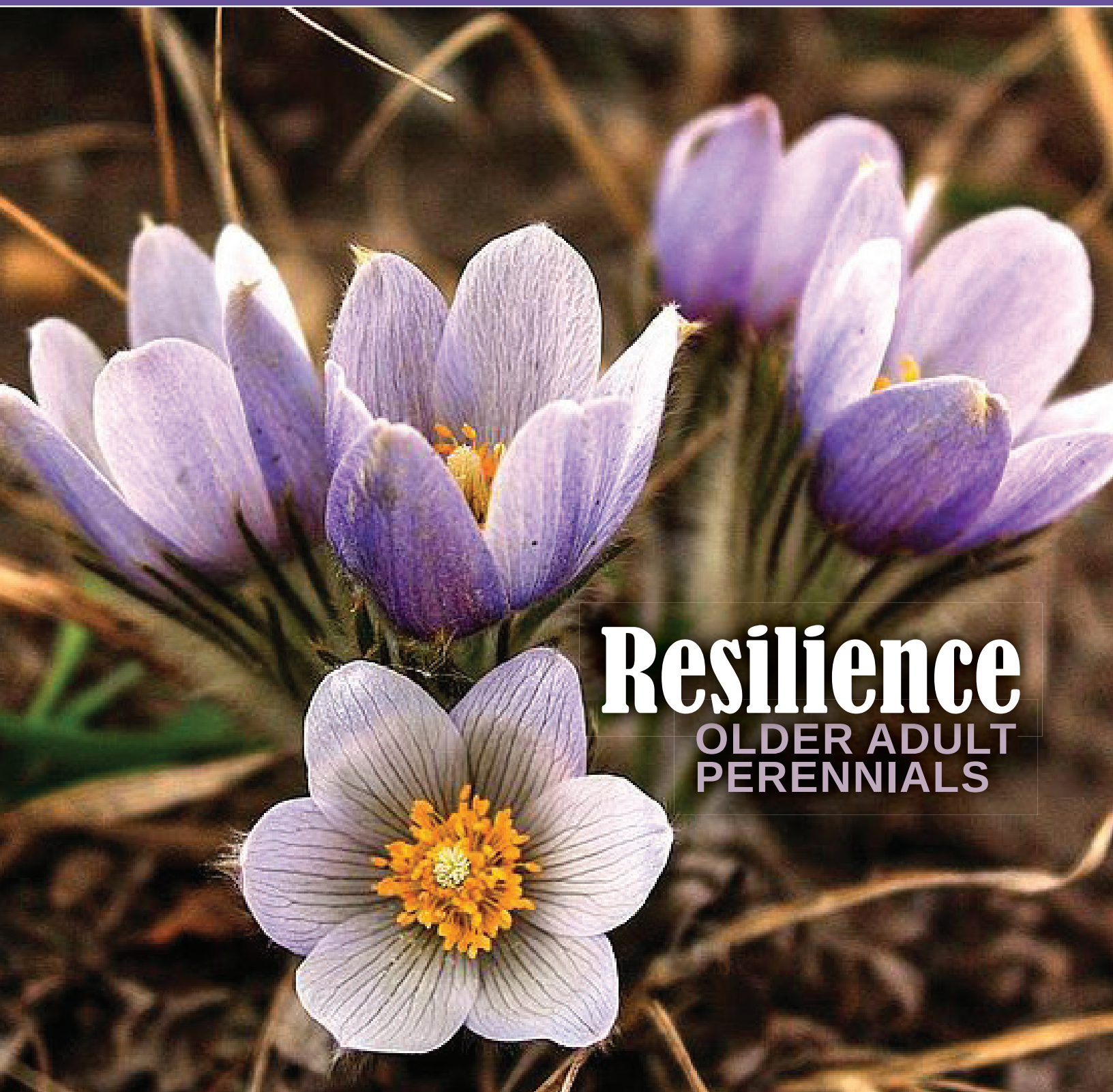
GRAY MATTERS

Published by SSM
Fall 2019



Resilience

OLDER ADULT PERENNIALS

Positive Aging - A Strategy for Saskatchewan: What's Next?

— Randy Dove

The Government of Saskatchewan recently appointed a new Minister for Seniors. This is an important development for older adults in Saskatchewan and SSM is encouraged by the announcement.

During the past two years SSM has completed a research and consultation process that involved over 600 participants at forums and approximately 2200 survey participants. This extended process was focused on the development of a direction to respond to the many needs of older adults in Saskatchewan.

The announcement is a positive move by government and an indication that the work done by SSM has had an influence on government direction. We have been advocating to ensure that "all voices matter - older adults need to be heard" so take the announcement as evidence of the importance of older adults to the future of Saskatchewan.

SSM also believes that we are positioned ideally to become the voice of older adults for the new Minister. With our 18 organizational members, 6 supporter organizations and our partnership with SUMA, we have contacts across the province and a network that government can draw on for advice, counsel and engagement.

Our primary message to the Minister is that Saskatchewan has many good quality programs sprinkled across both the federal and provincial governments. What has been lacking is a comprehensive, integrated approach for the aging population in the province. Other parts of Canada have responded to the growing segment of our population by activating more focused financial and human resources to meet the needs of older adults and to empower their continuing contributions to society.

To support our views, SSM will be releasing the results of the "senior strategy" research in the coming weeks. It will focus on key needs of older adults related to transportation, housing, financial sufficiency, access to community services, within a context of the continuation of "age friendly communities", a global initiative endorsed by the United Nations and the rest of Canada.

As SSM continues to advocate, we need your voices too. So, contact your local MLA, let them know how important the next steps taken by the Minister will be. Help us promote SSM as a key partner that can provide government leaders with advice so Saskatchewan's older adults are heard, understood and valued.

GRAY MATTERS

Volume 22 Issue 3
Fall 2019

Published by

Older Adults Moving Forward

SSM

Saskatchewan Seniors Mechanism is an umbrella organization that brings together groups of older adults who offer their wealth of experience, knowledge and time to work together in the interest of seniors in Saskatchewan. From a wide range of backgrounds, these groups work selflessly to better the life of older adults, whether advocating about issues of interest to seniors, providing specific types of programming, or sharing information to benefit seniors in our province.

SSM Member Organizations are as follows:

- *Canada Post Heritage Club - Golden Sheaf Chapter*
- *CARP - Regina Chapter*
- *Fédération des aînés fransaskois*
- *Lifelong Learning Centre*
- *Moose Jaw & District Seniors Association*
- *National Association of Federal Retirees*
- *Power Pioneers Association of Saskatchewan Inc.*
- *Regina Senior Citizens Centre Inc.*
- *Saskatchewan Union Retirees Federation*
- *Saskatchewan Retirees Association*
- *Saskatchewan Seniors Association Inc.*
- *Saskatchewan Senior Fitness Association*
- *Saskatoon Council on Aging*
- *Saskatoon Services for Seniors*
- *SaskTel Pioneers Chapter 59*
- *Senior Power*
- *Superannuated Teachers of Saskatchewan*
- *Women of the Dawn*

Supporters of SSM:

- *Association of Personal Care Home Operators in SK*
- *Eden Care Communities, Regina*
- *Prince Albert Seniors Advocacy Centre*
- *Saskatchewan Association of Nurse Practitioners*
- *Saskatchewan Association of Rural Municipalities*
- *Saskatchewan Registered Nurses Association*

Partner:

- *Saskatchewan Urban Municipalities Association*

contents

in this issue

2 PRESIDENT'S MESSAGE RANDY DOVE
4 A MESSAGE FROM THE LIEUTENANT GOVERNOR RUSS MIRASTY
6 ELECTION 2019
8 AGE-FRIENDLY & INCLUSIVE VOLUNTEERING
9 ATTRACT & KEEP OLDER ADULTS IN YOUR HOME TOWN
10 DO YOU AGREE? JOHN KNIGHT
12 CHANGES AT SSM
14 ACTIVE AGING - TOO FIT TO FRACTURE?
16 BLOOMING PERENNIALS LINDA ANDERSON
18 NATIONAL ASSOCIATION OF FEDERAL RETIREES
20 A MESSAGE FROM THE MINISTER WARREN KAEDING
21 INFLUENZA AMONGST CANADA'S OLDER ADULTS
23 STRATEGIZING FOR POSITIVE AGING
24 10TH ANNUAL CELEBRATING SENIORS VOLUNTEER AWARDS
26 CENTURY CLUB CORNER
28 SSAI - NEWSLETTER

SENIORS INFO-LINE 1.888.823.2211
SSM Office - 306.359.9956
www.skseniorsmechanism.ca

Donations to SSM to support our seniors' programs are gratefully accepted. Charitable receipts will be issued for gifts of $15.00 or more.

All editorial matter published in Gray Matters represents the opinions of the authors and not necessarily those of SSM. Statements and opinions expressed do not represent the official policy of SSM unless so stated.

Look for Gray Matters to be available quarterly: January, April, July, October.

Articles for consideration for publication are welcomed. Deadline for submissions is the first day of the month preceding publication.

Acceptance of advertising does not imply endorsement by Gray Matters or SSM. Information regarding rates and policy available on request. Gray Matters can be contacted at #112 - 2001 Cornwall St., Regina, Sask., S4P 3X9.

Phone (306) 359 - 9956; fax (306) 359 - 6922, e-mail: ssm@skseniorsmechanism.ca

Older Adults Moving Forward

Saskatchewan LOTTERIES

Printed by:
Administration Centre Printing Services
111-2001 Cornwall Street, Regina, SK S4P

His Honour the Honourable Russ Mirasty, Lieutenant Governor of Saskatchewan

"It's a great honour to serve as Saskatchewan's 23rd Lieutenant Governor. I am looking forward to fulfilling my constitutional and ceremonial duties, as well as focusing on the importance of education, mental health, and language and culture. Certainly I will work towards Reconciliation in all activities of my office.

I am very pleased to serve as Honorary Patron of the Saskatchewan Seniors Mechanism and I am looking forward to attending the Volunteer Awards on September 29."

About LG Russ Mirasty: His Honour was born and raised in La Ronge and is a member of the Lac La Ronge Indian Band. He joined the RCMP in 1976 and served in various roles across the country, including as Director General of National Aboriginal Policing Services and as Commanding Officer of "F" Division (Saskatchewan).

After retiring from the RCMP in 2013, His Honour helped lead the Saskatchewan Student First Engagement process. He also served as a member of the League of Educational Administrators, Directors and Superintendents, and as a board member on the Community Safety Knowledge Alliance. He was appointed to Saskatchewan's Advisory Group on Poverty Reduction, and served on the board of the McDowell Foundation, which supports research, inquiry, and sharing of information for the K to 12 education system.

His Honour leads a very active lifestyle and regularly participates in running and cross-country skiing marathon events. He and his wife, Donna Mirasty, have a home in La Ronge, and they have two children and two grandchildren.

LEFT: Lieutenant Governor Russ Mirasty and his family at Government House on July 18, 2019.

RIGHT: Lieutenant Governor Russ Mirasty swearing-in ceremony with Chief Justice Robert Richards and Premier Scott Moe on July 18, 2019 at Government House in Regina.

PHOTOS BY: CHRIS GRAHAM

BRIGHTWATER
SENIOR LIVING
OF CAPITAL CROSSING

Celebrate Living Well.

Brightwater Senior Living of Captial Crossing is specifically designed to enhance the wellness, comfort, and independence for residents in this exceptional community. Stunning landscaping, elegant décor, and a broad range of amenities combine to offer the lifestyle you deserve. Our health services staff, including licensed nurses, medication assistants, and resident assistants are on duty every day, around the clock to assist with personal care services.

Brightwater includes **retirement living**, **assisted living**, and **memory care living** options with no long-term leases.

OPENING EARLY 2020

Starting at $2495

Contact us for more information on what is included and to reserve your suite.

Studio Suites • 1 Bedroom Suites • 2 Bedroom Suites

www.ReginaSeniors.com • 306-994-0369

Let's make older adult voices as informed and knowledgeable as possible!

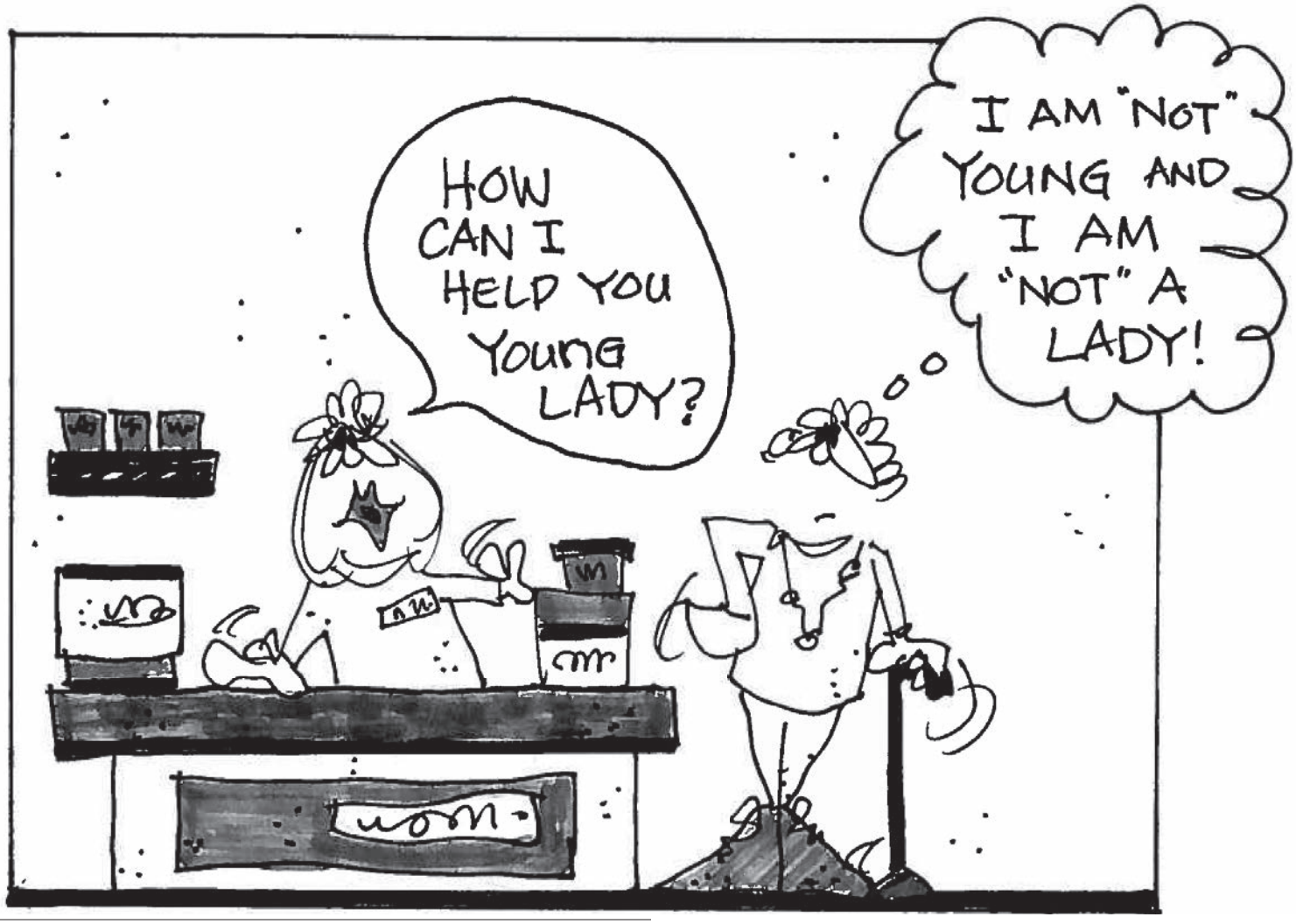
It takes some effort to work through the noise that is part of an election campaign – but it can be done.

Party websites continually add policy statements during the election campaign. Local candidates invariably participate in door-knocking. When face-to-face with a candidate or their representative, you can both learn and influence the candidate and their party. Interact with all candidates, not just the one you think you might favour. Be prepared to ask pointed questions and engage in respectful discussion.

Let's make sure older adult voices are heard in 2019. Get out and vote!

Some questions you might consider asking the candidates in your constituency:

- What will your Party do to implement the recommendations of the "Advisory Council on the Implementation of National Pharmacare", including the establishment of a Canadian drug agency and national formulary of essential medicines, by January 1, 2022?
- How will your Party implement a National Seniors Strategy to ensure positive aging for all older adults in Canada?
- What is your Party's retirement income security plan? How will your Party protect existing pensions and ensure adequate retirement income for seniors now and for future generations?



PHILIPS

Lifeline

Medical Alert Service

Peace of mind anywhere with **GoSafe**

GoSafe is Lifeline Saskatchewan's revolutionary new mobile service that lets you take Lifeline's 24/7 security with you anywhere, anytime so you can get access to help at home and on the go.[1]

GoSafe combines the AutoAlert feature that can automatically call for help if it detects a fall[2], with a mobile help button that you can speak into to communicate with the Lifeline Response Centre. It's the only mobile system with up to six advanced location technologies designed to help find you in an emergency.

With GoSafe, you can now be as active as you want to be and go wherever you wish without worrying about how you will get help in an emergency.

GoSafe has made all the difference in the world. To know that help is just a press button away allows me the freedom to maintain my active lifestyle outside the home without making compromises fueled by fear.

– Ruth, Subscriber

To find out more, call

Lifeline Saskatchewan

in partnership with

Saskatchewan Seniors Mechanism

at **1-800-856-0599**

or visit **www.lifeline.ca**

[1] Coverage outside the home provided with sufficient access to/coverage by the applicable third party wireless network. Certain limitations subject to third party cellular provider availability and coverage. Signal range may vary.

[2] Not all falls may be detected. Users should always press their button if able.

It's never too early to protect yourself or a loved one

Call today and receive

ONE FREE MONTH OF SERVICE

1-800-856-0599

Quote this code: XX502

Coupon valid until: June 20, 2020

Offer available at locally participating programs and valid for new activations of HomeSafe and HomeSafe with AutoAlert services only. Not to be combined with any other offer. Additional charges may apply for out of area installations. Discounts not available on GoSafe.

PHILIPS

Lifeline

www.lifeline.ca

AGE-FRIENDLY & INCLUSIVE VOLUNTEERING

VOLUNTEERING IN LATER LIFE

We need to ensure people in later life have the opportunity to contribute to their communities

By the time people reach later life, the majority have some experience of contributing to their community - either in a formal volunteering role, or by helping out friends and neighbours.

However, looking to the future, there is no room for complacency. The older population is changing - it is already becoming more ethnically diverse, and more people are living for longer, often with long-term conditions and caring responsibilities.

Our communities currently rely on a 'civic core' of highly engaged individuals... But this group may not be able to sustain its contributions in future, as more people work longer and care for longer.

Without action to attract and retain a more diverse pool of volunteers, organisations working with volunteers may find their capacity is depleted.

If we don't act now to engage a more diverse group of people in later life, communities will continue to miss out on the talents they bring.

SIX PRINCIPLES TO MAKING VOLUNTEERING OPPORTUNITIES AGE-FRIENDLY AND INCLUSIVE

1 Flexible and responsive

2 Enabled and supported

3 Sociable and connected

4 Valued and appreciated

5 Meaningful and purposeful

6 Makes good use of my strengths

AGE-FRIENDLY AND INCLUSIVE VOLUNTEERING

Organisations working with volunteers need to do more to support and sustain the good will and effort of older volunteers.

By the time people reach later life, the majority already have some experience of contribution to their communities.

Relying on a narrow civic core to sustain our communities is highly risky. Without action to attract and retain a more diverse pool of volunteers, organisations working with volunteers may find their capacity is depleted.

We need to make volunteering opportunities age-friendly and inclusive to widen the pool of volunteers and enable people to continue to contribute, even when their circumstances change.

This information and six principles should act as a guide to organisations thinking about how to involve people in later life.

CENTRE FOR AGEING BETTER

COMMUNITY FUND

SOURCE: The Centre for Ageing Better. A registered charity in England and Wales (#1160741) Company limited by guarantee registered in England and Wales (#8838490)

Go to **www.ageing-better.org.uk** for more information

ATTRACT AND KEEP OLDER ADULTS IN YOUR HOME TOWN

...It's an investment, not a cost! Here's why:

More assets, less debt.
In 2012, senior families (oldest member 65+) owned assets of $748,900 compared to $645,900 for all families. Senior families had total debts of $61,700, compared to $129,000 for all families.

Older Canadians spend significantly — and locally.
Senior families contribute to their community, both by spending locally and by investing in local enterprises. They support the arts, cultural and service organizations, and often donate to local organizations.

Older Adults employment is a growing benefit
Employers retain skilled and knowledgeable workers, and mature leaders who are able to mentor younger employees. Income tax contributes to government revenues while their continued employment contributes to the sustainability of the labour market and the economy.

Building Community
Older residents don't require certain high-cost services such as schools and can contribute user fees for facilities such as pools and gyms. By using services such as roads, transit, commercial centres, athletic centres and other public facilities at off-peak times, they even demand and improve usage rates. Senior families contribute to the municipal tax base.

Providing unpaid care
Contrary to popular belief, older adults are not solely receivers of care. Many older adults (aged 65 and older) provide some sort of assistance or care to someone they know, kin and non-kin alike. This includes caring for adults (including adult children) and grandchildren.

In Canada, over 1 million older adults 65+ (1/3 of whom were 75+) provided care. Older adults provided over 4 million hours of unpaid care, valued at $3.8 billion!

(Information from the Seniors Association of Greater Edmonton report based on Statistics Canada data.)

What is your Lifeprint?

With the changing season, we find ourselves doing chores around the home in preparation for the season to come. We clean our garden beds, removing once vibrant summer flowers that gave us pleasure before the cool weather arrived. For many gardeners, fall means planning ahead for next spring, uprooting annuals, plotting space for tulip bulbs and planting new trees and shrubs before the frost takes hold. Everyone knows what it is like to experience a moment that causes us to pause for a moment or two and reflect. Whether it be welcoming a new member to the family or celebrating the life of a loved one, moments like these signify change and the need to take stock and plan for the future. Penning a will is one of the most important ways that you can plan for the future: ensuring that your values and beliefs are respected by your family, friends and causes. Your values and beliefs leave an impression.

What will your Lifeprint be?

Robbie Gamble,
Manager, Planned Giving Saskatchewan

If you would like more information about including the Canadian Red Cross in your will and the various giving options, email
robbie.gamble@redcross.ca
phone 1-306-692-9779,
or visit www.redcross.ca/legacy

CANADIAN RED CROSS
CROIX-ROUGE CANADIENNE

Do You Agree?

— John Knight

Jacques Cousteau on his 75th birthday said to Yakity-Yak that the past is for me time lost. With the enthusiasm of a young man he went on to say, "I do not feel age, I see something I want to do and I have to do it."

There exists within each of us a longing to leave a legacy, some proof that we were here. We can attempt to stifle or ignore this desire, but we cannot escape it.

Ernest Becker stated, "What we fear is not so much extinction as insignificance."

Marva Collins spent her entire career as an educator. Her dissatisfaction with the system led her to start her own school on the west side in Chicago in the fall of '75. The outstanding results of her work have gained Marva international recognition including a movie about her life. Marva Collins sums up her legacy this way: "I've desperately tried to make a difference in the world. I tell my kids in my school, I know I'm going to live forever through you."

"We cannot live by the past; the present is so transient that it almost does not exist. As a matter of fact, we live by the future, or more accurately, we are unceasingly preparing ourselves towards it, trying to anticipate it, and from this process flow all new ideas. It is impossible to be alive without the effort to create and bring something new into concrete manifestation." Nicolay Fechin

As we age we do tend to spend a lot of time in the past rather than the future, perhaps because we have lived the larger part of our lives in the past. I have always said that it is better to wear out rather than rust out. We need to always be blooming not dying.

Mark Twain said, "Let us endeavour so to live that when we come to die even the undertaker will be sorry!"

George Burns, on his 94th birthday was asked if he felt he would live to be 100. He answered, "I have to, I'm booked."

Let us build our lives to leave our legacy and bloom as the flower and spirit we can be. Not wilt away to the past. Be a perennial and continue to bloom.

Compassionate by nature.
Committed by choice.

Whether it's for his clients, his team, his family or community, caring comes naturally to Todd Lumbard.

Todd Lumbard
President

SPEERS
FUNERAL AND CREMATION SERVICES

2136 College Avenue | 306-522-3232 | speersfuneralchapel.com

Kevin Almassy
Owner

ALTERNATIVES
FUNERAL & CREMATION SERVICES
OUR GUIDANCE • YOUR DECISIONS

Brent Metz
Owner

• Affordable pricing • Exceptional value
• Full service provider • Pre-planning options
• Locally owned and operated

306-757-2327 or Toll free **1-888-760-2002**
Visit our website: **www.MyAlternatives.ca**
1265 Scarth Street, Regina

September 2019

Re-elect

Ralph GOODALE

Regina-Wascana

Dear Friends,

Since my first election as the M.P. for Regina-Wascana in 1993, it has been a great privilege to have a solid working relationship with Saskatchewan Seniors Mechanism – a strong organization with excellent ideas and advice.

Together, we have made important progress on key priorities for seniors in Saskatchewan and across this country, including:

- ✓ Restoring 65 as the eligibility age for both Old Age Security (OAS) and the Guaranteed Income Supplement (GIS);
- ✓ Increasing GIS benefits, and increasing the basic amount a person can earn without affecting their GIS benefits;
- ✓ Increasing future payments from the Canada Pension Plan (CPP);
- ✓ Introducing automatic enrolment for both GIS and CPP;
- ✓ Providing more flexibility to defer annuity income;
- ✓ Improving support for caregivers;
- ✓ Strengthening Medicare, including new federal funding for mental health and homecare ($349 million for Saskatchewan);
- ✓ Beginning serious work on National Pharmacare with a new National Drug Agency to negotiate better prices, a more coherent drug formulary, and a strategy to ease the burden of the most expensive drugs for rare diseases;
- ✓ More federal funding for social and affordable housing ($875 million for Saskatchewan);
- ✓ Restoring benefits and services to Veterans.

Priorities for the immediate future include **better incomes** for seniors, safeguards against discrimination based on age (**ageism**), measures to protect seniors against **fraud and elder abuse**, a national strategy on **dementia**, proposals to combat **isolation and loneliness**, and a focus on **age-friendly communities** that are more welcoming for seniors (physical accessibility, safety, lighting, para-transit, inclusive recreation facilities, and so forth).

I look forward to continuing our work together, and I ask respectfully for your support once again on October 21st. Thank you for your consideration.

Sincerely,

Ralph Goodale

RalphG@myaccess.ca
(306) 559-7020
ralpgoodale.liberal.ca

Authorized by the Official Agent for Ralph Goodale

RESILIENCE...

❝Perhaps what matters when all is said and done is not who puts us down but who picks us up.❞

— Kate DiCamillo

❝Fall seven times, rise eight.❞

— Japanese Proverb

SPARKS METHOD
THE HEALTHY HABITS CO.
EXERCISE CLINIC
1804 9th Ave N., Regina
www.sparksmethod.com

Medical Fitness Clinic
Healthy Lifestyle Coaching
For those with or at risk of chronic health conditions

OPEN NOW!!
BRING IN THIS AD FOR 10% OFF YOUR MEMBERSHIP!
*Offer may not be used in conjunction with other discounts

SSM welcomes new Administrative Assistant Shelley Wichmann who joined the SSM staff recently.

SSM is pleased to officially welcome **Shelley Wichmann** to our staff as Administrative Assistant Shelley's responsibilities include organizing and carrying out all the details that are so important in administration as well as helping SSM find the most effective way to design our communication materials. She has already shown her organizational abilities and impressed us with her creativity and expertise in graphic design, honed when she worked for 20+ years with the Western Producer.

Danielle Chartier
NDP MLA for Saskatoon Riversdale

Critic for Mental Health and Addictions, Seniors, and SaskEnergy

Putting People First

riversdale@ndpcaucus.sk.ca
1030 Ave L South | 306-244-5167

Unfair government services

Having problems with a provincial, municipal or health service in Saskatchewan? **Maybe we can help.**

If you have tried to resolve the issue, but think the result is unfair, contact us. We may be able to help resolve the problem informally or investigate and make recommendations when appropriate. We are independent and impartial, and our services are free.

www.ombudsman.sk.ca
1-800-667-9787

Ombudsman Saskatchewan
Promoting Fairness

Invitation to Oasis

This is your invitation to join the Jubilee Community...
Jubilee Residences is truly an oasis in the City!

Jubilee Residences Inc. is currently accepting applications for individuals to join our unique, affordable, aging-in-place housing community: independent living (Cosmo and Mount Royal Courts), supported living (Eamer Court). Rents are between $565 to $655 per month.

Cosmo Court: 2602 Taylor Street East
Eamer Court: 2600 Taylor Street East (behind Stensrud Lodge)
Mount Royal Court: on 29th Street between Avenue P North and Avenue R North

Jubilee RESIDENCES

Abundant green spaces. Community Gardens. Meal Service available. Small pet friendly. Coordinated independent living assistance. Cottage, bachelor and private room options. Adjacent to shopping and amenities. Adjacent to Stensrud and Porteous Long Term Care Homes allowing couples to remain close together.

For application information, please contact our
Business Office 306.955.0234 Ext. 109
www.facebook.com/Jubilee-Residences www.jubileeresidences.ca

TAKE STEPS TO CONQUER STAIRS

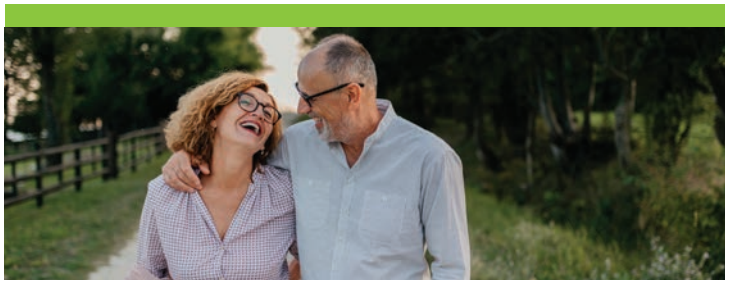
Take back control of your lifestyle with a Bruno Stair Lift from Prairie Heart Mobility.

If you are having difficulty safely climbing stairs, you can maintain your independence with a Bruno Stair Lift fitted to your home.

Access all levels of your home in confort!

PrairieHeart MOBILITY
People First

REGINA STORE : 3033 Saskatchewan Drive *306-584-8456*
MOOSE JAW STORE : 1240 9th Avenue NW *306-693-0371*



Staying active is part of a healthy lifestyle. We hear you.

- Latest, most discreet hearing technology on the market.
- Canada's #1 physician referred hearing healthcare provider.†
- Affordable monthly payment plans starting at $69/month.**

Call to book your FREE* hearing test today.
1.866.373.2119 • connecthearing.ca

CAA Rewards

Connect Hearing

VAC, WCB, WSIB, WorkSafeBC, ADP & ODSP accepted. *Free hearing tests are only applicable for customers over 50 years of age. No purchase required. Some conditions apply. †Based on national physician referrals over the tenure of the corporation's Canadian business operations compared to the disclosed referral count of leading competitors. ®CAA, CAA logo and CAA rewards trademarks owned by, and use is authorized by, the Canadian Automobile Association. **Price reflective of one Primary level hearing aids before discounts at 9.9% financing for 24 months

PHARMACY ASSOCIATION OF SASKATCHEWAN

TELL US WHY YOUR PHARMACIST IS OUTSTANDING!

The Pharmacy Association of Saskatchewan (PAS) **Patients' Choice Award** gives you the opportunity to say **Thank You** to your pharmacist for outstanding care.

Contact ***PAS @ 306-359-7277*** for more information or go to ***skpharmacists.ca/patients/your-pharmacist/patients-choice-award*** for online nominations.

TOO FIT TO FRACTURE

— Lora Giangregorio, PhD

NEW TOOLS TO HELP AGING BONES

After the age of 40, we lose 0.5% to 1% of the bone mass in our skeleton each year. A diagnosis of osteoporosis means that bones have weakened to the point where they could break from a simple fall.

Osteoporosis affects about 1.4 million Canadians. One in three women and one in five men over the age of 50 will have a fracture due to osteoporosis at some point, often caused by a fall. Fractures can lead to other health problems and loss of function, or independence.

BUILDING MUSCLE AND MAINTAINING BONE HEALTH

As a bone health researcher, I know that everyone loses bone mass and muscle strength as they age, starting as early as their 30s or 40s. By the time we get to an age when we start to notice, or have health problems, it is harder to gain the muscle or bone back. We are not even sure that it is possible to replace lost bone with exercise once it is gone. We do know that it is

Too Fit to Fall or Fracture

Strength Training At least 2 days/week

- Exercises for legs, arms, chest, shoulders, back
- Use body weight against gravity, bands, or weights*
- 8 - 12 repetitions per exercise

Squat

Wall Push Up

Seated Row

Balance Exercises Every day

- Tai Chi, dancing, walking on your toes or heels
- Have a sturdy chair, counter, or wall nearby, and try (from easier to harder): shift weight from heels to toes while standing; stand heel to toe; stand on one foot; walk on a pretend line

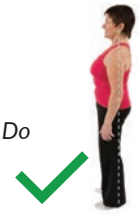
Heel to toe stance

Stand on one foot

Posture Awareness Every day

- Gently tuck your chin in and draw your chest up slightly
- Imagine your collarbones are wings - spread your wings slightly without pulling your shoulders back

Do



Don't

Questions? Want a free physical activity booklet? Contact Osteoporosis Canada:
English 1 800 463 6842 / French 1 800 977 1778 or www.osteoporosis.ca.
Locate a Bone Fit™ trained instructor: English 1 800 463 6842 / French 1 800 977 1778 or www.bonefit.ca

Ontario OSTEOPOROSIS GERAS CENTRE UNIVERSITY OF WATERLOO FACULTY OF APPLIED HEALTH SCIENCES Department of Kinesiology

possible to build muscle size and strength, even if we start later in life. And certain types of exercise have been shown to prevent falls by up to 40%. That's why everyone should do some strength training a few times a week, and challenge their balance every day.

GETTING STARTED

Each of us is different. We each need to choose an exercise program that fits our needs, our lifestyle, and our abilities. Start by talking with a health care provider, such as a certified exercise physiologist.

Bone Fit™ is an exercise training workshop designed for physical therapists, kinesiologists and community exercise professionals. They learn effective and appropriate exercises for people with osteoporosis. You can find a Bone Fit-trained physiotherapist or kinesiologist here.

NEW RESOURCES FROM OSTEOPOROSIS CANADA

I've been working with Osteoporosis Canada and a team of talented students at the University of Waterloo to create a set of free educational tools called "Too Fit to Fracture." The tools can help you develop an exercise program. They include:

- a one-page quick reference guide available in several languages
- an in-depth booklet
- an engaging video series telling stories of five very different people, and demonstrating their exercises.

About the Author
Dr. Lora Giangregorio

An Associate Professor of Kinesiology at the University of Waterloo. She is also the Schlegel Research Chair in Mobility and Aging. Her research program focuses on strategies to reduce the risk of fracture, and increase physical activity and mobility in older adults. Lora translates her research into practice by working with government and non-profit organizations and linking with community-based programs. She collaborated with Osteoporosis Canada to develop the Too Fit to Fracture exercise recommendations.

Lisa Lambert, MLA
Saskatoon Churchill-Wildwood

1B – 270 Acadia Drive
306.373.7373
lisalambert.mla@sasktel.net
@lisalambert.mla
@lisalambert88

DIEPPE PHARMACY
6210 Dewdney Avenue 306-565-5971
Free Delivery · Medication Reviews · Prescribing Pharmacist · Injections

ORAL HEALTH CARE FOR ALL

The College of Dentistry Dental Education Clinic at the University of Saskatchewan is offering

Treatment of Fillings, Crowns, Root Canals, Dentures and Invisalign

by Dental Students At **Reduced** Costs

To schedule a free initial screening appointment
or if you have questions,
please call the Dental Education Clinic at
306-966-5056

UNIVERSITY OF SASKATCHEWAN
College of Dentistry
USASK.CA/DENTISTRY

Student Dental Clinic | College of Dentistry
105 Wiggins Road | Saskatoon, Saskatchewan S7N 5E4
T: 306-966-5056 | www.usask.ca/dentistry

Blooming Perennials

— By Linda Anderson

A special issue of *Time* magazine appeared on the racks recently. It is entitled "The Science of Living Longer", and includes articles on aging well and "23 surprising ways to stay young". We all know that there is no way that we will, in reality, "stay young". The years continue to pass as long as we live. Closer perusal of the magazine indicated that "staying young" means fighting the physical and mental processes of aging using science and technology, personal healthy choices and attention to emotional and spiritual health.

Laura Carstensen, director of the Stanford University Center on Longevity, and promoter of the term, "perennials" to name older people, emphasized that although everyone wants to live longer, and science is helping that happen, the real challenge and opportunity is through cultural and societal changes in attitudes towards older people.

Those of us who are over 65 are deeply influenced by our culture and our life experiences. We went to school, worked, developed relationships and perhaps raised a family, then retired. Many of us have 10, 15, 20, 30 and more years to live. Shall we spend it pursuing the societally expected "freedom 65" – a life of endless recreational opportunities and a relaxed carefree lifestyle? Unfortunately, many older adults worry about running out of money, losing cognitive function or dying from a devastating disease. There can be more to growing older than either of these options.

Older adults are now a growing new resource – older people who have expertise, resources, imagination, energy and the motivation to try to make a difference in our world. We must change the societal expectations from fearing a crisis caused by an over-abundance of burdensome older adults to one about quality long life and new opportunities for older people and their communities.

SO WHAT ABOUT THESE BLOOMING PERENNIALS?!

"Perennials" - Older adults choose when they can engage and contribute. Various factors affect older adults' choices – family and friends, time, opportunities, finances, health. Sometimes an older adult needs to take a break. Perennials aren't guaranteed to blossom year after year, but given proper conditions, good soil and nutrients, they can go on for decades.

The prairie wild crocus is a good symbol for perennials. Crocuses are resilient. They are able to adjust to change and misfortune. Crocuses reappear on the prairie hillside even if in the previous year they were beaten down by ice and snow and freezing temperatures. Crocus-minded perennials keep their belief in something larger than themselves – a belief that spring comes again and again; and in the coming spring, something in their world might have changed for the better. Even more

importantly, perennials may have helped bring about that change.

SSM is beginning a campaign to introduce some of Saskatchewan's "Blooming Perennials" to one another. We are going to produce a series of Blooming Perennials posters that will feature older adults whose lives are valuable to community, friends and family, no matter their age or the challenges of aging that they may face.

Are you A Blooming Perennial? Do you know a Blooming Perennial?

Nominate a perennial for inclusion in our poster series by:

1. Getting their permission for nomination.
2. Writing a short description of how you think the person shows outstanding perennial values.
3. Obtaining a photo (limited to head and shoulders) in JPG form.

Send the description and photo to Linda Anderson, ageis@skseniorsmechanism.ca For further information contact Linda via email or by phone 306-539-1281.

NATIONAL ASSOCIATION OF FEDERAL RETIREES

PROTECTING PENSIONS & BENEFITS FOR FEDERAL EMPLOYEES & RETIREES

The National Association of Federal Retirees is the largest group focused exclusively on pensions and retirement benefits for current and former members of Canada's Federal Public Service, Armed Forces and the RCMP. We proudly serve 176,000 federal government employees, retirees and their survivors, who belong to one of 79 branches located throughout Canada.

OUR GOALS

- To protect and enhance the benefits of those in receipt of pensions under the superannuation acts (Public Service, Canadian Forces and RCMP) and the Judges Act
- To prevent the acceptance of proposals detrimental to interests of veterans and federal retirees
- To protect and enhance the benefits of seniors in general
- To inform and assist federal retirees with regard to their rights as federal pensioners
- To co-operate with other seniors'/pensioners' organizations on mutual objectives

Federal Retirees have set out four key priorities for the upcoming federal election: retirement income security, a national seniors strategy, support for veterans and their families, and pharmacare.

FRONT L-R:
– D, Sutherland (Regina Pres.)
– K. Lye (Regina Pres. Forum Coordinator)
– C. Haines (Saskatoon Pres.)
– R. Aessie (Regional Services Officer)

BACK L-R:
– P.D.Daniel (Prince Albert Pres.)
– B. Harris (Advocacy Officer)
– B. Young (Moose Jaw Pres.)
– J. Leyshon (Swift Current Pres.)
– L.Comstock (N.W. Area

Association nationale des retraités fédéraux
National Association of Federal Retirees

SASKATCHEWAN

In Saskatchewan, there are 6 branches located in Moose Jaw, Northwest Saskatchewan, Prince Albert, Regina, Saskatoon and Swift Current. These branches operate solely with volunteer members who provide important social gathering opportunities for their members, advocate for our goals, join forces with like orientated organizations such as Saskatchewan Seniors Mechanism and provide a conduit to our National Office.

OTHER BENEFITS OF MEMBERSHIP

In addition to being a collective voice for members in ensuring we enjoy a productive and stable retirement, being part of a large organization provides the benefit of being able to enter into Preferred Partnerships that offer terrific and exclusive discounts to Association members such as:

- **Travel worry-free** with our most popular benefit, low rates on travel insurance just for federal employees and retirees. Our members benefit from a specially-designed MEDOC® Travel Insurance plan through Johnson Insurance that co-ordinates with the Public Service Health Care Plan (PSHCP) and your provincial government health insurance plan to offer unbeatable coverage at an exceptional rate.
- **Travel and save** with special offers from Collette, VIA Rail, Choice Hotels, Alamo Rent A Car, Enterprise Rent-A-Car and National Car Rental.
- **Protect your home, autos, valuables** with Johnson Home and Car Insur-

ance and AlarmCare.

- **Simplify your move** with Relocation Services Group.
- **Learn, save and invest with our financial partners** Tradex, Arbor Memorial and Canadian MoneySaver magazine.
- **Prioritize health and wellness** with Goodlife Fitness Clubs and HearingLife Canada.
- **Stay connected** with SimplyConnect mobile plans.

INTERESTED IN MEMBERSHIP?

Joining is as simple as registering online at www.federalretirees.ca or by calling 1-855-304-4700.

RESILIENCE...

"Yes, you can teach resilience. Make up scenarios in which one must show resilience to overcome major obstacles and role play different options and outcomes whereas you come out on top!. Exercise those scenarios in your mind whenever possible."

— George E. Miller

"Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good."

— Elizabeth Edwards

ASPEN BLUFFS VILLA

Looking for a Care Home for Yourself or a Loved One?

MAKE US YOUR FIRST CHOICE!

QUALITY, CARING HOMELIKE ENVIRONMENT

ACCEPTING LEVELS 1-4, RESPITE & ASSISTED LIVING

*** COUPLES WELCOME ***

• FULL-TIME ON-SITE RN MANAGER • WE QUALIFY FOR THE PERSONAL CARE HOME SUBSIDY • IN-HOUSE DOCTOR VISITS - 24 HOUR CARE & MEDICATION ADMINISTRATION • 1 AND 2 BEDROOM SUITES AVAILABLE • ACTIVITIES FOR EVERYONE • HOME COOKED MEALS/BAKING • WHEELCHAIR ACCESSIBLE TRANSPORTATION •

Aspen Bluffs VILLA

Located at 27 Alderwood Place (corner of Allanbrooke & Queen)

FOR MORE INFORMATION OR TO TOUR OUR HOME

CALL 306-783-VILLA (8452)

www.aspenbluffsvilla.ca

aspenbluffvilla@sasktel.net

Victoria Park offers **THE BEST OPTION**

Welcome to a community where caring hearts and friendly smiles await you:

Welcome Home!

For more information and to schedule your visit, please call

306-522-4300

Victoria Park

PERSONAL CARE COMMUNITY

2400 E Arens Road Regina, SK S4V 3G6

The Honourable Warren Kaeding, Minister of Rural and Remote Health and Minister Responsible for Seniors

I am grateful for the opportunity to inform Gray Matters readers about my new appointment as the Minister of Rural and Remote Health and Minister Responsible for Seniors.

Seniors are an important and growing demographic in our province and my role will provide them with a specific voice at the highest level of government. I have been tasked with working alongside my colleagues from across government to ensure that the programs and services we deliver are meeting the needs of our seniors.

Since this portfolio was created, I have had the opportunity to meet with a number of groups to discuss the issues facing seniors. These have been very productive discussions and I look forward to having more of them in the weeks and months ahead. Recently, our government has made a number of investments in health, social services, housing, and financial supports that will enable seniors to live safely and comfortably in their homes and communities. I would like to take the opportunity to highlight several of these.

One of our main goals is to support seniors living independently at home for as long as possible. We offer a number of housing and care options including subsidized housing and personal care homes. New investments in Individualized Funding will reduce wait lists and assist with creating capacity within the existing home care program. We are also working on a provincial Connected Care strategy to ensure seniors receive care when and where they need it across hospital, primary care, and in community as well as home-based services.

Through the Seniors' Income Plan Saskatchewan, seniors are offered one of the highest levels of income assistance in all of Canada. Federal and provincial credits, including the Age Credit and the Saskatchewan Senior Supplement, reduce both federal and provincial income taxes for seniors.

I am excited about the creation of a portfolio where I can stand up and be a voice for seniors. It is my contention that there is no better way to gauge the quality of services than to ask those who receive them.

Thanks to the SSM for all the work they do to advocate on behalf of seniors in our province.

UNDERSTANDING THE UNDERAPPRECIATED BURDEN OF INFLUENZA AMONGST CANADA'S OLDER ADULTS

Influenza, together with all causes of pneumonia, is the 7th leading cause of death in Canada, and is the leading cause of death amongst diseases prevented by vaccines.

FLU-RELATED HOSPITALIZATIONS AND DEATHS

WHAT ARE THE RISKS?

- Every year in Canada, influenza causes an average of 12,200 hospitalizations and an average of 3,500 deaths.
- On average, adults 65 years and older account for **70% of flu-related hospitalizations** and **90% of flu-related deaths**.

HEART, LUNG AND THE FLU

In adults 65 years and older, the risk of death associated with the flu was:

- **5X GREATER** among those with chronic heart disease
- **12X GREATER** among those with chronic lung disease
- **20X GREATER** among those with BOTH chronic heart and lung conditions.

It is imperative to prevent the flu in adults 65 years and older.

WHAT IS THE CONNECTION BETWEEN FLU AND HEART ATTACKS?

DID YOU KNOW?

A recent Canadian study of adults found that:

- The risk of heart attack was **6X HIGHER** within 7 days of a flu diagnosis.

In a separate study in adults with varying degrees of cardiovascular risk:

- Flu vaccination was associated with a **36% lower risk of major cardiovascular events** including cardiovascular death, heart attack and heart failure.

VACCINES: LESS THAN 100% IS BETTER THAN 0%

Even when there is a less than ideal match or lower effectiveness against one virus, it is important to be aware that those who get the flu vaccine:

- ARE STILL MORE LIKELY TO BE PROTECTED AGAINST THE FLU COMPARED TO THOSE WHO ARE UNVACCINATED
- ARE PROTECTED AGAINST THE OTHER FLU STRAINS THAT ARE CONTAINED IN THE VACCINE
- MAY HAVE A MILDER ILLNESS EVEN IF THEY DO GET THE FLU.

You are also less likely to pass the flu along to those who aren't able to fight it.

The National Advisory Committee on Immunization (NACI) recommends flu vaccination for everyone 6 months of age and older, especially those at high risk, including infants, adults 65 years and older, and those with comorbidities.

The influenza vaccine is publicly funded and offered through provincial/territorial programs across Canada. For more information on seasonal influenza vaccines, visit www.immunize.ca. Vaccination may not protect 100% of individuals. Side effects and allergic reactions may occur.

GET VACCINATED TO HELP PROTECT YOURSELF AND PREVENT THE SPREAD OF FLU TO OTHERS

SPCA.FLHD.19.03.0007

*Supported by an educational grant from Sanofi Pasteur

FLU SEASON

Keep yourself and your loved ones safe this flu season.

Get your flu shot.

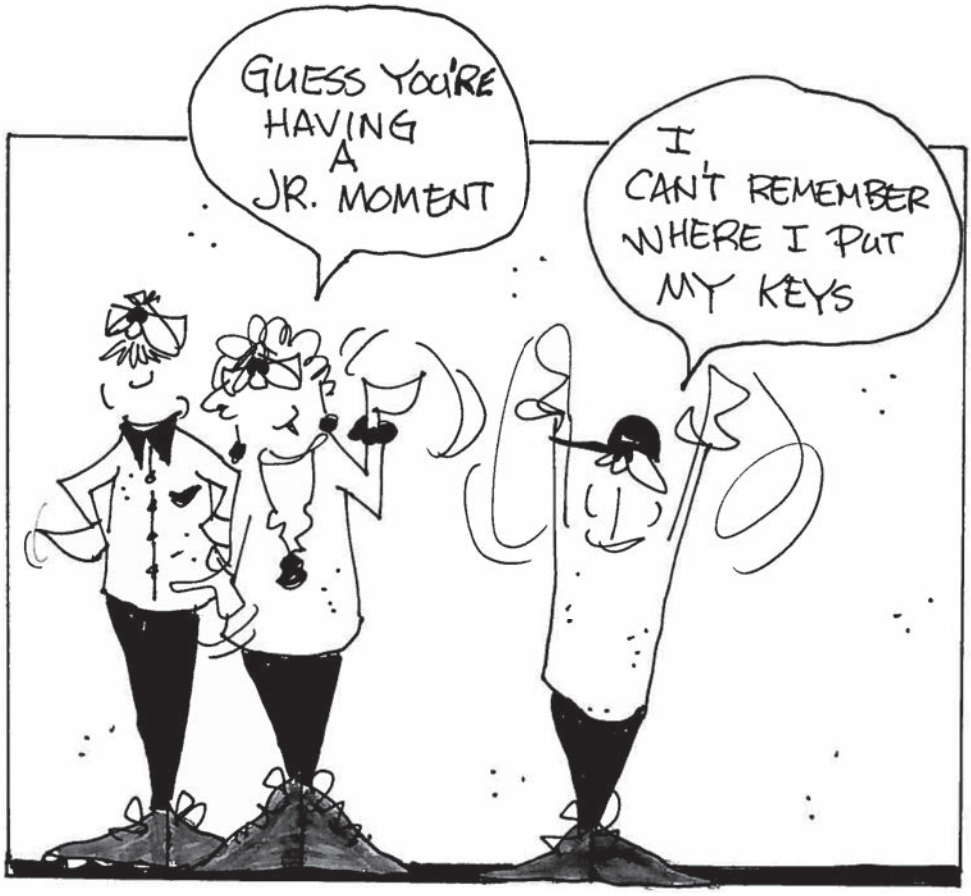
The flu vaccine will be available in Saskatchewan starting Monday, October 21, 2019. The shot is available at no charge to people with a valid Saskatchewan Health Card.

Early vaccination means you are better protected. The flu vaccine is a safe, effective way to help people stay healthy, prevent illness and save lives.

Go to:

www.saskhealthauthority.ca/Services-Location/flu
for 2019/20 flu vaccine schedule and clinic locations

*Supported by an educational grant from Sanofi Pasteur



How to Avoid Hidden Travel Expenses

When you start to plan for a vacation, obvious expenses such as transportation, accommodations, food and attractions are always top of mind. It's important to remember that smaller fees can add up too. Here are a few hidden travel expenses to keep your spending on track.

Checked baggage: If you're flying overseas, you'll likely get one checked bag free. But if you're travelling within North America, you're probably going to have to pay at least $30 for each checked bag. If you can, fly only with carry-on luggage to save some cash.

Local transportation: If you don't want to rent a car or rely on taxis and ride-sharing services (fees for which will add up quickly), get familiar with the public transit system.

Health care needs: Depending on where you are going in the world, you may need to get vaccinated or bring meds with you. Unfortunately, the Saskatchewan Health Authority does not cover the cost of vaccinations or travel-related medication. Although you'll have to pay out of pocket, it's worth the peace of mind of staying healthy while you're away. Seeking medical attention outside Saskatchewan can get expensive: Even if you're just going to another province, certain costs may not be covered. Always purchase travel medical insurance before you leave. **caask.ca/insurance**

Communication: You can rely on Wi-Fi at hotels and airports, but if you prefer to stay connected, you may need to budget for a data plan.

Learn more, read *How to Avoid Hidden Travel Expenses* in the fall issue of **caask.ca/caamagazine.** For help with travel planning and bookings, contact **caask.ca/travel** or call 1-800-564-6222.

STRATEGIZING FOR POSITIVE AGING IN SASKATCHEWAN

SSM has been working on the final reports arising out of our research to provide the framework for a Seniors Strategy for Saskatchewan. We received 2044 surveys in total. We are now planning for release of the results.

Participants in the SSM research repeatedly spoke about ensuring that attention is paid to the "advantage" Saskatchewan has with its older adult population. There is a large, vibrant, experienced segment of Saskatchewan to utilize now and into the future. Older adults can and will make a significant contribution to the growth and success of the province especially if supported and encouraged through strong government leadership.

Our reports will be emphasizing this Saskatchewan "advantage".

Watch for a news release in mid-November, after which we will put the information on our website.

harbour landing village
4000 James Hill Road
306-559-5545

Come Experience The Village!

Book a tour at Harbour Landing Village today to receive a free meal at Roots Kitchen & Bar!

No Flu is No Fluke

Get a flu shot from your pharmacist!

Don't take unnecessary chances. As part of your health care team, Saskatchewan pharmacists are authorized to give flu vaccinations to Saskatchewan residents 5 years of age and older.

Available starting October 21st

ACCESSIBLE • PROFESSIONAL

PHARMACY ASSOCIATION OF SASKATCHEWAN

wedopharmore.ca

10TH ANNUAL SASKATCHEWAN SENIOR VOLUNTEER AWARDS

These people were nominated and/or were reward recipients

On September 29, 2019, SSM hosted the 10th successful **Celebrating Volunteer Awards** at the Conexus Arts Centre in Regina.

Thank you to our sponsors: Platinum: CAA; Gold: All Seniors Care and SaskTel Pioneers; Silver: Harbour Landing Village and the Saskatchewan Ministry of Health; Bronze: Affinity Credit Union, Eden Care Communities and The Willston; Friends: SURF and Save On Foods.

Advocacy

MICHAEL KAMINSKI, *Invermay (Award Recipient)*
JAN GAVEL, *Regina*

Arts & Entertainment

JEAN FREEMAN, *Regina (Award Recipient)*

Centenarian

BABE M^{C}CULLUM, *Denaire Beach (Award Recipient)*
ELIZABETH HEIDT, *Regina*
DOT LANGSTON, *Regina*
HENRIETTA SCHOLZ, *Langenburg*

Community Leadership (Rural)

RON PAUL, *Carlyle (Award Recipient)*
RED CROSS FRIENDLY PHONE LINK PROGRAM, *Preeceville/Sturgis*

Community Leadership (Urban)

DONNA MACKAY, *Regina (Award Recipient)*
BRENDA FERLEYKO, *Regina*

Education

KAY ANTROBUS, *Regina (Award Recipient)*

Fitness

KEITHA FRIESEN, *Gull Lake (Award Recipient)*
BEA SONGER, *Riverhurst*

Heritage & Culture

ARLENE WALKER, *Regina (Award Recipient)*
DAVID R. MILLER, *Regina*

Intergenerational

ELAINE SEIFERT, *Lanigan (Award Recipient)*

Lifetime Achievement

TESSA WHYTE, *Regina (Award Recipient)*
CALVIN ABRAHAMSON, *Montmartre*
LES LYE, *Regina*

Senior Friendly Business

NAICAM THRIFT STORE, *Naicam (Award Recipient)*
DRIVEN WITH CARE, *Regina*

Teamwork

ELIZABETH'S PLACE INC., *Humboldt (Award Recipient)*
THE NOOK AND THE NEST OF EDEN CARE COMMUNITIES, *Regina*
CECIL & KATHLEEN WINGERTER, *Regina*

Now's the Time
to Make Your Move

If you've been thinking of a move to an Esprit Retirement Community, the time has come to act. Your new lifestyle will include delicious meals, impeccable housekeeping, a busy recreation program and the choice of support services.

Call today or visit EspritLifestyle.com to arrange your personal visit and be our guest for lunch.

Stonebridge Crossing
Retirement Community
102 Wellman Cres, Saskatoon
306-974-7990

Riverbend Crossing
Memory Care Community
2235 Heseltine Rd, Regina
306-347-7773

West Park Crossing
Retirement Community
1801 Meier Dr, Moose Jaw
306-694-4744

Yorkton Crossing
Retirement Community
348 Morrison Dr, Yorkton
306-782-0005

Esprit
Lifestyle
Communities

EspritLifestyle.com

Century Club Corner

WASTE NOT - WANT NOT

— By Alma Gabruch

The list in the library "reduce, reuse, recycle" is for today's generation. I could put a tick mark beside each suggestion, things I've been doing for years. We saved and reused out of necessity…

Since we haul water for the house, we've always been careful about its use. We still use a wringer-washer; flush the toilet with a pail of water; use a minimum of water when bathing. When choosing plants or shrubs, we get drought-resistant ones. We keep an eye on the calendar (marked when we haul) so we don't drain the cistern.

Disposable diapers were just coming on the market when our family was small; we didn't use them. We weren't a part of the throw-away society. Even the picnic basket had washable plates; although we did use paper napkins. The children took lunch boxes and thermoses to school. At a certain age they "graduated" to paper bags; even those were reused.

Cleaning agents have been vinegar, water, soap, baking soda and elbow grease. In case anyone thinks a halo is showing – we weren't thinking of the environment when we saved in daily life. It was a matter of economics; we tried to stretch the dollar as far as possible.

At the library there was also a list of places to take various articles for use or recycling. Now I know what can be done with the jars, egg cartons, and newspapers that still accumulate.

More and more people are becoming environment-conscious. We are encouraged to reuse, recycle and make do; all of which my generation did. This generation is to be commended for their concern and effort to reduce waste.

The drive to reduce garbage comes just as I was thinking it would be alright to use and throw away. After all, the children are all on their own; now I can live a little! Oh well. It's hard to change the habits of a lifetime; and these habits are good ones.

CENTURY CLUB PARTICIPANTS

CLIFF LOWE

— Written by niece, Pat Wendelborg

My uncle Cliff was born in 1911 on the family farm in the Warman district. As a young boy he worked hard.

One of his jobs was hauling milk to Saskatoon with a team of horses.

Cliff was always a caregiver, helping watch over his four sisters and younger brother.

Times were hard during the depression years, and the family had to walk away from the farm in the 30s. They headed north where they began farming again in the Pathlow area south of Melfort.

Cliff farmed with his father and took over until his retirement in the 70s when he and his wife moved to Melfort.

They enjoyed golfing, curling, square dancing, to name a few, and always took an active part in the community.

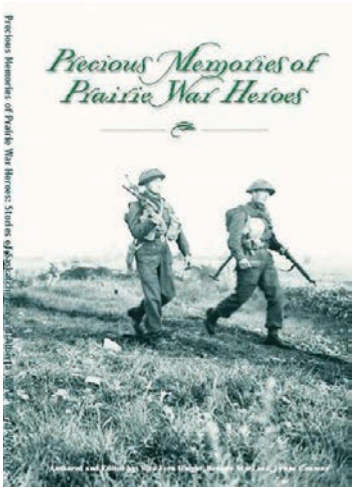
Cliff was a very dedicated member of the United Church, the Elks club and, in his 80s and 90s, was even delivering Meals on Wheels and volunteering wherever he felt he could be of help.

Cliff golfed 18 holes on his 99th birthday and even with a golf cart this was quite an accomplishment.

Cliff passed away in May of 2011, a few months short of his 100th birthday. He was a quiet and humble man, a great example to his family and a life well lived.

"They shall not grow old, as we that are left to grow old: age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, we will remember them."

Laurence Binyon, "Ode of Remembrance"



Excerpts written by Bob Mason are from 'Precious Memories of Prairie War Heroes', This book is full of stories about WWII Saskatchewan and Alberta Veterans. You can buy it for $15.00 plus $3.00 shipping from SK Seniors Mechanism. www.skseniors mechanism.ca *or mail a chq to* SSM, 112-2001 Cornwall Street, Regina, SK S4P 3X9

CENTURY CLUB OF SASKATCHEWAN

The Century Club is:

- A province-wide association of Seniors who have reached the age of 90 years and beyond
- And are determined to live in as full and active a style as possible to the age of 100 and beyond
- Pursuing physical activity, mental agility, social and spiritual creativity
- There is no membership fee

You may join the Century Club by calling:

Toll Free 1.888.823.2211
or (306) 359.9956 (Regina)
or send a note to:

SSM

112-2001 Cornwall Street,
Regina, SK S4P 3X9

If you live in Saskatoon, please call Saskatoon Council on Aging (306.652.2255) to register.

GREETINGS FROM THE SSAI EXECUTIVE

President
Dwayne Turcotte

Allow me to introduce myself. My name is Dwayne Turcotte and I am now the President of SSAI. I was born and raised in Saskatchewan and currently reside in Saskatoon with my wife Marie.

I look forward to continuing the great work that has been done on behalf of the seniors of Saskatchewan. I also hope to bring more programs and initiatives to the members of SSAI.

Best regards
SSAI President
Dwayne Turcotte

SSAI - NATIONAL RECOGNITION

National Pensioners Federation / Fédération Nationale des Retraités

This year is special in another way!! NPF, founded by SSAI – the Medd family will be celebrating its 75th Anniversary in September at the NPF conference being held in Mississauga. The Medd Award will be presented to the organization/individual who deserves recognition for Advocacy on behalf of Seniors.

In recognition of all the milestones achieved on behalf of seniors in Saskatchewan such as:

- Involved in discussions for Universal Medicare.
- Improved Pensions.
- Continuation of spouses allowance in the event of a death.
- Home care.
- Persuading government to establish district home care boards.
- Improvements to housing that is affordable and suitable.
- Foot program.
- Wellness health programs.
- Restore fully taxable income to fully account for inflation.
- Defeating multilateral agreement on investments.
- Affordable rates for room and board in Saskatchewan nursing homes.
- Promoting the twinning of more highways.
- Hold on raising rates on special care.
- Housing and reducing the education tax.

Medd Award

Nathan Medd

After a nation-wide survey, the Medd Award will be presented to the Saskatchewan Seniors' Association Inc.

President Turcotte and 1st Vic, Mike Kaminski, will be receiving the award on behalf of SSAI.

— Mike Kaminski

SSAI 2nd Vice President

I am very pleased to be able to join our new executive team of Dwayne Turcotte, Mike Kaminski, Pat Trask, and Shannon Wright.

I am hoping to add some punch to our resolutions. I am very interested in the diabetes and medical issues. I have had diabetes for the last 20 plus years so have invested quite a sum of money for pills, needles, etc.

My 104 year old mother-in-law spends $300.00 a month on medicines. That is a lot for a lady that spent her young years walking behind a plow pulled by oxen. There are many that cannot afford these sums.

My wife enjoys joining in bowling, shuffleboard, pot luck meals and shares leading exercises with another lady.

This past year has been very exciting for me. Over the years, I have lost my father, only sister and my mother. Being adopted and having the Government open the Adoption records in 2017 changed that. I applied and received all birth information. Found out that I have an aunt still living in Prince Albert. Talking and meeting with her opened up a whole new life for me - found out that I have 2 half sisters from my biological mother. I enjoy meeting and visiting with them. Also have one half brother from my biological father who I regretfully missed meeting by 2 weeks as he had passed away. I have a new niece, nephew and cousins in the area and have met a lot of them.

From my 3 children I now have 12 Grandchildren and 16 Great Grandchildren of whom I am very proud.

Fall is here and so comes the flu. Don't forget to get your flu shot. I get mine from my pharmacist as I can get it earlier and avoid the line ups.

Harold Pappenfus, 2nd Vice - SSAI
Ph: 306-275-4505 Cell: 306-231-8826
chpappenfus@hotmail.com

TRASK TRAVELS – LIFE'S JOURNEY

The journey of life leads us down many roads, some smooth and easy going, others in some form of disarray. Rough sections and maybe even a few potholes, long life, great families, and good health are all the features we are aiming for as we make our journey.

There are "special" road signs as we go through the years. There are yield signs and caution signs that we need to pay attention to. ometimes as we age we neglect to pay attention to these signs. We encounter potholes and detours in our lives that can change our destination points very quickly. We can develop body problems that can change our direction, even severely stifle our goals. We can meet other people who can influence our journey for the good or for the bad. Lots of pressures occur in our lives that can determine our "outcome".

In our younger years we rely on our parents for training and support. Through our teens we have interfamily interactions affecting our lives. By the time we are adults we need to have our minds trained and sculpted to follow the roads that we have chosen.

I am a senior now and I look back on my years and I also do a lot of looking forward. There is a lot of time spent by do-good groups and concerned others who have done a lot of work and organizing and drawing up of policies that they believe will give older adults all the direction and assistance they need.

I have always been an investigative type of listener, questioning everything in my own mind before I totally accept or reject what I am supposed to believe. I am glad that there are people out there who are determined to make things better for all. When the term "age-friendly" became a fairly common buzzword, I began to pay a lot of attention to the daily experiences I have that may or may not fit in to that category. For instance, how many business or office units do I try to enter and find the doors so heavy I almost have to wait for help to open them? And when I drive down the street at the posted speed limit and obeying all traffic signs, how many times is there an impatient bullying driver right up against my rear bumper? How many times do I go through a grocery line-up, and as soon as I pay, the cashier starts processing someone else through the line, crowding the groceries on to mine before I can get them bagged. How about the restaurants that are upstairs with no elevators (that keeps the old folks out!)? How about big important guys with the souped-up half tons who wheel in to a handicapped zone right in front of you?

Most people in the food service industry need better training in dealing with customers, particularly the seniors. There are lots of things that can be called age-friendly but overall, are we too quick sometimes with labels?

Pat Trask, Past President
SSAI (306) 373-2010

NEW SSAI EXECUTIVE:

President..... Dwayne Turcotte
1st Vice President.....Mike Kaminski
2nd Vice President... Harold Pappenfus
Past President .....Pat Trask
Sec./Treas./Webmaster/Shannon Wright

Jeanette Holder, Ferne Roadhouse, Nicoline Warnock, Pat Trask, Lorna Weldon, Grace Strobel, Harold Pappenfus, Mike Kaminski, Dwayne Turcotte, Linda Ard, Lylie Herman, Barb Johnson, Mike Newberry

Missing from photo (Joan Boyer - walkathon coordinator; Bob Walker from L34)

SSAI FINANCIAL STRATEGIES

SSAI will be starting a new raffle fundraiser in January 2020 with draw to be held at AGM in Saskatoon on June 4th, 2020. Tickets will be $2 each for a chance to win 8 cash draws for a total prize value of $2500!

SAVE THE DATE:

SSAI AGM/Convention will be held on June 3-4, 2020 at the Heritage Inn, Saskatoon.

In celebration of National Seniors Day on October 1, Sanofi Pasteur is creating a larger-than-life, domino-inspired photo exhibit that celebrates seniors while also raising awareness of the burden of flu, the domino effect it has on their lives, and the importance of protecting them and keeping them active, healthy and independent.

The photo exhibit will feature Canadian seniors from across the country and will be open to the public at the Richmond-Adelaide Centre in Toronto from October 1 to October 4.

HOW YOU CAN PARTICIPATE

We encourage you to help celebrate National Seniors Day by sharing a photo of a senior loved one. Photos can be of friends, family, neighbours or colleagues and are a perfect way to pay tribute to any senior who has positively touched your life. If you're 65+ and want to submit a photo of yourself, you are encouraged to do so as well!

For every photo and/or personal story of a senior submitted, Sanofi Pasteur will donate $2 to Wish of a Lifetime Canada, a charity that helps seniors fulfill lifelong dreams. The goal is to raise a minimum of $12,200, representing the number of hospitalizations due to influenza in Canada each year*, up to a maximum of $24,400 for the charity.

Seniors, their children, grandchildren, etc. are all welcome to submit. All submissions will be managed by the Sanofi Pasteur team. The hope is to start collecting photos as soon as possible to build the gallery in time for the event. Please confirm if you are able to start engaging your members next week.

Any support you are able to provide would be much appreciated.

Please send submissions to:

Kindest regards,
Natalia

Natalia Lazic, BSc., RD
SANOFI PASTEUR
Territory Manager, AB & SK
(403-612-5044) (1-877-232-0226) Ext. 3947
natalia.lazic@sanofi.com

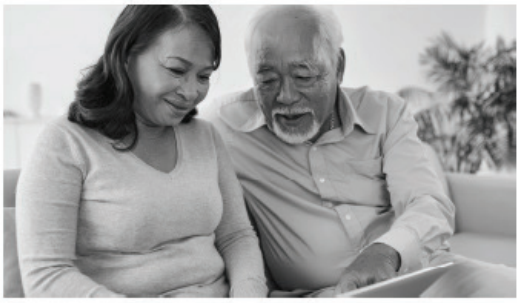
AGE-FRIENDLY IN ACTION

The Invermay Golden Age Club in partnership with the Invermay Branch of the Parkland Regional Library accessed funding from New Horizons. The project is one to reduce Vulnerability of Seniors. This is hands on training for seniors in the community to learn how to use computers, navigate on internet, learn how to receive and send emails, and also surf the net to find information. The program celebrated its kick-off on Sept. 22. Seniors now sign in for training sessions to develop skills to become more computer savvy. After the seniors' training sessions are complete, the program will then extend to providing research picture essay and brochure essay writing after school hours for students.

211 SASKATCHEWAN

is a free, confidental, 24/7, service that connects individuals to resources and services in the province by phone, text, and through a searchable website with web chat. Phone help is available in over 175 languages including 17 Indigenous languages.

SEARCH ONLINE FOR SERVICES AT SK.211.CA INCLUDING:



- Mental Health Services
- Addictions Services
- Financial Supports
- Senior Supports
- Housing Supports
- And much more

END YOUR SEARCH TODAY. CALL, TEXT, OR GO ONLINE

Phone: Dial 2-1-1 from a landline or cellphone.

Web Chat: Visit sk211.ca/contact_us to start your chat.

Text: Text "Hello" to 2-1-1.

United Way

211 Saskatchewan

CONNECT WITH US!

#helpstartshere

SASKATCHEWAN SENIORS ASSOCIATION INC. NEWSLETTER

Please send all your news and comments about the SSAI newsletter to:

Mike Kaminski,
136 – 2nd Ave. W.,
Invermay, SK
S0A 1M0

Email:
aelkam@sasktel.net

YOUR IMMUNE SYSTEM MAY SLOW DOWN, BUT YOU DON'T HAVE TO.

FOR ADULTS 65+

Preventing the flu is your choice.

In a study of 31,000 people over 65 in the US and Canada, FLUZONE® High-Dose was demonstrated to be

24% MORE EFFECTIVE

than our standard dose vaccine* in protecting seniors from the flu.

If you're 65+, vaccination is one of the best ways to protect yourself from the flu.

Ask your healthcare provider for the FLUZONE® High-Dose flu shot and get protected now.

Fluzone® High-Dose
INFLUENZA VACCINE

*Vs. standard dose FLUZONE® vaccine against laboratory-confirmed influenza caused by any viral type or subtype.

WWW.FLUZONE.CA

FLUZONE® High-Dose is a vaccine used to prevent influenza in adults 65 years of age and older. Influenza (or flu) is an infection caused by the influenza virus. Annual vaccination using the current vaccine is recommended for prevention against influenza as immunity declines in the year following vaccination. Persons with a history of severe allergic reaction to eggs or egg products or any component of FLUZONE® High-Dose should not receive the vaccine. FLUZONE® High-Dose will only protect against the strains of influenza virus contained in the vaccine or those that are closely related. FLUZONE® High-Dose will not protect against any other strains of influenza virus. FLUZONE® High-Dose is not indicated for the prevention of hospitalization or death after the onset of disease. As with all vaccines, FLUZONE® High-Dose does not protect 100% of people immunized. Allergic reactions can occur. The most common side effects are pain at the injection site and muscle ache. Contact your healthcare provider to see if this vaccine is right for you. For more information, visit www.sanofi.ca.

FLUZONE® is a trademark of Sanofi Pasteur. Sanofi Pasteur 1755 Steeles Avenue West, Toronto, Ontario M2R 3T4
© 2019 Sanofi Pasteur Limited. All rights reserved. DIN: 02445646 SPCA.FLHD.18.06.0031

Ad Standards · MEMBER OF INNOVATIVE MEDICINES CANADA

SANOFI PASTEUR

SSM (Saskatchewan Seniors Mechanism)
112-2001 Cornwall Street
Regina, SK S4P 3X9
Ph: 306-359-9956
www.skseniorsmechanism.ca

Publication Mail Agreement # 40063014
Return Undeliverable Canadian Addresses To
Administration Centre Printing Services
111-2001 Cornwall Street
Regina, SK S4P 3X9
Email: adminprint@sasktel.net