



ACA News

Removing Barriers to Aging Well

**Annual General Meeting in Edmonton
June 12th**

Alberta Council on Aging

Spring 2015

Vol. 47 No. 3

Canadian Publication Mail Product Agreement No. 40028759
Return undeliverable Canadian addresses to:
Box 9 11808 St. Albert Trail, Edmonton AB, T5L 4G4

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.

Board of Directors 2014

Editor & Publisher

Alberta Council on Aging

On the Cover

Painting by
Donna Chamberland

Formatting

Becky Shepherd

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

The council reserves the right to condense, rewrite, and reject material.

Annual Report, Strategic Plan and Bylaws:

Contact us for a copy or visit our website:

www.acaging.ca

Members may request an electronic newsletter.

Executive

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

Regional Directors

Region 1 (Northwest): Open
Martha Dawson, Communications Officer
Region 2 (Northeast): Donna Chamberland
Region 3 (West Central): Open
Region 4 (Edmonton area): Gary Pool and Gail Hiller
Region 5 (Central Alberta): Ron Rose
Region 6 (Calgary area): Frank Hoebarth and Lynn Podgurny
Region 7 (Southwest): Open
Region 8 (Southeast): Paul Howe
Region 9 (East Central): Fred Olsen

The Alberta Council on Aging Board of Directors is seeking representation for Regions 1, 3 and 7

Directors may be reached through
Alberta Council on Aging office



Contact Us

Alberta Council on Aging
Box 9, 11808 St. Albert Trail
Suite 232, Circle Square Plaza
Edmonton, AB T5L 4G4

Phone: 780.423.7781
Toll Free: 1.888.423.9666
Fax: 780.425.9246
info@acaging.ca

Table of Contents

Articles

Financial Literacy	
Post Retirement Planning	6
Recognizing Fraud	7
Recognizing Fraud Session Photos	8
Recognizing Fraud Program Grant Summary	9
What is the Right Number of Hospital Beds?	11
By Dr. Donna Wilson	
Parental Care	12
My Privilege	
By Rod Trentham	
4 Tips to Help Women Maintain Healthy Eyes	17
Reporting Elder Abuse	31

Reports and Updates

President's Report	4
By Fred Olsen	
Executive Director's Report	5
By Donna Durand	
Rural Health Services Review Summary	14
Alberta Council on Aging Bylaws Revision	15
Budget 2015 - Alberta Seniors	21
Jeff Johnson, Minister of Seniors	
Regional Reports	22
Health and Housing Committee Update	24
By Bruce West	
What has the ACA Been Doing?	25
Membership Survey Results	29

Features

Wellness Tips for Travellers	16	Seasonal Recipes	26
Johnson Inc.		Quick and Healthy Snacks	
Member Submissions		Feedback from Our Members	27
The City Slicker Chicken by Moneca Wilson	18	Thank You for Your Donations	28
My First Poem by Ruth Bradshaw	19		

Please plan to attend the Annual General Meeting
in Edmonton June 12th!

Information on page 20

President's Report

I Want to Hear From You!



This has been a very busy and exciting quarter for Alberta Council on Aging. The revised bylaws have been approved by the board and are ready for presentation at the Annual General Meeting (AGM). The Policy and Procedure manual is finished. We are still in the process of reviewing our business plan.

We have visited several communities to present on the topic of Senior Friendly™ and Recognizing Fraud. I recently attended a meeting in Cold Lake where interesting issues were discussed. It's wonderful to see such an active region.

In response to a request by the provincial government, Region 2 headed a submission on rural health care. The board of directors submitted a letter calling for graduated income tax schedules as a means to address shortfall. We

met with Seniors Minister Jeff Johnson and had a productive conversation. We have invited him to be a guest speaker at our AGM in June.

I would like to welcome two new directors to our board - Paul Howe from Region 8 and Lynn Podgurny from Region 6.

The provincial budget was announced March 26th. After taking a careful look at the seniors portion, I don't feel that it is entirely bad news. Seniors gained a 6% increase in spending, primarily in the area of seniors residential fire safety and upgrades. New low interest loans for home repair covering a broader scope of repairs and modifications replaces the previous home repair grant program under Seniors Benefits. The new petroleum levy of up to 13% will be a problem for transportation, especially in the rural areas. I cannot speak to the healthcare portion of the budget yet, but we will be looking into it in the coming months.

We are planning to do a complete review of the budget and we will post any significant findings on our website.

Wishing you all a safe and pleasant spring. I am looking forward to seeing you at the AGM in June!

Respectfully yours,
Fred Olsen

Do you have questions or concerns about how Alberta Budget 2015 will effect seniors?

Contact me to share your thoughts.

Call into the office, or email me directly at fred@acaging.ca



Fred celebrating the 25th Anniversary of the Premier's Council on Status of Persons with Disability with Deputy Minister of Human Services David Morhart

Executive Director's Report

What does it Mean to Remove Barriers?

The topic Removing Barriers to Aging Well is so significant it needs to be broken down in to two parts; 1) what are the barriers adults encounter as they age, and 2) what does it mean to age well?

Barriers stop people from taking care of themselves and participating in community activities. These barriers or road blocks may be external (environmental), or internal (personal health and resources). Environmental barriers make things hard to see, hear, understand or use. For instance, a noisy and cluttered store may be too hard to navigate. A much loved hike along a lake may be a key component in personal wellness. Although the path is paved, an older person with challenges to mobility may still have a barrier to using the path if there is not a place to periodically stop and rest. Internal barriers can be illness, or even limited financial resources.

It is clear then that very often there is no disability if there is no barrier.

Aging well means remaining independently active even at the oldest ages and yet there is a provision for appropriate support for those who can no longer look after themselves. Research on longevity continues to come up with these components to aging well: diet, exercise, socialization and health care.

Within this context we can see the complexities around a fairly simple concept of well-being. In order to have high quality food, a person needs to be able to produce the food themselves, or have the financial resources to purchase the food. There must be the ability to get to a store or market, and then prepare the food. Ideally the meal would be shared with family and friends from time to time. Another barrier can be



Nadia Willigar and Donna singing the jingle 'Too Good to be True' for Fraud Prevention Month

imposed if there is no means of transportation to and from such gatherings.

Alberta Council on Aging envisions a world where it is easy for older people to stay connected to the people and things that are important to them. Our research, committee work, publications, programs and communications all centre on this vision. We want older people to have the tools to be able to age with ease. We want to influence the general public and government to meet this goal.

Soon we will have a provincial election. Before you cast your vote, find out how your candidates plan on removing barriers and ensuring the well-being of seniors.

We invite you to further explore the challenges of removing barriers to aging well at our upcoming Annual General Meeting, and together we will mine for solutions.

Best,
Donna Durand

Financial Literacy: Post Retirement Planning

To maintain a good quality of life after retirement, it is important to have ongoing plans and strategies for optimal financial security.

☐ Budget

Reassess and adjust your budget according to cost of living and unexpected expenses. Consider your future living arrangements and associated costs in retirement.

☐ Review

Check over your Personal Directive, Will, Enduring Power of Attorney, financial accounts and insurance policies. Ensure they are up to date.

☐ Ensure

Make sure there is continued coverage for your health benefits.

☐ Seek Counsel

Review your plans with someone you trust and respect as being financially responsible.

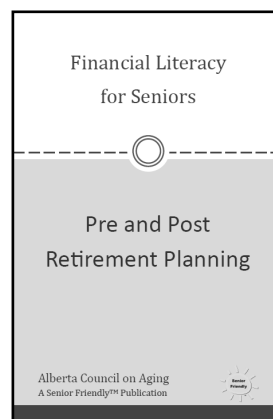
☐ Reduce Vulnerability

Reduce vulnerability to fraud and financial abuse by educating yourself and others about scams and fraud. Review monthly expenses and accounts for unauthorized charges and assess activity. If something seems too good to be true, then it probably is.

☐ Convert

Prior to December 31 of the year you reach 71 consider transferring your RRSP into a Registered Retirement Income Fund (RRIF). A RRIF requires you to withdraw a portion of your RRSP savings as income for retirement. You are not eligible to hold an RRSP on January 1st following your 71st birthday.

If you think you have
been scammed, report it to
your local police and the
Canadian Anti-Fraud Centre:
1.888.495.8501



For a copy of the Pre and Post Retirement Planning pamphlet please contact:

Alberta Council on Aging
780.423.7781
1.888.423.9666

Financial Literacy: Recognizing Fraud

The Alberta Council on Aging's Recognizing Fraud program focuses on strategies for seniors to make good decisions regarding protection of their finances.

Fraud is a false representation of the facts in order to deceive for personal or monetary gain. Fraud is very common and can happen to anyone, but seniors are a highly targeted group. Even though it is impossible to be warned about every type of fraud that exists, there are some basic things you can do to protect yourself, your money, and your identity. Here are some examples of common financial scams:

Power of Attorney Fraud

When a person designates a power of attorney, they give that person complete access to all of their finances and financial information. To protect yourself, and your money, only choose someone you trust entirely.

Consumer Fraud

This is when a customer is sold a product or service that sounds like you are getting a good deal, but in the end the work is done to a poor standard or is left unfinished. To avoid this, research a company before hiring them, check with the Better Business Bureau and ask your family and friends if the price they are offering seems fair. Any quote that is too high or too low could be a warning sign.

The Grandparent Scam

This is a top scam reported to the Canadian Anti Fraud Centre: A senior gets a call from a con-artist posing as a 'grandchild' in need of money for a car accident, bail money, or being stranded and needing money to get home. The 'grandchild' insists that the senior not tell anyone. To protect yourself get more information and contact the 'grandchild's' parents before you send money.

Investment Fraud

Be wary of making an investment that sounds too good to be true; don't feel pressured to make a decision on the spot. Before making a decision, consider seeking advice from a registered financial advisor and someone you trust.

Telemarketing Fraud

Anyone who phones saying they are from a bank, the government, or your insurance company and then asks for personal information is not who they say they are. Ask them for their contact information and report them to the Canadian Anti-Fraud Centre. Don't be afraid to hang up the phone.

Internet Fraud

Be careful when posting information about yourself online and only make purchases or payments through reputable sites. Companies like banks or insurance agencies will never email you asking for personal information.

Identity Theft

Keeping personal information safe is the key to protecting against identity theft. Know your billing schedule and when your bills should arrive. Double check all your bank statements and bills to be sure there is no unusual activity in your accounts. Always shred your bills and bank statements when you are done with them.

The Romance Scam

Scammers will post fake profiles on dating and social networking sites and will pretend to be looking for their soul mate. Once the scammer establishes a close relationship with their victim they will ask for financial assistance. If you think someone may be a scammer, block them, delete them and put them on your ignore list.

Recognizing Fraud Session Photos

March was Fraud Prevention Month. We put on many Recognizing Fraud presentations throughout the province, trained trainers, and informed the general public about how to protect themselves from fraud. It was a successful month thanks to the organizations who hosted presentations.



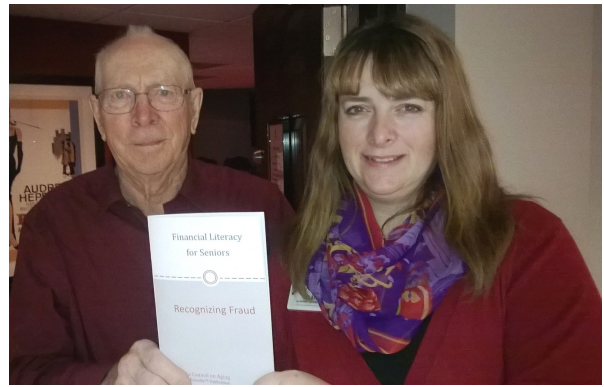
Ponoka Drop In Centre Executive hosted an event following their pot luck supper



Presenters Donna and Const. Matt Wilton, with their mothers - both named Mary



Janelle Wallace of the Bethany Group, Camrose hosted an event



Susan Whissell, Symphony Living, Red Deer hosted a session in January



Ponoka FCSS/Legion sponsored an event



Yvonne Dickson presents Ryan Durnie, manager of Freson Bros IGA Grande Prairie, with a toolkit

Recognizing Fraud Program Grant Summary

Goals, successfully met, as stated in the New Horizon grant proposal

1. To promote intergenerational collaboration and information sharing through volunteer run program

Intergenerational collaboration is present between volunteer based organizations; ACA and Enactus, SAIT, at the onset as we research and revise existing materials. As well we create a manual, power point and outline for toolkit. Toolkits were developed and distributed either by request, to existing trainers through Senior Friendly™, the board of directors and new trainers. Hundreds of these kits and over 2000 booklets have been distributed.

The toolkit uses plain language and is designed to work with or without with technology. It is free of charge, and available on our website www.acaging.ca. It is referenced by Consumer Financial Association of Canada as a useful tool, as well as through the link to Senior Friendly™ on the Alberta Government list of resources. We have partnered with FCSS, legions, seniors centres, police and libraries across Alberta in order to share presentations, materials and training.

Both Enactus and ACA have volunteers that intend to continue to facilitate the training program to train and support new volunteers.

All the regional directors of the board have been trained as trainers. They will also continue to facilitate and share materials with seniors in their areas of the province. This strategy allows us to offer the program to seniors of all demographics. When we ask new trainers where they will do training or share a presentation we have heard responses such as at my weight loss meeting, a

family reunion, the Chamber of Commerce, interagency meeting, victims services, women's church league, groups at senior centres and public presentations.

2. Encourage financial literacy for seniors through educational programs

Recognizing Fraud booklet and toolkit for trainers is well received by seniors and senior supporting agencies. Materials are available online and hard copy. Groups (Wise Owls, Servus, Police, FCSS, SOS Camrose and Grande Prairie) who were already offering information on fraud prevention have said they will use this material as they go forward. The program can easily be delivered by young and old. Additional resource developed to encourage financial literacy for seniors is a brochure we developed under this same grant: Financial Literacy; Pre and Post retirement Planning. We created and recorded a jingle that paraphrases points made in the presentation.

The materials and training have been widely spread across the province. We did a media blitz in March for Fraud Prevention month. We sent out information to all our members and beyond. Calgary Seniors published an article about ACA and Enactus partnership, SAGE published article (based on our booklet) for their newsletter, Enactus published an article. Local papers made announcements of community presentations.

3. Reduce Seniors Vulnerability to financial abuse and fraud

Many seniors are sharing their stories and hearing tips on how to stay safe. Seniors are trainers and participants of the Recognizing

Continued on next page

Continued from Page 9

Fraud program. Some have been victims of fraud, many have near misses to share. The awareness and the education will better prepare seniors as they are confronted by various forms of fraud and financial abuse. Having sessions and materials available where the seniors live is paramount for increasing their knowledge.

This project has been very successful in terms of meeting our goals. The third goal will take much more effort. We are pleased with the beginnings

of this grassroots effort in helping seniors strengthen their financial literacy and reduce their risk for fraud and some forms of elder abuse. We have often been asked if we have a webinar and would like to be able to offer this. And as we go forward, we want to continue to offer the presentations and publications at little or no cost to the public.

Donna Durand, Projects Manager

Summary of Activities

of trainers
92

of community presentations
9

of booklets distributed
2, 365

of participants
800+

Enactus, SAIT - Alexandra Lowe

We started by researching the top eight types of fraud in Alberta using various Canadian sources to find out the details these scams involve. Some of our activities on this project included editing the existing Alberta Council on Aging materials, creating a Powerpoint Presentation and training volunteer trainers.

Throughout the year we networked with various

seniors organizations and individuals to build connections, including with the Calgary Police. After a constable watched our presentation we became their main contact for senior fraud presentations and materials.

The Enactus team's intention is to continue on with this project to ensure the wellbeing of seniors.

You can find the Recognizing Fraud Toolkit online at:

www.acaging.ca/fraud-recognition-toolkit



What is the Right Number of Hospital Beds?

By Dr. Donna Wilson

Background

Always full urban hospitals and chronically long urban ER waits in Alberta raise the question of whether there are enough acute care hospital beds to meet the needs of Albertans. As part of a larger project, a 3-person RN team compared the number of hospital beds that exist in 9 Canadian provinces and 15 developed countries in relation to population size. This analysis was done to determine an optimal or correct ratio of citizens per hospital bed.

Three Key Findings

1. Major differences in relative hospital bed numbers across provinces and countries were found. Citizen to bed ratios across Canadian provinces range from 294 in Prince Edward Island to 546 in Ontario (186% difference), and internationally from 125 in Japan to 523 in Sweden (418% difference). These differences are highly concerning, as hospitals are essential for population healthcare needs; approximately 10% of all citizens in developed countries, irrespective of age, are hospitalized each year. High ratios contribute to long wait times, long wait lists, very short hospital stays, over active outpatient/ambulatory care venues, and “gaming” so that some citizens can receive inpatient healthcare services faster than others with greater or more urgent needs.
2. The average citizen to hospital bed ratio across the 15 developed countries is 344 and the median citizen to bed ratio is 338. These international ratios are useful benchmarks.
3. Alberta’s ratio is 477 citizens per hospital bed. This ratio does not reflect the fact that 1/5 beds are used for mental illness care, 1/4 beds are in rural hospitals that do not provide high acuity healthcare services and are not normally fully

occupied, and 230,000 more people moved to Alberta in the past 2 years. If those factors were integrated, the Alberta ratio would be higher than the highest international country ratio (Sweden’s 523, a country with long waits for health care).

Recommendations

Apply the international average ratio or median ratio to determine how many hospital beds should exist in Alberta. If the average of 344 citizens per bed figure is used, there should be at least 11,500 hospital beds in Alberta now (3268 more than the current 8432). If the median of 338 citizens per bed figure is used, there should be at least 11,908 hospital beds in Alberta now (3476 more than the current 8432). More beds will be needed with continued population growth.

Two Edmonton-area hospitals, each 1634-1738+ beds in size, should be built to replace the old and cramped Royal Alexandra Hospital (500 beds) and failing Misericordia Hospital (300 beds).

Put healthcare professionals back in charge of the healthcare system, as the high ratio of 477 citizens per hospital bed has evolved unnoticed for many years, despite increasingly problematic long urban ER waits, long waits in ERs for hospital admission, the chronic use of overflow beds on inpatient hospital units, chronic low public quality of care ratings, chronic low public health care access ratings, low hospital staff morale, high hospital staff turnover, high public fear of long waits for care, and low public confidence in the management of Alberta’s healthcare system.

Thanks to Ryan Brow, RN, BScN, BSc.,
Robyn Playfair, RN, BN, and Harpreet Gill

Parental Care: My Privilege

By Rod Trentham

I have been very fortunate to have a special relationship with my parents, in particular with my Dad. That relationship is what allows me to help care for my father as he ages.

Dad was the youngest in his family and he looked after his Mom until he was 26; she had lost her husband and one son to typhoid in 1938. She used to warn my dad to stay away from Catholic girls. Of course he ended up converting and marrying my mother when they were both 28 years old. Quite late in those days.

My siblings and I were born across the road from a grain elevator in Kirkpatrick, Alberta. My parents had four boys in four years, beginning with myself, then waited three years before they had their youngest child, a girl. Mom was kept pretty busy with the five of us - luckily friends and family were there to help and Dad worked just across the road.

Kirkpatrick is close to Drumheller and the Orkney farming community where Dad was raised. Being so far out we didn't get television until 1964, not



Dad and I, Christmas 1958

bad thing in hindsight. Rather than watching TV people dropped in on one another and kids played outside.

Once we were old enough we spent many hours with Dad at the grain elevator. When I was around 4 years old I spent a lot of time there; speaking to the farmers, running the Emerson Kicker, learning to guess at the grade of grain and sometimes riding with farmers for another load. Dad also travelled the countryside selling hail and crop insurance and sometimes took us with him.

Mom and Dad lived in Kirkpatrick for many years, right up until Mom was diagnosed with a terminal illness. Mom's many health issues had become too much for Dad to manage on his own. Sometimes couples put on a brave face and cover for each other, so you can't know the reality from short visits alone. In 2008 they moved to a private senior's facility in Red Deer, where my brother Tim and I both lived.

With them nearer I was able to use the flexibility I had at work to help get my parents to and from appointments. Mom died a year and half after they moved to Red Deer.



Dad has been rigorous about his swimming exercises five mornings a week. I join him and swim lengths.

Over the years I had often met Dad at funerals and, after they moved to Red Deer, I drove him to many gatherings. Being the older brother, I had a stronger connection to Orkney and our older rural cousins than my siblings did. Dad is a story keeper, so I have heard hundreds of stories while driving around with him. I have been lucky enough to make audio recordings and this past winter conducted video interviews. Having this sort of oral history preserved is a wonderful gift and resource for the future.

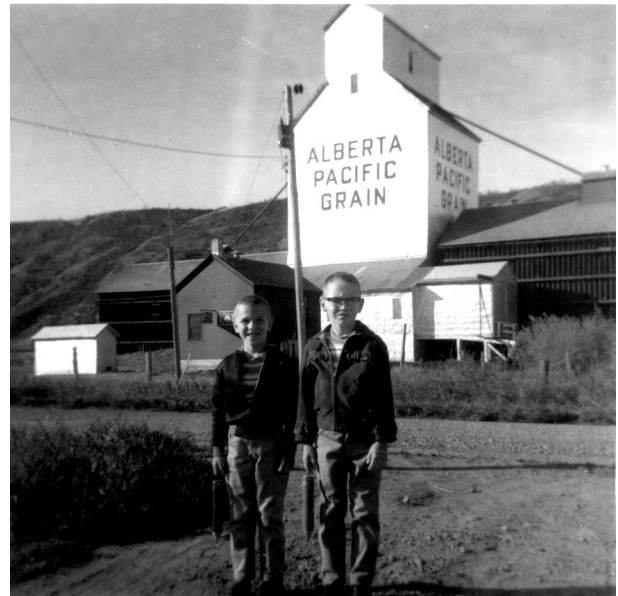
My wife Wendy and I have a modest three bedroom bungalow that is often the gathering place for our family. When our daughter was still a teenager living at home, my wife's mother moved in with us so we could assist with her daily care.

Dad is a story keeper, so I have heard hundreds of stories while driving around with him.

The result of this was that we had become quite used to sharing our space. So, four years ago Dad moved into our home. It's a bit less crowded now, since our daughter has moved out. Dad and I get along great; we are both interested in current events, politics, history, social justice and are a bit sceptical. I have been able to stay home with him since November and have really had some important time with him.

Dad has always been involved in Drumheller's community, and that hasn't changed at all. He has participated in a Remembering the Children (Residential Schools) committee ceremony, Central Alberta Historical Society events, and we regularly drop by the Golden Circle Seniors Centre for breakfast or lunch.

Wendy cares for our grandchildren occasionally, and Dad has a wonderful time with them. They play hide and seek, he reads them books and laughs with them. Like anyone around young children he watches in absolute amazement as they soak in the world around them and come up with astonishing conclusions. The time he spends



My younger brother Tim and I by the granary where Dad worked. Waiting for the school bus.

with them is valuable to him; the young and elderly are so important for each other. Dad is still quite active; he gardens, goes for walks, swims laps, travels, and is generally in good physical shape. About once a month Dad drives to Bowden to meet his oldest friend, Don Borwick - who he met in grade 1. Don lives in Calgary so they meet half way. That is really something for friends who are 87 years young.

Our time together is a privilege. I was spoiled with his attention as a youngster; it is my turn to reciprocate.

Rural Health Services Review Summary

From the outset, the Rural Health Services Review Committee recognized a number of fundamental truths about rural Alberta. These formed the basis for guiding principles that were foundational to the consultations and subsequent recommendations. These principles recognized that while every rural community is unique, they all share fundamental characteristics—independence, generosity, perseverance, collaboration, accountability, community spirit and pride.

The Committee met with over 100 communities across our province, all with populations of less than 10,000. During the course of these engagements, a number of dominant themes emerged:

- Timely access to health care services is just as important to rural residents as it is to all other Albertans
- Rural Albertans want to have the opportunity to spend their full lives in their communities, from birth to death
- Accessing health care services largely depends on the patient traveling to the caregiver. In rural and remote areas, this depends in large measure on reliable access to transportation
- Rural EMS is a vital service that becomes more crucial as distance from an emergency care facility increases
- With variable degrees of access to acute and emergency care services, having robust, readily accessible primary health care services becomes even more critical
- Rural Albertans expect to be full partners in the planning of health care in their communities
- Having health care services readily available depends on having a cohesive team of health care professionals working in well-maintained and properly resourced facilities
- Health care services and facilities are critical components contributing to the economic viability and long term sustainability of rural communities

The Committee carefully considered the presentations from community groups as well as nearly thirty organizations deeply involved in health care in Alberta. Fifty-six recommendations are presented that address the concerns raised by communities from across the province. In general terms, these recommendations call for:

- Greater engagement, decision-making, and accountability at the community level
- Development of a robust system of team-based primary health care services
- Addressing current issues facing EMS dispatch and operations to improve response times and ensure community availability
- A coordinated approach to workforce sustainability with increased focus on development of a full spectrum of home-grown healthcare professionals
- Enhanced utilization of existing facilities to improve local access to basic health care and specialized services
- Acknowledging the crucial role of health care facilities and services in the economic viability of rural communities, and by extension, the province as a whole

Rural Albertans expect to be actively engaged in health care planning and delivery for their communities. They are eager to fully participate in implementing the recommendations of this review.

Published by the
Rural Health Services Review Committee
March 2015

Alberta Council on Aging Bylaws Revision

One of the tasks the Board of Directors has been working on recently is an update to the Alberta Council on Aging Bylaws. The changes are below and will be presented at the Annual General Meeting. For a copy of the existing bylaws please call our office or visit our website:

www.acaging.ca/bylaws

Removed:

- 6.3 Duties of the Officers.
- 6.4.2 - 6.4.4 Board Committees (to be included in the Policies and Procedures manual).

Changed:

- 3.2.2 now reads: Each household shall receive an ACA Newsletter.
- 3.2.3 now reads: Each member of the household shall be entitled to a vote at the AGM.
- 6.3.1 under Responsibilities of the Officers now

reads: Implement the Board of Director policies governing the directors of the Alberta Council on Aging.

- 6.4.5 The Administrative Committee becomes 6.5 and reads: The Administrative Committee is authorized to spend money set out in the approved Budget between Board Meetings.
- 6.5 The Executive Director, become 6.6
- The term 'not by proxy or otherwise' was removed from 7.1, 7.2 and 7.3 in reference to voting rights.
- 7.5 was added and reads: All votes must be made in person and not by Proxy.
- 7.3 was divided into two statements:
 - 7.3 Corporate members shall have one vote at any Annual, General or Special meeting of the Council.
 - 7.3.1 Such votes must be made by persons with authorization in person not by proxy or otherwise.

"You Did What?"

"I'll take the garbage and the clothing recycle bag and meet you outside."

"Ok, I'll get the car and meet you by the dumpster."

So off she went to the garage, put the cloth grocery bags in the back of the car, and backed out. He stood by the dumpster waiting.

"Where's the clothing bag? I didn't see it in the car."

He had that 'caught with my hand in the cookie jar' look about him. "It's in the dumpster."

"Nice one." She said.

Off he went to the garage, and came back with an extension rod he never got around to hanging. It had brackets at the end to fasten to the wall. It was quite easy to reach way back in the dumpster and pick the bag out.

"Oh dear."

-True story, from a member



Information from Johnsons Inc.

Wellness Tips for Travellers

No one wants to have to deal with a claims issue while they are away. But with a little planning, you can reduce your chances of having a claim and better protect yourself if you do. Effectively preparing for a claim starts well before your departure. Here are our top 10 Claims tips:

1. Take care of yourself, so you don't get sick

Did you know that colds, flus, sore throats and stomach illnesses are some of the most common claims? Burning yourself out preparing for the trip is a surefire way to get sick during it. Plan, pack and make your travel arrangements well ahead so you can make sure you are ready to go.

2. Do a medication check

Check your prescriptions. Do you have enough for the length of your trip? Have any of your prescriptions changed since you filled out a Medical Questionnaire for travel insurance? Even reduced medication can affect your coverage. Report any medication or health changes to your insurance advisor or insurance company, even if you have already purchased travel insurance. Be sure to travel with your medication in your carry-on luggage.

3. Take your wallet card

You should always travel with the wallet card provided with your policy, where you can find the phone number to call in case of an emergency as well as your policy number. Travel with all your emergency contact details and your wallet card on you or in your carry-on luggage.

4. Keep all your receipts

For both medical and non-medical claims it is important to keep receipts to support the claim and to ensure you receive an accurate reimbursement. Even something as simple as a coffee receipt can be used as proof of location or your itinerary, if needed.

5. Keep your travelling companion in the know

Exchange key information with your travel companion. This includes emergency contacts, insurance information, prescriptions, allergies and medical history. This will free you to focus on your situation while making sure that your loved ones and insurance company are contacted without delay.

6. Plug in your information

Add your insurance information and your emergency contact to your cell phone or tablet. If your device is password protected (and it should be), you can add your emergency contact information to the background of your phone's log-in screen. That way someone won't have to know the password to find this critical information.

7. Change of Plans? Call your insurance advisor

Whether you've missed your cruise ship departure and decide to stay in Florida, or you decide to extend your trip, it is important that you have accurate coverage for the full duration of their travels. Many insurers won't extend coverage if there has been any lapse. Whenever plans change, always ask yourself, "Am I still covered?".



Proud sponsor of the
Alberta Council on Aging
49th Annual General Meeting

4 Tips to Help Women Maintain Healthy Eyes

With the everyday challenges they face many women have trouble remembering to make time for their routine eye exams. Yet, as women age, the risk of certain vision problems also increases. Luckily, there are four easy ways for women to prevent vision problems and maintain overall general eye health:

1. Healthful diet



One of the simplest ways to ensure optimum eye health is by eating a healthy diet rich in Omega-3 Fatty Acids - a protein that can be found in some fish such as salmon, anchovies and sardines.

Also, eating vegetables high in lutein has been shown to prevent macular degeneration. Lutein, typically found in yellow and orange vegetables as well as in leafy greens, is an antioxidant used by the body to absorb UV and blue light.

2. Care when using cosmetics



It's no surprise that the majority of women use cosmetics as part of their daily routines. However, makeup, especially eyeliner in the waterline - can often be the culprit of vision

problems such as dry eyes and styes. It can block glands on the eyelids that produces the oil that prevents the evaporation of tears.

Luckily, you can combat dry eyes by using eye drops containing a lipid (or oil) layer that act as artificial tears. Replace eyeliner and mascara products at least every three months to prevent bacterial eye infections and styes.

3. Work habits



People are spending more and more time in front of technology: computers, smartphones and tablets. This has contributed to a rise in vision problems.

To save your eyes from strain, minimize the reflected glare on your screen by using dimmer switches on lights and investing in a protective anti-glare screen cover. Ask for anti-reflective coating on the lenses of your glasses as another way to protect your eyes.

When you are using a computer follow the 20-20-20 rule. For every 20 minutes spent staring at your computer screen, take a 20 second break and focus your eyes on something 20 feet away. This practice will help in reducing the amount of strain put on the eyes.

4. Comprehensive Eye Exams

Most eye conditions that affect women are completely symptomless, only presenting signs once a condition is in its advanced stages and difficult, or impossible, to treat. Cataracts, glaucoma and macular degeneration can lead to serious vision loss and blindness if not detected and treated at an early stage.

Schedule an appointment with an optometrist once a year as prevention is key. Also, eyes can give a glimpse of other health issues such as Type 2 Diabetes, high blood pressure, certain vascular diseases and, brain and eye tumors.

Article originally published by the CNIB
www.cnib.ca

The City Slicker Chicken

By Moneca Wilson



When I was reading the fable of the City Mouse and the Country Mouse to my young grandson the other day, it brought to mind the Saga of the City Slicker Chickens. It is a tale we often tell around the family table, one that originated and unfolded in our city home a number of years ago when we became the recipients of a couple of four-day-old chicks. With their arrival came some interesting experiences – and havoc!

That Easter season the teenage son in the family next door gave his baby brother two fluffy chicks. Little Andy was delighted and miraculously did not squeeze them to death.

Fortunately, from the chicks' point of view, my eight-year-old daughter overheard Andy's mother lament that there was absolutely nothing she could do but send them to the SPCA or, even worse, subject them to a fate more dreadful than that. Rumour had it she once flushed a goldfish down the toilet.

Joanne came flying into the kitchen sobbing the news to me.

"Can we take the baby chicks, Mother?" she pleaded. "Can we, can we?"

I was not surprised by her concern. Joanne felt an affinity for every living creature and was in the habit of befriending, adopting or abducting any willing animal from a mouse to a St. Bernard dog. At least this time she was asking permission first.

I pointed out the disadvantages. We did not have a backyard fenced with chicken wire, and Toby, our small dog of mixed ancestry, might not take kindly to the chicks and could dispatch them easily in one small gulp.

As usual, Joanne persisted and the two baby chicks joined our menagerie. With a wooden apple box and some netting from an old crinoline, she constructed a shelter in the backyard. It became, almost immediately, inadequate at containing them.

To our surprise, Toby took an intense interest in the chicks, not as hors d'oeuvres but as creatures in need of mothering. Maternal instincts raged through her little body and she literally adopted the baby chicks, lavishing constant attention on them. She followed them around nudging them back when she thought they had gone too far astray and gathering them with her paws into her furry tummy to sleep.

As the chicks grew they seemed to develop split personalities. Small wonder! Should they bond with Toby or Joanne or heed their inherent nature? One day when Toby was barking as a startled mailman, the two chicks, now robust at five weeks old, stood behind the dog cackling furiously. Gradually, they became more adventurous, scurrying about the yard, the front road, the alley, and into neighbours' gardens. Toby was worn to a frazzle trying to control them. Clearly things were getting out of hand.

Fortunately, a solution presented itself. Grandmother and Granddad came to visit. They lived on a farm and had an empty chicken coop so our two adoptees travelled back with them. Toby grieved for the chickens and slept in the empty apple box for a few nights. Joanne's anguish was eased by Grandmother's other solemn promise to never, ever roast or pan fry the chickens.

The gangly, squawking birds grew fat in the farmyard among the grass and abundant supply of worms. However, one morning when Grandmother was feeding them one of the chickens choked on the food and fell dead at her feet. She felt sad as she buried the bird in the soft ground behind the chicken coop.

The remaining chicken flourished and grew into a handsome young cock with long feathers that

shone green and orange in the sunlight. He was a high stepper with well rounded thighs and a firm broad breast.

But Grandmother remembered her promise to Joanne. When the rooster's relationship with the magpies in the farmyard seemed about to degenerate into more than name-calling, she decided to find a new home for him. He was moved to the neighbour's farm where he joined their big healthy flock and soon established a lofty position in the pecking order.

He was quite pompous and spent his days strutting about, regaling the admiring flock with tales of life when he was a city slicker chicken. The surroundings were to his liking and the food was good. From a rather uncertain beginning, no doubt his universe unfolded as it should.



My First Poem

By Ruth Bradshaw

My first poem was a contribution to The Little Red Deer Dramatic Society Yearbook, 1938-39 printed under my maiden name Ruth Bradshaw.

Ed, a farm boy, also a member of the Society, attended Red Deer Composite High School. He entered my poem under his own name in a poetry contest. It won first prize! The prize was that it be published in the Calgary Herald.

One weekend I went home and my neighbour showed me a 1940 edition of the Calgary Herald and to my surprise there was my poem published in Ed's name!

He had taken my poem from relative obscurity to a place where more people would read it. So I have him to thank for that! So is plagiarism all bad? The poem is called "Chance".

Chance

Out of the darkness there came a shadow
And out of the shadow a form.
It stood, wavered, and fell back again
Into the midst of the storm.

I looked and -- fool that I was -- waited,
Surely it would call me first!
Alas! it had vanished and I was alone,
Alone, while the winds do their worst.

And so, when chance comes upon you,
Grasp it -- no matter what cost.
Don't wait for someone to call you
For he who hesitates -- is lost!

Ruth Bradshaw

Alberta Council on Aging 48th Annual General Meeting



Friday June 12
9:30 am to 2:30 pm
Lunch is provided



Region 4

Chateau Louis Conference Centre
11727 Kingsway NW, Edmonton



Meet the Minister of Seniors'
Honourable Jeff Johnson

Join us for Panel and Discussion:
Removing Barriers to Aging Well

Guest speakers:
John Crouse, Dr. Donna Wilson, Cam Tait

RSVP

780.423.7781 Toll Free: 1.888.423.9666 info@acaging.ca

Budget 2015 - Alberta Seniors

Comments from the Honourable Jeff Johnson

Alberta remains the best place in Canada to live, but it's no secret that the province is facing its most serious fiscal challenge in a generation. Low oil prices and strong population growth have greatly increased demands on social programs and supports, including those provided by the Ministry of Seniors. Our province has grown to 4.1 million people – that's 900,000 more than in 2004 – and we must ensure continued support is available for Alberta's vulnerable and seniors populations.

Through Budget 2015, the Alberta government has made tough choices to put the province's finances on a different path to ensure long-term success. However, in this time of restraint and prudent decision-making, government remains committed to ensuring Albertans have access to affordable housing options and that our seniors have the supports they need to lead healthy and inclusive lives in their communities.

Here are some Seniors highlights from Budget 2015:

- No reductions to the Alberta Seniors Benefit program: Alberta seniors enjoy the most comprehensive benefit program in the country. Eligible seniors will continue to receive the same monthly income supplements and the same level of support in approved supportive living and long-term care facilities.
- No changes to available supports for affordable housing: the Alberta government owns or supports more than 36,000 social housing units and provide support to more than 11,000 Alberta households in private accommodations. Overall, housing programs

help 122,000 Albertans and these individuals can rest assured they will continue to receive the same level of support.

- Ongoing construction of seniors' spaces and continuing care beds: this year alone, government will help support the build of over 2,600 new continuing care beds. Added to the more than 1,400 spaces currently in construction, Alberta's seniors will have increased opportunity to age in their communities, close to their families and friends.
- Continued installation of sprinklers and fire suppression systems in seniors residents: government has committed \$80 million to ensure government-owned and supported seniors lodges and continuing care facilities meet current building and safety codes, and Budget 2015 follows through on this investment.
- Investment of \$160 million in joint federal-provincial funding over four years for rural lodge renewal.

With Budget 2015, Alberta's seniors remain a priority; Albertans can rest assured that their government will continue to treat those who built our province with dignity and respect. As a province, we do face serious challenges and the Alberta government has taken strong actions and made tough decisions to keep Alberta strong – but the supports and programs that seniors and vulnerable Albertans need will remain in place. I encourage you to learn more about Budget 2015 by visiting <http://alberta.ca/Budget.cfm>

Jeff Johnson
Minister of Seniors

Regional Reports

Region 1 (North West Alberta)

Recruitment for a new director is currently underway, as I have resigned. The region has had challenges with filling the president and vice-president positions for the regional executive board. Although, we do have a treasurer and secretary, and many active members in our region we need to figure out how to go forward. For the time being, Martha Dawson will stand as communications officer.

Many of our members have expressed an interest in taking part in educational sessions pertinent to seniors. With this in mind we have begun scheduling some events for Seniors' Week, which is the first week in June. Please contact the provincial office for more information.

I have enjoyed my time as a regional director and I wish everyone the best.

Respectfully submitted by Yvonne Dickson

Region 2 (North East Alberta)

There have been a number of points of interest for our region lately. We held a meeting in Cold Lake on Feb. 23rd with 45 people attending. The program included; a Recognizing Fraud presentation, and the viewing of a video produced by AUPE called Numbers on a Page. The documentary shows some of the problems caused when care facilities in small communities

are shut down. President Fred Olsen also attended the meeting.

Funds from our casino allow our region to offer ten \$500 grants and a one-time \$2500 Special Project Grant to improve the quality of life of seniors within organizations that are ACA members. Letters of application can be sent to:

Diana Anderson
Box 209
Elk Point, AB T0A 1A0

Respectfully submitted by Donna Chamberland

Region 4 (Edmonton and Area)

During the past two months many seniors advocacy groups have met with government officials. The Seniors Task Force met with Health Minister Stephen Mandel, and Minister of Seniors Jeff Johnson on March 25. We spoke on challenges in the areas of long term care, continuing care, home care and prescription costs. The Health Minister indicated that actions were already underway to improve some of these issues. Both Ministers suggested further discussions were required to better identify the problems.

Representation from Integrated Services for Seniors met with the Health Minister in February. We had been working on developing a single point contact for frail and vulnerable

Farewell to Two Board Members

Murray Campbell - Region 7, who has relocated to beautiful British Columbia.

Yvonne Dickson - Region 1, who plans to spend more time on her artistic endeavors and traveling. She intends to remain a key volunteer in the region as a Recognizing Fraud and Senior Friendly™ program training facilitator.

~ Many thanks and all the best! ~

seniors when accessing health care, housing and other supports. Recently this work was being connected with Family Care Clinics. Efforts to implement Family Care Clinics have not proceeded. As a result the Integrated Services for Seniors work has been suspended.

We have been offering presentations on both Recognizing Fraud and Senior Friendly™ programs in the Edmonton area. These presentations have been both well attended and well received.

Respectfully submitted by
Gary Pool and Gail Hiller

Region 5 (Central Alberta)

Region 5 held its first general meeting of the year in February. The guest speaker was Allan Sinclair, Executive Director of Red Deer Alberta Health Services. His presentation was on the issues with acute and continuing care in Red Deer and area.

He highlighted the Red Deer Regional Hospital Centre's new parkade construction, expansion of dialysis, obstetrical and operating room services, and new specialized programs offered in the Gerontology Clinic. He also noted the addition of new continuing care and restorative care beds.

His presentation was followed by an enthusiastic exchange of questions and ideas. At the March meeting of the region 5 executive, Sheila Stangier, Chair of the Outreach Committee, presented a proposal to improve communication with smaller centers in our region.

The plan would:

- identify the communities in Region 5
- establish communication links in each community, through senior's centers, retirement homes, Legions, and other groups and organizations
- distribute summaries of presentations from general meetings to rural contacts

- establish an outreach effort with other agencies and organizations that deal with senior's issues and activities in our region

I participated in two Recognizing Fraud Presentations in Red Deer - the first in January with Executive Director Donna Durand at Symphony Senior Living Inglewood and the second at Living Stones Church in March. The presentations were both well received.

Respectfully submitted by Ron Rose

Region 6 (Calgary and Area)

I am glad to introduce an additional director for Region 6 - Lynn Podgurny. We are looking forward to working together.

Lynn is the Director of Operations at the Kerby Centre, which is a seniors' organization in Calgary. She has served on numerous boards including the Calgary Chapter of the Alberta Association of Gerontology. Lynn has a B.A. in Archaeology and another in English from the University of Calgary and has been at the Kerby Centre since 1987.

Respectfully submitted by Frank Hoebarth

Region 9 (East Central Alberta)

I have visited Vegreville, Daysland and Irma. In Irma I held a short Recognizing Fraud presentation, and will be doing a full presentation this spring.

I am hopeful we will have a full regional executive after our Annual General Meeting. The meeting will be at the Vegreville Seniors Centre April 29th. Lunch at noon, \$5 per person. The business meeting starts at 1pm. I hope to see you there!

Respectfully submitted by Fred Olsen

Health and Housing Committee

Health and Housing Committee Activities Update

By Bruce West

The Alberta Council on Aging established the Health and Housing Committee in 2014 with the goal of bringing together users, providers and regulators of Alberta's health and housing systems to address concerns raised by seniors, respond to proposed government policies, and engage in research that will enhance the quality of health care and housing services.

Currently the committee consists of seven members with backgrounds in caregiving, nursing, academia, health care administration, as well as seniors housing and continuing care policy development, advocacy and delivery and meets quarterly. So far we have focused on learning each other's strengths and experiences, discussing relevant issues and preparing speaking points for Alberta Council on Aging's board of directors to use when they meet with politicians and senior leaders in Alberta's health and seniors housing systems.

Recently Fred Olsen, Donna Durand and I had the opportunity to meet with Seniors Minister, Jeff Johnson. Health, continuing care and housing

topics were central to the discussion and the Minister expressed an interest in communicating more directly with seniors through the Alberta Council on Aging. Going forward the Committee would also like to hear from and talk with members across the province about health and housing issues affecting their quality of life and ideas they have for bringing about improvements.

At present Alberta is experiencing financial challenges, but it appears that seniors services, health and housing continue to be government priorities. In his televised speech on March 24th Premier Prentice hinted at the reintroduction of some form of graduated health care premiums. However he committed to looking after the most vulnerable Albertans and continuing to invest in needed infrastructure (schools, roads, hospitals).

The Health and Housing Committee will continue to monitor government programs and activities and provide a seniors-focused perspective on issues.

Inspirational Aging

There is a fountain of youth; it is your mind, your talents, the creativity you bring to your life and the lives of people you love.

-Sophia Loren

~

A man's age is something impressive, it sums up his life: maturity reached slowly and against many obstacles, illnesses cured, griefs and despairs overcome, and unconscious risks taken; maturity formed through so many desires, hopes, regrets, forgotten things, loves. A man's age represents a fine cargo of experiences and memories.

-Antoine de Saint-Exupéry

Summary of Activities

What Has the Alberta Council on Aging Been Doing?

Senior Friendly™ Program Activity

- Continuation of Project with Enactus, SAIT, Financial Literacy for Seniors under New Horizon Grant- train the trainers and presentations for “March is Fraud Prevention Month”. Distribution of toolkits
- Distribution of new Recognizing Abuse publication as per community service providers’ request
- Have discussion and provide information for three Lethbridge University students on age friendly programs and the work of the council

Government

- Meeting with Seniors Minister Jeff Johnson and his team
- Continue participation in province wide dementia strategy committee – commence working within groups on prevention/ awareness and living well with dementia
- Attended 25th anniversary of Premier’s Council on Status of Persons with Disability
- Meeting with John Cabral, Assistant Deputy Minister Seniors Services Division and teleconference with Minister Johnson following announcement of provincial budget

Communications

- Correspondence to government regarding suggestions for upcoming provincial budget, and a second letter to address staffing issues in long term care with reference to the Nursing Home Act
- Completion of Policy and Procedure manual
- Letter from Deputy Minister Human Services

regarding placement of link from Alberta Council on Aging Senior Friendly™ program website information to Age-Friendly Alberta

- Calgary Seniors newspaper interviews ACA and Enactus student project coordinator and publishes article on Fraud Prevention for March issue
- Letter from Financial Consumer Agency of Canada regarding endorsement of Alberta Council on Aging’s Recognizing Fraud publications

Fund Development

- Sponsorship for AGM 2015 secured- Johnson Inc. has agreed to be the exclusive sponsor of the event
- Final reports for New Horizon Grant and Casino proceeds prepared and submitted
- Business plan and annual budget prepared and presented at BOD meeting prior to annual general meeting

Meetings

- Board of Directors meet. Meet by phone with two new directors: Lynn Podgurny (Calgary) and Paul Howe (Medicine Hat)
- Meeting with Region 1 to discuss how to manage communications in light of unfilled positions on their executive
- Meeting with SUN (Seniors United Now) to discuss mandates of organizations
- Attended a webinar with the International Federation on Ageing. 400 participants worldwide took part. The theme was engaging decision makers for a more sustainable age friendly city and community

Seasonal Recipes

Quick and Healthy Snacks



Easy Banana Oat Cookies

- 2 large bananas, mashed
- 2 cups gluten free oats
- 1 tsp vanilla extract

Spice things up by adding one or two of these:

chocolate chips or cocoa nibs
 peanut butter chips
 butterscotch
 dried cranberries
 raisins
 chopped walnuts, almonds or pecans
 coconut flakes

1. Preheat oven to 350 degrees F. Then, place oats in blender or food processor and blend until oats near the consistency of flour.
2. In large bowl combined mashed banana with oats until smooth. Add in 1/2 cup of your favorite add in; I used dark chocolate chips.
3. Spray baking sheet with nonstick spray. Drop large tablespoons of dough onto cookie sheet and flatten a bit with a rubber spatula. Bake 9 to 12 minutes, or until cookies are set.
 Remove from oven and cool on wire rack.

Cookies will keep in a covered container for a few days, or they can be frozen and reheated. Makes about 16 cookies.

No-Bake Vegan Bonbons

- 1/4 cup coconut oil, warmed to melting
- 1/4 cup honey
- 2/3 cup cocoa (or carob) powder
- 2 Tbsp finely ground flax meal
- 1/4 cup chopped nuts (walnut, pecans, etc.)
- 1/2 cup fine coconut
- 2 tsp goji berries
- 1 tsp cinnamon

1. Combine all ingredients in one bowl.
2. Mix well.
3. Roll mixture into small balls.
4. Refrigerate to set.



Baked Sweet Potato Chips

- 2 large sweet potatoes
- 2 Tbsp melted coconut oil
- 2 tsp dried rosemary
- 1 tsp sea salt

1. Preheat oven to 375 degrees F. Peel sweet potatoes and slice thinly, using either a mandolin or sharp knife. In a large bowl, toss sweet potatoes with seasonings.
2. Place sweet potato chips in a single layer on a rimmed baking sheet covered with parchment paper. Bake for 10 minutes, then flip the chips over and bake for another 10 minutes. For the last ten minutes, watch the chips closely and pull off any chips that start to brown, until all the chips are cooked. Beets, carrots or potatoes will work too.

Community Dialogue

Feedback from our Members

I wanted to thank you for the materials you sent me. It's a bit like having a fairy godmother! I had no idea the Alberta Council on Aging had so many resources available for seniors.

I particularly loved the ACA News. I read it front to back and loved all of it. I enjoyed the range of articles, everything from homecare concerns, seniors being defrauded, and lots of other useful information as well. I'm left wondering what's left to put into the next one, since the issue I received was so comprehensive!

After reading your newsletter and the other materials I'm feeling inspired to consider volunteering with my local seniors' centre. I feel like I can be useful and active, there's no need for me to just wait around for the retirement home when I can get involved.

I really appreciate your thoughtfulness in sending me the package, and I'm looking forward to the next issue of the newsletter.

Thanks again,
Bob Saunders



My husband and I have both read with considerable interest, the latest ACA News publication. We would like to tell you how informative and helpful the entire magazine was!

We are experiencing so many of the problems you have discussed in it. I am badly disabled and have been for years, with things worsening to the point where my husband has become my primary care giver. The things discussed in these articles have been so helpful and we thank you so much.

Our wonderful daughter is my advocate and accompanies me to all of my appointments. She does just as you suggest and we are going to pass the magazine on to her so she can see she is doing everything right. My husband is going to the doctor next week to have a medical to renew his driver's license so this information was just in perfect time.

Again, thanks so much for caring enough to give us all of this vital information!

Yours sincerely,
Doreen & Colin Catley



I was given your Recognizing Fraud booklet by a friend who attended an information session in Red Deer. She enjoyed the session and booklet so much that she wanted to share the information with all her friends.

The Recognizing Fraud booklet is some of the best reading I've done in a while. It's a great resource.

Thank-you,
Lorraine Hanson

Please submit comments, ideas, stories, jokes, or photos you would like included in the newsletter to:

Alberta Council on Aging
Box 9, 11808 St. Albert Trail
Suite 232, Circle Square Plaza
Edmonton, AB T5L 4G4

info@acaging.ca

Thank You for Your Donations!

Shirley Shmyr	Mahesh & Batul Shah
Doug & Leona Baptiste	Davis Neave
Meindert & Johanna de Vries	Ronald & Norma Fujikawa
Olive Moore	Gayle Lawson & Dave Turtle
Dick & Marette Duffin	Evelyn V. Fleming
Donald Kramer	Sandra & Haskel Eisner
George & Nancy MacDonald	Richard, Carole & Kathleen Hernder
Guy & Wilma Vervoort	Ron & Janet Hanzel
Mary Rushworth	Lyal & Pat Whiteoak
Laurence Younker	Lance & Eunice Roe

Helping Hands

Many thanks to our volunteers:
casino workers, regional executives, committee
and board members, office helpers, educators,
representatives and editors.

You are appreciated!

Together, we work to improve the
quality of life for seniors.

-Fred Olsen, President



Lasting Legacy

*By including Alberta Council on Aging in your will,
you create a lasting legacy to benefit older adults.*

Membership Survey Results

1. Do you believe the Alberta Council on Aging is living out it's mission 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?

Yes: 37

No: 3

2. If no, please explain:

-We have little experience to base an opinion on.

-You're trying, good effort

-We've had no contact from our region about meetings or seminars

3. Does the ACA News address senior's issues?

Yes: 40

No: 0

4. Do you find the ACA News entertaining?

Yes: 38

No: 2

5. Do you have any suggestions to improve the ACA News?

-I enjoy the jokes and poems, as well as the Articles

-More advocacy!

-More personal experiences, past and present

-Continue the thrust to have ALL services for seniors standardized (eg. In their home or in a facility)

6. When there is a town hall meeting in your area would you attend?

Yes: 23

No: 13

7. Are you interested in volunteering to help at a local town hall meeting?

Yes: 7

No: 25

8. Are you interested in volunteering on your region's executive board?

Yes: 3

No: 32

9. Are you interested in volunteering to be a presenter for Senior Friendly™ or Recognizing Fraud programs?

Yes: 1

No: 32

10. How important are the following Alberta Council on Aging membership benefits to you?

	Important	Not Important
Johnson Inc. MEDOC Insurance	17	14
ACA News	39	0
Supporting educational programs	26	2

Comments from the survey:

-Quite satisfied with the publication.

-Keep up the important work for seniors! (x5)

-Advocacy must be done. "A voice representing thousands of members." - Yes, but to what end?

-I am new to the organization and found the 2014 AGM to be very informative.

-I enjoy accounts of regional news and activities in Alberta areas as reported.

-We are really appreciative of the work of the council. We have used and enjoyed Johnson Inc. travel insurance. The newsletter, which must take a lot of effort, is very valuable to us also.

- I believe in the voice represented by the ACA.

Alberta Council on Aging Members Receive:

- Access to a unique provincial network
- A voice representative of thousands of members
- Voting privileges at the AGM
- Subscription to the ACA News—published seasonally
- Meaningful volunteer opportunities
- Eligibility to apply for Johnson Inc. MEDOC travel insurance

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

Memberships expire annually on December 31st.

Alberta Council on Aging Membership Form

Membership Type

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

Membership Number

\$ _____ Donation

Tax receipts will be given for
donations over \$20.00

Name/s: _____

Address: _____

City: _____ Postal Code: _____ Province: _____

Phone #: _____

Email: _____

☐ Check here if you wish to receive occasional electronic communications

Newsletter

☐ Digital Newsletter ☐ Hardcopy Newsletter

Donations

☐ Name Published ☐ Anonymous

Payment Method

☐ Cheque ☐ Cash ☐ AmEx ☐ MC ☐ VISA

Card #: _____ Expiry: _____ / _____

Alberta Council on Aging is the only province-wide, non profit,
charitable senior serving organization in Canada.

Reporting Elder Abuse

Why don't people report?

Seniors may be reluctant to report abuse.

There are several barriers that may leave a senior reluctant to talk about or report their abuse.

These may include:

- Fear of shame or guilt
- Fear of being left alone or put in a nursing home
- Love for the abuser
- Lack of understanding or impairment
- Unaware of resource options
- Acceptance of abuse as normal behavior

Why do they need to report?

Ask for help because you do not deserve to be abused. Know that it is not your fault and that help is available. Many groups in your community want to help you protect your rights, safety, and your dignity.

Published in the Alberta Council on Aging booklet

Safe Living for Seniors:
Recognizing Abuse

To report elder abuse or for more information, contact:

Family Violence Information line 310.1818



Within your reach!

Affordable coverage for Albertans ages 65+

If you're an Albertan age 65 or older, consider the benefits of a Seniors Plus plan from Alberta Blue Cross.

Our plans top up government-sponsored coverage, giving you practical benefits—without a medical review.

Call us today for a free information package!

403-294-4032 Calgary

780-498-8008 Edmonton

1-800-394-1965 toll free



ABC 83315 2015/01

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



MORE COVERAGE. MORE TRIPS. ONE PLAN.

As an ACA member you have access to MORE with exclusive MEDOC® Travel Insurance through Johnson. MEDOC® is an annual plan that covers you for an unlimited number of insured trips. The plan also combines emergency medical insurance with trip cancellation, interruption and delay coverage – regardless of age or health!* So, whether you're travelling to another province, over the border or across the pond, we've got you covered.

Get your MEDOC® Travel Insurance quote today!

Call 1-877-989-2600

**ASK ABOUT
OUR SCHOLARSHIP
PROGRAM**

JOHNSON 

TRAVEL INSURANCE

BUT WAIT, THERE'S MORE.

Call for a quote for a chance to **win BIG** and **win MORE** – a new BMW 3 Series, **PLUS** a dream trip to the Bahamas, **PLUS** \$5,000 cash.**

Visit www.johnson.ca/travelmore for details.



Johnson Inc. ("Johnson") is a licensed insurance intermediary. MEDOC® is a Registered Trademark of Johnson. MEDOC is underwritten by Royal & Sun Alliance Insurance Company of Canada ("RSA") and administered by Johnson. Johnson and RSA share common ownership. Travel assistance is provided by Global Excel Management Inc. *A 90-day Health Stability Clause applies to pre-existing medical conditions and other restrictions may apply. Policy wordings prevail. **Contest runs from Aug 1/14 to July 31/15. Contest open to persons who, at the time of entry are: (i) members of a recognized group as defined in the Contest Rules, (ii) resident of Canada (excluding QC, NU) and (iii) of age of majority in their province of residence. No purchase necessary. Chances of winning depend on number of entries received. Skill-testing question required. 1 prize with approx. total value of \$60,000 CAD. Vehicle may vary from illustration. BMW Canada Inc. including its parent company, subsidiaries, divisions and other operating entities, has neither authorized, sponsored, nor endorsed this Contest. BMW, BMW model designations and all other BMW related marks and images are the exclusive property and/or trademarks of BMW AG. Contest details: www.johnson.ca/travelmore