



# ACA News

Vol. 43 No. 3

Serving Alberta's Seniors since 1967

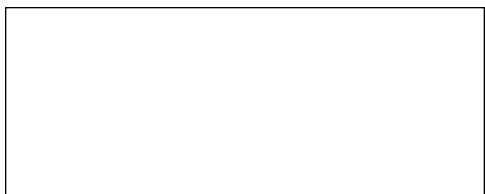
June-August 2010

## Annual report issue



A hot, summer day south of Pincher Creek, Alberta

What shut-ins are being fed might turn your stomach P. 10



**ASK A FRIEND TO JOIN US:  
MEMBERSHIP FORM P. 15**

# ACA News

ACA News is published five times a year by the Alberta Council on Aging.

**Publisher:** ACA Executive

**Editor:** Marcie Hoffman

**Editorial Services:**

BizEdmonton Inc.

**ACA News** reserves the right to condense, rewrite and reject material. Deadline for submissions to our next issue is Sept. 7, 2010.

## **ACA Staff**

**Executive Director:**

Marcie Hoffman

**Assistant to the Executive Director:** Yolanda Biermann

## **Alberta Council on Aging**

210, 14964 121A Avenue,  
Edmonton, AB, T5V 1A3.

Phone: 780-423-7781

Fax: 780-425-9246

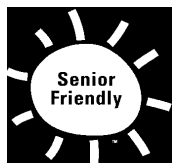
Toll Free: 1-888-423-9666

e-mail:

info@acaging.ca

website: www.acaging.ca

Annual membership dues, which include a subscription to **ACA News**, are \$60 for organizations; \$20 for households. See page 23.



# Board of Directors 2010-11

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

## **PRESIDENT**

Gary Pool  
Morinville

780-939-4842

info@acaging.ca

## **TREASURER**

Frank Hoebarth  
Calgary

403-282-7986

info@acaging.ca

## **VICE-PRESIDENT**

Vacant

## **PAST PRESIDENT**

Floyd Sweet  
Vermilion

780-853-4252

info@acaging.ca

## **DIRECTORS**

### **REGION 1**

Vacant

info@acaging.ca

### **REGION 2**

Diane Walker  
Cold Lake

780-639-3868

info@acaging.ca

### **REGION 3**

Vacant

info@acaging.ca

### **REGION 4**

Gary Pool  
Morinville

780-939-4842

info@acaging.ca

### **REGION 5**

Doug Janssen  
Red Deer

403-350-1754

info@acaging.ca

### **REGION 6**

Frank Hoebarth  
Calgary

403-282-7986

info@acaging.ca

### **REGION 7**

Murray Campbell  
Lethbridge

1-888-423-9666

info@acaging.ca

### **REGION 8**

Beth Turner  
Redcliff

1-888-423-9666

info@acaging.ca

### **REGION 9**

Floyd Sweet  
Vermilion

780-853-4252

info@acaging.ca

## **SECRETARY EMERITUS**

Neil Reimer  
Edmonton

780-466-8773

info@acaging.ca

## **Canadian Publication Mail Product Agreement No. 40028759**

Return Undeliverable Canadian addresses to:

ACA News, 210-14964-121A Ave. NW, Edmonton, Alberta, T5V 1A3

# ACA News

Published by the Alberta Council on Aging

June-August 2010

## PRESIDENT'S ANNUAL REPORT

# Strengthening ACA activities in the regions our challenge in coming years

The past year has continued to be difficult for the Alberta Council on Aging. We have had some successes, but have remained with some significant ongoing issues.

On the financial side, we are in somewhat better shape than we were a year ago. This is thanks to a successful Casino in 2009, some grants we received over the course of the year, some office support from the Elder Abuse program, a small increase in membership and a slightly larger than expected rebate from Johnson's. Even with these improvements our financial position remains very tight.

The PEATE program (Preventing Elder Abuse Through Education) has improved our profile with both Seniors and Senior-serving agencies. We have provided copies of the Fraud Prevention Handbook and DVD to a large number of individuals and Agencies and have received some good feedback from some recipients. We have provided the Service Providers Guide to many agencies serving seniors.

Along with several other Seniors' service groups, we



hosted information forums in January and March on a number of ongoing Health Care and Seniors Housing issues. These forums were well attended and allowed the groups involved to provide a common front on some specific issues. The other groups involved were: The Seniors Task Force of Public Interest Alberta, SALT, Creating Synergy, and the Seniors Community Health Council.

On the less positive side, we have continued to struggle with representation with the regions. At present Region 1 remains without a director. Several other regions have directors without active organizations supporting them. On the bright side, several regions (2, 5, 8, 9) have remained active. Our ongoing issue for next year (and future years) is to have the presently active regions remain active while improving the activity level in the other regions.

Respectfully Submitted,  
Gary Pool

**(Please note: The annual audit of the ACA was not available for publication in this issue of ACA News. Watch for it in the next issue.)**

Visit the Alberta Council on Aging online at [www.acaging.ca](http://www.acaging.ca)

## **EXECUTIVE DIRECTOR'S ANNUAL REPORT**

# Managing elder-abuse prevention program provided opportunity to grow

This last year has been a tremendous learning curve for me and I am very proud of my accomplishments along the way.

Learning to manage the Preventing Elder Abuse Through Education project has been a great privilege that really enhanced my own skill set.

It didn't come without its struggles, as it was a huge addition of responsibility to manage that project and continue with the operations and programing oversight of my existing duties to ACA.

But in the end, the resources that we created speak for themselves and the feedback and demand we are receiving is tremendous.

I am very proud to be a part of this project. It was a true privilege to work with everyone who contributed to the Elder Abuse project and I am a better person for all that I have learned.

### **Senior Friendly™**

Though not on the forefront of ACA's programing, Senior Friendly™ still moves along. Edmonton Transit

and Edmonton Libraries continue to make Senior Friendly™ a part of their ongoing staff training. And most recently Bridgewater, N.S., has taken on the Senior Friendly™ challenge.

Age Friendly communities promoted by the World Health Organization are becoming more widely known and it is great to see that creating inclusive communities is a priority for many. In the coming year, we look forward to training the staff of City of Edmonton's 311 number, an information line where citizens can call 24 hours a day, every day of the year, for access to the city's information, programs and services.

### **Opportunities ahead**

I am excited for the coming year and what's in store for ACA. We have opportunity for growth and new projects are always on the horizon. I will be away on maternity leave until June of 2011 and although I will not be here physically to help achieve the coming year's goals and objectives, I will be here in spirit and will be cheering from the sidelines.

Thank you always to our dedicated volunteers, members and supporters. We look forward to another year of success and accomplishments!

Respectfully submitted,  
Marcie Hoffman  
Executive Director



**Marcie Hoffman**  
ACA Executive Director

Send your comments and letters to: ACA News, 210-14964 121A Ave.,  
Edmonton, AB, T5V 1A3. Fax: 780-425-9246. e-mail: [info@acaging.ca](mailto:info@acaging.ca)

## POLICY ADVISORY COMMITTEE ANNUAL REPORT

# Top-quality research presented to the public elevates the discussion

*One of Alberta Council on Aging's attempts to include movers and shakers into the Policy Advisory Committee was to involve representatives of Seniors Centres (3), Home Care, Long Term Care, Caregivers, Lodges, Acute Care, Professional Health Associations and various segments of health depending on ongoing issues.*

— From ACA Policy and Procedures

For the past year, PAC has been on task. From the fall, the committee's main goal was to draw together the Seniors' advocacy groups from the Edmonton area and put forward a set of priorities judged to be of greatest significance to Seniors' welfare. Thus, the Jan. 13 day-long meeting at the University Hospital was convened, and we heard from Dr. Donna Wilson, Dr. Katharina Kovacs-Burns, Dr. John Bachynsky, Carol Wodak and Noel Somerville.

Donna's research into "who uses Alberta Hospitals?" refuted government claims that Seniors were primary users — not so! The mean age of hospital patients was 36!

Kathy demonstrated how basic research could influence government policy; her counsel has reached from Alberta to the federal level.

John, a retired pharmacy professor, analyzed Minister Ron Liepert's Pharmaceutical Strategy and exposed the errors throughout.

Carol, an independent reviewer of current legislation and daily occurrences affecting Seniors, focused on the status of Seniors' housing, including the chosen few to receive government of Alberta grants.

Noel's exposé of our government's meanderings over the past 18 months concerning Seniors' policy was indicting of the lack of vision and excessive fumbling by poorly informed ministers.

That process was well-received by representatives present, with a recommendation to "do it again" for a larger audience of the general public. So, on March 23, and with advertising via posters and media, the Bernard Snell Hall at the University of Alberta Hospital was about half full. With a slight variation of topics, the same five presenters shared their visions and wisdom.

ACA Board policy was fulfilled for PAC, to take the alternative policy notions to the public and educate with facts. The process and a summary of presenters' views and research were written up for *ACA News*.

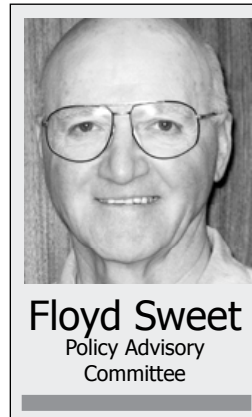
Where to from here? The Jan. 23 group recommended that a long-term priority be based on this thesis:

*"Medical services for Albertans be provided on a free, universal basis regardless of age."*

It's a tall order in this political climate where the mantra of "non-sustainability" is flung by inept health leaders and politicians. By reducing its revenue base by cutting taxes, the government of Alberta has created a circumstance of shortfalls, because medical needs are ongoing, real and unmanipulated. Sure enough, government pundits are right: we can't afford health care the way we're doing it! And the sky is falling too!

But, we will persist in the new term. Myth-busting, relative research, communication and education are our tools.

Respectfully,  
Floyd Sweet, Chair





## REGIONAL ANNUAL REPORTS

### Region 2

I have had a reasonably busy year, attending all of Region 2 executive and general meetings. We have been dealing with Senior related-health issues that are not only happening in our region, but are affecting all Alberta Seniors. Issues around the new drug plan are now being re-evaluated. Not many Seniors will be able to afford personal health insurance to help cover medications, which can be very pricey. Another issue is the 21-day meal menu for hospitals 125 or fewer beds, which will affect Seniors across in different living arrangements across Alberta. (See article on page 10.)

Another issue is our government giving private developers large grants to build assisted-living complexes around our province. These are appearing to be very pricey for fixed income Seniors.

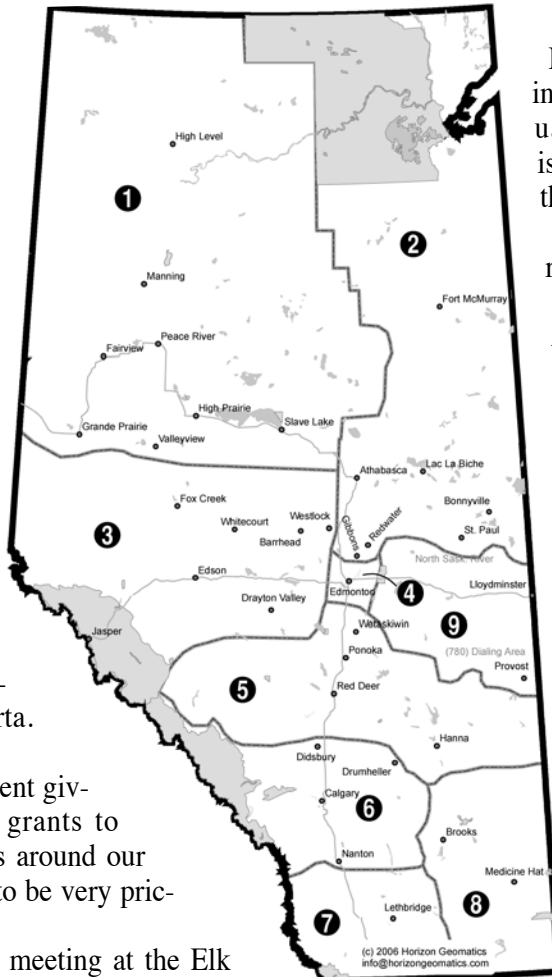
District 2 just held a general meeting at the Elk Point Seniors' Centre. About 90 people attended from 10 different areas. We had a casino in the spring, and will be getting \$16,295. We are hoping to go to Fort McMurray for the fall general meeting, now that we have a bit of travel money. We have also been busy getting our fraud booklets and elder-abuse books out to the different areas. They have been well received.

We are currently in need of a secretary and hope someone will volunteer.

I have attended all health committee and board meetings in Edmonton. This first year has been a great learning and rewarding experience for me, learning more about what affects Seniors and keeping them informed through our magazine.

I look forward to another year of keeping Seniors informed about their health system, how to protect themselves from fraud and how service providers can spot abuse of a Senior.

Respectfully Submitted,  
Diane Walker



### Region 3

It has been a fast-paced year providing opportunities to meet with individuals and organizations regarding issues and the educational projects of the ACA.

Following is a brief summary of regional activities:

- June 3, 2009 — Participated as an ACA Exhibitor at the Swan Hills Wellness Fair.

- Sept. — Minister of State for Seniors, Marjory LeBreton, and Laurie Hawn, MP, formally announced ACA granted funding from the New Horizons for Seniors for the Prevention of Elder Abuse Education Awareness (PEATE) program.

- Sept. 17 — Met with the Honorable K. Kowalski, MLA, Barrhead-Morinville-Westlock Constituency and Speaker of the House.

- Oct. 28 — At the invitation of Pastor Rachel Dart, provided an ACA presentation at an education workshop for seniors and families held at Alberta Beach.

- December — Received supply

of PEATE resource materials for dissemination throughout Region 3.

- February, March & April, 2010 — Began the process for dissemination of the PEATE resource materials to applicable agencies and organizations in the following locations: Barrhead, Dapp, Alberta Beach, Flatbush, Fawcett, Jarvie, Linaria, Onoway, Sangudo, Darwell, Westlock, Swan Hills, Whitecourt, Mayerthorpe and Fort Assiniboine.

- March 13 — ACA presentation made to the Fort Assiniboine Friendship Club.

- March 20 — Met with Westlock resident regarding Seniors being allowed to have pets when residing in government-subsidized independent living complexes.

- April 20 — On request, delivered additional PEATE materials to Westlock Healthcare Centre.

- May 11 to 13 — Road trip delivering PEATE resource materials to Seba Beach, Tomahawk, Drayton

## **REGIONAL ANNUAL REPORTS**

Valley, Grande Cache and Jasper. This afforded me an opportunity to see some of the Senior Centres and facilities in Region 3. I enjoyed meeting many helpful friendly people.

- May 21 — Invitation to speak about the ACA at the Barrhead FCSS-sponsored Seniors' luncheon.

In review of the *ACA News* publications of this past year, it is evident the ACA has been very busy addressing a complexity of issues impacting the lives of seniors.

Respectfully submitted,  
Audrey Zilli, Director, Region 3

### **Region 5**

The Central Alberta Council on Aging continues to be very active with our member meetings and with the community in general. And our bimonthly meetings continue to attract a good deal of attention.

Our October AGM had the Hon. Mary Anne Jablonski as our guest speaker. She spoke in both her roles as Minister of Seniors and Community Supports and as our MLA for Red Deer North. There were more than 250 people in the packed house; regrettably, we were forced to turn a good number of members and citizens away. What a wonderful problem to have!

ACA president Gary Pool brought greetings from the provincial ACA organization. Gary did the official launch of the "Preventing Elder Abuse Through Education" program. This included handing out the *Fraud Prevention* booklet as well as previewing situations portrayed on the DVD.

Region 5 continues to be active in the community through speaking appearances at various community venues and groups. We also continue to meet our MLAs and MP in order to brief them on matters of concern to Seniors.

We continue to make our views known with frequent letters to the editor in Central Alberta newspapers. This is, in our opinion, an effective way to take our issues and concerns to the readership — both citizens and political leaders,

The major activities of the Central Alberta Council on Aging continue to centre about advocating for the needs of Seniors in Central Alberta. In fact, CACA takes the position that advocacy is a major focus of our group. We work toward this end by:

- Continue meetings with MLA's, Red Deer Mayor,



Hon. Mary Anne Jablonski, Alberta minister for Seniors and Community Supports, with Central Alberta Council on Aging President Sam Denhaan.

#### **Regional Seniors Groups.**

We feel it is necessary that we present up-to-date information on Seniors to our elected politicians. And, in return, we expect (and receive) considerable information on the City and Province's perspectives on Seniors.

- Met with Alberta cabinet ministers on their recent provincewide sweep, co-hosting a luncheon with selected ministers.

- Our bimonthly meetings continue to be very well attended, with usually between 150 and 200 members present. In addition to the social function, we have a tireless Program Committee who will not take "no" from any prospective speaker. Thus, some of our speakers have included: an Alberta Health Services superboard member, Jablonski, the AHS regional manager of Seniors' facilities and many others.

- Our membership continues to be informed by our tireless phoning committee. Each CACA member gets at least six phone calls each year informing the member of upcoming events and the latest on issues and concerns.

- The CACA executive will go to great lengths to get information to our members. On one occasion, we initiated a Freedom of Information request to the Alberta government.

- Two seminars were held on the Alberta Government Pharmaceutical Strategy. In total, we had close to 600

## REGIONAL ANNUAL REPORTS

persons attending. Your CACA executive feels that it is most important to provide relevant and timely information to the community.

- CACA also maintains a presence in the community through a speakers bureau. A number of CACA members volunteer to attend Seniors' centres and farmer's markets to both present information and to man a display booth.

- The CACA Executive continues to break new ground. One new event is an all-party debate on Health Care which is scheduled for June 1 at the Red Deer Golden Circle. Consider coming and being a participant to a new venture for our group.

In sum, the Central Alberta Council on Aging continues to be most active. More importantly, we feel we are having an influence in our community.

And we enjoy it so!

Doug Janssen  
Regional Director,  
Region 5

## Region 8

My first year as representative to the ACA board of directors passed quickly. I was able to attend four board meetings and enjoyed meeting the other regional directors. I learned much from the contributions to the meetings from the more knowledgeable and experienced directors.

The PEATE program was very well received in Region 8, and the distribution of it gave me the opportunity to make many connections in the community. Some recipients of PEATE were the Medicine Hat Community Response to Neglect and Abuse of Elders Committee, the Medicine Hat Police Service, V.O.N. South, AHS Home Care and Community Health in Medicine Hat, WE CARE, Retired Teachers Association, Redcliff FCSS, Redcliff Library, Phoenix Safe House, CIBC Bank, and the Redcliff, Suffield, and Medicine Hat Seniors Groups.

Beth Turner, Director, Region 8

### Join us for a GEF Experience!

- Enjoy a complimentary light lunch
- Find out more about the work of the Foundation and how we contribute to the community
- Learn about our housing and services
- Find out about our plans for the future and how we're planning for the wave of seniors that will need our services

Information Sessions & Tours take place from 12:00 p.m.-1:00 p.m. at:

McQueen Place  
Virginia Park  
St. Nicholas  
Britannia Gardens


June 30  
July 14  
July 28  
August 11

Mountwood  
Pleasantview Place  
Father Hannas  
Rosslyn Place

August 25  
September 9  
September 22  
October 6

Apartment | Apartment/Lodge | Lodge



 Greater Edmonton Foundation  
**Housing for Seniors**  
www.housingforseniors.org



Call or email to reserve your spot!



780-482-6561



azeeh@gef.org



## HEALTH COMMITTEE ANNUAL REPORT

# Health care issues are part of a bigger picture in Alberta

Your ACA Health Committee has traditionally examined one or more specific health-related issues that pertain to Seniors. This year, we have been most fortunate to have the research reports of Prof. Donna Wilson, who is one of our Health Committee members. Her in-depth research on “Who Uses Hospitals?” was published in the December/January *ACA News*.

It is true that there are likely more health-related issues facing Seniors today than in any other recent time. Were we to group some of these concerns, including:

- Health-care spending and its reporting; assumptions about sustainability.
- Seniors appropriate accommodation and availability
- The under utilization of home care.
- The pharmaceutical plan.
- Erosion of health care in rural Alberta; availability of health care in general.
- The structure of government and the difficulty to access information.

And the list goes on.

We recognize that ACA cannot respond to each issue we see, for we lack adequate financial and human resources. Changes, then, must be considered in our educational and advocacy approach to issues pertaining to Seniors.

Accordingly, your Health Committee urges ACA's Board of Directors to undertake a global examination of provincewide matters pertaining to Seniors. If the

Alberta Council on Aging examined the larger picture, we might want to focus on such topics as:

- Albertans want political leadership and not reactive knee-jerk reactions to the rise and fall of resource revenues,
- The government's “business is better” ideology, which few Albertans support.
- Publicly funded service/care options.
- Recognition that deregulation increases costs.
- And an internationally recognized financial reporting strategy.

How should ACA approach this daunting task?

Currently, there are two ACA Committees: Policy Advisory (PAC) and Health. Because of an overlap in both committee membership and in focus, there has been consideration of the two committees being collapsed into one. I support this. Stay tuned for future developments.

Finally, and on a personal note, I would thank all Health Committee members, the ACA Board members and all others who have submitted comments and queries for your time, efforts and thoughts. Your devotion is unquestionable.

The very best in the coming year.

Respectfully submitted

Doug Janssen

Health Committee Chairman

May 2010



Bertschi

Alberta Council on Aging would like to thank all who attended our Annual General Meeting in Morinville. A special thanks to Mayor R. Lloyd Bertschi, and Kathy Kovacs Burns from the University of Alberta.



Kovacs Burns

## **NEWS FOR SENIORS**

# New menu in long-term care raises concerns for Seniors

Seniors should be concerned about the 21-day menu plan that was recently implemented in 114 hospitals and auxiliary long-term care facilities. Government-owned facilities with 125 beds or less are forced to use the food provided to them. The menu rotates every 21 days.

Because Seniors are the largest consumers of the food under this plan, they should be concerned. Not only do Seniors make up the vast majority of residents in auxiliary care beds, they, too, are the largest users of Meals on Wheels.

Most of this food is pre-packaged and a great deal of it is frozen. Soups are purchased in bulk from Tim Hortons and frozen entrees from places like McCains. All dairy products come from Saputo and bread products from Canada Bread. Campbells is also a large supplier of other products.

Some of the areas of concern are as follows:

- Food that is being served is not palatable, is low in calories, and is often returned uneaten.
- The number of people purchasing Meals on Wheels has decreased dramatically.
- There is a shortage of fresh fruits and vegetables. Without these valuable sources of fibre there will be a greater need for laxatives among residents.
- Family members are bringing in food for their loved ones. This food cannot be shared with other residents nor can leftovers be stored in the refrigerators in the kitchen due to fear of cross-contamination.
- Many Seniors cannot open the pre-packaged food due to arthritis and general weakness.

This is not cost-effective when you consider that almost all of the kitchen staff is needed to reheat and serve this food, kitchens are still costing money to operate, transportation and shipping costs are high, the cost of reheating and freezing is high, and that wastage in small facilities as a result of bulk buying is huge.

There are safety concerns. There has never been a case in Alberta where someone has become fatally ill from food prepared on site. Under this new system, there are many opportunities for food to become contaminated. If there is contamination at source then everyone in the 114

### Call to action

**From a letter signed by 568 Seniors in ACA Region 2 and sent Health Minister Gene Zwozdesky and other MLAs:**

- A. A return to food that is prepared on site with residents'/patients needs and likes is a must.
- B. I ask you to overturn this plan while our hospitals and auxiliary care facilities still have kitchens and the staff to operate them..

facilities could be at risk of becoming ill. Also, the vendor in an effort to make a profit will import food from countries that do not have regulated food standards.

There also are concerns about standardized nutrition. Sodium and fat content in some foods is too high. Others have no seasoning and are not palatable. Cultural and ethnic needs are overlooked.

Residents often do not recognize what they are eating by sight, taste, or smell and often ask staff who sometimes have to consult the menu board to answer them.

Food is described as rubbery and tough. Residents with dentures can have a difficult time eating the food.

Residents who have complained have been told that trouble makers will be evicted, so many are intimidated and afraid to complain.

There is an increase of packaging going into landfills, so this program is not environmentally friendly.

A return to food prepared on site is a must. Kitchen staff and equipment are still in place, so it would be easy to return to the previous method of food preparation.

For many residents in auxiliary long-term care, meals are the highlight of the day; they often have little else to look forward to.

Perhaps everyone who works for Alberta Health Services should eat this "nutritious" food for the rest of their lives!

Submitted by Edith Read,  
President, Region 2, ACA

## **NEWS FOR SENIORS**

# **Know your rights before you join a travel club**

Travel clubs provide their members with discounts or other benefits on the future purchase of transportation, accommodation or other travel-related services.

In Alberta, regulations apply to businesses that solicit, negotiate, conclude or perform travel club contracts. These businesses are required to have a travel club licence. You can check to see if a travel club is licensed on the Search for a Licensed Business, Charity or Fund by calling the Consumer Information Centre at 780-427-4088 (Edmonton) or toll-free in Alberta 1-877-427-4088.

This regulation does not apply to:

- Travel agencies booking vacations as long as they do not sell travel club memberships
- Contracts for less than \$200 per person or \$400 per household.

The goal of any salesperson is to persuade you to buy the product or services they are selling. In this case it would be a membership in a travel club. Before you sign the contract make sure you understand exactly what you are purchasing.

Don't be rushed into making a decision. Reputable businesses will give you time to make a decision, and to answer any questions you may have.

### **Contract requirements**

A travel club contract cannot be longer than a term of 5 years. It must be in writing and include the following information:

- Your name and address
- The travel club operator's name, business address, telephone number, and if available a fax number and e-mail address
- The name of the salesperson who solicited, negotiated, concluded or performed the travel club contract
- The date and place at which the contract was entered into
- A description of the goods, services, discounts or benefits to be provided.
- The total amount to be paid by you in the contract including any ongoing fees.

- The terms of payment.
- The length of the contract.
- Information about your cancellation rights.

If the travel club provides the financing for the agreement, the contract must disclose the total cost of the credit, the interest rate, payment schedule, fees, charges and optional services, and any security that may be taken for payment.

Once you and the travel club operator sign the agreement, you must receive a written copy or the electronic form of the contract within 15 days.

### **Cancellation rights**

You have 10 days from the date you received a copy of the signed contract to cancel the agreement. You do not need a reason to cancel the contract. You can cancel by any method but you must be able to prove that you cancelled the agreement. Cancellation methods may include personal service, registered mail, courier or fax. Keep a copy of your cancellation notice in case you need to verify that you cancelled the transaction.

You must give or send the cancellation notice to the travel club operator at the address on the contract. If you did not receive a copy of the contract with an address, or you do not know or are unable to locate an address for the travel club operator (or salesperson), you may send your cancellation notice to the Alberta Director of Fair Trading.

### **Additional rights**

You may also be able to cancel the contract up to one year from the date the agreement was signed if the business was not licensed when the contract was signed or if the contract didn't follow the rules outlined above.

In addition, you may cancel the contract at any time if the goods or services to be delivered under the contract were not provided because the business ceased operation or substantially changed its operation.

For more information about the Travel Clubs Regulation call Service Alberta at 780-427-4088 (Edmonton) or toll-free in Alberta 1-877-427-4088.

## NEWS FOR SENIORS

### Alberta honours 'exceptional' Senior-servers

The Minister's Seniors Service Awards were presented in a special evening ceremony at Government House in Edmonton on June 9.

For the 13th year of the awards, 80 individuals and organizations were nominated and eight were selected to receive an award. This year's individual Minister's Seniors Service Award recipients are Mary Bereziuk of Calgary, Heather-Belle Dowling of Sherwood Park, Anne Hartley of Okotoks, Grace Qually of Rocky Mountain House and Doris Spence of Lloydminster. The organizational recipients are the Didsbury and District Seniors Support Services in Didsbury, the Second Winds Dream Volunteers in Edmonton and the Sunshine Club Resident Council in Hanna.

Award recipients were selected based on their positive impact on Seniors and the community, need for the service provided, quality and diversity, and originality. Alberta organizations and Albertans of all ages are eligible for the awards.

"These Albertans exemplify how just one person or one organization can have such a profound impact on the lives of our Seniors," said Mary Anne Jablonski, Minister of Seniors and Community Supports. "I am always inspired by the generosity, dedication and spirit of these volunteers who give so selflessly of their time and energy. They set a wonderful example for the rest of us to follow."

More information: [www.seniors.alberta.ca](http://www.seniors.alberta.ca)

### Edmonton declares itself an age-friendly city

Edmonton City Council has approved a first-in-Canada declaration committed to making Edmonton a more age-friendly city where Seniors remain connected to communities, respected and valued. The Edmonton Seniors Declaration is part of the City's vision of an inclusive, sustainable and livable Edmonton.

"A community is strongest when all its members can take advantage of its opportunities and participate in its success," said Mayor Stephen Mandel. "Age is a gift, and through the Seniors Declaration, the City of

Edmonton can ensure that our Seniors' wisdom and skills are valued and treasured."

The Edmonton Seniors Declaration rests on four ideals:

- Individuals are respected regardless of age.
- People of all ages are safe in their homes and neighbourhoods.
- The city's physical infrastructure allows all people to be involved in city life.
- Older people have ready access to programs, employment, activities and services that help them stay engaged, respected and appreciated.

According to Statistics Canada, Seniors are the fastest growing segment of Edmonton's population, especially those over age 85. Statistics Canada forecasts that by 2025, nearly 20 per cent of Canadians will be age 65 or older compared to 13.7 per cent in 2006.

"The Edmonton Seniors Declaration is at the core of City Council's beliefs and values regarding aging. It strives for a change in perceptions and practices that will allow for the active integration of older people in our society," said Councillor Linda Sloan, who leads City Council's Seniors portfolio.

"This is a positive and timely way for the City to honour our seniors, make efforts to remove barriers that challenge seniors and to call on the community to do the same," said Sheila Hallett, executive director of ESCC. "Cities around the world are recognizing the need to be proactive in planning and preparing for larger proportions of seniors in their demographics and Edmonton has responded in a way that leads by example."

A copy of the Edmonton Seniors Declaration is available online at [www.edmonton.ca/seniors](http://www.edmonton.ca/seniors).

### Albertans are Canada's hardest-working Seniors

The Alberta Government recently released its 2009 publication, *Alberta Labour Force Profiles: Aged 45 and Older*. The report finds that Albertans aged 45 and older had the highest participation rate and highest employment rate in Canada.

Almost 73 per cent of employed Albertans 45 and older worked in the service sector and 68 per cent of Albertans who were employed in the agriculture industry were 45 or older.

## **NEWS FOR SENIORS**

### **New supportive living for Red Deer, Lacombe**

The Government of Alberta recently announced funding for new affordable accommodation spaces with flexible care levels for Red Deer and Lacombe Seniors. In Red Deer, Covenant Health will receive \$10 million to build 100 new supportive living spaces, while \$8.8 million will be provided to Christenson Communities to help build 88 new spaces in Lacombe. Funding for these projects comes from the Affordable Supportive Living Initiative and the sale of Alberta Capital Bonds.

Government of Alberta

### **New programs for disabled in Jasper, Edmonton**

Programs that partner volunteers with Seniors or those with disabilities to help them with everyday tasks and keep them connected with their communities are being launched in Edmonton and Jasper.

The province is providing \$500,000 over two years to support this new 'neighbours helping neighbours' initiative. The municipalities will work with community stakeholders such as community leagues, seniors centres, local businesses and church or volunteer groups to deliver the program.

"Seniors and people with disabilities live a healthier and better quality of life when they remain near their friends and family," said Gene Zwozdesky, Minister of Health and Wellness. "If provided on a regular basis, simple, neighbourly acts can help keep people in their homes where they're settled and comfortable."

In Edmonton, community audits will also be completed to assess how age-friendly the community is and determine which supports are required to help Seniors remain healthy in their home and community. In addition to help with household tasks, an outreach worker involved in the Jasper program will provide education and counselling on overall well-being, and foster connections between its Seniors and existing services.

"Jasper is a close-knit community with a tradition of providing services for its vulnerable citizens," said Richard Ireland, Mayor of Jasper. "We are richer for the diversity of our residents and this initiative will give

us the opportunity for greater community engagement with seniors to keep them in our community longer."

Upon evaluation of the Edmonton and Jasper programs, this initiative will be introduced in at least six other communities around Alberta within the next two to three years.

The creation of 'neighbours helping neighbours' programs around Alberta is one of the many initiatives identified in the province's Continuing Care Strategy, Aging in the Right Place. Planning for a balance of community-based services and appropriate accommodations will meet the growing needs of seniors and those with disabilities who wish to maintain their independence.

More information: [www.alberta.ca](http://www.alberta.ca)

### **Abuse of elders a problem worldwide**

Each year, the Alberta government partners with the Alberta Elder Abuse Awareness Network and participates in the international effort to raise awareness and prevent elder abuse by supporting World Elder Abuse Awareness Day, which is June 15 this year.

"Seniors deserve to live with dignity and respect, but elder abuse can deprive seniors of this by taking away their control over financial affairs and the right to make choices about their daily lives," said Mary Anne Jablonski, Minister of Seniors and Community Supports. "It's important for all Albertans to know the signs of elder abuse and know how we can help prevent it."

Any Senior can become a victim of elder abuse. Elder abuse is any action or inaction that jeopardizes the health or well-being of an elderly person. It can affect the physical and mental health of a senior and is not limited by gender, race, ethnicity, income or education. Forms of abuse include financial, physical, sexual and emotional abuse, and often the abuser is a spouse or adult child.

"Seniors need to know what they can do to protect their rights, enhance their personal safety and reduce the risk of elder abuse," said Dave Quest, Chair of the Seniors Advisory Council for Alberta and MLA for Strathcona. "That's why government has partnered with the Alberta Elder Abuse Awareness Network to create tools for service providers, caregivers and seniors to help address this important issue."

More information: [www.seniors.alberta.ca](http://www.seniors.alberta.ca)



## LETTERS & NOTICES

### Here are some useful facts and figures about Seniors in Alberta

- There were 385,000 Seniors in Alberta as of June 2009.
- Approximately 56 per cent of Alberta's Seniors are female.
- More than 50 per cent of Alberta's Seniors live in either Edmonton or Calgary.
- Population projections suggest that the number of Seniors in Alberta will increase to 505,800 by 2016. By 2031, approximately one in five Albertans will be over the age of 65.
- Between July 2003 and June 2004, 353 more Seniors moved into Alberta than moved out. Alberta has the second highest Senior inter-provincial net migration after British Columbia.
- Most Seniors own their homes (67 per cent). Approximately four out of five homeownership Seniors have paid off their mortgages.
- Seniors are involved in their communities. Approximately one in five Seniors participated in some form of volunteer work in 2000 and over 80 per cent made financial donations to charities in 2000.
- Alberta Seniors are more active in the labour force than other Canadian Seniors. In 2003, 11.2 per cent of Alberta residents over the age of 65 participated in the provincial workforce.
- The majority of Seniors rate their health as excellent, very good or good.

Source: [www.seniors.alberta.ca](http://www.seniors.alberta.ca)

#### ACA News Committee

ACA wishes to form an *ACA News* Committee. Volunteers for this committee must have access to the Internet and e-mail. The committee will meet five times a year either in person or by conference call to plan articles and edit content and layout for final proofing. If you are interested in being a part of this committee, please contact the office at: 1-888-423-9666.

#### Cost of dying

In response to your article "The High Cost of Dying" (Apr-May Issue) I want to pass along the following. A good friend of mine did not want to be buried, so she opted for cremation. Once the ashes were received they were placed in granite rock then sealed with a bronze plaque on the front. It was moved to her son's farm, where it now sits in the garden with a statue of the Virgin Mary. Not many people I have spoken to have heard of this alternative, but I think it's a great idea.

#### Jail vs. Nursing Home

Put Seniors in jail and criminals in a nursing home. This way the Seniors would have access to showers, hobbies, walks and medical care. With guards all around, no one would ever steal from them. They will receive and keep their income instead of paying it out.

The criminals would get cold food, no money, be all alone, lights off at 8 p.m. and get showers once a week.

D. Ruptash

#### Your Views

Send your comments and letters to:  
ACA News, 210-14964 121A Ave.  
Edmonton, AB, T5V 1A3.  
Fax: (780) 425-9246  
[info@acaging.ca](mailto:info@acaging.ca)

#### Thank you donors

ACA would like to thank the following people for their generous donations:

Joe Berlando	Calgary
Norm & Marie Bezanson	Edmonton
Jim Blackhall	Calgary
Cliff & Mary Durand	Camrose
Mildred Flanagan	Jasper
Emile & Mary Marcotte	Grande Prairie
Ihor & Jean Mazuryk	Calgary
Lloyd Reed	Camrose
Mildred June Sadler	Red Deer
Norman & Jean White	Camrose

# Alberta Council on Aging Membership Form

☐ New ☐ Renewal ☐ Correction ☐ Order ☐ Donation

**Membership type:**

- ☐ Household: \$20 (include both names)
- ☐ Life Membership: \$250
- ☐ Organizational membership: \$60
- ☐ Corporate Membership: \$200

Donation: \_\_\_\_\_ (Thank you!) Other (specify): \_\_\_\_\_

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

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: (     ) \_\_\_\_\_ - \_\_\_\_\_ E-mail: \_\_\_\_\_  
(for ACA purposes only)

Age: ☐ under 65 ☐ 65-85 ☐ over 85

**Privacy:** ☐ Check here if you do not want your name published in *ACA News* as a donor.  
☐ Check here if you do not wish to receive mail from Johnson Inc. regarding insurance.

**Method of payment:** ☐ Cheque\* ☐ Cash ☐ AMEX ☐ M/C ☐ Visa

Card #: \_\_\_\_\_ Expiry Date: \_\_\_\_ / \_\_\_\_

Signature: \_\_\_\_\_

\*Please send by mail, enclosing a cheque payable to Alberta Council on Aging

**Mail or fax to:** ACA, #210 14964 121A Avenue, Edmonton, AB, T5V 1A3. Fax: (780) 425-9246

enjoy  of mind



All year, you dream about the chance to get away. Johnson will help you get there and enjoy yourself. With MEDOC® Travel Insurance you'll worry less no matter where you go. Contact us today for a prompt quote and put your mind at ease.

### **MEDOC® Travel Insurance**

- Coverage regardless of age or health status\*
- Year-round protection while travelling outside your province of residence or Canada
- Up to \$5,000,000 comprehensive Emergency Medical Coverage
- Up to \$8,000 Trip Cancellation Insurance
- Single or Family Coverage
- Monthly premium payments



 **Johnson Inc.**

1.866.60.MEDOC (63362) • [www.johnson.ca/aca](http://www.johnson.ca/aca)

\*Some conditions, limitations and exclusions may apply, as outlined in your MEDOC® Travel Insurance Policy, available from Johnson Inc. A 90-day Health Stability Clause applies to pre-existing medical conditions. For Trip Cancellation insurance to be in effect, the MEDOC® Plan must be purchased within 5 business days of booking your trip or prior to any cancellation penalties being charged for that trip. MEDOC® is a registered trademark of Johnson Inc. MEDOC® is underwritten by Royal & Sun Alliance Insurance Company of Canada and is administered by Johnson Inc. Johnson Inc. and Royal & Sun Alliance Insurance Company of Canada share common ownership. LRP03.10