



ACA News

Alberta Council on Aging

Fall 2013

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Step Into the Future: Age Friendly Communities

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Alberta Council on Aging

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Murray Mackay

The Alberta Council on Aging
apologizes and issues to the
following corrections from
our Summer Issue:

- There was a misprint
stating that RIFF accounts
under \$25.00 had fees
attached. This should have
read \$25,000.00
- In Moneca Wilson's story, it
should have read "tubful"
rather than a "cupful."
- Shannon Patershuk's name

Annual Report 2012

Contact us for a copy or
visit us online:

www.acaging.ca

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

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Members may request electronic newsletter.

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.

President's Report

Working in Collaboration

As with most groups things were a bit slower over the summer. Our internal efforts have continued to be focussed on Senior Friendly™. We have trained more trainers in the program, have had more individuals trained, and are being more widely recognized as having a highly useful program for use by urban and rural groups. The renewed success of this program is a result of much effort over the past two years to reinvigorate the program. It provides a sound building block for Alberta Council on Aging in the future as well.

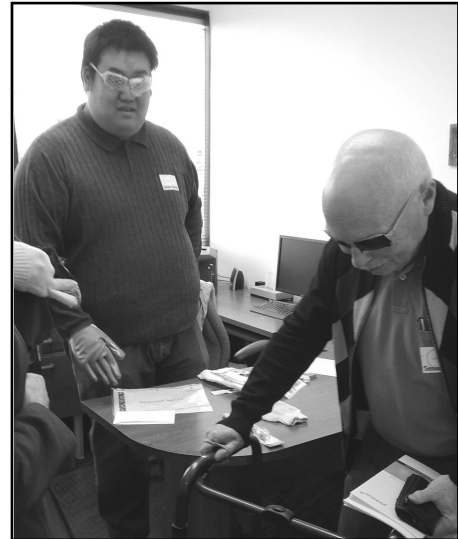
It is also a credit to the Alberta Council on Aging management group of about 15 years ago who were responsible for the development of the initial program. The foundation that was developed at that point has made our work in 2012 and 2013 that much easier.

In addition to our in-house efforts, we have remained active with the Seniors' Task Force (coordinated through Public Interest Alberta) and with the Alberta Network of Senior Related Organizations (ANSRO).

The Seniors' Task Force has collectively developed two position papers. The first one on Home Care has been sent jointly to the Alberta Minister of Health. The second one on Pharmacare is presently in draft form. Our hope is to complete it within the next few weeks. Once complete, it will also be jointly sent by all groups to Alberta Minister of Health.

In December 2011, ANSRO proposed the creation of a network of provincially standardized, community-based seniors' resource centres that would provide a one-stop-shop where seniors could access information, support and integrated management of the social and healthcare services they need to achieve optimal quality of life (independence, safety, security and well-being).

The initial phase of this work was completed



Congratulations to Gary who is now a certified Senior Friendly™ Trainer!

in the spring of 2013 and presented at that time to the Alberta Minister of Health. Included with the first phase of this work was a recommendation for some additional work on a suggested method of how these recommendations might be integrated into the Family Care Clinic process initiated by the Alberta Government in early 2013.

Talks are presently underway between ANSRO and the Alberta Department of Health on how this additional work might be carried out and funded. We are hopeful that all details will be resolved and work started within the next few weeks.

In closing, I remind you again that the 50th anniversary of the Alberta Council on Aging is approaching and we continue to look for suggestions to help with our planning. On behalf of the Board of Directors, I would like to thank anyone who has contributed to the Council's work in senior-related matters, as well as gifts of either time or money.

I thank you very much for your commitment and ongoing support,
Gary Pool

Executive Director's Report Stepping Toward the Future

In this and the next few issues, we will focus on preparing for the future. I marvel at the group of Edmonton seniors and senior-serving professionals who in the nineties saw the age wave coming and decided to start to address this challenge by developing the Senior Friendly™ Program. Over-arching policy on age friendly states all members of society need to be included. Every level of government is announcing age friendly initiatives yet the “how to” and the financial support to make these changes seems to be lacking. What the Alberta Council on Aging will continue to address is that until seniors are seen as valuable and useful members of society, there will be no change in our environments or attitude: the Senior Friendly™ program promotes a shift in attitude. We couple myth busting, information sharing with simulation exercises that evoke empathy.

Regional director and Senior Friendly™ trainer Yvonne Dickson and I were thrilled to do a Train the Trainers workshop in Grande Prairie with the Freson Bros. employees. Having trained literally thousands of folks in Dementia Care and now Senior Friendly™ Program, I will say this group of young people were my most remarkable group yet. They were open, malleable and so determined to go back to their store to apply their learning in order to provide optimum service for their customers, especially their senior customers.

In providing a community information workshop for Johnson Inc. this fall, their leader had some great insights while undergoing the simulation exercises. Riley had his mobility, agility and vision modified and his task was to put on a button shirt. He couldn't do it. He asked for help and was initially denied. Even when he finally did receive help, he expressed how angry he felt to first be denied and then to have to be helped.



Donna and author Moneca Wilson share a laugh.

You can see how quickly helplessness can turn to hopelessness and how people would start to withdraw and give up. Another participant, Mark, expressed that sometimes people don't want the help he perceives they need. When we couple Riley's statements of frustration with someone needing help, you can see why they might brush someone off or even deny their need for support. Our discussion lead to how important it is to communicate with someone to figure out if help is needed and how to help. It is also important for seniors to communicate their needs.

Seniors matter and every action we take as a society needs to support this; from the taxes we pay, to the pensions government and companies offer to programs such as pharmacare and home care, to structures and environments. When we program and plan with the most frail senior in mind, we program for every one in any given community - hence the age friendly community.

The future is here. The time to act is now.
May we age well,
Donna Durand

Community Dialogue

Feedback from our Members

- One of the most frequent calls of concern that we received over the last few months was regarding an increase in rates in Johnson Inc. MEDOC travel insurance, a sponsor of the Alberta Council on Aging. We reported these calls of concern to Johnson Inc. If you need further information about this, please call Johnson Inc. at 1.877.989.2600.
- A woman whose mother is living in a lodge called to report that she felt the care in the lodge has suffered when the lodge hired an outside homecare service provider.
- Our member Eva called to respond to our article on the topic of living well, wanting to let us know that she took many of the suggestions to heart, even gardening in order to get daily exercise.



Members from region 2 reported the following concerns at their Annual General Meeting in September:

- One member reported concerns that the proposed closure of the lab in Bonnyville will present problems for surrounding clinics and hospitals in Northeastern Alberta and certainly will cause delays in treatment for patients of all ages.
- Gail Wolfe from Cold Lake summed up the problem of rural transportation when she pointed out that it would cost a senior approximately \$500.00 to attend a doctors appointment in the city if one was dependent on the available bus schedules.
- Due to oil activity in the region, housing costs have doubled. In one instance the rent for a senior was raised from \$750 to \$1500 per month. Many seniors cannot afford these increases and there is zero vacancy in the area. Where are displaced renters to go? There is not enough affordable housing available.

Check out our website for updates on meeting, senior friendly training updates, news from our meetings with Johnson Inc. and information on the issues that affect seniors throughout the province.

www.acaging.ca

Wanted:

Your ideas, photos
and quotes for the
next newsletter!

"Autumn is a second spring when every leaf is a flower."

-Albert Camus



To report elder abuse or for more information,
contact the Family Violence Information line 310.1818

Feature

The Voice of Care

Jill Didow is the care provider for her mother, Ruth Didow, who is living with a rare form of Parkinson's called Multiple System Atrophy. Jill graciously answered some of the Alberta Council on Aging's questions on her experiences.

Did you have any experience as a care provider prior to taking on this role? (For example, another parent, grandparent, formal training, work experience.)

No. I thought my mother would be one of those beautiful grey-haired ladies I see in the store with their daughters and that we would be having lunches together as she enjoyed retirement.

What motivated you to become a care provider?

I love my mother more than anything in the world and want her to be cared for properly.

What's the hardest part of this experience?

I cry as I write this thinking about that answer. What is the hardest part? Everything. Knowing how my mother was once this beautiful, sophisticated lady, who always looked like a million dollars, jewelry matching, clothes neatly pressed, not a hair out of place. We would speak every day on the phone – she was my best friend. And now my Mom sits in a wheelchair with unmatched clothes, generally covered with food stains, sometimes her hair is dirty because she only gets a bath once a week. (Yes, one bath a week is all seniors get in a long-term care facility and 90 per cent wear a diaper.) My mom cannot dial a phone or use the TV remote. She is also partially blind. So she just sits in her wheelchair, lost in her own little world waiting to die.

What have you personally gained from this experience? What is the joy?

I have gained a lot of strength. I have realized how

incredibly much I love my mother - more than I thought possible. What is the joy? Those small moments when I can make her laugh or when she makes a joke or funny comment and she knows she did it.

As a care provider, what is your complaint?

That as a society we treat our seniors so disrespectfully. That the politicians (and the general public) sit there (still young and healthy) deciding that there is only so much money to care for these beautiful people. That after all these seniors did in their lives that they are only worthy of one bath a week? That many of the seniors' complexes are full and overcrowded with the seniors living basically on top of one another. The figures have been out for years about our aging population – so it is not like the Government is unaware... My complaint would be that the nursing staff often only provide taking the seniors out of bed and to meals with little in between.

What is your wish?

That the Government stops with this nonsense of 'no money' to care for seniors. I'll tell you something I have learned from this experience with my Mom: many of us are going to be there, as will those in power who made decisions that led to underfunding care for our aged. I wonder if the people who are responsible for this will also end up in a long-term care facility and if so will they remember their decisions?

Additional comments

I want to say thanks to organizations such as the Alberta Council on Aging so seniors and their families have a voice. I want to thank those who care about seniors and are building places for them to live so they can age in place, surrounded by friends and activities and have the op-



tion not to be stuck in a house alone with no stimulation and no one to visit them.

And if I had one wish, it would be that as kids, we start to educate and speak to our parents about moving into some of the beautiful retirement places available so they can receive the care they may eventually need. Don't wait until they get sick to start to think about and discuss options.

Alberta Council on Aging Calgary and Area Revitalization Meeting

Find out about our Board of Directors Strategic Plan

Come share your triumphs and concerns

What can we do for you?



Monday, November 25

11 A.M. to 1 P.M.

Kerby Centre: 1133 7 Ave SW Lecture Room 205

Light lunch provided • Parking available by sign-in

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My Experiences with Dementia

By Sandy Kummetz

These days, it is not uncommon to come in contact with someone who has dementia. I would like to tell you about the experiences in my life that helped me to develop a pattern that I use to maintain my memory as best I can.

My Work

For several years, I worked in Quesnel, British Columbia, in community nursing. I worked at the Mental Health Centre and visited people in their homes for various reasons. Our community had a Geriatric Health Team, consisting of 2 doctors who were trained in geriatrics and 3 community nurses. One nurse was from Continuing Care, one from Home Care, and I was from Mental Health. Our team met every Friday to discuss the health care for senior patients in our care. We planned together what needed to be done for each patient which enabled us to keep a continuity of care for them. We also has 2 geriatric psychiatrists from Vancouver who visited once a month to help with diagnosis, medication, education and support.

Our town also had a senior apartment system, intermediate care, long term care and a special dementia unit with 20 beds. This special unit was named Maple House. Before it opened, our town had a lengthy wait list of seniors waiting for beds and my mother was one of them. Several of us whose parents had dementia wrote letters with our stories to the local MLA whose name was Frank Garden. He was most helpful to us and took this information to the Legislature and with his attention to our petition, we received the Maple House. It was planned well and included special training for the staff. The inside area was a circle in the middle with rooms around the outer border. The outside garden was also a circle with lovely trees and flowers and benches. The reason for the

circles was that persons with dementia often have difficulty making decisions, and this eliminated the need for them to have to make a choice which direction to go as there were no corners. Several times during the day, there was soft music playing for relaxation. There were several seating areas where patients could sit with each other in circles out of their rooms. It was a calming atmosphere and was locked at all times for safety, to keep patients from wandering outdoors, except the way into the garden, which was called Frank's Garden and was planned for beauty and peace.

My Mom

My mother's own mother had died when she was 6 years old, so she was raised by sisters and other relatives. Then she was mother to 3, living on a farm and when my Dad died young, she spent the next winter alone with our young brother living on the farm. When she became very ill, facing surgery and blood transfusions, my older brother and I urged her to move to a city, which she was more fond of anyway. Thus they moved to Regina and she became employed at the University of Regina for about 20 years. When she retired, her boss told me that they had to hire 3 people to fill her job at the Registrar's office.

My mother was showing signs of forgetfulness in her mid-70s. She lived alone in an apartment in downtown Regina, SK, once been safe and lovely, but which was now full of old housing and a transient populations, thus not a very safe part of the city anymore. My brothers and I worried about her risk, as she was small and frail and now losing her memory.

This was in the '80s, and by 1989 we decided to move her to Quesnel with me. She knew that it was getting more difficult for her to live where she was. For example, she never carried a purse, in

case it was snatched. She would put her money in her pocket and walk daily for her groceries. The biggest risk was that she carried no ID and in winter the streets were icy and no one knew her anymore. She agreed to move and we made the arrangements. I found her an apartment near the stores in Quesnel and she managed there with our overseeing for about 5 years. She was enrolled in the daycare at Dunrovin Nursing Home (which is where Maple House was later built). This enabled more nursing staff to be aware of her needs and even the bus driver who picked her up for daycare was watching over the seniors. I was in touch with her daily as well and helped with her planning.

In her 5th year, she began to show some diabetic problems and due to her growing inability to care for herself, I took a leave of absence for 3 months and arranged a family care home, which helped give her supervision and meals in a friendly family setting. When she wasn't able to walk about as she had been used to, she developed severe pain and osteoporosis. She needed to be given morphine for the pain and so that is when she was admitted to Dunrovin Lodge. After they discovered that she would walk out the door and get lost, they transferred her to the Dementia area in Maple House. She loved it there for it was so peaceful and, over the ten years in Quesnel, I noted that as the dementia became more pronounced, she became more peaceful and seemed to be happier than ever before. I believe it was that she had nothing worrisome anymore, so was more relaxed.

My Own Memory

So it was no surprise to me when I began to have memory problems in my late 60's and now at 75, I have had to find my own way to live with it. My solution has been to decrease the stress in my life. By that I mean that I had to learn how to slow down to a pace that would allow me to have more thinking time, more resting time and generally more peace and quiet. This is helping me to cope



Sandy Kummetz (front) with the Region 2 executive

with those daily activities of life, such as banking, cooking, meal planning, shopping. I had to give up many outside activities in the community and reduce the size of my garden and so on. It requires me to stay home more, to avoid taking on any stressful tasks and to do things in a slower, more positive way for myself. I do not feel that my life is empty and I am enjoying it more because I now make time that works for me – much slower, quieter and reasonable. Taking care of my health, especially mentally and spiritually, has become my goal. I think that it is important for our families to hear what this entails and so I have written it down for them, so they will have an understanding of my current abilities.

Generally, be careful with your diet and drink lots of water and keep active as movement makes your lungs work harder to provide oxygen. Add as much laughter to your life as possible, and rid your surrounding from clutter. Enjoy the reduction in stress!

“Days decrease,
And autumn grows, autumn in everything.”
— Robert Browning

News from Johnson Inc.

Travel Insurance Checklist



Today's retirees are actively pursuing numerous interests and activities of which travelling is a very popular choice. Having a comprehensive travel insurance policy means getting away without headaches. Here is a checklist that will help you in your purchase decision by identifying what your policy may or may not cover.

Did you know?

Not all travel insurance policies are the same. Coverage under the majority of group Extended Health Plans may not provide adequate coverage for medical emergencies you may incur while travelling out of country, province or territory of residence. It is cheaper for most travellers to buy a Multi-Trip Annual plan rather than insurance for each trip. Purchasing Trip Cancellation Insurance separately can sometimes add as much as \$50 to \$400 to the cost of each trip.

Important things to consider when shopping for Travel insurance:

Your Situation:

- Have you had a serious illness?
- Have you made pre-paid arrangements for a
- Are there age restrictions on the policy?
- Do you have a lifetime limit on your retiree
- Are you taking your vehicle or driving your RV?
- Worried about lost baggage?

What to Look for:

- Pre-existing medical conditions, exclusions and limitations in the policy
- Trip Cancellation, Interruption & Delay included
- Age limitations in the policy
- Protection of lifetime Extended Health Benefits
- Vehicle Return Coverage
- Baggage & Personal Effects Benefits

Key questions to ask before you purchase:

- Will your policy cover you for the entire length of your absence from Canada or your home province?
- If you are taking multiple trips, does the policy allow for unlimited trips in a specified time period or are you required to purchase coverage for each trip you take throughout the year?
- Can you extend coverage while on a trip by calling your insurance company?
- Does the policy provide for trip cancellation, interruption or baggage loss?
- Does the policy exclude coverage for pre-existing medical conditions if your emergency arises because of pre-existing conditions?
- How long do you have to be stable without new symptoms, treatment or change in medication prior to your date of departure from your province or territory of residence for coverage to be in place?
- In the event of a serious illness or accident, will the policy allow for a family member to be flown to your bedside?

Tales from the Koffee Klatch

Home Careless-ness

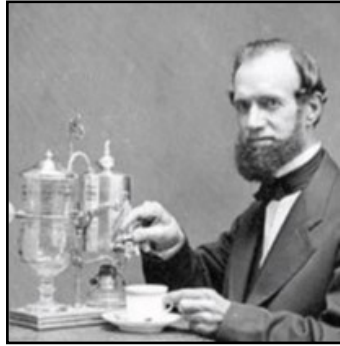
By Colsen

Hey! How ya doin? Nice to see you again. Remember I was telling you about Dolly and George and her heart operation? Well, listen to this little tidbit.

It seems when you have heart surgery, Alberta Health Services provides a homecare program for you. Well, Dolly got her homecare. Boy did she get homecare.

They came in and brought all kinds of goodies. A walker, a shower chair, and a bed rail to help her get in and out of bed. And, oh yeah, the toilet seat. Was about 4 inches thick. There was a lady that came every second day for a couple of weeks to help Dolly with showering. Then there were the nurses, who looked after her incision.

Now all this took place right around Christmas. Of course, there were staff changes to allow people time for the holidays, and therein was the problem. One of the replacement nurses was from a different district. She came on a Thursday and packed Dolly's incision, and told Dolly and George that someone would be around



on Saturday or Sunday. They waited and no one showed because it was Christmas, of course. On Tuesday the regular nurse showed up and wow what did she discover? Dolly's incision had infected and was festering. It was a mess. It seems the out of district nurse

was travelling from the local office to her home and stopped in to look after Dolly. This was good, but she failed to record what she had done and no one knew to come and see Dolly.

After that, Dolly had a homecare nurse visit three times a week for eight months. It took eight months before the incision was pronounced fine.

Well I guess that would make you think of the old adage that one bad apple can ruin the barrel, but in this case, the barrel stayed good. The care Dolly received was described as excellent and caring. The nurses were cheerful even when they had to come on weekends. There are bad apples, but thankfully, many more good ones.

See ya around eh!

ACA News Submission Contest

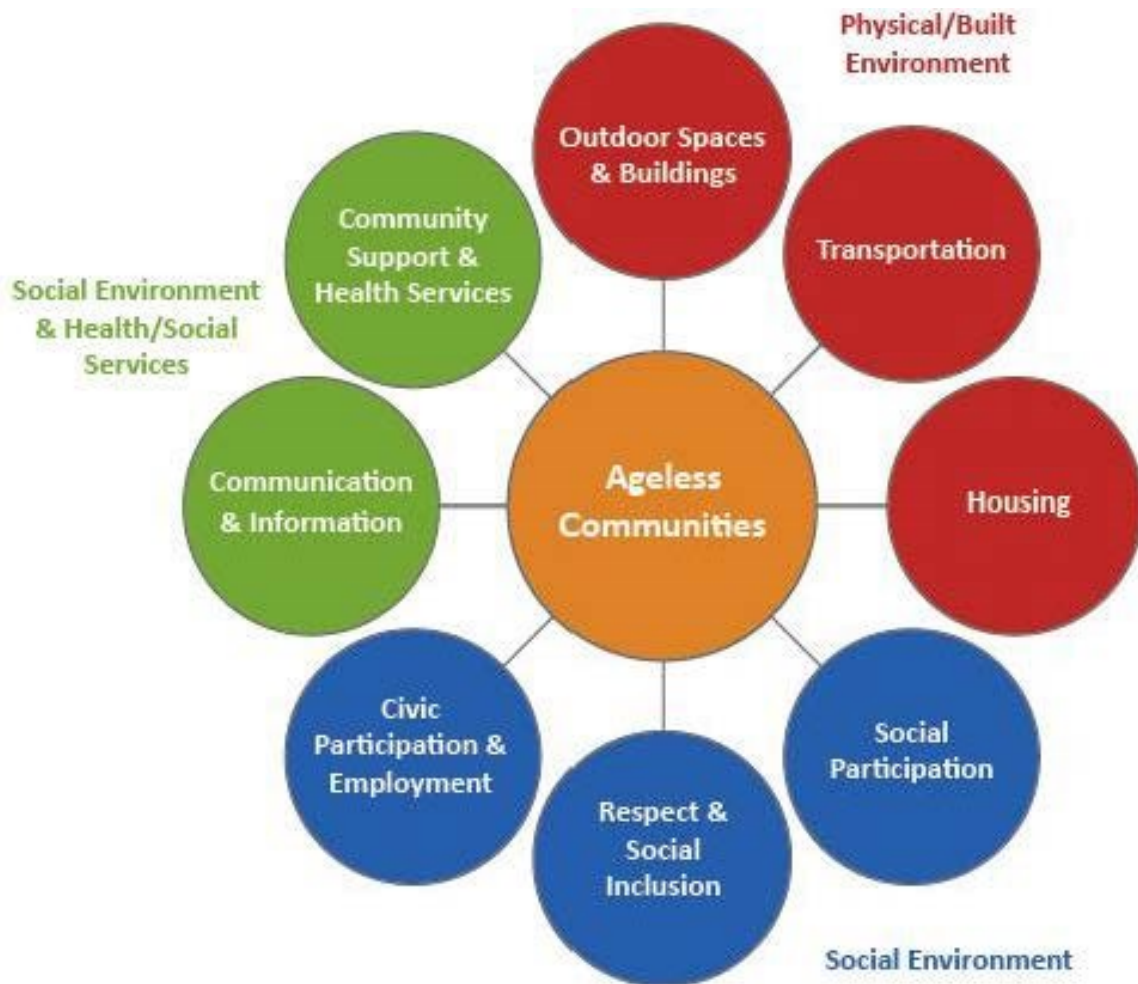
For the upcoming Winter issue of the ACA News, you can win a Senior Friendly T-Shirt and pin if you submit something to the next newsletter and we use it. Tell us about your experiences that have been Senior Friendly™! Send a photo! Share a poem! Include your name, membership number and return address and if you win, we'll send you a prize as well as print your submission in Winter 2014.

Contest deadline is December 15, 2013.

Alberta Council on Aging
Box 9, 11808 St. Albert Trail
Edmonton, AB T5L 4G4
Or email: krisitna@acaging.ca

Strategic Plan 2013-2015

Quality of Life: The Eight Domains



Thank you to the Board of Directors for creating the strategic plan which is purposefully aligned with World Health Organization 8 domains as outlined in Global Age-Friendly Cities.

Contact us for a full version of the Strategic Plan, or go online.

Strategic Plan 2013-2015

Approved by the board of directors on:
Friday, September 27, 2013

Vision

All seniors enjoy a high quality of life.

Mission

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.

Goals

We do this by:

- delivering Senior Friendly™ programs (which includes Elder Abuse Prevention and Fraud Awareness programs)
- advising government on the issues and concerns that are important to seniors
- collecting input and views from seniors and those who provide services for them

Alberta Council on Aging Current Priorities

Housing

- Seniors desire to reside in a place affordable and appropriate to their circumstances
- Community supports and health services must be available to all seniors
- Outdoor spaces and buildings must support seniors to maintain themselves in their community

Finances

- Seniors need to have adequate financial resources to meet their needs
- Affordability of housing, transportation, health, and the ability to maintain oneself in the community are major concerns for seniors
- Current supports for seniors are often based on a means test which looks at income, but fails to consider other expenses that may be incurred
- Alberta Council on Aging recommends that needs testing be used to complement current means tests and be related to individual needs

Continuing Care

- Continuing care services for Albertans often impose significant costs for seniors. Alberta

Council on Aging supports efforts to make continuing care services clearly and consistently defined, appropriate and affordable for all seniors

- Alberta Council on Aging recommends that the provincial government expand legislation of Protection of Persons in Care to ensure all seniors are covered by the Act no matter where they reside

Health Care

- Universal pharmacare program
- Equal access to emergency care, surgeries, hospitalization, treatment and health-related education
- Seamless delivery of publicly funded Home Care services which include clearly defined standards and eligibility

Transportation

- Equal access to services, especially with health and special needs, often requires seniors in rural areas to travel to receive services. Alberta Council on Aging recommends that the provincial government review how transportation for seniors for both rural and urban areas can be improved

Alberta Council on Aging has chosen to focus on **five strategic directions** in the next two year period:

1. Develop Senior-Friendly™ Programs
2. Engage in organizational revitalization to build the membership and promote long-term sustainability
3. Expand fund development plans in order to ensure sustainability
4. Regularly address Alberta Council on Aging's five current priorities (housing, finances, continuing care, health care, and transportation)
5. Refine processes to invite open and engaged communication with directors, staff, members, the public, government, and other groups interested in meeting the needs of seniors

Summary of Activities

What Has the Alberta Council on Aging Been Doing?

Meetings

- Meeting with Region 1 (Grande Prairie and area) executive
- Presentation on Dementia Care for Region 2 at Elk Point Lodge
- Meeting with Sarah Olsen, Economic Development Officer, and Les Jaster, President of Chamber of Commerce, to discuss the town of Ponoka's past status as Senior Friendly™
- Seniors' Task Force reconvenes with president serving on committee
- ANSRO (Alberta Network of Seniors-related Organizations) committee meets to discuss next steps as initial phase is complete
- Planning meeting with Beth George, Senior Friendly™ trainer of the town of Bridgewater, Nova Scotia. Discussed the town's designation as Senior Friendly™ Community
- Worked on Senior Friendly™ co-presentation for upcoming Canadian Association on Gerontology in Halifax
- Meeting with Betty Loree, Senior Friendly™ trainer and Seniors advisor to city of Edmonton mayor regarding the training of cab drivers
- Representation at Alberta's first summit for non-profit/voluntary sector, held in Calgary
- Participation in roundtable session led by MLA David Eggen, health critic, where stakeholders discussed threats to financial security of seniors, pharmacare and homecare

Senior Friendly™

- Supported Region 1 Director/Senior Friendly™ Program trainer Yvonne Dickson to train 5 new trainers from Freson Bros. IGA, Grande Prairie
- Submission of final report to the Community Initiatives Program grant which funded revision of Senior Friendly™ Program and salary for project

management

- Facilitated Senior Friendly™ community workshop for staff members of Johnson Inc.
- Training session held Sept 28 in Edmonton training 4 new trainers, 2 of which plan to train 1,200 taxi cab drivers under Senior Friendly™ Program

Communications

- Strategic Plan 2013-2015 completed and signed off by the board of directors September 27
- Diana Anderson, president of region 2, with the board of director's approval, begins to initiate revitalization of the health committee
- The regions submit their plans for activities and we are posted on our website
- Ongoing distribution of electronic communications from federal and provincial agency newswires
- Letter and fall newsletter sent to all Alberta MLA's
- Development of fall campaign membership renewal postcard, sponsored by Johnson Inc.
- President interviewed by Andrea Sands of the Edmonton Journal regarding discontinuation of funding for mobile dental clinics
- Discussions with City of Calgary, Three Hills Seniors Outreach, Peterborough, Ontario and Laval, Quebec regarding the Senior Friendly™ Program and toolkit and how it works within the context of age friendly communities

Partnerships

- Working with SCiP (Serving Communities Internship Program) to complete projects such as editing of policy and procedure manual, human resource manual, social media and marketing
- Since the spring of 2013 we have had five students

contribute to our operations under this program. Our cost is minimal and the student is awarded \$1,000 through SCiP when the project is completed. Kristina Belyea, Community Relations assistant, oversees this program

- Although Johnson Inc. is technically not a partner, they are a solid sponsor of our activities and we meet with our contact Shannon Patershuk on a regular basis. We are grateful for our open dialogue and collaborative approach in order to satisfy our members and their customers

Questions? Comments?

Concerns?

We want to hear from our members and readers.

Regional Reports

Region 2 (North East Alberta)

Region 2 has been off to a busy start this Fall. On September 8, a tea was held to honor grandparents at the Heritage Lodge in Elk Point. The Alberta Council on Aging helped provide the lunch and door prizes for the occasion which was attended by approximately sixty persons. Guests were treated to songs by Debbie Lawrence and piano selections by John Bennett. Those in attendance contributed \$768.00 towards the operation of the Handi-Van which will allow seniors and those with disabilities to use the bus free of charge.

On September 12, a dementia workshop led by Donna Durand was also held in the Heritage Lodge with 65 people in attendance. The Workshop was very informative and well presented. There were many favourable comments!

During the afternoon session, the Provincial body was presented with a cheque for \$500.00 dollars by Region 2 president Diana Anderson. The contribution was made possible through funds from the Casino held this spring. It was also announced that, because of Casino funds,

organizations in the region will receive funding of up to five hundred dollars for projects which will help seniors in their communities. Organizations were urged to submit their applications for such projects to their contact person as soon as possible. A draw for \$100.00 will be made from those individuals joining for a first time or renewing their memberships.

As a regional director I have attended Alberta Council on Aging region 2 executive meetings in which the above events were planned and in which plans for a membership drive were finalized. I also attended both the tea and the workshop. I attended the Provincial ACA Board Meeting on September 27, in Edmonton on behalf of the Region.

Submitted by Donna Chamberland

Region 9 (East Central)

After successfully hosting the Alberta Council on Aging Annual General Meeting, the Region 9 executive took a needed summer break. I wish to thank my executive and the volunteers who helped make the meeting a success.

Regional Reports, continued.

There being no meetings scheduled, I took the summer off and travelled in Alberta and Saskatchewan, always on the lookout for Senior Friendly™ issues and solutions. I was surprised at the number of places we visited that had Senior Friendly™ staff and attitudes but it wasn't universal by any means.

The Region 9 semi-annual, normally held in October is cancelled for this year. We will hold our next Region 9 Annual General Meeting in Mundare in April 2014. A search is on for persons to fill the executive positions, as all but one member of the executive finishes their term by April. If you are interested in becoming an executive member, please contact me. The commitment of time can be minimal.

Submitted by Fred Olsen

Region 5 (Central Alberta)

Members of the Central Alberta Council on Aging met on Tuesday, September 3 at the Golden Circle Seniors Resource Centre in Red Deer to hear a presentation on wills, powers of attorney and personal directives.

Yoshio Sumiya, a Lawyer with the Central Alberta Community Legal Clinic, Red Deer, discussed two resource booklets available from the Centre for Public Legal Education Alberta, "Making a Will" and "Making a Power of Attorney."

Glenna Thompson, from the Office of the Public Guardian, Red Deer, and a director of the Central Alberta Council on Aging, presented some of the do's and don'ts to consider when preparing a personal directive. She stressed how important it is for everyone - not just seniors - to have their wishes documented in a personal directive. The Office of the Public Guardian is available to assist persons in completing these documents.

The presentations were well received by the 70 Central Alberta Council on Aging members in attendance, prompting many questions and much discussion throughout the morning. The attendees were encouraged to follow-up, and have these documents completed.

Submitted by Ron Rose

Region 7 (South West Alberta)

I have been to both senior centers to discuss the Senior Friendly™ program. I am interested in becoming a trainer, perhaps in November. I am concerned that general public may not know who and what the Alberta Council on Aging is and would like to influence this for the better through utilizing the programs, and hosting town meetings.

Submitted by Murray Campbell

The Alberta Council on Aging Board of Directors is seeking representation for Region 4 and Region 8.

A solitary
crow on a bare branch
autumn evening

This autumn
as reason for growing old
a cloud and a bird

All the field hands
enjoy a noontime nap after
the harvest moon

— Matsuo Bashō

Tips from People with Alzheimer's disease

- Please don't correct me. I know better—the information just isn't available to me at that moment
- I need people to speak a little slower on the telephone
- Try to ignore off-hand remarks that I wouldn't have made in the past. If you focus on it, it won't prevent it from happening again. It just makes me feel worse
- If you can tell that I am having trouble, please don't draw attention to it. Try to carefully help me

through it so nobody else will be aware of the problem

- At a large gathering, please keep an eye on me because I can get lost easily! But please don't shadow my every move. Use gentle respect to guide me
- Ask me what I think or want. Don't assume that you know
- Believe I still love you, even if I am having trouble showing it

From "Memory Problems" written by the Early Stage Support Group in the North/Central Okanagan region of the Alzheimer Society of B.C.

Identity Theft

by Lloyd Kenney

Identity theft is a crime where the victim's personal information is stolen so the offender can access the victim's resources, such as to obtain credit and other benefits in that person's name.

Reducing Risk:

- Less than 5% of identity theft perpetrators are caught
- Seniors are at risk – particularly by social media
- When on-line, never go to a pop-up window; Never respond to a "bank" asking for personal information

- Guard your social security number with great care
- Keep your credit card in a metal wallet because thieves can now use scanners to access credit card information through your wallet as you are walking down the street. The only barriers to these scanners is metal.
- Ways they can access your personal info to use for illegal profit:
 - Drivers License
 - Social security number
 - Medical information
 - Utility bills
 - Credit card

A husband and his wife are out in the field at harvest time. They both have combines and the husband is finding fault with his wife's technique. He goes to correct her and she is not happy. He says, "Listen, when I am in the house, I am just a husband. You rule the roost. When we are out in the field, I am the boss." "Well," quipped the wife, "I can hardly wait 'til we get back into the house so I can tell my husband about the terrible boss I have!"



Senior™ Friendly Update

Taking Senior Friendly™ Across the Country

The Alberta Council on Aging is pleased to announce Donna Durand, Executive Director and Senior Friendly™ Trainer Beth George, of Bridgewater Nova Scotia will be presenting at the Canadian Association on Gerontology 42nd Annual Scientific and Educational Meeting: Aging...from Cells to Society from October 17 – 19, 2013 in Halifax, Nova Scotia.

They are shown here planning their presentation on Senior Friendly™ Program - a Vital Tool in Becoming Age-Friendly. The workshop highlights a Nova Scotia community's journey as it works to become age friendly using the Senior Friendly™ Program. The presentation describes the steps the town of Bridgewater has taken to implement the Senior Friendly™ Program and how it has engaged with seniors to make this program a success. The facilitators will demonstrate the Senior Friendly™ Program, taking participants through some of the interactive exercises that increase participant's empathy and understanding about seniors' needs.



These include simulations of vision impairment, reduced mobility and agility, reduced hearing and reduced cognition. Finally, the presentation will highlight how the Senior Friendly™ Program has improved the safety and wellbeing of seniors. Participants will discover an age friendly community includes everyone from our most capable citizen to our most frail member of society.



Marty, Eric and Sheila take on the Senior Challenge



Server with a Senior Friendly™ attitude, Alisha Lawrence, Red Deer South Tim Hortons

Senior Friendly™: Make things easy to see, to read, to understand



Yvonne trains Freson Bros.
staff and management



Betty, a longstanding trainer



Johnson Inc. management
and staff face the frustrations
that people with challenges
undergo everyday



Modifications to sight,
agility and mobility increase
empathy



Signage is visible in
Camrose



A clearly marked step at the
Muttart Conservatory in Edmonton

Seasonal Recipe

Autumn Kale Chips

- 1 bunch of kale, stems removed
- 2 tablespoons of tahini
- 1 tablespoon of nutritional yeast
- 1 tablespoon of olive or vegetable oil
- juice of ½ lemon
- 1 teaspoon red pepper flakes (less if you want it mild)
- ¼ teaspoon salt



1. Preheat oven to 250°F or prepare dehydrator
2. Place all ingredients, except kale in food processor, or mix together well with whisk
3. Pour over kale and massage topping into kale (use your hands!)
4. Line baking sheet with parchment paper
5. Spread coated kale out on baking sheet (for it to go crispy, you must spread it out well so the kale pieces aren't touching)
6. Bake for 30 minutes, flip and bake for another 10-15 minutes or until kale is crispy. If using a dehydrator, dehydrate for 2 hours

Tip: If you don't have nutritional yeast on hand, you can use parmesan cheese.

For more healthy recipes like this one, go to:
<http://healthyeatingandliving.ca>

Kale Nutritional Information

1 serving is one cup raw kale
33 Calories
0% fat
0% cholesterol,
Extremely low in sodium, carbohydrates
and sugar
2.9 grams of protein
133% daily required Vitamin A
134% daily required Vitamin C
10% daily required calcium
10% daily required Vitamin B-6
5% daily required iron
5% daily required fibre

Some Facts about Kale:

- Also known as borecole
- Canada Food Guide recommends eating at least one dark green vegetable each day to help get enough vitamin A and folate
- Grows easily in Alberta – thrives in cooler weather (better after the first frost)
- Should be used soon after picking
- Substitute for collards, spinach or broccoli
- To wilt: spray with a tiny bit of olive oil, sprinkle on a tiny amount of salt and massage. Wilt it for use in salads and smoothies
- Remove fibrous stems
- Common varieties include curly, black and Russian red



Cooking for One or Two: Your Emergency Food Shelf

Having an emergency shelf stocked with non-perishable foods is a big help if you can't get out to the store. You can plan quick and creative meals with just a few basic items. Even though these foods will last for a long time on the shelf, it is a good idea to use and replace them occasionally. Items stored in the freezer should be used within two to three months.

Suggested items to have on hand:

Grain products

- ⊗ Frozen whole grain bread, rolls, muffins
- ⊗ Crackers, Melba toast, breadsticks
- ⊗ Enriched noodles
- ⊗ Enriched or brown rice
- ⊗ Biscuit mix
- ⊗ Hot cereals (oatmeal, cream of wheat)
- ⊗ Ready-to-eat cereals
- ⊗ Flour

Vegetables and fruits

- ⊗ Canned or frozen fruits and vegetables
- ⊗ Canned, boxed or frozen juice
- ⊗ Dried fruit (raisins, dates, apricots)
- ⊗ Canned or dried soup (mushroom, vegetable tomato)
- ⊗ Canned or bottled pasta sauces

Meat and alternatives

- ⊗ Canned salmon, tuna, chicken, sardines, ham
- ⊗ Canned pork and beans, spaghetti, stew, chili
- ⊗ Dried or canned lentils and beans
- ⊗ Peanut butter
- ⊗ Nuts
- ⊗ Frozen meat, poultry, fish
- ⊗ Frozen dinners



Milk products

- ⊗ Canned evaporated milk
- ⊗ Dried skim milk powder
- ⊗ Instant pudding mix or ready made puddings

Other

- ⊗ Sugar
- ⊗ Baking powder
- ⊗ Baking soda
- ⊗ Bouillon
- ⊗ Coffee
- ⊗ Tea

For more tips, ask for a copy of
 Senior Friendly Ideas for Healthy Eating
 Cooking for One or Two: Eating Alone

It's time to renew your Alberta Council on Aging membership.
We represent over 4,000 members and organizations in Alberta and across Canada.

An annual membership to Alberta Council on Aging makes a great gift.

Alberta Council on Aging Membership Form

Membership Type:

New ☐ Renewal ☐

☐ Household: \$22 *please include both names

☐ Life Membership: \$250

☐ Organizational membership: \$60

☐ Corporate Membership: \$200

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

Other (specify): _____

Name(s): _____

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Phone: _____ **Email:** _____

(for ACA purposes only)

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Method of payment: Cheque ___ Cash ___ AMEX ☐ M/C ☐ VISA ☐

Card #: _____ **Expiry Date:** ___ / ___

Signature: _____

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

Alberta Council on Aging is the only province-wide senior serving organization in
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There is Strength in Numbers.

Thank you for your donations!

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Art Myers	Lindsay, ON
Gary Pool	Morinville, AB
Ron Harden and Eileen Bantjes	Red Deer, AB
Region 2	Elk Point, AB
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Further Thanks To:

Glynnis Wilson-Boulton of Catalyst Consulting, for facilitating development of our strategic plan. Glynnis has been a joy to work with and contributed many volunteer hours beyond her contract.

Bev Hanes, thank you for serving as regional director of Region 5 and treasurer for provincial executive from 2011 to Fall 2013.

The City of Edmonton, for the use of their boardroom in Circle Square Plaza for board meetings.

Congratulations Bruce West, retiring from five years as Executive Director of the Alberta Continuing Care Association (ACCA).

Members and readers who offer feedback on the newsletter. Callers who share their happy stories on aging as well as serious concerns they have. Thank you. This is your paper and your organization!

Community Initiatives Grant for program support.



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