



ACA News

Vol. 45 No. 2

Serving Alberta's Seniors since 1967

April 2012

Spring into action — changes ahead!

President's report

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upcoming AGM in
Grande Prairie*

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(Photograph submitted by Marie Plaizier)

Spring in Peace River

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Canadian Publication Mail Product Agreement
No. 40028759

Return Undeliverable Canadian addresses to:
Box 9 — 11808 St. Albert Trail, Edmonton AB, T5L 4G4

ACA News

ACA News is published by the Alberta Council on Aging.

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ACA News reserves the right to condense, rewrite and reject material. Deadline for next issue: June 15, 2012

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Annual membership dues, which include a subscription to **ACA News**, are \$60 for organizations; \$22 for household membership

The views expressed in this publication do not necessarily reflect those of the Alberta Council on Aging.

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A registered charitable organization since 1967, the Alberta Council on Aging works to improve the quality of life for Seniors.

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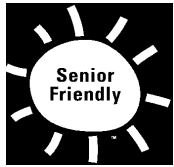
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ACA Mission: To empower and educate Seniors and government to support the quality of life for Seniors and encourage their full participation in all aspects of society.



ACA News

Published by the Alberta Council on Aging

April 2012

Upcoming Alberta election puts Seniors' issues in focus

April 23 vote a time to reassess health care, support services

By the time you read this, a provincial election will be underway. The Alberta Council on Aging encourages everyone to participate in the election campaign and to vote for the candidate of his or her choice on Election Day. From our perspective major issues impacting on Seniors are:

- Availability of long-term care spaces. There have been many announcements about new facilities being built. Most of these have been for various levels of supportive living. We believe the most serious need is spaces for the most frail and vulnerable. "Nursing home" spaces have not kept pace with the need resulting in many of the most frail taking up hospital beds. This is one of the causes of hospital bed wait times.
- Improved home care province-wide. This would support those who are capable of living outside the lodge system remaining in their own homes longer.
- A more integrated system for dealing with Seniors looking for various levels of support. We, with a number of other Seniors' organizations and support groups, have suggested an "integrated management strategy for Seniors support, housing and care services in Alberta." This was reviewed with the Department of Seniors in early March and will be followed up with the next government following the election.

In addition to the upcoming election, there are a number of other things happening within ACA.

In regard to the ACA team, we have hired a new Executive Director, Donna Durand, who will begin her new position with us in mid-April. We are pleased that Donna will be joining ACA and invite you to join in our welcome and meet her at the Annual General Meeting in Grande Prairie on June 5. (Please see the next page for more information about Donna.)



Over the past two years, I've had the opportunity to serve as Acting Director, while working with the ACA Board of Directors to address strategic plans. The work that has been accomplished during this period would not have been made possible without the team that we have in place: Kathie Neu Organ, Daniela Hildebrand, and Nadia Willigar.

Our gerontologist, Kathie Neu Organ, who began volunteering for ACA in June of 2010 and became a staff member in the spring of 2011, will be returning as a volunteer for ACA in mid-June. Kathie has been instrumental in helping ACA assess membership needs, program development needs that include in part Senior Friendly™, web development, and co-ordinated the production and editing processes of ACA News.

(Continued on next page)

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Team effort spells success

(Continued from previous page)

Daniela Hildebrand, our Executive Assistant, has been with ACA since September of 2010, and has been promoted to Office Manager effective April 1. Daniela successfully co-ordinated the office move that ACA underwent shortly after she was hired. She has worked closely with finances and fund development efforts.

Nadia Willigar, our Administrative Assistant, began working part-time in December of 2010, and will begin full-time effective April 1. Nadia has worked closely with the membership database and has provided ongoing support for all the activities that happen within our office.

Without the dedication and passion of this team, the strides ACA has made in program development and collaborative efforts would not have been possible. On behalf of the ACA Board, we want to thank each for becoming a part of ACA and for their commitment, tireless efforts and fine work.

In terms of programs, ACA is actively working on a new improved website which should be up and running before the end of April. This should allow us to distribute information on current or changing items much faster than we are presently able to.

A significant amount of work is under way on our Senior-Friendly™ program. One training session has been set up with our AGM in Grande Prairie and another is scheduled for the greymatters2012 Conference in Edmonton in September.

I hope to see many of you at our AGM in Grande Prairie.

Respectfully submitted by Gary Pool,
ACA President

Would you like to receive your ACA News via email?

If you would like to receive your *ACA News* via email, we will be happy to send ACA members a PDF copy starting with the next issue.

Please call our office at 780-423-7781 or email your contact information to daniela@acaging.ca.



(Photo by Karen Ninkovich)

ACA's new Executive Director Donna Durand

ACA welcomes new Executive Director Donna Durand

Donna has more than 20 years of management experience working in the non-profit sector, with and for Seniors. She is a well-respected dementia care educator and has provided leadership in health, housing and community programming.

Donna believes the expansion and delivery of ACA programs such as Senior Friendly™, Fraud Prevention, and Preventing Elder Abuse contribute to raising awareness about Seniors' needs and enhancing the quality of life for all members of society.

Donna is a mother of two adult children and had the honour of providing in-home care for her grandmother. Donna's personal mission statement is to have fun and help others.

Her fun comes in writing and performing songs about the land and the people of Alberta.

We extend our warmest welcome and best wishes to Donna as she serves in the capacity of Executive Director!

SENIOR FRIENDLY™

Training sessions in the works to keep robust programs alive

Over the past couple of years, I have had the distinct pleasure of volunteering and working on a number of projects with ACA. They include co-ordinating the production and editing of the *ACA News*, working closely with the Web Development Committee, researching a variety of programs that will meet the current and upcoming needs of ACA, drafting proposals for the Board of Directors' consideration, and as noted in the *ACA News*' Age-Friendly column, working closely with the Senior Friendly™ program committee and organizations throughout Canada while assessing, researching, and evaluating what will help make this very worthy program an accessible and sustainable one.

Under the fine leadership of Gary Pool, a lot of work has gone into these programs and will continue to do so especially over the next few months as we prepare to put updated Senior Friendly™ material on our new ACA Web, and host train-the-trainer sessions.

We are pleased to offer three Senior-Friendly™ train-the-trainer webinars during the next few months! The participant will, in part, gain knowledge about age-friendly concepts applied in a variety of settings, training techniques, and will receive a Senior-Friendly™ Trainers



Manual, Certificate of Completion, and a Senior-Friendly™ lapel pin. A nominal fee of \$15 to cover administrative costs will be charged. To learn more about any of the following training sessions please give our office a call or email me directly at kathie@acaging.ca by May 15.

Schedule of Senior-Friendly™ Train-the-Trainers Trainings

- 1) at the Golden Age Centre in Grande Prairie, Wednesday, June 6, 8:30 a.m. – 11:00 a.m.;
- 2) via online (date and time to be determined by participants); and
- 3) at Alberta's greymatters2012 Conference in Edmonton, September 13 & 14 (must be registered for the conference to participate).

In June, I will be returning to volunteering for ACA, and I am looking forward with enthusiasm to working closely with our new Executive Director, Donna Durand, on Senior Friendly™! It will be a joy sharing with her the history of Senior Friendly™ and how the architects of this program did Alberta proud.

To once again be volunteering and helping make this robust and worthy program an accessible and sustainable program for any community, regardless how remote that community may be, will remain a privilege through and through.

Please consider joining us in carrying forth the good works of those Albertan Seniors who created Senior-Friendly™.

You will meet many wonderful people!

Do you have a photo to share?

ACA News welcomes photographs or paintings from members for publication. Individuals whose photographs or paintings are used for our front cover will receive an ACA T-Shirt and a certificate of appreciation. Please send your contributions to our office in Edmonton.

If required, submissions will be returned.

2017 – 50 years of ACA

In 2017, the Alberta Council on Aging will be celebrating its 50th Anniversary. Today, we are asking our members for their input and help.

Do you have stories about ACA's early years?

We are trying to gather as much information as early as possible. Please give us a call, email, fax or write to us with your stories. Thank you.

REPORTS FROM REGIONS 1, 2, 3, 8 AND 9

Region 1

Numerous events, speakers to highlight AGM

Region 1 Committee is gaining momentum with the approach of the provincial Annual General Meeting to be held in Grande Prairie. The event will be held as part of Seniors Week, June 4-10.

The AGM gets underway Tuesday morning, June 5.

In the afternoon, there will be speakers from the Minister responsible for Seniors, as well as representatives from both the Smoky and Wapiti constituencies. Sherry Dennis, Executive Director at the Grande Prairie Seniors Outreach Centre, will outline the services available at their "One Stop Shop" for Seniors.

Laura Hancharuk is confirmed as keynote speaker. Laura has a wide range of education and experience in the physical education field. She was part of the team that began the Seniors Rehabilitation program at Grande Prairie Regional College.

Also on Tuesday, there will be a Trade Show, which will be a provincial, rather than local, event.

On Wednesday morning, a Senior Friendly™ "Train the Trainer" session will be offered. Interest in this has already been demonstrated. Participants will receive Webinar training, a manual, certificate and pin upon completion of the session. Administration fee is \$15 per person.

Region 1 will hold its AGM on Friday, April 20, at the Golden Age Centre in Grande Prairie as well, beginning at 11:45 a. m. with lunch, followed by the meeting.

Region 1's fall meeting will be held in Rycroft, once again, Betty McNaught, Director of Home Care, will be the guest speaker.

Each committee member has agreed to attend a meeting of a Seniors Centre in our region to promote the ACA. Yvonne Dickson will go to Grande Cache, Clifford Mitchell and Bev Gibson to Fairview, and Paul Lemay will travel to Valleyview. Paul has prepared an information sheet on the Council to be used during this promotional tour.

Respectfully submitted
Yvonne Dickson, Director, Region 1

Region 2

Electricity billing pros and cons explained at meeting

We held a meeting in Bonnyville on March 9. With a lot of preparation, I made a presentation about electricity billing, what affects utility prices, pros and cons of regulated rates and contracted rates, what to look for when signing a contract, reading the fine print in the contract, and how to access the Utilities Consumer Advocate. (We had requested that the Utilities Consumer Advocate attend our meeting to give a presentation on the subject; unfortunately, we were unable to get anyone from that office to come.)

The presentation was well received and each person left with a handout on the discussion. Anyone who has access to the internet can find a wealth of information. (Search "Alberta Utilities Consumer Advocate.")

Because we were aware that a provincial election would soon be held, we hosted a forum on the health-care platforms of each party. Genia Leskiw, PC MLA, Roy Doonanco of the Wildrose and Hubert Rodden of the Liberals participated. We were unable to get an NDP representative. The quality of questions from the floor was excellent. We had a very informed group of Seniors and they had lots of questions.

I urge everyone to get out and vote on April 23. Remember that we, the electorate, have the power, not the elected representatives. There are many issues that Seniors need answers to, including the poor quality food that is being served under the Provincial 21 Day Menu, the possible removal of the cap on accommodation costs for Seniors living in facilities, the shortage of long-term care beds, the need for an enhanced home-care program, the high cost of electricity, the lack of transportation options for Seniors living in rural and remote areas, etc. Ask potential candidates what their party's position is on all of these issues.

We will be having our AGM either the end of April or the beginning of May. Location of our next meeting has yet to be determined.

Our next casino will be in the last quarter of this year at the Camrose Resort Casino. We should shortly be notified of the exact dates. Any member from Region 2 who wants to help out at this casino should contact me.

REPORTS FROM REGIONS 1, 2, 3, 8 AND 9

The money raised from our last casino made it possible for us to travel throughout our vast region and to reach as many Seniors as possible. The money from our upcoming casino will be spent for the same purpose.

Respectfully submitted,
Edith Read, Region 2, President

Region 3

We held our March Board of Directors meeting at the office in Edmonton. It sounds like the Provincial Annual General Meeting in Grande Prairie is going to be very interesting. I am hoping that some members from our Region will be able to attend. Grande Prairie has a couple of nice campgrounds, should you decide to take a trip up there with your RV or motorhome.

If you would like more information on our AGM, have any questions, concerns, or if you have suggestions on something you would like to see in the *ACA News*, please contact our office at 780-423-7781.

I am looking forward to meeting you soon.

Respectfully submitted,
Diane Walker, Director, Region 3

Region 8

Medicine Hat, Redcliff Seniors hold meetings

Recently the Redcliff Seniors Society Ladies' exercise class participated in a World Cafe luncheon to give a Seniors' viewpoint on the services and programs in our community sponsored by the Redcliff FCSS. The World Cafe is a method that invites people to have a conversation about what their hopes are for the future and how to attain them.

At the February meeting of the Redcliff Seniors, we were instructed on the use of the portable cardiac defibrillator that was recently donated to our club.

The Medicine Hat Veiner Centre held an information session on the Senior Citizens Advisory Committee election which took place in March. I attended this session and was impressed by the work done by this committee whose goals are "to promote the general well-being of older adults living in Medicine Hat," and to "provide advice and recommendations to City Council on future directions and issues affecting the City of Medicine Hat



Seniors.” The work of the ACA Senior Friendly™ Committee continues and we will be meeting again by teleconference.

Alberta Minister for Seniors, George VanderBurg, recently announced a \$6.4 million grant for the construction of a facility to be built in our region which will provide 40 supportive-living beds and 40 long-term care (nursing home) beds. This is certainly welcome news as it will provide more options for Seniors needing care whose needs are not now being met.

The trend of the last few years to concentrate on funding supportive-living options has left some Seniors unable to obtain appropriate levels of care for their needs.

Respectfully submitted,
Beth Turner, Director, Region 8
(see Region 9 report, next page)

Healthy Meals on Wheels a vital service for many Albertans

On behalf of the Alberta Council on Aging, Nadia Willigar recently attended the Annual General Meeting of Meals on Wheels in Edmonton.

How can Seniors in Canada continue to live in their own residences when meal preparation becomes an issue? If that Senior is fortunate enough to live in a community that makes available fully prepared meals to clients requesting this service, he or she may be able to defer the move into a Seniors' facility.

Volunteers are the heart of the Meals on Wheels program of Edmonton. Without the daily visit from a volunteer driver who delivers their hot food, some Edmonton Seniors would not have had face to face contact with anyone that day. The service is indispensable to many of the nearly 130,000 meals that were produced at the facility last year.

This statistic was part of the 2011 Annual Report presented at the Annual General Meeting of Meals on Wheels, held in Edmonton in March. Volunteers contributed more than 51,000 hours in 2011 toward food preparation and delivery, fundraising and office assistance. Many people may not know that Meals on Wheels also provides a grocery order service for persons who can still cook, but are unable to shop for groceries. In addition, there are eight locations throughout Edmonton that offer frozen meals that people can purchase to heat and eat at time of their choosing. The meals prepared are heart healthy, appealing and nutritious.

The guest speaker at the AGM was Edmonton cardiologist and author Dr. Ted Fenske. Through his presenta-



Dr. Theodore Fenske, left, is welcomed by Meals on Wheels board president, Willie Gruber.

tion, and with anecdotes from his personal and professional experience, he gave the audience a clear message that every day is a day to keep your body heart-healthy. He quoted American author and nutritionist Adele Davis in her observation that, "every day you do one of two things: build health or produce disease in yourself." This strong statement could resonate in each listener to ask internally, "What am I doing to myself?"

Dr. Fenske lauded the dietitians at Meals on Wheels for the heart-healthy ingredients in the meals that have no added sodium. Clients stay healthier because of improved eating habits and reliable, regular meals.

Copies of his book, *While You Diet – The Skinny on Reducing your Risk of Heart Disease and Stroke*, were donated to Meals on Wheels to raise funds for the event.

Region 9

Date set for regional AGM

The Region 9 executive met in Daysland on Feb. 29 to set the agenda for the upcoming Regional AGM. Items on the agenda include: Senior Friendly™ and Personal Directives. No guest speaker has been chosen. Region 9 members are reminded that the Regional AGM will be held at the Viking Senior Centre on April 18, at 9:30 a.m.

Respectfully submitted,
Fred Olsen, Director Region 9

We Have a Winner!

Alberta Council on Aging thanks all of the current members who gave a Gift Membership or referred a friend for membership with the council. The winner of our draw for a gift basket was Fran Oswald of Sherwood Park, who purchased a membership for her son Dylan Oswald. Congratulations!

THE LIGHTER SIDE



June's tale

The following story was written and submitted by ACA member Thelma Poirier from Barrhead

“By June – the Collie Dog”

(As dictated by a nine-month-old Collie named June)

June, the above-mentioned dog, had been trained to herd cattle by the older lone farmer, and to lighten chores.

“I was chosen by Mr. Drayton as a trained cattle dog. I liked both Mrs. and Mr. Drayton, seniors, and they had a herd of cattle to be managed. They were kind and thoughtful of me and I was happy to do what was required.

The “precious” milk cows were not to be chased, which meant I couldn't nip their heels but they could hook me with their horns. The young stock had to be driven. My master would take me in the car to where the herd was pastured and I was to bring home only the milk cows. I figured that out okay. My master was well pleased. If I was sent back I would bring the whole herd. I was praised for my work and basked in their attention.

I had my own food dish and bed in a box on the porch. Then came the day company arrived — their grandson

and wife and two small children. Everything changed! I was not wanted, no petting — “go and lie down!” My food dish was abused with bark and stones that the children put in it, and my bed was wrecked. There was no combing and snacks for me. I didn't exist.

Then the night came that the children were undressed and bathed on the porch. I would get even. After everybody was in bed I took those clothes behind the house and tossed and tore them — I really had a wild time! I went off to have a good sleep. The next morning the mother was looking and looking for the children's clothes, then finally she spied a torn garment. Who would do such a thing to baby clothes? They guessed it was me. After a scolding I slunk off and hid.

Finally, the family left and I had my folks to myself. Then I made a big mistake. There was a strange heifer in the yard — definitely not one of the herd. I took it on myself to drive that animal away — one half mile down the road. My master limped down the road and brought the animal back with a halter, and some strong words at me. Nobody explained she had been recently bought.

Those grown-ups finally understood my thinking. My bowl was returned, washed, my bed re-made and some kind words came my way again. I would try to do better.

Signed: June

Proposing Special Resolution

The ACA Board has reviewed the existing bylaws and is suggesting the following changes:

Rationale:

At present Alberta Council on Aging has 740 out-of-province members. This includes members who originally joined in Alberta and moved.

These members (about 20% of our membership) presently have no voice on the Board.

Be it resolved that item 2.3 be modified as follows and item 2.6.1 be added:

Current 2.3

2.3 Director shall refer to a resident of Alberta elected from a region to be a representative of the region on the Board of Directors of Alberta Council on Aging.

The Director is also a member of the Regional Executive;

Proposed change 2.3:

2.3. Director shall refer to a resident of Canada elected from a region to be a representative of that region on the Board of Directors of Alberta Council on Aging.

The Director is also a member of the Regional Executive;

2.6.1 All out-of-province members will be considered to be a single region.

(Region 20 – Out-of-Province)

The BOD will present this at the AGM for consideration by our members. If this is approved at the AGM, the intent of ACA Board is to appoint a temporary Director of Region 20 to help in its development.

Hospital performance project fills gap in health information

Re-admissions, in-hospital hip fractures among results tracked

A new resource at www.cihi.ca that looks at clinical and financial performance in acute care hospitals shows that hospitals saw fewer deaths after major surgery, heart attack and stroke; fewer re-admissions after heart attack, stroke, and hip and knee surgery; and fewer cases of in-hospital hip fracture in 2010 than in 2007.

This resource, a part of the Canadian Hospital Reporting Project at the Canadian Institute for Health Information (CIHI), provides a series of 21 clinical indicators (with risk-adjusted rates) and 9 financial indicators that allow hospitals to compare their performance against those of their peers and to learn from leading practices.

“This information fills an important gap in health system information,” says John Wright, President and CEO, CIHI.

“We are now able to report on aspects of both clinical and financial performance across all provinces and territories for more than 600 acute care hospitals in Canada.”

While the results show that performance in Canada’s hospitals is moving in the right direction for many of the measures, there are substantial variations across hospitals.

“When hospitals are grouped according to their peers,” says Jeremy Veillard, Vice President, Research and Analysis, CIHI, “we see a wide range of results in performance.”

Variations in larger hospitals

For example, in 2010–11 among large community hospitals, mortality rates within five days of major surgery varied from 2.2 per 1,000 to 16.5 per 1,000, an eight-fold variation.

Hospitals were assigned to peer groups so that large hospitals can be compared with large, and small ones with small. This enables meaningful peer comparisons for quality improvement. However, measures of performance on selected clinical indicators across all hospitals show that there are hospitals from each of the peer groups that performed in the top 25th percentile for indicators such as mortality following acute myocardial

infarction, mortality following major surgery and re-admission after hip replacement.

“The fact that CIHI has been able to include small hospitals is very important,” says Cecile Hunt, CEO of Prince Albert Parkland Health Region in Saskatchewan. “Almost 60% of hospitals in Canada are smaller facilities, and up until now there has been minimal information available to them about how they are performing in relation to their peers.”

Results for financial indicators show that facilities across Canada have generally reduced their administrative costs as a percentage of their total costs since 2007. Administrative costs were calculated regionally for all provinces and at the hospital level for Quebec and Ontario.

Administrative costs measured

In Quebec and Ontario, administrative costs tended to decrease as hospital bed numbers increased. For regionally based provinces and territories, administrative costs tended to be lowest in the western provinces and highest in the territories, likely due to the smaller sizes of hospitals in the north as well as their remoteness.

“Whether people use the information to look at hospital care or administration, CIHI’s new web-based resource helps facilities across the country better understand their performance in comparison with their peers,” says Veillard.

“Through comparison they are able to learn from each other. This has the potential to move the system as a whole toward even more transparency and accountability—and more importantly, to provide even better, more cost-efficient care to all Canadians.”

For more information, go to www.cihi.ca

If you don't have access to a computer:

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880 Douglas Street, Suite 600

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Thank you for your donations!

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The ACA extends its grateful appreciation to its funders for their generous support!

- Government of Alberta – Community Spirit Program
- Government of Alberta – Community Initiatives Program
- Alberta Gaming and Liquor Commission
- Union 52 Benevolent Society

Please update our address

Dear members: please make sure you address your mail to us correctly. Each week, we still receive a fair amount of mail which got sent to our old office location. Thankfully, the kind new tenant there kept forwarding our mail to us. To make sure that your membership applications do not get delayed or lost, please use the following address only:
 Box 9, 11808 St. Albert Trail, Suite 232 Circle Square Plaza, Edmonton, AB T5L 4G4

Thank you



The Cross Cancer Institute in Edmonton is the comprehensive cancer centre for northern Alberta.

Cancer fight a tough one for Alberta

As population ages, we must find new ways to tackle disease

Cancer is one of the leading causes of death in Alberta. To bring this dry statement to life, let's consider Albertans between the ages of 35 to 64 — people who are in the most productive years of their lives. Cancer kills more people in this age group than heart disease, stroke, other circulatory disorders, infectious diseases and unintentional injuries combined. Estimates show that one in two men and one in three women will develop cancer, and one in four Albertans will die from cancer.

The most commonly diagnosed cancers in Alberta are prostate, breast, lung and colorectal. These four cancers accounted for 54 per cent of new cancer cases in 2009 and about half of cancer deaths.

Cancer places a heavy burden on all Albertans. Patients experience pain, fatigue and possible disability. Family members experience emotional distress and hardship as they care for loved ones. And for society, there are economic consequences. There are not only costs to the health system, but lost productivity.

Sadly, cancer rates will continue to increase as our population grows and ages. More than 88 per cent of new cases and 95 per cent of cancer deaths occur among people over 50 years of age. Last year about 16,000 Albertans were diagnosed with cancer. And almost 6,000 Albertans died from the disease.

Despite all these grim figures, there is hope. Cancer can be beaten when individuals, families and communi-

ties take charge of their health. For example, the 2009 report of the World Cancer Research Fund/American Institute for Health Research estimates that one-third of all cancers could be prevented by not smoking and by avoiding exposure to tobacco smoke. Another third of the most common cancers could be avoided by making the right lifestyle choices — eating the right foods, being physically active, and maintaining a healthy body weight.

Patients and families receive expert treatment and care through the Alberta Cancer Network — the Cross Cancer Institute in Edmonton and the Tom Baker Cancer Centre in Calgary, plus four associate cancer centres and 11 community cancer centres. But as our population ages and cancer rates increase, we need to look at responding to a growing need.

The Alberta government is working on a long-term plan to reduce the number of new cancer cases and the number of people dying from cancer. It is one of the key initiatives identified in *Becoming the Best: Alberta's 5-Year Health Action Plan*.

The Alberta Council on Aging has been a key stakeholder in the development of the provincial cancer plan, and in future newsletters, you'll see more information on the steps the province is taking to address cancer.

Source: Alberta Health and Wellness
Respectfully submitted,
Frederick Olsen, Director, Region 9

Notice of Annual General Meeting

You are cordially invited to attend the 45th Annual General Meeting of the Alberta Council on Aging

June 5, 2012 – 10 a.m.
Golden Age Centre,
Grande Prairie
10222 – 101 Avenue

(Doors open at 9 a.m. for registration)

Afternoon Guest Speakers include representatives from the Alberta Government and Grande Prairie District as well as Laura Hancharuk, Instructor of Physical Education, Athletics and Kinesiology at the Grande Prairie Regional College and Sherry Dennis, Director of the Grande Prairie Seniors Outreach Centre.

Tickets are \$30 each or \$60 per couple and include lunch and refreshments.

One vote per Household with current membership.

Registration deadline is May 22, 2012.

Please phone the Alberta Council on Aging at (780) 423-7781 or Toll Free 1-888-423-9666 or mail your registration form together with your cheque or credit card information to our office.

Please note: **Pre-registration is encouraged to guarantee lunch and refreshments.**

We look forward to seeing you at the AGM!

REGISTRATION FORM

45th Annual General Meeting
of the Alberta Council on Aging

Name(s): _____

Membership # : _____

Company: _____

Address: _____

City: _____ Prov.: _____

Postal Code: _____

Phone: (_____) _____ - _____

Email: _____

Tickets are \$30 each or \$60 per couple

PAYMENT: Total amount: \$ _____

Cheque enclosed Visa Mastercard
American Express

Card #

_____/_____/_____/_____

Expiration date: (mm/yy) ____/____

Signature: _____

Registration deadline is May 22, 2012.
Pre-registration is encouraged to guarantee lunch and refreshments.

Mail to:
Box 9, 11808 St. Albert Trail
Edmonton, AB, T5L 4G4

Long-term care growing more complex

Beyond Acute Care conference stresses issues of concern

The Alberta Council on Aging was one of the co-sponsors of the Beyond Acute Care Conference held in Edmonton in late February. We were one of a number of Seniors groups and Seniors service groups involved with the conference. Much of the information reviewed at the conference will eventually be available on the conference website (www.beyondacutecare.ca)

As an attendee at the conference there were a number of items I found very interesting and creating concern. The first was one of the conference handouts, the recently published book entitled *Follow the Money* by Kevin Taft. In one chapter, health-care spending in Alberta over a 20-year period (1989 to 2008) is reviewed and analyzed. The data presented in its raw form shows an increase in health-care spending of over 300% over the 20-year period.

The remainder of the analyses adjusts the spending for inflation and increase in population in Alberta. After the adjustments for inflation and population change the increase over the 20 years is 1.9% per year, or a total increase of about 45% over the 20 years.

This does not constitute “out of control” health-care spending increases.

The second area of interest was a panel discussion on

“Probing the Pitfalls of Privatization” and in particular, a section dealing with providing services in long-term care. The conclusion was that for-profit facilities on average had lower levels of staffing which resulted in lower quality of care. The information was based on published studies in the United States, Ontario and British Columbia.

The studies did point out that not all for-profit facilities provided a lower level of care, nor were all not-for-profit facilities good.

The third area of interest came from general discussions at the conference on the cost of long-term care in private, for-profit facilities. Costs quoted ranged from about \$3,000 per month to \$6,500 per month. In my group of friends and acquaintances (mostly retired) these rates would deplete their retirement savings fairly quickly should they ever require long-term care.

My personal conclusions are that long-term care issues are becoming more important, and more complex to deal with every year.

This is being aggravated by the increase in the number of Seniors with greater longevity, and by an increase in numbers of Seniors afflicted with dementia.

Respectfully submitted by Gary Pool, President ACA



The Edmonton Seniors Coordinating Council (ESCC) is hosting the 2012 Seniors Services Conference in partnership with Alberta Seniors. The event will be held Sept. 13-14 at the Fantasyland Hotel, Edmonton.

This two-day conference is an opportunity for individuals who work with Seniors to network and learn more about the programs, services and issues important to Seniors.

Registration will open in early May.

For more details on the conference and to register, please visit the ESCC website at: www.seniorscouncil.net

Notice of rate increase

Due to the rising cost of publication and delivery, please know that the ACA Board of Directors approved an increase in our rates for Household Membership.

Effective January 1, 2012, the cost for Household Membership increased from \$20 to \$22 per year.

As always, we are committed to enhancing our services, and we look forward to doing that over the next year.

FRAUD: how to recognize it, report it, stop it!

Although March was Fraud Awareness month, we all need to be vigilant at all times. Fraudsters just want you to give them your money. They are always coming up with new twists on past frauds or coming up with new schemes to get your money.

Now, with spring and summer coming, the “fix it” fraudsters will be making the rounds around our neighbourhoods. Be wary of anyone that comes to your door offering to fix your steps, porch, fence, or anything else. They will be asking for your money up front to get the needed supplies, then never return and your money will be gone.

Always ask for references and never commit to something without a written estimate. Talk to your neighbours, friends or family before you hand over any kind of advance payments. Call the Better Business Bureau for information on the company or person offering you service.

Also, be suspicious of phone calls when you don't recognize the number or the person on the other end. Don't give out personal information over the phone. Don't be taken in by the caller who is pretending to be a relative (grandchild) and is asking you to send them money but not to tell anyone. This is a scam and it comes in various forms. Do not be intimidated by people calling you to tell you that your computer's security is compromised and that they need your password to help you solve the problem. Ask them for their name and phone number so that you can call them back. If they hesitate, you will know what to do! Ending a conversation by hanging up the phone is not rude when someone is trying to scam you!

As reported by the police, cases of scams targeting Seniors are growing in Canada. Be cautious about protecting your identity.

If you think that you have been targeted by a fraudster, please call the police immediately.

Respectfully submitted by
Diane Walker

ACA Membership Form

New Renewal Correction
Order Donation

Membership type:

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- Organizational membership: \$60
- Corporate Membership: \$200

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(Tax receipts are issued for donations of \$10 or more)

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Age: under 65 65-85 over 85

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Signature: _____

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Mail or fax to: ACA, Box 9 — 11808 St. Albert Trail, Edmonton AB, T5L 4G4.
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