finish the work of AFSI. Your donation is essential to this success. There is another recent development why SCOA needs your donation. Since the Saskatoon Health Region abruptly terminated our long-standing funding partnership, now perhaps more than ever before, SCOA needs donations to meet service and program obligations. Your donation will help SCOA carry on and develop new ways to provide important programming and services.



Jim Wasilenko,
SCOA Volunteer and Chair of Finance and Fundraising



Thank you to our sponsors:

- Medicine Shoppe, Presenting sponsor
- Ministry of Health , Diamond sponsor
- Sage Seniors Resources, Platinum Sponsor
- All Seniors Care, Preston Park , Gold Sponsor
- CAA Saskatchewan, Silver Sponsor
- Dakota Dunes Casino, Silver Sponsor
- Dignity Memorial, Silver Sponsor

AGE-FRIENDLY SASKATOON INITIATIVE: THE WAY FORWARD

As a way of ensuring that the momentum of the age-friendly work carries on, the SCOA board created an Age-friendly Development Committee with terms of reference and membership under development. As well, SCOA hired Bonnie Grove in the newly created position of Community Development Coordinator. Her role will include the ongoing engagement of older adults, community partners and stakeholders in identifying issues related to an aging population and implement innovative solutions through partnerships and collaborations. This work is underway with SCOA meeting with the City of Saskatoon, Saskatoon Regional Health Authority Board, and other key stakeholders.

Age-friendly Saskatoon Initiative was a 5 year research project with the goal of establishing Saskatoon as an age-friendly city where older adults can live healthy, independent, active lives in their community. The project adopted the World Health Organization's (WHO) "Age-Friendly Cities" model as a critical way to support seniors in aging positively in Saskatoon. The initiative successfully completed in the summer of 2016, and the Phase 3 report is now available online (<http://www.scoa.ca/pdf/AFPhase3Sept2016.pdf>). The report details how the recommended actions from Phase 2 were implemented and evaluated over the course of two years.

***Remembering When*TM - Fire and Fall Prevention Program**

A direct result of the Age Friendly Saskatoon Initiative consultations is a fire and fall prevention program partnership between the Saskatoon Fire Department and the Saskatoon Council on Aging. This partnership saw Janet Barnes, SCOA volunteer and Dori Krahn, Community Relations Coordinator with the Saskatoon Fire Department, attend the *Remembering When*TM Conference in San Antonio, Texas on November 15, 16, 2016. *Remembering When*TM is a National Fire Protection Agency (NFPA) program to help older adults age in place, reduce the number of calls for lift assists after a fall, and decrease reliance on EMS Services. Statistics show that adults over the age of 65 are at a significantly higher risk of having a fire and a fall in their home.

Janet and Dori are available to provide one hour fire and fall prevention presentations for groups with the option of a follow-up visit to individual's homes to identify their specific fire and fall risk factors. *Remembering When*TM presentations are booked for the Eastview and Mayfair United Church Neighbourhood Club Hubs as well as the Century Club over the next six months. Janet and Dori are also looking for SCOA volunteers who would like to receive training to help deliver the program.

If you are interested in having Janet or Dori speak to your group about these very important topics, or to become a trained SCOA volunteer for *Remembering When*TM, please contact the SCOA office or Dori at 306-975-7715. We look forward to hearing from you!



Saskatoon Council on Aging

WINTER PROGRAMS 2017



Contact the Saskatoon Council on Aging at 306-652-2255 or email admin@scoa.ca
Please note: All Programs must be paid for in advance.

Express yourself in a fun, relaxing atmosphere!

Beginner Watercolour Sessions

Facilitator: Gisele Bauche
Dates: Tues, Jan 24, 31 &
Feb 7, 14 2017
Time 1 pm – 4 pm
Cost: \$95.00 (12 Hours)
Space is Limited



Painting with Acrylic

Art Instructor: Gisele Bauche
Dates: Tues, Feb 21, 28 &
March 7, 14 2017
Time 1 pm – 4 pm
Cost: \$95.00
Space is Limited

TECHNOLOGY

APPLE TECHNOLOGY

Interested in becoming more confident and comfortable with using your

Apple iPad/ iPhone?

Register now for classes with us!
Space is Limited

Beginner – One-on-One Classes

APPLE ONLY iPad/ iPhone

Dates and times are scheduled individually
\$40 for 3 hours and includes a take home reference manual.

Intermediate - Winter Workshops

APPLE ONLY iPad/ iPhone

Cost: All 6 classes: \$110.00

Single classes, \$25 each

- Feb 2, 2017 – Photography/Travel
- Feb 9, 2017 – Cloud Storage
- Feb 16, 2017 – Sharing
- Feb 23, 2017 – Trouble Shooting
- Mar 2, 2017 – Security Accessibility
- Mar 9, 2017 – Text Management

TECH BUDDY

(ANY TYPE OF TECHNOLOGY DEVICE)

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

Program to run in February/March – a waiting list will be kept.

\$10 Fee to cover administration costs.

Phone 306-652-2255 or email
admin@scoa.ca





Saskatoon Council on Aging WINTER PROGRAMS 2017



YOUR Seniors Neighbourhood Hub Clubs!

Come out AND bring your friends for FREE educational presentations, games, refreshments, blood pressure checks, "Ask a Pharmacist Station"/Forever in motion exercise program and socializing! No registration required.



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

Future Dates and Programs Include:

January 19, 2017

Meet and learn about 2 very special canines from the comforting world of Therapy Dogs/ Globewalk presentation

February 16, 2017

A photographic trip down memory lane with the City Archivist/Bingo

March 16, 2017

St Patrick's Day Celebration "Wearing the Green"/Prairie Hospice presentation

April 20, 2017

Springtime Carnival/ Remembering When Fire and Fall Prevention



Royal Canadian Legion
Nutana Branch - 3021 Louise St.
4th Tuesday of the month
1:30pm to 4:00pm, unless otherwise noted.

Future Dates and Programs include:

January 24, 2017

Remembering When Fire and Fall Prevention/ Carpet Bowling

February 28, 2017

Music Therapy/Cribbage

March 28, 2017

Pole Walking/Bingo

April 18, 2017

Horticultural Therapy/Wind up!



Get set for the 4th annual SCOA Globe Walk – Orbiting Space Tour 2017!

Challenge yourself and others to participate in a fun winter exercise routine. The SCOA Globe Walk is a great way to get fit, meet new people, and have fun this winter.

WHEN: We'll begin the walk on **January 10, 2017** and continue counting our steps until **April 30, 2017**.

WHAT: **2,000 steps equals approximately 1 mile.** For those who prefer other forms of physical activity that cannot be measured in steps or distance, **you can log one mile for every thirty minutes of an activity.**

So you can stroll or roll, hike or bike, swim or gym...all will help to accomplish the goal of our **50+** global walk.

JOIN: In 2017 we want the numbers of teams and participants to grow even more.

You can help!

Consider becoming a Team Captain **OR** if you know anyone who might consider being a team captain **please contact Beth Hills at 306-652-2255** | globewalk@scoa.ca .

No team? No problem! **Join the SCOA Team.** Call 306-652-2255 and ask to join the SCOA Globe Walk Team. **Let's get motivated!** <https://scoaglobewalk.net/>



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.

2016 Stats:
77 teams * 2486 team
members (aged 50 to
100+) * Miles logged
437,069

Their support makes our Globe Walk **FREE** to all participants.

Caregiver Forum 2017

Mark your calendar for the **annual Caregiver Forum on March 24, 2017.**

The theme of the forum this year will be on Dementia. The forum will provide

important information and contacts for caregivers.

Watch for further details in the New Year.

Caregiver Information and Support



Celebrating Seniors

VOLUNTEER AWARDS

Sunday, September 25, 2016, Regina, Saskatchewan



Intergenerational Award:
Saskatoon Council
on Aging (SCOA)
June Gawdun,
SCOA Executive Director



**Community Leadership
(Urban)**
Joan Lidington, Chair
Older Adult Abuse
Awareness Task Force



Senior Friendly Business:
Medicine Shoppe 33rd St.
Joan Cochrane,
Medicine Shoppe 33rd St.
West, Saskatoon



Congratulations Award Winners!

These awards celebrate the contributions older adults make to the community and raise awareness of their contributions throughout the province.



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,) 6 annual newsletters, and a free copy of the collected stories memory book.

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



NEW! THE SEW SHOPPE

Drop in program starts January 10, 2017

- Meet every Tuesday from January - June 2017
- Hours: 10 am – 2 pm
(must sign in at the front desk)
- Must be a SCOA member (FREE) to join
- Open to independent seniors living city wide
- Drop in to Preston Park 1 - 114 Armistice Way
(Parking at Market Mall or on the street)



**The SCOA SEW SHOPPE
creates an ideal environment for socializing, addresses
isolation and engages older adults in fun
creative, instructive sewing and knitting projects.
SCOA Sew Shoppe project funds will be used to
support SCOA programs.
Thank you Preston Park**



New position in the SHR Oral Health Program

My name is Kerrie Krieg and I am a Dental Assistant with the Population and Public Health Oral Health program, Saskatoon Health Region. My position is new and my role is to promote better oral health in Long Term Care. I provide oral health assessments for residents and oral health education to the care aides to promote the Better Oral Health Program. I make appointments for residents in need of dental service and referrals to a Dentist, liaise with families and consult with staff on oral health problems. I have trained the staff at Sherbrook Community Center, Parkridge Regional Center and Sunny Side Care Home and am available to do training at other long term care homes.

Please feel free to contact me about oral health concerns regarding your loved ones in long term care.

Kerrie Krieg, 306-655-4317 | kerrie.krieg@saskatoonhealthregion.ca

Forever...



Staying Active in the Winter

By Janaye Molnar, Recreation Therapy Student, Forever...in motion

When winter approaches, we tend to forget to stay active and take care of our bodies. Why? The weather gets cold and dreary, ice and snow cover roads and sidewalks, and we get busy preparing for the holiday season, don't forget about all the holiday baking. Seasonal affective disorder – SAD – is also the reality of many people in the cold winter months. Your energy levels become low, motivation to get out is depleted, and you begin to isolate yourself.

Although conditions may be unfavourable and your bed too cozy, it is crucial to get up and stay active during the winter months. It may be too cold for traditional winter activities, but there are plenty of things you can do to keep your mind and body going.

By staying physically active you build up your strength and balance which helps you combat winter walking and your fear of falling on the ice. Being physically active refreshes your mind and boosts your energy naturally. When you have an active, busy day, you get a better sleep in your warm bed which replenishes you so you are ready to go again the next day.

Always keep in mind even though it is cold, you still need to get 150 minutes of moderate-to-vigorous intensity physical activity each and every week.

Winter Tips to Stay Active:

- Clean your house
- Shovel your sidewalks
- Attend a **Forever...in motion** fitness class in your neighbourhood
- Become a **Forever...in motion** leader (there is training starting in January!)
- Go mall walking
- Take your dog for a walk
- Play with your grandchildren
- Get up and stretch during commercial breaks of your TV program
- Sign up for yoga or other fitness classes
- Attend aqua fitness classes

For more information about being **Forever...in motion** this winter call Kimberly at 306-655-2286 or Kereen 306-655-2285 or on line at www.in-motion.ca



HOW TO DONATE:

On-line: Canada Helps or PayPal

Go to our website: 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 130735756RR0001

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

Call **SCOA** at 306 652 2255 or email 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 ___

If yes, I would like to receive the newsletters by email ___ or by mail ___

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