

ACA News

Congratulations
Regional Municipality
of Wood Buffalo
Pages 12 and 16



**Striving to Become Age Friendly
the Senior Friendly™ Way**

Alberta Council on Aging

Fall 2015

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Mission Statement

Our mission is to improve the quality of life for seniors and encourage their participation in all aspects of community by educating seniors and the public and by advising government.

Editor & Publisher

Alberta Council on Aging

On the Cover

Timothy Larson,
Wood Buffalo Transit Services
and Nicole Greville,
Wood Buffalo Regional Library

Photo by Donna Durand

Formatting

Laureen Guldbrandsen



Lest We Forget

Members:
Please request an electronic
newsletter.

Board of Directors 2014

Executive

President: Fred Olsen
Vice-president: Ron Rose
Past-president: Gary Pool
Treasurer: Gail Hiller
Secretary: Lynn Podgurny

Directors may be reached through
Alberta Council on Aging office.

Regional Directors

Region 1 (Northwest): Marlene Reddekopp
Region 2 (Northeast): Open
Region 3 (West Central): Open
Region 4 (Edmonton area): Gary Pool and Gail Hiller
Region 5 (Central Alberta): Ron Rose
Region 6 (Calgary area): Frank Hoebarth and Lynn Podgurny
Region 7 (Southwest): Susan Girdwood
Region 8 (Southeast): Paul Howe
Region 9 (East Central): Dwayne Hlady

Views expressed in this publication do not necessarily reflect those of Alberta Council on Aging. The council reserves the right to condense, rewrite and reject material.

This newsletter follows the Senior Friendly™ principles for clear communications.

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President's Report

Alberta Council on Aging had a busy summer. Making contact with the new provincial government and local seniors was primary on our list.

Executive Director, Donna Durand and I travelled to Edson for a successful outreach trip. The hope is to find someone who will share communications with West Central Alberta members .

I visited Fort McMurray, September 11-13. The Wood Buffalo Transit Services had requested Senior Friendly™ train the trainers for their supervisors. Using this opportunity to do outreach, Donna organized a Grandparents' Day celebration with the Wood Buffalo Regional Library on the Saturday. There were several stations set up including a presentation on Recognizing Fraud, a craft table to make a gratitude card, a storytelling corner and Experiencing the Senior Experience demonstration table. On Sunday we enjoyed a Grandparents Day brunch at Legion Branch 165.

Following brunch, we set up an Alberta Council on Aging display.

We had a successful board of directors meeting on September 21. At our program retreat on September 22, Donna presented our programs and how to share them with community members. We also discussed how to conduct a local meeting.

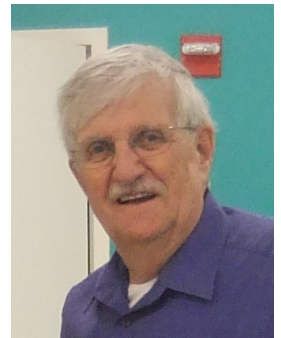
I am proud to announce Dwayne Hlady, Region 9 Director, was presented with the Minister's Seniors Service Award.

I took part in the first of nine Mental Health Review* meetings. The process is promising and I feel a comprehensive report will be produced.

And as the colours of fall appear more and more brilliant every day, I wish you every success.

Respectfully submitted,

Fred Olsen



Since the Mental Health Review began September 1, numerous contributions have been received from individual Albertans and stakeholder organizations, including:

- 1,500 completed online questionnaires
- 22 written submissions from various organizations
- 21 one-on-one presentations
- Six full-day stakeholder engagement sessions, with 175 participants bringing a diverse range of perspectives
- Three meetings in First Nation communities, with 90 participants

All Albertans can take part in the review until October 31:

<http://www.health.alberta.ca/initiatives/Mental-Health-Review.html>

Executive Director's Report

Autumn marks new beginnings, and a time to review goals.

Typical to our education cycle, most learners are heading back to the classroom, community programs start up after summer break, and we may resume a hobby or take up a new one. Alberta Council on Aging prioritizes actions in order to meet the goals we set earlier in the year. This year we completed revision of Elder Abuse manual to a new publication: Recognizing Abuse, the first publication in the Safety for Seniors series. We designed and continue to deliver Recognizing Fraud program. The Recognizing Fraud toolkit is endorsed by the Financial Consumer Association of Canada. An additional publication under the Financial Literacy Program, Pre and Post retirement was created.

It was wonderful to work with the students of ENACTUS out of SAIT (Southern Alberta Institute of Technology) and SCiP (Serving Communities Internship Program) on these projects. We will continue to work with these groups; however the ENACTUS team will be new- Eric Rasmussen and Tristan Fay will lead.

Currently there are 44 Senior Friendly™ trainers, using the revised program. We have the honour of presenting on the Senior Friendly™ program in many communities that are interested in becoming age friendly; most recently the Regional Municipality of Wood Buffalo- Transit Services, Wood Buffalo Regional Library, Legion Branch 165 and the Seniors Services Network.

Over the past three years we have taken programs and publications to every region of the province. The local meetings provide ongoing engagement with seniors. These are all run on a

voluntary basis.

We were happy to get acquainted with Minister Hoffman (Health and Seniors ministries) when she visited our office this fall. We expressed a strong desire to work together to improve the quality of life for seniors. We asked two questions:

1. Without an independent or arms-length review or legislation, are seniors issues being handled in a fair manner?
2. How will you address the economic challenges of seniors who live just above the threshold for Alberta Seniors Benefit? (Costs they may be accruing include delisted procedures, incontinent supplies, medications, transportation to and from doctor and specialist appointments, home care or additional home supports, adaptations to their homes, etc.)

We anticipate a thoughtful discussion in answer to these questions in the future. We would also like to hear additional comments from our members.

We continue to be active participants in the development of Alberta Dementia Strategy. We stress the importance of age friendly communities in order to ensure **all older people, are valued**, included and cared for within their community. We connect with many senior serving agencies, organizations, businesses, local governments and individuals to encourage collaboration with the one aim; to address the needs of seniors and to ensure a high quality of life.

Enjoy the season!
Donna Durand

Information from Johnsons Inc.

Wide Angle View of Healthcare Innovation

The July 2015 report [Unleashing Innovation: Excellent Healthcare for Canada – Executive Summary](#) was dedicated to the memory of panelist, Dr. Cyril B. Frank (1949-2015), who had envisioned its purpose as “a wide angle view of healthcare innovation.” Dr. Frank’s multiple roles included Chief Executive Officer of Alberta Innovates - Health Solutions, Chief Medical Advisor to the Alberta Bone and Joint Health Institute, the McCaig Professor of Joint Injury and Arthritis Research at the University of Calgary, and a practising orthopedic surgeon.

<http://www.healthycanadians.gc.ca/publications/health-system-systeme-sante/summary-innovation-sommaire/index-eng.php>

Federal Health Minister, the Honourable Rona Ambrose, created the Advisory Panel on Healthcare Innovation. The study and consultation process was initiated in June 2014. Innovation has the potential for sustainable health spending and improved quality and accessibility of care. It requires federal support in terms of action, investment, collaboration and political resolve. The Panel recommended a new pan-Canadian Agency and a new Healthcare Innovation Fund after the election of October 2015. The mandate included identifying the top five areas of innovation in Canada and internationally:

1. patient engagement and empowerment
2. health system integration with workforce modernization
3. technological transformation via digital health and precision medicine
4. better value from procurement, reimbursement and regulation
5. industry as an economic driver and

innovation catalyst

Patient engagement and empowerment is supported by the Canadian Institute of Actuaries (CIA). For example, numerous studies have demonstrated the health and economic benefits of exercise. In their recent publication “Healthy living is a potential solution for a sustainable healthcare system”, the CIA “encourage[s] Canadians to dedicate 30 minutes a day to physical activity...” The Government needs to encourage these initiatives nationally to address the root causes of rising healthcare costs and to action informed and transparent governmental decision-making.

<http://www.cia-ica.ca/publications/publication-details/215021>

Integrating health systems requires the right tools, patient care and management. Canada can learn from challenges and innovative solutions in other countries. A recent webinar sponsored by the US Agency for Healthcare Research and Quality addressed the challenge “Rethinking Utilization Management to Bring Value to the Point of Care.” The challenge facing the US private insurance healthcare system is focussed on waste and abuse control and a costly, manual pre-authorization process. A more balanced approach would be to collaborate among payors and providers to seek performance improvement in utilization rates based on evidence. The US solution of more evidence-based decision making has universal application, adjusted for the context of each country.

<http://www.theglobeandmail.com/life/health-and-fitness/health/surgeon-innovator-cy-frank-wore-many-hats/article23513357/>



Important Notice Regarding Membership Fee Collection for 2016

Re: Alberta Council on Aging **Membership Fee Collection on Medoc Policies**

Dear Member,

Alberta Council on Aging values your membership and wants to make the process of signing up and renewing your membership annually, more Senior Friendly™.

We have received a lot of feedback regarding the process of signing up and renewing, such as: too many steps are required, and renewal announcements are often overlooked if people are traveling.

To make the renewal process more user friendly, Johnson Inc., our partner in providing insurance solutions, has agreed to provide administrative support for those members who belong to Alberta Council on Aging and also purchase the Medoc travel insurance product.

Effective January 1, 2016, your Alberta Council on Aging membership fee will be collected on a monthly basis by bank withdrawal by Johnson Inc., along with your MEDOC insurance premiums. Because Johnson bills monthly in advance, the first deduction for January will be on December 5, 2015. Please note that credit cards are not accepted.

Please contact our office if you have any questions or concerns related to this action. If you wish to make a charitable donation, Alberta Council on Aging will issue a receipt for tax purposes. Kindly note, membership fees do not qualify for tax receipts.

Yours truly,

Fred Olsen
President

Message from Honourable Sarah Hoffman Minister of Seniors

Over the past few months, I have had the opportunity to visit with seniors in residences and community centres throughout our province.

Seniors are never shy about voicing their opinions—that is one of the many things I like about seniors—and I have learned a lot. Long before Premier Notley appointed me as Seniors Minister last May, I was learning from the seniors in my life—family members, friends and colleagues. That is the best kind of life-long learning, if you ask me. These visits have given me a valuable insight into what seniors are thinking. What they worry about and the way they live their lives. I believe this time has helped me gain a deeper understanding of how our province is changing.

The demographic reality we call our aging society is very much in the headlines and increasingly on the minds of many. It is certainly something we at Alberta Seniors think about every day.

Alberta recently passed yet another demographic milestone, reaching a seniors population of 500,000. Within the next 15 years, we project almost one million seniors in our province - that will mean one in five Albertans will be a senior. Statistics Canada also reported recently that our country now contains more seniors than children - 16% of Canadians were 14 or younger as of July 1, while 16.1% were 65 or older.

As government, and as professionals who provide care and service to seniors and, indeed, as

individuals with aging parents or grandparents, we will all be affected by an aging society. It presents both challenges and, I believe, opportunities. I am sure that the Alberta Council on Aging is adjusting to this new reality. Many seniors are living longer and healthier lives. They are more active, working longer or volunteering in even greater numbers. It is one of my responsibilities as Seniors Minister to work with my department colleagues to ensure that we have in place the necessary supports, services and resources to meet the changing needs of seniors.

This is true for the Alberta Council on Aging and your mission to improve the quality of life for seniors and to encourage their participation in all aspects of community. The most important mission for all of us is that seniors will continue to be a vital part of our communities and our province, as parents and grandparents, mentors and friends, employees and employers, and in many other ways.

Thank you for all you do on behalf of Alberta's seniors. I value the Alberta Council on Aging for its advice and feedback and for all I you accomplish in Alberta communities. You do indeed make a positive difference.


Sarah Hoffman



Fiction

November's Face

By Moneca Wilson

Yesterday was a dreary and cold November day, with leaden skies and a nippy northwest breeze. That snapped me out of my lethargic comfort zone, induced by the long warm autumn and the golden Indian Summer days we have enjoyed. The arrival of November urges us to make last minute preparations for the coming new reality, the winter season.

I have little to do outside since I now live in an apartment. Mainly, I watch the seasonal transitions occur in the park across the street. I did put the deck chairs away, but I could not bring myself to uproot and throw out the only pot of petunias growing on my deck. Since my deck is now my only garden space, I have an exaggerated attachment to the plants. It was late spring when I finally got around to buying them – a flat of scraggy petunias found under the counter at the nursery and destined for the garbage.

The plants rewarded me all summer long, flourishing in the fresh soil in the big wooden tub – a wealth of colour, purple and red and pink, scenting the evening air and each morning flirting with the bees.

Now it is autumn and they are again scraggy with twisted stems and small blossoms reaching for the pale sun. I will leave the tub and its plants there, on the other side of the patio door, to be my “companion” all winter long.

My hands-on involvement with jobs that were special to the different seasons was not so minimal, or whimsical, years ago. The autumn months then were filled with monumental tasks centered around the harvest and preparations for the winter.

Starting in October, or even earlier, potatoes and vegetables were dug up and carried into our earth-floored cellar, dozens of jars of fruit and jams were stored in colourful rows, the hay was stacked behind the barn and the cattle brought home from the community pasture. But the most important and timely job was the grain harvest: cutting, stoking and threshing.

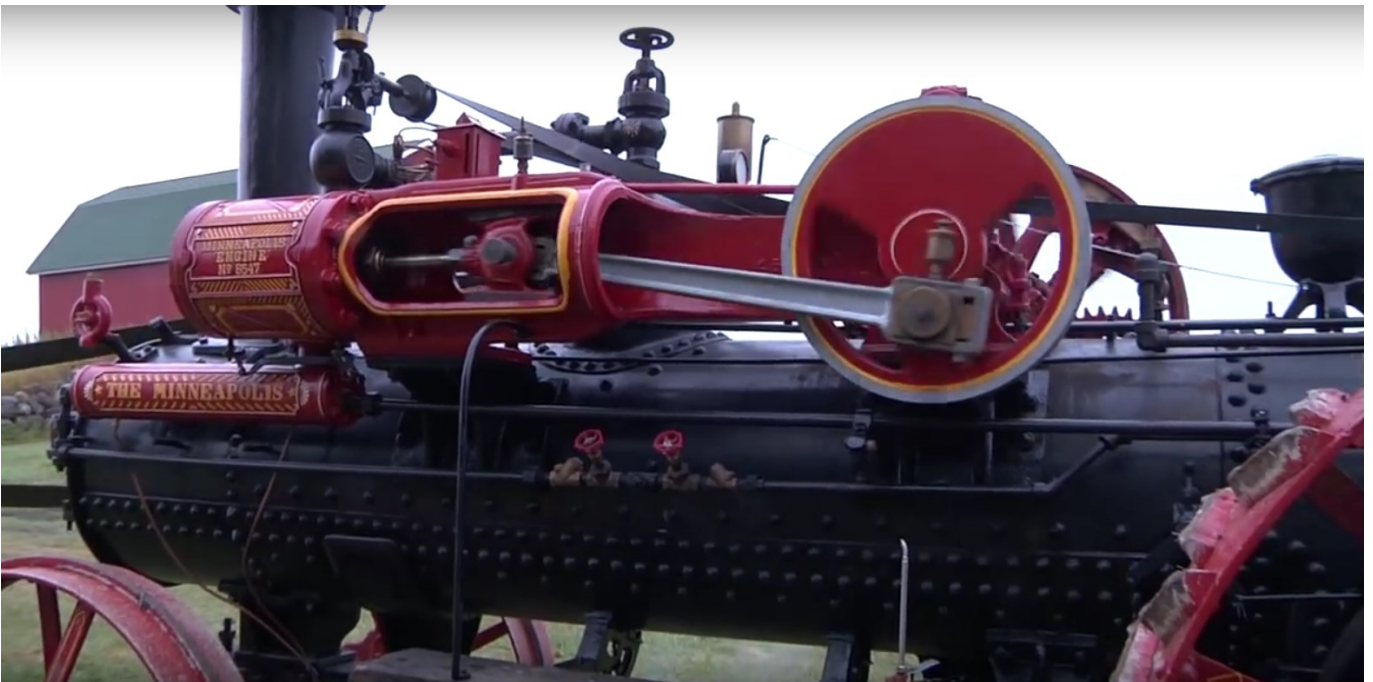
In those pre-combine days, everyone looked forward to the arrival of the threshers. When the threshing outfit trekked up our hill, it looked like a circus parade to the excited children. First came a battered truck, then a droning tractor, and old Case, pulling the “grande dame” of the procession, the mighty threshing machine. It was followed by six hayracks pulled by sturdy horses of different colours.

We children were told to stay out of the way, but we hung around the periphery of the feverish activity, absorbing the smells, the sounds and the excitement.

After the threshers moved on, all work seemed anti-climatic. But we finished with the garden, hung some marigolds and asters to dry for winter bouquets, confined the laying hens to their roomy coop, and Dad filled the coal bin to the top. The land was without colour. Under the low grey skies, the short days were dreary and cool. That was the face of November and it drove us indoors where life was easier and more restful, and we were glad for that.

It is that time of year again and the same dramatic shift is apparent, even in this urban landscape, though now my intimate contact with nature is limited to my relationship with the tub of petunias. Maybe next year I will expand the garden on my deck.

Reprinted from The City Slicker Chicken, and Other Tales



To see a wheat threshing machine powered by a steam engine in action please visit <http://www.youtube.com/watch?v=2ekJFOxUhy4>.

Don't judge each day by the harvest you reap but by the seeds you plant.

-Robert Louis Stevenson

Regional Reports

Region 4 (Edmonton and Area)

Region 4 was one of the sponsors of the Seniors' Housing Forum held at the Central Lions Centre in Edmonton on September 26. We also staffed an exhibitors table during the event. In excess of two hundred people visited our table. Of most interest to our visitors was our Senior Friendly™ Program with focus on Recognizing Fraud. About twenty people asked for information on how to get a Recognizing Fraud presentation set up for their group.

Early September I attended the Seniors Task Force meeting. Most of this session was taken up by discussions with two external groups. The first discussion was on a "Comprehensive Seniors Health Care Plan". A handout suggesting that progress would be more likely if many seniors groups were willing to support such a program. Action was delayed to a future meeting to allow each group to take the suggestion back to their group and return with feedback. The second discussion was on the need for a strategy for dealing with Indigenous Seniors Living off reserve. Again after some discussion, it was suggested each group carry this back to their own group before further work is done. The next meeting of this group will be in late October.

Respectfully submitted,

Gary Pool

Region 5 (Central Alberta)

Board members include Shirley Thomas, Margaret Day, Eileen Bantjes, Michael O'Hanlon, Jim Saltvold, Jane Grenier-Frank, Linda Shepherd,

Sandra Smyth and new members Delores Ast, Vernie Munroe and Connie Barnaby.

Special thanks go to retiring board members Doug Janssen, Sheila Stangier, Ann Snelgrove.

Region 5 held its first general meeting of the fall in September. Noel Somerville from Public Interest Alberta provided an update on the activities of the Seniors Task Force.

The Annual General Meeting (AGM) for Region 5 was held on October 6. Following the meeting, we co-hosted a federal election forum with the Golden Circle Senior Resource Centre in Red Deer, with over 150 in attendance.

As part of the Region 5 outreach initiative, we presented the Recognizing Fraud program for seniors at the Chateau Three Hills retirement home. In Sylvan Lake, we helped organize a seniors' day mini-conference, 'Where Do We Go From Here'. The conference focused on the importance of the caregiver, and provided information about resources, supports, and navigating the continuing care system.

We were invited by the Central Alberta Poverty Reduction Alliance (CAPRA) to participate on a committee dealing with transportation issues, one of the areas of concern identified by that organization.

Respectfully submitted,

Ron Rose

Alberta Council on Aging is looking for Directors for Region 2 (Northeast), and Region 3 (West Central). All interested applicants should contact the office at info@acaging.ca. We look forward to

Region 6 (Calgary Area)

In September, 2015 thirty people met at the Prairie Sky Cohousing community in Calgary to learn about this community model which is attempting to get a foothold in Alberta. The community aspect is very appealing to an aging population that often lives quite distant from the traditional extended family.

A quick walk through the complex at Prairie Sky might lead you to think that it is just another condominium development. But a closer look reveals the communal areas: raised vegetable garden, shared workshop and a meeting space which was deliberately designed to be the centre of Prairie Sky.

Because the point in cohousing is to create an intentional community, the number of units is limited to not more than 30 or 35.

Many of the participants at the September workshop are eager to take the next step. If you are interested in getting more information on cohousing in general or on the nascent Calgary initiative, contact Lynn Podgurny at lynnp@kerbycentre.com or 403.705.3226

Respectfully submitted,

Lynn Podgurny

Region 7 (Southwest)

I attended the Transportation Toolkit Workshop put on by MARD. I have opened the door for having more interaction to help seniors in region 7.

Respectfully submitted,

Susan Girdwood

Region 8 (Southeast)

I had a meeting with Varley Weisman who is the City's Seniors Affairs Coordinator. I will be attending future meetings of the Senior Advisory Committee and will develop the link.

Respectfully submitted,

Paul Howe

Region 9 (East Central)

I attended the Board of Directors meeting and program retreat in September.

I have had discussions with members in Vegreville about the availability of another Handy-Van service for people who need age friendly transportation.

I am on a committee planning the "Senior Health & Wellness" event to take place on November 4, at the Senior Citizen Sunshine Club in Vegreville. One of the topics will be to inform the public of the different levels of care/services available at various health and housing facilities in the area. There will be a presentation by Alberta Health Services on the rising number of seniors being affected by sexually transmitted infections.

There will be two different presentations on intergenerational programming. For more information about this event call 780.632.7920.

I am looking forward to travelling the region and getting to know our seniors.

Respectfully submitted,

Dwayne Hlady

Wood Buffalo Transit Services and Seniors Services Network Strive to Be Age Friendly the Senior Friendly™ Way

- Transit lead Timothy will train 93+ drivers
- Seniors Services Network committee member Luanna will train her network



Kevin McKinnon, Robert Kirby, Luanna Bussieres (of Seniors Services Network), Timothy Larson, happy to serve seniors.

Buy-in from management is key.



Vic Penner, a Senior Friendly™ employee.

“How may I help you?”



Tony O'Doherty joins the group as they demonstrate the Smart Bus.

Be proud of how you help others.



Trainees are finding adaptations to their vision and mobility very challenging.

“Walk a mile in my shoes.”

Announcing Alberta Seniors Communities & Housing Association Resource

The Alberta Seniors Communities & Housing Association (ASCHA) is proud to unveil their revamped [Online Alberta Seniors Housing Directory](#). Geared specifically towards seniors and their families, the directory will soon list virtually every seniors housing building in Alberta. The full spectrum of seniors housing is encompassed, from independent to supportive living.

This makes it relevant to seniors who are simply looking to downsize from a home to an apartment, as well as seniors who need a few supports and services to live their lives to the fullest. Housing providers are encouraged to update their listings regularly, ensuring that all of the information on the website is accurate and up-to-date.

Whether the user is looking for housing for themselves or for a loved one, the Online Alberta Seniors Housing Directory is THE source for information on seniors housing options - and it is free to use!

For more information please contact the ASCHA at (780) 439-6473.



Searching for seniors housing options?

The Alberta Seniors Housing Directory is your open door to independent and supportive living options in your community. Interactive and easy to use, this online resource allows you to search for the amenities, lifestyle supports and services that are right for you.

Find your new home today!

www.housingdirectory.ascha.com



Supported by:



Member Submissions

Don't Quit

Inspirational poem, anonymous author.
Submitted by Art Myers of Lindsay, Ontario

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest, if you must, but don't you quit.

Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about,
When he might have won had he stuck it out;
Don't give up though the pace seems slow—
You may succeed with another blow.

Often the goal is nearer than,
It seems to a faint and faltering man,
Often the struggler has given up,
When he might have captured the victor's cup,
And he learned too late when the night slipped
down,
How close he was to the golden crown.

Success is failure turned inside out—
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far,
So stick to the fight when you're hardest hit—
It's when things seem worst that you must not
quit.

Celebrate

Recently we had a lovely lady who sought to join Alberta Council on Aging. When on our webpage, instead of signing up, she mistakenly donated to ACA instead. This was caught by both Johnson Inc. and us. Although her payment was a donation, we were willing to count it as a membership. Instead, she chose to sign up over the phone for two years so she wouldn't have to remember to renew her membership for 2016.

We are thrilled to have you with us.
-Laureen



Crowsnest Mountain and Three Sisters Mountain by Larry Quintilio



Fall in my rain barrel

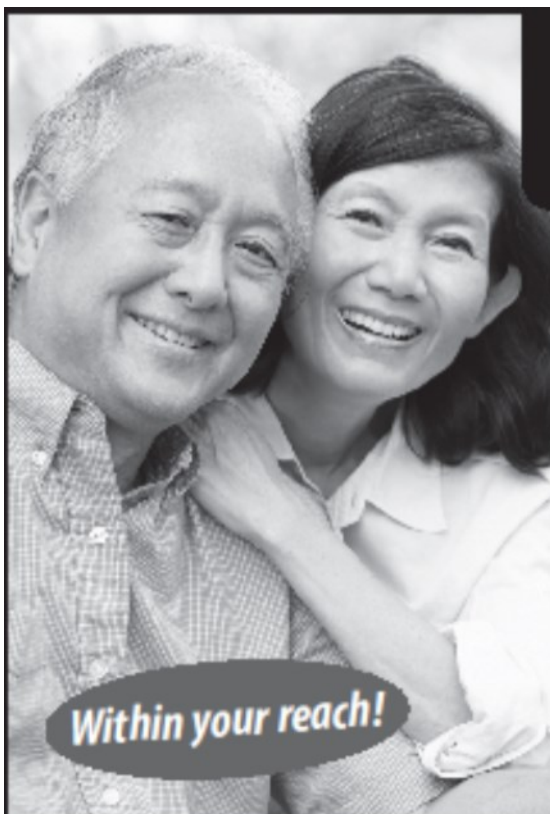
He brings a surge to the heart and a tear to the eye.
 That beautiful bird that's a blue as the sky.
 He arrives in the Spring and he stays till the Fall.
 Then he again heads to the South, to heed Natures call.

- M. Mackay

Remember to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and wrong.

Sometime in your life, you will have been all of these.

-Lloyd Shearer



Within your reach!

Affordable coverage for Albertans ages 65+

If you're an Albertan age 65 or older, consider the benefits of a Seniors Plus plan from Alberta Blue Cross. Our plans top up government-sponsored coverage, giving you practical benefits—without a medical review.

Call us today for a free information package!

403-294-4032 Calgary

780-498-8008 Edmonton

1-800-394-1965 toll free



dental care | vision care | podiatrist | chiropractor | preferred hospital accommodation | accidental death benefit

Outreach

Fort McMurray



Radway

Edson



Exploring Transportation Services for Seniors in Rural and Urban Alberta

Over the next 30 years, the percent of seniors will reach 20% in many rural and urban communities in Alberta. This increase in the percentage of seniors in our communities has led to an increase in the need for transportation services for seniors. Although many communities in Alberta have felt the need for an alternate transportation for seniors (ATS) service, there is a lack of 'easily accessible' and targeted information on implementation of these types of transportation services.

To help communities in both rural and urban Alberta address this transportation need, researchers in the University of Alberta have developed a *Transportation Toolkit* that can be used by communities to implement ATS services. This *Transportation Toolkit* contains valuable information that communities can use to develop ATS services in their community. For example, there is information on:



- Getting Started
- Developing and Implementing a Project Plan
- Conducting a Community Transportation Needs Assessment
- Launching Your Transportation Service
- Receiving Feedback & Evaluating Your Transportation Service
- Building a Sustainable Transportation Service

The Toolkit is available at no charge. Over the next two months, the researchers will be holding free half day workshops in many communities in rural and urban Alberta. The workshops are for individuals, local government representatives, voluntary organizations, and seniors' organizations interested in learning more about how to start or improve transportation options for seniors in their community. The goal is to provide attendees with the information they would need to start an ATS service in their communities.

To register for one of the Workshops, please email mard@ualberta.ca or call 1.780.492.5892. Registration is limited to 30 and is on a 'first come, first serve' basis.

Grande Prairie	Tuesday, November 10, 2015 (9:00 AM – 1:00 PM)
Calgary	Thursday, November 19, 2015 (1:00 PM – 5:00 PM)
Red Deer	Friday, November 20, 2015 (9:00 AM – 1:00 PM)
Edmonton	Friday, November 27, 2015 (1:00 PM – 5:00 PM)
Cold Lake	Tuesday, December 1, 2015 (9:00 AM – 1:00 PM)

Food for Thought

By Donna Durand

Dr. Donna Wilson recently forwarded our office a list of the provinces seven officers and what they do.

Auditor General of Alberta: The independent auditor of every Government of Alberta ministry, department, regulated fund and agency; auditing their financial statements and the systems they use to meet their duties. **Child and Youth Advocate:** The Office of the Child and Youth Advocate (OCYA) is an independent office, mandated to work with vulnerable young people. **Chief Electoral Officer:** Elections Alberta is responsible for administering provincial elections, by-elections, referenda and Senate Nominee elections. **Ethics Commissioner:** The Ethics Commissioner performs a variety of roles under the province's Conflicts of Interest Act. **Information and Privacy Commissioner:** The Office of the Information and Privacy Commissioner is the regulatory body for the **Freedom of Information and Protection of Privacy Act**, the **Health Information Act** and the **Personal Information Protection Act**. **Ombudsman:** The Ombudsman protects the right to be treated fairly in the provision of public services, by promoting standards of fairness and has the authority to make recommendations if an investigation reveals unfairness. **Public Interest Commissioner:** The Public Interest Commissioner ensures employees who voice concerns of wrongdoing are protected.

We noted the Alberta Health Advocate was not on this list. This led us to review the Health Act of January 2014 (<http://www.health.alberta.ca/initiatives/Health-Act-Alberta.html>). Also in

January 2014, the Alberta Health Advocate, and Alberta Health Charter were announced.

The Auditor General of Alberta called for a review of long-term care yet stated his office would not conduct such an audit.

Who then does?

In meeting the Ombudsman we learned his office has no jurisdiction over Alberta Health Services.

Who then has the final authority?

The Alberta Health Charter states the public has the right to their own information, yet the Information and Privacy Commissioner can apply three different acts that greatly restrict access to important information.

Which of these seven officers and acts we have mentioned apply to the reduction and prevention of elder abuse? Which of these officers roles and responsibilities will respond to the need for conflict resolution for those utilizing the health system?

Call for Action

Use the Alberta Health Charter document as a tool to evaluate your own experience. Add your comments and please forward your response to the Alberta Council on Aging office. We will prepare a report for the next issue of ACA News as well as share our findings with Minister Hoffman.

Alberta Health Charter

When I interact with the health system, I expect that I will:

- ☐ Have my health status, social and economic circumstances, and personal beliefs and values acknowledged
- ☐ Be treated with respect and dignity
- ☐ Have access to team-based primary care services
- ☐ Have the confidentiality and privacy of my health information respected
- ☐ Be informed in ways that I understand so that I may make informed decisions about my health, health care and treatment
- ☐ Be able to participate fully in my health and health care
- ☐ Be supported through my care journey and helped to find and access the health services and care that I require
- ☐ Receive information on the health system and education about healthy living and wellness
- ☐ Have timely and reasonable access to safe, high quality health services and care
- ☐ Have timely and reasonable access to my personal health information
- ☐ Have the opportunity to raise concerns and receive a timely response to my concerns, without fear of retribution or an impact on my health services and care

Taking my circumstances into account and to the best of my abilities, when I interact with the health system, I understand that I will be asked to:

- ☐ Respect the rights of other patients and health providers
- ☐ Ask questions and work with providers to understand the information I am being provided
- ☐ Demonstrate that I, or my guardian and/or caregivers, understand the care plan we have developed together and that steps are being taken to follow the plan
- ☐ Treat health services as a valuable public resource
- ☐ Learn how to better access health services
- ☐ Make healthy choices in my life

As I work to be a healthy citizen within Alberta, I expect that:

- ☐ When economic, fiscal and social policies are being developed by the Alberta government, the impact of those policies on public health, wellness and prevention will be considered and steps taken to ensure that public policy is healthy policy

Contact the Alberta Health Advocate P: 780-422-1812 Toll Free: 310-0000

Cooking for One or Two: Creative Use of Leftovers

Planning for leftovers can make meal preparation easier, reduce food waste, and form the basis of many economical, time saving meals.

Leftovers can spoil quickly, so take care to preserve nutrients and keep the food safe to eat. Immediately place leftovers in covered containers in the refrigerator and use within two to three days. Leftovers can also be frozen and used within two to three months. Be sure to label and date all packages, and use the oldest ones first.

Simply Soup

This soup is so easy to make you almost don't need a recipe. Look in your pantry and refrigerator and see what you have. Create your own favourite!

- 16 ounce can of whole tomatoes with juice
- 3/4 to 1 cup of cooked rice, pasta, beans, peas or lentils (use leftovers)
- 1 cup of chopped fresh, canned, frozen or leftover vegetables e.g. cabbage, spinach, peas, carrots, corn, onions, potatoes, squash
- Leftover meat or poultry (optional)
- Favourite herbs, such as parsley, garlic, oregano, basil
- Black pepper to taste



Put tomatoes and cooked rice/pasta or beans in a large pot. Bring the soup to a boil and then reduce to a simmer. Break up tomatoes, add the other ingredients and simmer 30 minutes. Add watery vegetables such as spinach or zucchini last, since they cook very quickly. Enjoy with whole wheat bread, or bun, milk and fruit.

Reprinted from To Your Health! Adventure of the Solo Diner.

Website <http://www.mdch.state.mi.us/mass/Health/Issue2.html>

For more tips, ask for a copy of Senior Friendly™ Ideas for Healthy Eating

Thank You for Your Donations!



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Many thanks to Donna Chamberland, who was Director for Region 2 (Northeast) from 2013-2015, now retired.



Minister Sarah Hoffman, Dwayne Hlady,
 and MLA Jessica Littlewood

Congratulations to Dwayne Hlady, Region 9 Director, on receiving the Minister's Seniors Service Award for his noteworthy volunteerism with seniors in the Vegreville area!

Membership Renewal Notice

Memberships expire annually on December 31st. If you are receiving Johnson Inc. MEDOC Insurance your membership fees will be collected through Johnson Inc. on a monthly basis as of December 5, 2015 (unless you have already renewed for 2016). Members who are not receiving MEDOC insurance will need to continue renewing their memberships with Alberta Council on Aging. For more information, please see page 6.



~ Giving an annual membership or making a charitable donation to Alberta Council on Aging makes a great gift! ~



Alberta Council on Aging Membership Form

Membership Type

<input type="checkbox"/> Household (\$22)	<input type="checkbox"/> Life (\$250/person)
<input type="checkbox"/> Organizational (\$60)	<input type="checkbox"/> Corporate (\$200)

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You can also renew your membership online at www.acaging.ca
or by phoning us at 1.888.423.9666

What has Alberta Council on Aging been Doing ?

- Board of Directors fall meeting including a program retreat day
- Continue participation in province wide dementia strategy through representation on advisory committees
- Attendance as community stakeholder for mental health review
- Outreach to Edson to present on the work of the council and Senior Friendly™ Program- United Church, Parkland Seniors Lodge and long term care center. Informal meeting with grassroots seniors advocates Linda and Ron Jonson and Muriel and Ron Whyte from Hinton
- Sent out Recognizing Fraud booklet and newsletter to all MLA'S
- Presentation on Recognizing Fraud at Radway Seniors Center
- Meeting with Minister Hoffman (as MLA for our area)
- Apply for S.C.i.P (Serving Community Interns Program) positions
- Outreach to Regional Municipality of Wood Buffalo
- Train the trainers for Senior Friendly™ Program
- Present on Recognizing Fraud and Let's Talk Dementia for LACAA (Lodge Activity Coordinators Alberta Association) Northern Conference
- Work with Johnson Inc. to streamline membership renewal process
- Submission to Toronto Council on Aging newsletter
- Teleconference with new ENACTUS (SAIT) team



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