



Alberta Heralds International Day of Older Persons

Alberta Council on Aging

Working to improve the quality of life for seniors

Canadian Publication Mail Product Agreement No. 40028759

Return Undeliverable Canadian addresses to:

PO Box 62099, Edmonton, AB T5M 4B5

[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.

On the Cover

Declaration!

From left to right:

Honourable Lori Sigurdson, MLA, Minister of Seniors and Housing, Robert Reynolds, QC, Clerk of the Legislative Assembly of Alberta Donna Durand, Executive Director Alberta Council on Aging, and Mark Smith, MLA, on behalf of the Interim Leader of the Official Opposition at the Legislative Assembly of Alberta on September 29, 2017

more on page 10

Photo © Legislative Assembly of Alberta



Seniors making a difference:

Lucien Royer and Judith Basisty of Global Foundation for Sustainability
more on page 6

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.

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Region 2 (Northeast):	Theresa MacNamara, Communications
Region 4 (Edmonton area):	Gary Pool and Gail Hiller
Region 5 (Central Alberta):	Ron Rose
Region 6 (Calgary area):	Frank Hoebarth
Region 9 (East Central):	Dwayne Hlady

Staff

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Community Outreach Coordinator:	Laureen Guldbrandsen

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Farewell...



Fred Olsen, Past President

... to **Fred Olsen**, who this summer stepped down as president. Fred is thanked for the guidance and support he showed through his leadership as president and as the former region 9 director.

... to two Board Members

Charlene Sitar, Director Region 3, and Paul Boisvert, Regional Director and President of Region 2, have resigned for personal reasons.

The efforts of these three dedicated directors has helped advance Alberta Council on Aging in its mission: locally and provincially.

Welcome



Welcome Ron Rose as Acting President

Ron has been active with ACA Region 5, Central Alberta, for the last 7 years. He served on the home care and outreach committees, then as vice-president and president of the region's executive.

He has been the Region 5 representative to the ACA board since 2014.

Ron is a retired pharmacist who graduated from the University of Saskatchewan. He has forty years of experience in hospital, long term care and corrections as well as some part-time community pharmacy. He is married, with two children and two grandchildren and two grand-dogs!

Ron is active in the Red Deer K40 club (retired Kinsmen), with interests in computers, curling, golf, the Toronto Blue Jays and the Saskatchewan Roughriders. Other interests: classical guitar

He has served as a director and past president of his condo board.

Executive Director's Report

At the end of September, McMaster Optimal Aging Portal opened with:

"October 1st is International Day of Older Persons. The World Health Organization describes this day as an opportunity to highlight the important contributions that older people make to society and raise awareness of the joys and challenges of aging in today's world.

"The World Report on Ageing and Health found that while we are living longer, there is little evidence to suggest that these extra years are spent in good health."

Life extension is one thing, and based on research, a high quality of life in the later phase of life cannot be assumed. Fifty years ago, Alberta Council on Aging formed, in anticipation of an age wave, with a strong emphasis on public policy, medicare, pharmacare, home care and long term care. In addition, accessible and affordable housing and transportation was determined to be key to well being. The Council's Senior Friendly™ Program was developed well before age friendly initiatives were announced.

We still have a long way to go in terms of creating age friendly communities where it will be easy for older people to remain healthy and active as they advance in age. If and when older people become frail and less able to participate, there will still be opportunity to have a meaningful and purposeful life.

Barriers need to be identified and addressed to enable older people to remain engaged in their communities whether that be the family home, apartment, a lodge or care centre. Research supports the concept that senior friendly/age friendly communities make things easier for all of society.

Stepping into the Future: Tapping the Talents, Contributions and Participation of Older Persons in Society

The theme of the 2017 International Day of Older Persons is about enabling and expanding the contributions of older people in their families, communities and societies at large. It focuses on the pathways that support full and effective participation in old age, in accordance with old persons' basic rights, needs and preferences. - United Nations

We congratulate the many towns and cities in Alberta and Canada, that are working on age friendly initiatives. We continue to train Senior Friendly™ trainers as well as share out resources developed under the Senior Friendly™ Program. As Alberta Council on Aging enters its next half century we continue to advocate on the value, worth and dignity of older persons.

We continue to deliver the message in partnership with others: older people are aware, educated, empowered and supported.

Here's to the next fifty years!

Respectfully yours,
Donna Durand

What has Alberta Council on Aging Been Up To?

Global Foundation for Sustainability Tour

On August 11 Donna Durand and Laureen Guldbrandsen went on a tour of the Global Foundation for Sustainability. The foundation is run by Lucien Royer and Judith Basisty, two seniors who are working to create a better future for our planet. They are doing this by creating an island of trees in Alberta which helps to improve the oxygen levels.

One of the objectives of the foundation is to promote sustainable development and, in particular, the integration of the social dimension with environmental and economic planning. Part of the way they achieve this goal is through the purchase and planting of seedlings. In fact, many of the volunteers who plant trees and help maintain the seedlings are older persons.

The foundation is situated on 20-acres (8 hectare) at the heart of the Beaver Hills' Wetlands in Alberta, Canada - encompassing over 1,500 km² and connecting to the Miquelon Lake Wildlands, Miquelon Lake Provincial Park, Ministik Lake Game Bird Sanctuary, and Elk Island National Park. The Foundation is home to a wide variety of wildlife, including a number of endangered species.

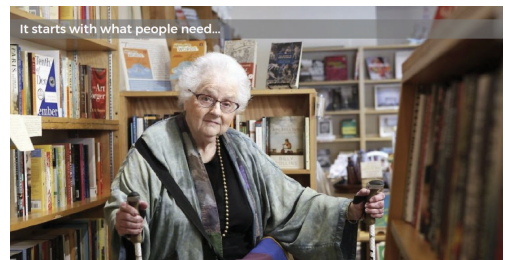
If you are interested in learning more about the foundation or in having a tree planted in your name please contact the Global Foundation at GF@gfoundation.ca

Aging 2.0: Improving Experiences for Older People Through Technology and Innovation

Laureen Guldbrandsen attended this webinar put on by World Health Organization on August 8. The aim of the webinar, presented by Stephen Johnston of Aging2.0, was to discuss the development and application of technology and innovation in age-friendly environments.

It comes as no surprise that aging is happening ten times quicker than 100 years ago. As technology advances it is exciting to see how that technology can improve functionality and enhance age-friendly environments.

It starts with what people need and in collaborating with people who the technology is intended for. What this means for individuals is having a Chief Elder Officer (CEO), someone who is involved and is included in the entire design process--from discussing what an individual needs, how that need can be met, and testing the product to ensure that it meets those needs.



"Don't design for me. Design with me." - June Fisher CEO at Aging2.0

Canadian Cultural Mosaic Project on Inclusive Language

The Canadian Cultural Mosaic Foundation is a national non-profit organization that works to create cultural understanding and mitigate racism. This collaborative project is about inclusive language and works to create a glossary of commonly used words and phrases that are not inclusive. The glossary provides the word, the meaning/history behind it, and gives alternatives.

There are many ageist expressions used within multiple systems from health care to insurance: older persons are referred to as a grey tsunami, bedblockers, while people needing extended care are called beds not persons etc. Alberta Council on Aging tackled many ageist words and expressions in this glossary in the effort to stop ageist language from normalizing in society.

As a result of working with the Canadian Cultural Mosaic Foundation, we will be basing a program on the combined work and are planning on continuing to work together to support the mitigation of racism and the many other “isms” that hurt society and stunt the growth and wellbeing of all citizens.

Alberta Human Rights Act Age Amendment

The general public was asked to provide their input into the Alberta Human Rights Act (the Act) regarding age discrimination. Alberta Council on Aging met with representatives of the Alberta Justice and Solicitor General on August 29.

The council and individual members took part in attending discussions or submitting feedback to government regarding the amendment to the Human Rights Act, to include “age”. The majority of feedback we received, specific to housing, was that people who live in 55+ buildings prefer to keep that in place and want this to be noted in the act. The council shared that rather than there being a mandatory medical at 75 for driving, that all drivers need to be medically fit to

drive. Our members’ responses to the questions is that seniors be categorized as 65+, existing programs specific to seniors be kept in place, that condominiums housing individuals 55+ be status quo.

On January 6, 2017, the Government of Alberta agreed to a Court Order initiated by Ruth Adria of the Elder Advocates Society of Alberta, making this change. As of January 6, 2018, age will be added as a prohibited ground of discrimination in sections 4 and 5 of The Act. The delay between the date of the Order and the date of implementation is to allow time to ensure that including age in these sections will not have any unintended consequences for other legislation, government programs, and the general public.

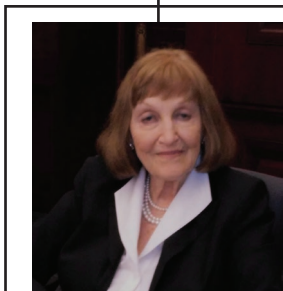
Generally, the Act protects against discrimination in various specified areas. Section 4 of the Act protects against discrimination when any goods, services, accommodation or facilities normally available to the public are provided. Section 5 prohibits discrimination regarding tenancy.

The Act prohibits discrimination on specified grounds, such as race, religious beliefs, colour, gender, and so on. Age is currently a prohibited ground of discrimination in areas other than sections 4 and 5.

Age is defined in the Act to mean “18 years of age or older”. Given this, adding age to sections 4 and 5 of the Act will not, for example, require bars to admit minors, or young children to be given drivers licences.

Finally, section 11 of the Act provides a defence to conduct that would otherwise violate the Act, provided that the conduct in question is shown to be reasonable and justifiable in the circumstances.

Adria and her group asked the question “Did you know seniors are not protected under the Alberta Human Rights Legislation?”



Ruth Adria

[To and From Our Members]

Dear ACA News,

Thanks to all you Dear Volunteers, that keeps things rolling. We do appreciate you folks for your time. Enclosed is \$100.00 to help celebrate 50 years of service.

God Bless,

Dorothy Stuart

PS I turned 90 years old in July so you can see I appreciate you Dear Folks and the work you do for us.



Q. Where can I get more copies of the Recognizing Fraud Booklet?

A. Our Recognizing Fraud booklet, as well as many other resources and tools, is available on our webpage. The toolkit contains copies of the booklets and you are welcome to print off copies.



A caller was inquiring about programs for seniors in Alberta. He does not use internet and is concerned about having a plan for the future. We referred him to the Seniors Advocate regarding programs. Alberta Council on Aging mailed out a copy of our Pre and Post Retirement booklet.



One member was receiving phone calls from a number that showed up on her phone as RHS and was concerned she was unable to reach this company. They wouldn't leave a message. We did some research on our end and suggested that she ignore the calls. She let us know that she felt reassured.

Did You Know?

Ours is a paperless office. If we have an email on file we would like to use it to send you your membership card and receipt. If you would prefer a hardcopy in the mail, please let us know.

This is a sample letter and membership card.

Alberta Council on Aging
An Independent Non-Profit Charitable Organization Since 1967



Dear Joe Smith,

Thank you for your membership with Alberta Council on Aging. For 50 years, Alberta Council on Aging has advised local to federal governments and the general public about matters relating to full and equal participation of older persons.

Alberta Council on Aging engages the seniors' community by communicating their ideas, opinions and concerns to government and the broader community. Together we work toward solutions.

Alberta Council on Aging develops programs and publications aligned with age friendly initiatives with the aim to eliminate ageism and promote inclusiveness of older persons.

Your membership with Alberta Council on Aging helps support programs and publications such as:

- Quarterly Newsletter
- Meetings and forums with members
- Senior Friendly™ Program
- Community Outreach Program
 - Recognizing Elder Abuse
 - Navigating for Services
 - Living Stronger Longer
 - Let's Talk Dementia
 - Pharmacy Tips
 - Recognizing Fraud
 - Pre and Post Retirement Planning

Please visit our website www.acaging.ca and click on Events Calendar or contact the office at 1.888.423.9666 to learn about events happening in your area.

Sincerely,

Ron Rose, Acting President
Alberta Council on Aging

Alberta Council on Aging
An Independent Non-Profit Charitable Organization Since 1967
p. 1.888.423.9666 www.acaging.ca
Joe Smith
Membership #: P999999
Expires December 31, 2017

working to improve the quality of life for seniors

Fake Facts and Finding the Truth



Okay folks, we admit that research should be done before we place an article in the newsletter!

We previously published a submission about the wolf pack and how the pack is led by the elders who set the pace, and are followed by the alpha at the end of the line. After doing some research, however, it turns out that this information was incorrect!

We fact checked this widely shared image through [Snopes.com](http://www.snopes.com) and the final result is that this photograph is “real” in the sense that it shows a pack of wolves in Wood Buffalo National Park, but the pack is not being led by the three oldest members and trailed by an “alpha” wolf. Instead, one of the stronger animals leads the group in order to create a path through the snow for them.

This has been a reminder to us to always double check our facts before sharing them.

If you would like to fact check the information you find online Snopes is an excellent resource.

Snopes was founded in 1994 in order to research urban legends and has since grown into the oldest and largest fact-checking site on the Internet.

For more information about the wolf pack behaviour you can read the whole article online here <http://www.snopes.com/wolf-pack-photo/>

- Editor

Alberta Heralds International Day of Older Persons

On September 29 at the Legislative Assembly of Alberta Lori Sigurdson, Minister of Seniors and Housing, declared October 1 International Day of Older Persons. International Day of Older Persons was established by the United Nations in 1990 and has been celebrated in Canada as National Seniors Day since 2010.

Many thanks to Lucien Royer and Judy Lederer of the Congress of Union Retirees of Canada for behind-the-scenes efforts in making this day possible.

Alberta Seniors and Housing

“This is the first time in Alberta’s history that International Day of Older Persons has been declared. Seniors built this province and stitched together our cultural and social fabric. They continue to make important contributions daily. We are grateful for their significant contributions and are looking forward to honouring them with their special day.”

Honorable Lori Sigurdson

Alberta Council on Aging

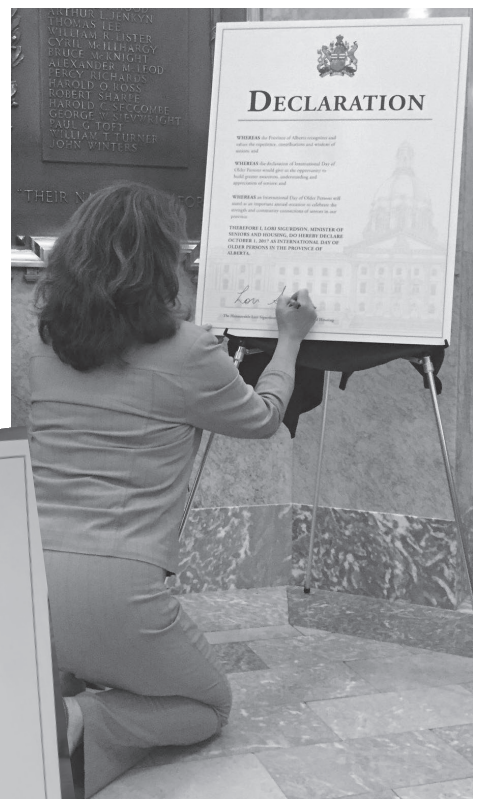
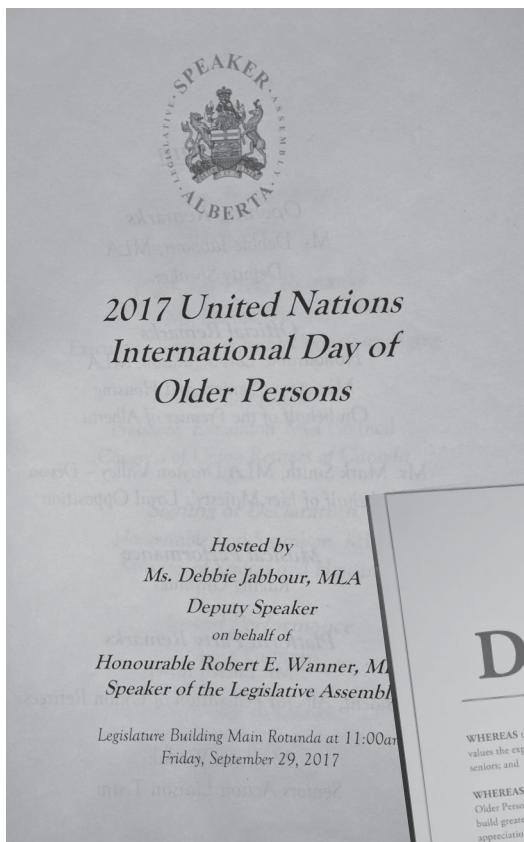
Today, we come together to recognize and celebrate older persons, here and world wide, for their roles and contributions- past, present and future.

The council believes to create age friendly environments and communities is to promote healthy aging. We look at the various domains, and principles that affect all of humanity. We must have government policy and grassroots strategies that interlock to support the fundamentals to well being and longevity:

clean air, water and food, access to comprehensive health care including rehabilitation and medications, housing, transportation, social programs and income source. Collectively we acknowledge many barriers, once removed, immediately enhance inclusiveness and quality of life for older persons.

We must commit to examining the inequities that are so harmful to older persons. We must approach elder abuse head on by combatting existing ageisms and myths about older persons.

Above all else, we stay the course in promoting and demonstrating the value, dignity and worth of older persons. In so doing, we deepen our commitment to the social contract where no one is forgotten and purposeful living throughout the entire life cycle is realized.



Lori Sigurdson, Minister of Seniors and Housing, signing the declaration making October 1, **International Day of Older Persons in Alberta**



Lucien Royer, Judy Lederer, John Wodak, Minister Lori Sigurdson, and Donna Durand holding the signed declaration following the speeches



The Raging Grannies performing one of their songs, inside the Legislature!

A Tribute to Mina Pool

by Gary Pool

Mina Gladys Pool (my aunt) who died at the age of 96 in 2016 was an amazing woman. She was a nurse, a public health nurse, a deaconess, a minister in the United Church and a long-standing member of Alberta Council on Aging.

Most of her nursing and services in the United Church were in rural and northern Alberta.

She became an ordained United Church Minister at a time when woman ministers were not common and woman ministers in rural presbyteries were even less common.

In 1991 she received an Honorary Doctor of Divinity from St. Stephens College (Edmonton). In the presentation of this award, the following story (typical of Mina) was told.

At her final interview, before being accepted as a candidate for the ministry, a rather sceptical interrogator asked her if she knew how to change

a tire. He was likely anticipating that, as a woman, she might prove rather helpless when faced with the rigors of a rural charge, particularly the prospect of changing a flat tire.

Mina replied, "Well, as a matter of fact, I changed 47 in the course of 3 years." As I understand it, the committee had no more questions.

Mina remained active in the United Church long after her retirement and was called on many times for help in various areas. In addition to her church work, she also provided support of both family and friends in times of crises such as a death or a sickness in the family.

Editors note: Mina Pool was a long time member of Alberta Council on Aging. Her family made a donation in her memory, creating a Mina Pool Legacy.

"Serve seniors to a greater extent as life is becoming harder for seniors. I expect you will go toe to toe with the government as advisors on housing, health care, and social opportunities."

- Mina Pool on being asked what Alberta Council on Aging can do for you





Two Weeks That Autumn

Two weeks that autumn
something magical in the trees
did not suspect it
did not expect it
gazing idly
through a bus window
trees stark and bare
suddenly vibrantly alive
intricate patterns
lacy silhouettes against the sky
mesmerized me.

For two weeks
I could not look away,
wanted to drop down
on one knee before them
in the dried grass
to honor their delicate beauty.

Then, just as suddenly,
I and they were ordinary again.
I still see the trees
their stately silence
a living reminder
of the extraordinariness
of ordinary things.

© Mary Campbell

Mary Cambell is an Edmonton poet, member of the Stroll of Poets, and volunteer with Alberta Council on Aging. Her poems have appeared in several anthologies and on the Poetry Walk at the University of Alberta Hospital.

A Hallowe'en Tale

by Moneca Wilson

In October, the daylight hours dwindle as do the remaining days of the year. There isn't much to celebrate now. That is why we make the most of hallowe'en at the end of the month. The children, especially, relish that day for the fun in dressing up in outlandish costumes and having parental permission to demand candy from strangers, and for the possibility of an encounter or two with some scary mystery.

One year, my brother Larry and I had a Halloween we have never forgotten. That year mom took us to the nearest town, fifteen miles away, where our grandparents lived, so that we could experience the "dressup trick-or-treat" aspect of halloween.

We left our farm in late afternoon, traveling by horse and buggy. Larry and I, age 9 and 11, urged speed, but mom moved us along at a rate which she thought comfortable for the horse which, never the less, brought us to town in good time. Larry was dressed as a hobo, a costume not difficult to fashion in those post-depression days, and I considered myself a gypsy, garbed in mom's old dress, beads and bangles, and my face dabbed with rouge and lipstick. We were each equipped with a medium sized sugar sack in anticipation of a successful evening.

At dusk, we left grandmother's place and went up and down the street to each house, with cries of "Trick-or-Treat" tentatively at first, though the pronouncements grew louder and bolder as the evening went on. The town was small—500 souls. The streets that night were full of children running around, unchaperoned, in search of goodies and fun.

By the time the cover of darkness, punctured by a few street lights, settled upon the town, Larry and I had reached the outskirts where the houses eased into the bush and treed landscape. We hollered our demands at each door on that last street, right down to the end house.

It was an unpainted half storey structure set back from the road with much of the yard reclaimed by encroaching bushes. In the faint light from a distant streetlight, we eagerly ran up the weed-strewn cinder pathway to the tilting porch.



“Trick-or-Treat,” we yelled. “Hallowe’en apples! Hallowe’en apples!” we sang.

Quite suddenly, an old, gray-haired lady, stood in the doorway smiling down at us. Her hair was gathered in a loose knot on the top of her head and she wore a long black dress with a shawl over her stooped shoulders. The room behind her was lit with soft dim light from a kerosene lamp. I saw a rocking chair with a red and green afghan thrown across the back. Without speaking, the lady put a popcorn ball into each of our proffered sugar sacks. A cat came from the room and rubbed against the lady’s skirt. I had never seen such a strange coloured cat before—it was spotted in orange and black, brown and white.

The lady reached to the side and then put a handful of Hallowe’en candy kisses into Larry’s sack and then another handful into mine. She was more generous than anyone else had been. We thanked her and ran off with our loot.

Back at grandmother’s house, mom examined the contents of our sack and asked where we got the popcorn ball. They were an unusual treat. I told her from the house next to the Jensen’s.

“You mean the old story and a half place with the cinder sidewalk?” grandmother asked.

I nodded.

“Can’t be” she said, “you kids must be dreaming. Old Mrs. Delly lived there and she died five years ago. The place has been vacant ever since.”

“She was a strange one,” grandmother went on. “She had nothing to do with anybody. Had no family, just that stupid calico cat. They died the same day you know.”

“Imagine,” she sniffed, “being buried with a cat!”

Larry and I stared at one another. We were confused and frightened. The joy which our halloween haul had generated quickly diminished, and was completely snuffed when mom threw out the popcorn balls.

We drove home that night under the light of a half moon which shone fitfully between the clouds. We did not dare glance back at the dark dust swirling behind the buggy wheels. We sat mute and wide-eyed and as close to mom as possible.



Albertan author, Moneca Wilson’s, anecdotes and memoirs from *The City Slicker Chicken and Other Tales* are a delightful read for all prairie chickens, both urban and rural.

Veterans Ride As Honorary Parade Marshals

by Captain Rick Dumas



The marshalling stage complete, parade paquets start to deploy as the Honorary's Second World War Command Staff Car awaits – commanded by Loyal Eddie, Bert Plowman. The Edmonton Police Service (EPS) Pipes and Drums has already begun to lead the way as the Royal Canadian Artillery Band and 1 Canadian Mechanised Brigade Group contingent make ready. The EPS Pipes and Drums are affiliated with PPCLI and The Loyal Edmonton Regiment.

On Friday 21 July, the annual K-Days Parade kicked off one of Edmonton's biggest summer festivals with over 110 entries.

Despite the rain, thousands of people lined the streets to take in the festivity, returning to Jasper Avenue for the first time since the 1980s. One of the themes included celebrating Canada's 150th Anniversary. As a way to mark the occasion, President and Chief Executive Officer of Northlands, Mr. Tim Reid personally invited Second World War and Korean War Veterans as honorary parade marshals for this year's event – a nice addition to current participating military.

Winning World War II meant overcoming the Battles of the Atlantic and Britain while suffering significant losses. Gaining access to Europe was only possible by seizing North Africa and Italy, as had been done by many armies over the centuries. Mr. Bert Plowman represents the best of his generation having fought at Ortona and the Liri Valley with The Loyal Edmonton Regiment.

Five years after World War II, Canada's third bloodiest war erupted, by extension of the Cold War.

Amongst the 26,791 Canadians that had served in Korea – there was Mr. Jean-Pierre Van Eck – then serving with the Dutch Army, Mr. Gene Bince – an army medic, Mr. Ed Morley – 1 Princess Patricia's Canadian Light Infantry (PPCLI) and Mr. Lyle McIvor – fought with 2 PPCLI. The Battle of Kapyong prevented the capture of Seoul for the third time.

Captain Richard Dumas and Master Corporal Lindsey Eckert, a reservist currently training recruits while serving in The Loyal Edmonton Regiment, were escorts to the Honorary Marshals.

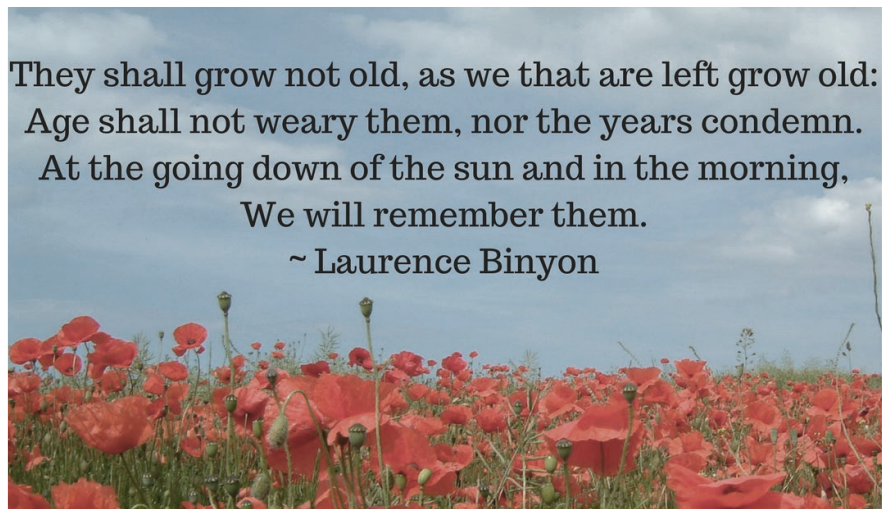
Amongst the floats, giant balloon figures, performers and mascots, real life animals and performers, were antique vehicles – to include vintage military vehicles on behalf of the Military Vehicle Preservation Association.

Compliments go out Mr. Jamie Melo who drove the 1943 Command Staff Car, Warrant Officer Dave Bergt (SALH) the Iltis driver and Mr. Sung Yoon the G Wagon driver.

Our veterans have fiercely upheld our values allowing us the freedoms we enjoy today while having a voice on the world stage. We all have so much to be grateful for as we celebrate Canada's 150th birthday.

We place this article to honour the civilians and military personnel who serve and have served to protect the freedoms and peace we hold dear.

-Editor



They shall grow not old, as we that are left 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

Remembrance Day
Saturday, November 11

Alberta Council on Aging Talking Points

In order to strengthen the “one voice” of Alberta Council on Aging, the Board of Directors voted on accepting the following as guidelines for discussion.

Transportation

- recommendation the provincial government undertake a review as to how transportation for seniors can be improved
- seniors require equal access to services wherever they live

Housing

- seniors desire to reside in a place appropriate to their circumstances
- living environments such as outdoor spaces and buildings must support seniors to maintain themselves in the community

Continuing Care

- continuing care services for Albertans often impose significant costs for seniors
- support efforts to make continuing care services clearly and consistently defined
- affordable for all seniors

Finances

- seniors need to have adequate financial resources to meet their needs
- current supports for seniors are often based on a means tests which looks at income but fails to consider other expenses that may be incurred
- recommendation that needs testing be used to compliment current means tests and be related to individual needs

Health

- equal access to emergency care, surgeries, hospitalization and treatment such as rehabilitation and medications
- seamless delivery of publicly funded and delivered programs and services
- clear standards and eligibility for programs and services
- expanded legislation for Protection for Persons in Care

Elder Abuse

- envision a world free of abuse
- work toward this aim through developing community partnerships
- make appropriate referrals for reporting and receiving help
- influence legislations which protect older persons

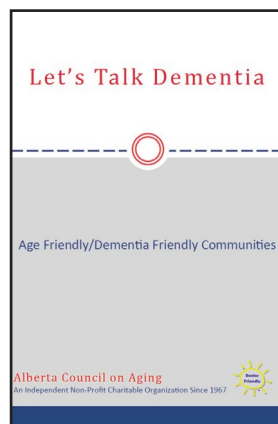
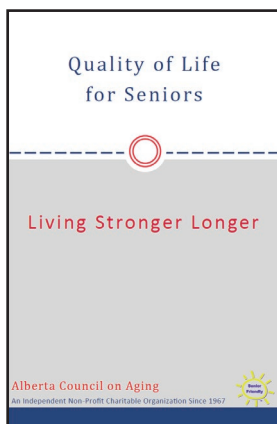
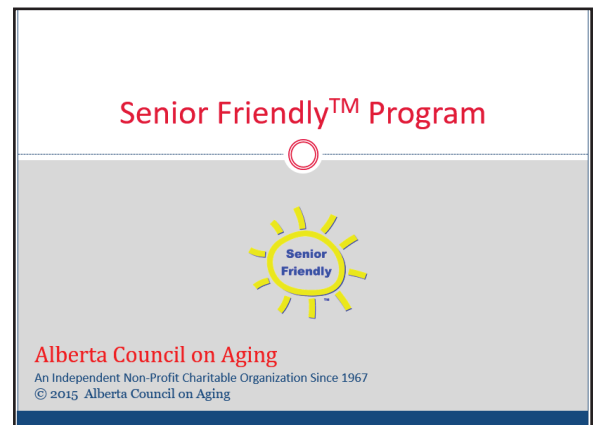
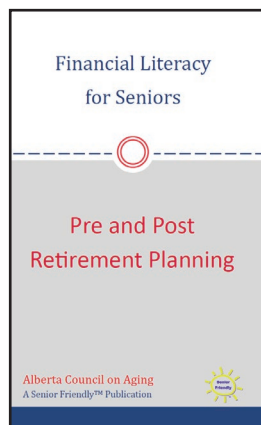
Resources

If you are interested in booking an outreach presentation, becoming a presenter, or obtaining publications please contact us at 1.888.423.9666 or info@acaging.ca

Alberta Council on Aging develops programs and publications aligned with age friendly initiatives with the aim to eliminate ageism and promote inclusiveness of older persons. For seniors to enjoy a good quality of life it is important to know what programs and resources are available.

We are very interested in engaging with our members, older persons and the general public. Our Community Outreach Program is designed to partner with our regional volunteers and communities to better engage our members and older persons across the province.

Call us today. How can we help?



Empty Nester? It's Time to Hit the Open Road!

by Johnson Inc.

Now that the kids have grown and gone, it's time to hit the highway for adventure on your own terms.

Every parent feels a little nostalgia looking back on the family road trips from years past, with the kids singing in the back seat, the many ice cream stops and, of course, the countless bathroom breaks. But now is the time for a different kind of road trip, one that proceeds at a leisurely pace and includes activities just for you.

Road trips are a great option for seniors, says travel writer Marissa Willman. "You can design your own itinerary, travel at your own speed and carry all of your necessary equipment," she says on My Silver Age, a website for active seniors. "Plus, many car rental companies can provide modified vehicles to accommodate customers with special needs."

Best of all, you can avoid back-achingly long plane trips and airport line-ups by keeping the whole journey local. There are plenty of sites to see just beyond your own backyard. Here are a few Canadian routes to remember:

Icefields Parkway, Alberta



Icefields Parkway, Alberta

This 230-kilometre route runs parallel to the continental divide, winding through the rugged landscape of the Canadian Rockies. Driving along this parkway, which links Jasper with Lake Louise, you'll enjoy spectacular views of turquoise lakes, waterfalls, ancient glaciers, and the Columbia Icefields. If you're going in the summer, you could picnic at one of the many scenic spots along the road or, if you're feeling more adventurous, you could ride onto the surface of the Athabasca Glacier with a guide in the all-terrain Ice Explorer. Keep your eye out for wildlife too. Visitors have spotted elk, moose, goats, sheep, bears, and caribou.

The Trans-Canada Highway

You're retired, you have the time so why not go big and tackle the world's longest national highway? The Trans-Canada Highway extends from Victoria, B.C. to St. John's, Newfoundland. Whether you take it all in or travel it in stages, you'll see all the peaks and valleys of Canada's diverse landscape as well as some of the country's most popular destinations. Among those are Quebec's Route 132, which features several centuries-old villages, and the Bay of Fundy in the Maritimes, which has some of the highest tides in the world and spectacular marine life.



Kleskun Hills, County of Grande Prairie

The Cabot Trail, Nova Scotia

Take in the stunning beauty of the East Coast, including breathtaking ocean vistas, old-growth forests, rock scarred by glaciers, and the legendary highlands. At Cape Breton Highlands National Park, you can go hiking, golfing or enjoy some Celtic

music. Pack your bib because the Cabot Trail is renowned for its seafood dishes, especially lobster and crab. To see a Cape Breton Highlands bog, take a short stroll along Bog Trail, where you'll see beautiful orchids, insect-eating plants, and even moose.

Roadworthy tips for travel

If you're hitting the open road, take a few steps to ensure everything goes smoothly.

Plan your itinerary...loosely

You're taking a vacation to avoid stress — you don't want to be in a panic because you're behind schedule. Determine how many kilometres you want to cover each day and where you want to spend each night. Then, build in a few hours each day for flexibility. Give yourself time to make unscheduled stops so you don't miss out on that local restaurant that's off the beaten path.

Make a pit stop

Before you leave, take your car in for some routine maintenance. Make sure the mechanic checks fluid levels and tire pressure. If you want to go that extra step, ask them to show you how to change the light bulbs for indicators, interior lights and headlights, and how to add transmission fluid, antifreeze, and oil. Double check the glove compartment for your road service and auto insurance cards. You remembered the snacks and bottled water. But did you check the trunk for the jumper cables and first aid kit? It's a good idea to pack a few blankets and a flashlight, too.

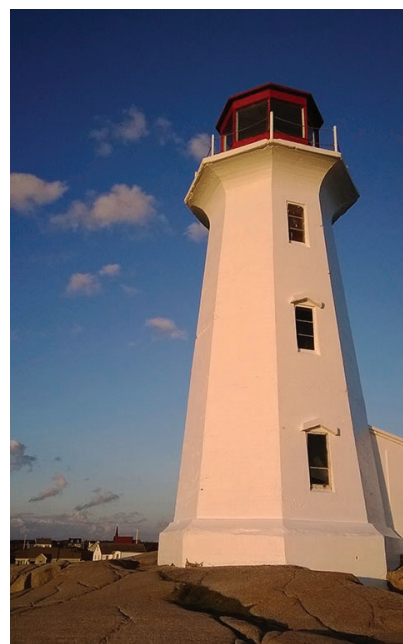
Get packing

Always bring extra prescription medications so you don't have to call for refills on the road — same goes for hearing aid batteries and your favourite

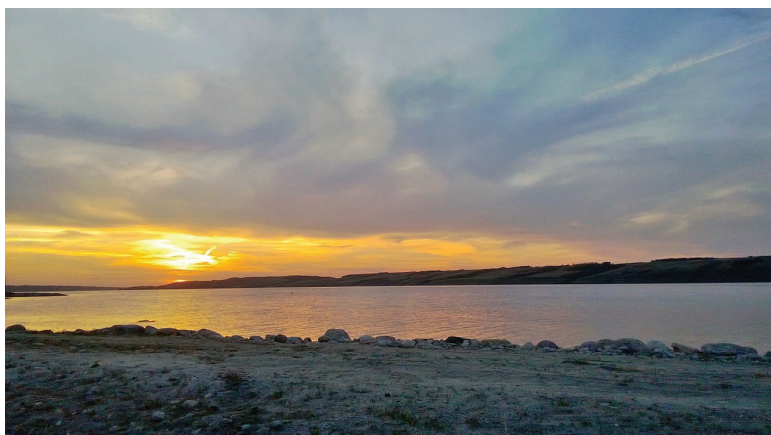
contact lens solution that may be hard to find. Make a list of your medications and emergency contacts and put it in your wallet next to your health insurance card or record this information under the listing ICE — In Case of Emergency — in your cell phone contacts.

Visibility

If your vision isn't as good as it once was, plan your route to avoid driving at night. Before you leave, you could install a larger rear view mirror for increased visibility. Or invest in a portable dashcam with an LCD display — not only will this gadget improve visibility but some come with added features including a driver fatigue warning system.



Peggy's Cove, Nova Scotia



Watrous Manitou Beach, Saskatchewan

Region 1 (Northwest)

As summer slips into fall, we reflect on the events of the past few months. Celebrating ACA's 50th Anniversary was a summer highlight. Some of us were able to be in Edmonton to listen to Jan Reimer's sharing of her and her father, Neil Reimer's experiences being part of ACA in the early days.

Region One held a "Picnic in the Park" with about fifty people of all ages attending. We had greetings from the city, musical entertainment, games, a face painter and cake. It was a great way to highlight seniors in an intergenerational setting.



Jennifer Wrzosek with her grandchildren are captivated by entertainer Dennis Hall and "friend"



Anniversary cake is cut by Tyler Dahl, grandson of member Gail Prette. Being served is long time member Marguerite Drysdale.

We were also present at Lakeview, Clairmont, grand opening on August 24. Lakeview is the newest senior facility in this area with 150 rooms and can accommodate 175 residents.

We held our executive meeting on September 11 and have a membership meeting planned for November 27. We continue to take baby steps with our relatively new executive but are optimistic as we continue to move forward to help improve the quality of life for seniors.

Respectfully submitted,
Jennifer Wrzosek

Region 2 (Northeast)

As we merge into fall and winter this year, one reflects on the abundance of the crops, gardens and natural beauty we have in our rural Region 2. This summer travelling through Alberta I appreciated coming home to the bounty and beauty that Mother Nature provides, especially in our area.

President of our executive, Paul Boisvert, needed to resign, due to health reasons. Paul's enthusiasm, connections in our community, addressing Senior's issues and advocacy are a great loss.



At our last executive meeting, we considered the idea of rotating the executive of Region 2 among the various communities in our region in a two or three-year cycle. Perhaps people would be more prepared to serve on the executive, knowing there would be a limit to the time they would have to serve.

For geographic and travel reasons, it works well to have the executive living relatively near each other. However, it would be beneficial for the ACA to have the executive shift on a regular basis from one part to another of our very large region.

The Region 2 annual meeting was held in the Redwater Seniors Centre with a good attendance. Redwater has a very spacious and Senior friendly

centre, we were pleased to hold our annual meeting in the Centre.

Dave Hanson, MLA for St. Paul, Two Hills, Lac La Biche was in attendance and spoke of the importance of Senior's issues and the government's role.

Donna Durand and Laureen Guldbrandsen from the head ACA office in Edmonton brought remarks.

Paul Boisvert presented Recognizing Fraud, with great interest from those attending the meeting.

Grant monies were awarded to 14 Senior organizations in our Region 2. Wonderful to acknowledge the various and beneficial activities that occur in our rural Seniors centres.

The challenges and concerns of our "rural" region remain huge. Great distances, ambulance services, the many government and health services being readily available in our rural communities, and that being so far removed from the larger urban centres, the issues are not addressed in a proper time frame. In Region 2 we continue to address and advocate these problems.

We are projecting two events in Senior's communities in our region for the upcoming year.

Respectfully submitted,
Theresa McNamara
Communications Officer

Region 4 (Edmonton and Area)

I attended the Laurel Award Ceremony on September 13 with Donna Durand. ACA was nominated for the 2017 Duncan Craig LLP Laurel Awards for Creativity and Innovation. Our nomination centered around the council's action to move from a physical office space to a virtual office.

Although we did not win it was an honor to have been nominated and we did receive good exposure.

Our region sponsored a table at the Seniors' Housing Forum held in Edmonton on September 23. We had several hundred people come by our table. Some just picked up information. We answered questions from a number of people and had discussions with many others. Overall, it was a successful outing thanks to Laureen Guldbrandsen and Mary Campbell who worked the full session.

We are sponsoring a table at the second annual Seniors' Health & Wellness Forum in Edmonton on November 4th. We hope to see you there.

Respectfully submitted,
Gary Pool



Gary Pool, Laureen Guldbrandsen, and Mary Campbell at the Seniors Housing Forum on September 23



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Region 5 (Central)

As part of the Senior's Week celebrations in June, Region 5 hosted a pancake breakfast at the Golden Circle, Red Deer. Despite wet weather, over 200 ACA members and guests dived into pancakes and sausages, and enjoyed entertainment provided by a touring high school band from the Northwest Territories.

We kicked off the new fall season on September 5 with a general meeting at the Golden Circle. Guest speakers included Glynis White-Russell, Red Deer Lifeline Coordinator, and Lorinda Porter, of Safe Tracks GPS Canada. They discussed technology options available to seniors to assist with personal safety.

Following the presentations, we served cake to celebrate Alberta Council on Aging's 50th Anniversary.

The next general meeting will be held October 3 at the Golden Circle. This will begin with the region's annual general meeting, followed by a presentation from Barb Mehlhorn, manager of the Chronic Disease Management clinic at the Red Deer Regional Hospital Centre.

We will then celebrate Canada 150 with more cake!

Respectfully submitted,
Ron Rose



Region 5 executive prepares to cut a cake to celebrate Alberta Council on Aging's 50th Anniversary

In Memory of Sandra Smyth



We are saddened to share that Sandra Smyth passed away July 19, 2017.

Sandra was an active volunteer and instrumental in delivering the outreach program in central Alberta.

Fall Prevention: Simple Tips to Prevent Falls

By Mayo Clinic Staff

Falls put you at risk of serious injury. Prevent falls with these simple fall-prevention measures, from reviewing your medications to hazard-proofing your home.

Fall prevention may not seem like a lively topic, but it's important. As you get older, physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, consider six simple fall-prevention strategies.

1. Make an appointment with your doctor

Begin your fall-prevention plan by making an appointment with your doctor. Be prepared to answer questions such as:

- What medications are you taking? Make a list of your prescription and over-the-counter medications and supplements, or bring them with you to the appointment. Your doctor can review your medications for side effects and interactions that may increase your risk of falling. To help with fall prevention, your doctor may consider weaning you off medications that make you tired or affect your thinking, such as sedatives and some types of antidepressants.
- Have you fallen before? Write down the details, including when, where and how you fell. Be prepared to discuss instances when you almost fell but were caught by someone or managed

to grab hold of something just in time. Details such as these may help your doctor identify specific fall-prevention strategies.

- Could your health conditions cause a fall? Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk — for example, do you feel any dizziness, joint pain, shortness of breath, or numbness in your feet and legs when you walk? Your doctor may evaluate your muscle strength, balance and walking style (gait) as well.

2. Keep moving

Physical activity can go a long way toward fall prevention. With your doctor's OK, consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

If you avoid physical activity because you're afraid it will make a fall more likely, tell your doctor. He or she may recommend carefully monitored exercise programs or refer you to a physical therapist. The physical therapist can create a custom exercise program aimed at improving your balance, flexibility, muscle strength and gait.

3. Wear sensible shoes

Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy shoes with nonskid soles. Sensible shoes may also reduce joint pain.

4. Remove home hazards

Take a look around your home. Your living room, kitchen, bedroom, bathroom, hallways and stairways may be filled with hazards. To make your home safer:

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape, tacks or a slip-resistant backing — or remove loose rugs from your home.
- Repair loose, wooden floorboards and carpeting right away.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food.
- Use nonslip mats in your bathtub or shower. Use a bath seat, which allows you to sit while showering.

5. Light up your living space

Keep your home brightly lit to avoid tripping on objects that are hard to see. Also:

- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of your bed for middle-of-the-night needs.
- Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches.
- Turn on the lights before going up or down stairs.
- Store flashlights in easy-to-find places in case of power outages.

6. Use assistive devices

Your doctor might recommend using a cane or walker to keep you steady. Other assistive devices can help, too. For example:

- Hand rails for both sides of stairways
- Nonslip treads for bare-wood steps
- A raised toilet seat or one with armrests
- Grab bars for the shower or tub
- A sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle for bathing while sitting down

If necessary, ask your doctor for a referral to an occupational therapist. He or she can help you brainstorm other fall-prevention strategies. Some solutions are easily installed and relatively inexpensive. Others may require professional help or a larger investment. If you're concerned about the cost, remember that an investment in fall prevention is an investment in your independence.

<http://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358>

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The Noble Carrot

by Dr. Mercola

We eat to fuel the body. Don't forget we are also eating to fuel the mind. Carrots are an excellent vegetable that can be cooked in a variety of ways and both feed the body as well as the mind.

Extremely versatile to eat and available nearly anywhere in the world, carrots have been around for centuries. Historians believe that carrots were cultivated by the Ancient Greeks and Romans, as they were mentioned by Pliny the Elder and prized by Emperor Tiberius. Carrots belong to the Umbelliferae family, a term derived from the umbrella-like flower cluster on top of the plants in this family. You'll find similar fern-like leaves on plants the carrot is related to, such as fennel, parsley, dill, and anise.

Colors of carrots first ranged from black, pink, red, yellow and white before the more common orange hue emerged, reportedly just after the fifth century. In the Middle Ages, references to carrots and parsnips seemed to be interchangeable, in spite of the marked size and color difference.

In today's kitchens you'll find carrots in everything, from healthy vegetable soups to salads. They can also be juiced and sliced into sticks for raw snacking. Carrots can be sliced, grated, julienned, sautéed, puréed, and baked as chips – and you've only just started! As if the creation of all those dishes wasn't enough, carrots also have an amazingly long list of health advantages.



Carrots are very high in vitamin A, an essential nutrient for good vision. In fact, carrots are loaded with beta carotene and are subsequently converted into vitamin A in your liver. Because beta-carotenes can't be manufactured in the body, they must be obtained from your diet.

It's no coincidence that "carotene" sounds like "carrot." The word was devised in the early 19th century by a German scientist after he crystallized the carotene compound from carrot roots. Beta-carotene is one of more than 600 carotenoids, which are the pigments that give color to egg yolks, tomatoes, fruits, dark leafy vegetables and some types of seafood.

The calcium, phosphorus, and magnesium in carrots help build strong bones and a healthy nervous system. Calcium consumption, especially, is essential for healthy heart muscles. Phosphorus is essential for softening skin and strengthening teeth, hair, and bones, while magnesium can be thanked for its role in mental development, digestion of fats, and nutrient absorption. Carrot crunchers also get the benefits of potassium, vitamins C and B6, copper, folic acid, thiamine, and magnesium.

<http://foodfacts.mercola.com/carrot.html>

Carrot French Fries



Ingredients:

- 1 pound fresh carrots
- 2 teaspoons oil (coconut, olive oil, your choice)
- ½ teaspoon kosher salt

Instructions:

1. Peel carrots into thick slices or cut into strips of desired thickness.
2. Toss slices in oil and salt.
3. Bake at 450F for 10-12 minutes, or until desired crispiness is achieved.

© momables.com/ baked-carrot-french-fries/

Creamy Carrot Soup



Ingredients:

- 3 large organic tomatoes, chopped
- 2 tablespoons green onions, chopped
- Small handful fresh basil, chopped
- Flesh of 1 avocado
- Juice from half a lemon
- 1½ freshly juiced carrots

- 1/3 teaspoon cumin

Instructions:

1. Place first 4 ingredients into food processor in batches, if necessary and add the carrot juice, cumin and lemon juice.
2. Whiz up until smooth. That's it! Serve and enjoy! You can also heat this soup up for a warmer treat in the cooler months.

© mercola.com, 2007

Carrot Patties



Ingredients:

- 1 pound carrots, grated
- 1 clove garlic, minced
- 4 eggs
- 1/4 cup all-purpose flour
- 1/4 cup bread crumbs or matzo meal
- 1/2 teaspoon salt
- 1 pinch ground black pepper
- 2 tablespoons vegetable oil

Instructions:

1. In a medium size mixing bowl, combine the grated carrots, garlic, eggs, flour, bread crumbs, salt and black pepper; mix well.
2. Heat oil in a frying pan over medium-high heat. Make the mixture into patties, and fry until golden brown on each side.

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Giving Tuesday

Giving Tuesday is on November 28th and Alberta Council on Aging needs your help to continue our Community Outreach Program! Our goal is to raise \$55,000.

Since our Community Outreach Program began in January of 2016, we have delivered a wide range of programs from Recognizing Fraud to Living Stronger Longer in over 100 community settings across Alberta and to over 900 individuals. We believe that awareness and education about the value and worth of seniors is one of the ways we can empower seniors to improve their quality of life.

Help us continue to provide programs and resources across the province.

Your donations help us continue our outreach program as well as cover the costs of our communications efforts, including our website and our quarterly newsletter, ACA News. You can donate online through our [Giving Tuesday](#) page or by mail.

As a member of Alberta Council on Aging, you have a meaningful volunteer opportunity where you can utilise and learn new skills. Alberta Council on Aging is always looking for volunteers to help us deliver programs, work casinos, and share their stories, poems, and artwork.

In order to keep our programs running, we need the help of people like you.

This Giving Tuesday, November 28, will you help improve the quality of life for seniors by supporting our programs?

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