



# ACA News

Spring 2017 | Vol. 50 No. 1

We turn 50!  
Come celebrate  
with us!

**Alberta Council on Aging**

Working to improve the quality of life for seniors

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PO Box 62099, Edmonton, AB T5M 4B5

## Mission Statement

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

### On The Cover

Reach for the Sun by  
Raychel Littlecastle

### Contents

President's Report	3
Did You Know?	4
Executive Director's Report	5
What has Alberta Council on Aging been Doing?	6
My Earliest Memories	7
Community Outreach	8
From the Regions	10
Seniors' Care	
Discussion Forum	12
Letter Excerpt	12
Update on Housing	14
Living Stronger Longer	16
Ten Tips for Smoother Travel	18
Healthy Smoothies	21
Thank You for Your Donations	22
Alberta Council on Aging Members Receive	23

### Board of Directors 2017

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Past-president:	Gary Pool
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Secretary:	Lynn Podgurny

### Regional Directors and Communication Officers

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Region 2 (Northeast):	Paul Boisvert, Director Theresa MacNamara, Communications
Region 3 (West Central):	Charlene Sitar
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):	Dwayne Hlady

Directors may be reached through  
Alberta Council on Aging office.

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

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# President's Report

Welcome spring! The promise of renewal.

It is the same with Alberta Council on Aging.

The provincial office is well into being virtual and paperless, having moved this fall from a physical office space to the home offices of the employees. Has it been a success? I believe so. The 2017-2018 budget will show the results of this change. Was it painless? NO, but nothing came up that could not be resolved. The most significant change is we are able to maintain our staffing level even after our grant for outreach closes. Our mandate is to enhance the quality of lives of seniors. We do this by encouraging their involvement in all aspects of community life. The outreach program provides volunteer and learning opportunities for seniors and helps us to make our way across the province.

As April is national volunteer appreciation, I would like to extend my thanks for the board of directors, the regional executives and committees, and program volunteers for their enormous efforts on behalf of the council.

I am also grateful for those who are not yet seniors who are dedicated to helping older persons on an informal, day to day basis. These people have considerate and Senior Friendly™ actions!

I live in a manor in a small community. Not all residents are “senior” by definition. Our caretaker is one such. Not yet 65, she lives in the manor and shows that she knows the meaning of enhancing quality of life. She shovels the snow away from the walks and then cleans between each parked vehicle so the residents don't have to struggle with their footing. She readily goes and changes hard to reach light bulbs in the apartments. When a resident returns from grocery shopping, she waves off protests and helps bring the heavy items to the apartment for the senior. On special occasions she decorates the common room and for birthdays ensures there is cake and ice cream to celebrate. Smiling and laughing, she makes the lives of the residents just a little better by her actions. She appreciates us and we appreciate her!

I look forward to seeing you at the AGM and 50<sup>th</sup> Anniversary celebration. (see page 16 for details)

Celebrating 50 years of working for seniors!

Respectfully submitted,  
Fred Olsen

“You don't stop laughing when you grow old,  
you grow old when you stop laughing.”

— George Bernard Shaw





## 4 Did You Know?



The Active Living Coalition for Older Adults has rebranded and is now called Active Aging Canada. Active Aging Canada supports lifelong healthy active aging of adult Canadians through participation, education, research, and promotion.

<http://www.activeagingcanada.ca/>

Alberta Council on Aging has a webpage where you can keep up to date on events as well as gain access to many useful tools and resources.

[www.acaging.ca](http://www.acaging.ca)

Age will soon be included as a prohibited ground of discrimination under the Alberta Human Rights Act.

An application to include age as a discriminating factor was granted at a hearing in Edmonton Court of Queen's Bench in January, 2017.

### Energy Efficiency Alberta

A new Energy Efficiency Alberta program will help Albertans conserve energy through the latest innovations.

All Alberta households are eligible to participate regardless of income or housing type. Installation will be conducted by qualified agents who schedule home visits. Installers will remove old products and replace them with more energy-efficient products, such as:

- LED products to replace existing incandescent nightlights, lightbulbs and exit signs
- High-efficiency shower heads
- Faucet aerators if no aerator is present
- Advanced power bars
- Smart (self-adjusting) thermostat to replace non-programmable thermostats

[efficiencyalberta.ca](http://efficiencyalberta.ca) or call 1.844.357.5604

Marc Serré, the Member of Parliament (MP) for the Ontario riding of Nickel Belt, tabled a motion in the House of Commons calling on the federal government to “ensure quality of life and equality for all seniors [through] the development of a National Seniors Strategy.”

Specifically, the bill calls for a greater understanding of the issues affecting seniors in Canada and seeks to expand the mandate of the National Seniors Council in developing a framework for a national strategy. You can read the full text of the motion at: [http://www.demandaplan.ca/motion\\_in\\_support\\_of\\_a\\_national\\_seniors\\_strategy](http://www.demandaplan.ca/motion_in_support_of_a_national_seniors_strategy)

Let your MP know if you are in favour of this motion.

# Executive Director's Report

## As Canada celebrates 150 years of confederation, Alberta Council on Aging turns 50!

Formed initially by government to address the impending age wave, the council has taken its role seriously and has kept close to its mandate, even when funding was withdrawn in the 1980's. We find while many older Albertans report a high quality of life, those whose income is just above eligibility for Alberta Seniors' Benefit, without subsidies and increased costs for supports may struggle to pay their bills.

Tommy Douglas implemented the medicare plan which is an enviable program to other North Americans who do not have universal coverage and access to public health care. The second part to this plan was to be pharmacare—that is universal medical assessment and coverage of prescribed medications. It is believed universal coverage would help to better link the various arms of health care and ultimately provide better patient outcomes and services.

While the council may focus primarily on Albertan seniors, it sees the issue of the age wave as extending beyond provincial borders and supports a call for a national seniors' plan that includes pharmacare, home care and dementia care as an integral part of the public health system.

Alberta Council on Aging believes a comprehensive and integrated health care system for seniors will help close the gaps and eliminate redundancies in services.

But we can't stop there. Health care is only one of the eight pillars of well being as defined by World Health Organization. Our core program Senior Friendly™ is aligned with the WHO age friendly community initiatives. We know all pillars must be also be addressed for there to be overall wellbeing: transportation, community support (and health services), outdoor spaces and buildings, communication and information, housing, social participation, civic participation and inclusion.

One overarching area is the need for organized human resources and strong public policy to back these efforts. Professionals, paraprofessionals, volunteers, and family members require awareness and education about the needs of older persons with clear legislation and social policy as a foundation. For instance, there can be no stepping backward in terms of accessibility for all citizens! There can be no tolerance for abuse at any level whether systemic or personal. Individuals to government, all play a role in ensuring older persons are met with dignity and respect no matter economic, cultural, and health status.

Please join us on June 19 for the AGM and the 50<sup>th</sup> anniversary party. **Seniors matter.** Let's celebrate how far we have come with an eye on how far we have yet to go.

Respectfully submitted,  
Donna Durand

## 6 What has Alberta Council on Aging been Doing?

### Outreach

Let's Talk Dementia Four-Part Learning Series (Ledrum Mennonite Church, Edmonton) – January 8, January 15, January 22, January 29

Let's Talk Dementia (Grace Lutheran Church, Edmonton) – January 17

Let's Talk Dementia (Gibbons Public Library) – January 25

Let's Talk Dementia (Good Samaritan Centre, Spruce Grove) – January 31

Living Stronger Longer (St. John's Cultural Centre, Edmonton) – February 1

Outreach Overview (Region 5, Red Deer) – February 7

Outreach Training (Region 6, Calgary) – February 8

Living Stronger Longer (Deer Park United Church, Calgary) – February 22

Recognizing Fraud (Region 6, Calgary) – February 23

Let's Talk Dementia (St. John's Cultural Centre, Edmonton) – March 8

Pharmacy Tips (St. John's Cultural Centre, Edmonton) – March 15

Let's Talk Dementia Two-Part Learning Series (Grant MacEwan University, Edmonton) – March 21, March 28

Recognizing Fraud (Region 4, Edmonton) – April 11

Let's Talk Dementia (Evanston Summit, Calgary) – April 12

### Participated in

Status of Women Open House – January 12

Public Health of Canada Webinar: Age-Friendly and Dementia Friendly – January 24

RISE Sunday – Reach Isolated Seniors Everywhere – February 19

### Meetings

Board of Directors Teleconference (2)  
Seniors Task Force meeting with Michelle Evans, Alberta Health Services

### Submissions

Grey Matters Conference Proposal

Alberta Business License

Annual Return Societies Alberta

Consumer Council of Canada Survey

ACA Application to be on Advisory Committee on Poverty, Government of Canada

### Correspondence Received

Alberta Elder Abuse Awareness Council

New Horizon regarding Grant Status

Alberta Seniors and Housing Minister Sigurdson

Thrive Insurance Plan Proposal from Johnson Insurance

# My Earliest Memories

By Laverne Shade



1952 - I was three years old. We were out traveling in the bush out west of Kelly Lake. My dad was hunting, my mother and I were riding a big white horse. The strap loosened and we fell off. I don't think we got hurt because I don't remember that.

1955 - A hunting expedition with my sister for two days. There was a cougar. I was sure it was a baby crying. Apparently, they can sound like that. I went to check but my sister was scared.

1956-1957 - The earliest movies I watched were in Hythe, Alberta. I went with my older sister. No indoor plumbing back then. I thought it was so glamorous.

1957 - My first skates were skates that had a double blade you strapped to your boots. It was at Black Hawk Lake west of Kelly Lake by where I grew up.

1962 - A radical moment I was a little taller. The teacher/principal was preaching to the class in his religion I did not think it was right because we were all brought up Catholics,

needless to say he was not fond of me.

1962 - Going to the big city all by myself to go to high school. We all stayed in a dorm with rules about study hours, curfew and making sure we go to school every day. It was a good experience. Got to meet the other students from different areas, The dance that was popular then was the jerk.

1965 - My first job in the hospital I went from kitchen aide to house keeping to nursing aide over three years, during the school holiday.

1970 - My first beef dip sandwich--20 years old. By the way my first Kraft dinner was during the summer at my sister's place. I was 12 at the time. My first pizza--20 years old at the Pizza Hut in Prince George.

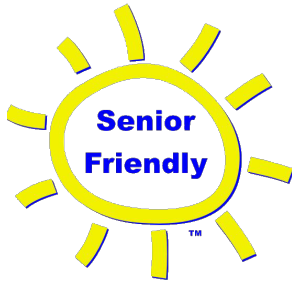
1954-1960 - Out berry picking with my sister. We weren't scared of bears apparently.

My best memories are of me going out to the wilderness with my family, or for a picnic or Sunday drive in a democrat (fancy wagon) with horses. I still love berry picking and hunting.



Kelly Lake, British Columbia

## 8 Community Outreach



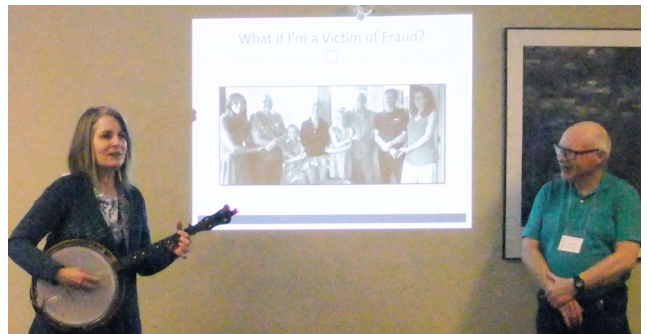
All of our programs and publications follow the Senior Friendly™ guidelines for clear communications.

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

- Senior Friendly™/Age Friendly
- Recognizing Fraud
- Pre and Post Retirement Planning
- Recognizing Abuse
- Living Stronger Longer
- Let's Talk Dementia
- Pharmacy Tips
- Navigating for Services
- Seniors Forum - We'd like to hear from you!



Laureen and Bernadette Lahtail at the Status of Women open house



Donna and Gary performing the Recognizing Fraud jingle at Region 4 meeting



Participants at Region 4's meeting



Mary Campbell reciting a poem at a Let's Talk Dementia presentation  
See page 16 for two of her poems



## Thank You Outreach Volunteers:

- Bashir Kothari
- Brenda Josephs
- Cathy Burrell
- Cathy Campbell
- Diana Anderson
- Dolores Ast
- Fred Olsen
- Gary Pool
- Hazel Knopp
- Jacquelyn Poetker
- Jennifer Wrzosek
- Martha Dawson
- Mary Campbell
- Ron Rose
- Sandra Smyth
- Vernie Munroe



International Students at Grant MacEwan with instructor Beth Wilkey following an outreach presentation

## Dedicated Hearts

Dedicated hearts like yours  
Are not so easy to find.  
It takes a special person to  
be  
So generous and kind.

To care so much for your  
fellow man  
Is a quality all too rare.  
Yet you give of your time  
and talents,  
For all in need to share.

So thank you for being a  
volunteer,  
We're privileged to work  
with you.  
We want you to know how  
appreciated you are,  
Not just today, but the  
whole year through.

By Kelly Roper

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[www.ab.bluecross.ca](http://www.ab.bluecross.ca)



## 10 From the Regions

### **Region 2 (Northeast)**

The task facing ACA Region 2 continues to be in growing contact with its senior population. Subsequently, this means that we make a special effort to develop and maintain close contact with the senior centres throughout Region 2. The senior centres scattered throughout this region are in most rural communities the sole place or organization that exists where issues relating to seniors are ever discussed.

The fact that the poverty of many seniors in rural communities is “always in our face” has forced the ACA Region 2 to become the advocate for seniors in ways which persons who have always lived in our larger urban centres do not fully understand, nor should they be expected to do so. When, on an almost daily basis, one comes in face to face contact with neighbours who are struggling to continue to live in their own homes, political activism takes on very different perspective. The very support systems which our governments so proudly hail, are abject to the widow living in poverty in Wandering River or Vilna or Heinsburg or any other such community. The question of the quality of meals or the levels and qualifications of staff and related services in senior lodges or long-term care are basically irrelevant to the Alberta senior population who struggle to survive with financial resources that are well below the acknowledged poverty line. Furthermore, it is a very sad reality to admit that through rural Alberta a very significant number of the senior population are incapable for many reasons to advocate for themselves, be it out of fear or a lack of knowledge about the processes.

To meet the challenges which we encounter in Region 2, we continue the practice of moving meetings about the region. Therefore, ACA Region 2 will be holding its AGM at the Pioneer Centre in Redwater on Wednesday, April 26<sup>th</sup>, starting at 1pm. At this meeting, we will be presenting ten \$1,000.00 grants to seniors groups who are involved in proving opportunities which enhance the quality of life for all our seniors. We will also be making an educational presentation pertaining to the awareness of scams of all types which are aimed mainly at seniors. We are hoping that the seniors from the western area of Region 2 (Gibbons, Waskatenau, Smoky Lake, Radway, etc.) will join us to become more familiar with how ACA Region 2 works for them.

It is with great sadness that we express our most sincere condolences to Diana and George Anderson at the sudden passing of their 44-year-old son Todd. For many years, Diana has been and continues to be the heart and soul of the ACA not only in Region 2 but throughout the province.

Respectfully submitted,  
Paul E. Boisvert

## Region 4 (Edmonton and area)

We attended the Recognizing Fraud presentation at the Gibbons public library, in support of Laureen and to meet the general public. The presentation was well received. I co-facilitated the program with Laureen on April 11 in Edmonton at our regional meeting. All other activities in this quarter were related to the Seniors' Task Force, Public Interest Alberta. Donna represented ACA at the February meeting while I was away on vacation. Alberta Health Services ADM Michele Evans was the guest speaker and the topic was the various drug plans under provincial services. In addition task force representatives participated in meetings with Health Minister Sarah Hoffman and the government Caucus, Social Policy Committee. The main points discussed were improving access to Long Term Care, better and less confusing pharmaceutical coverage and improvements in Home Care. It is not clear yet what will come out of these meetings, but the discussions seemed promising.

Respectfully submitted,  
Gary Pool

## Region 5 (Central Alberta)

At the February 7 general meeting at the Golden Circle, Red Deer, our guest speaker was Laureen Guldbrandsen, the community outreach coordinator for Alberta Council on Aging. She presented an overview of the outreach program which has been funded under the Community Initiatives grant.

A meeting of the Region 5 Board of Directors was held on March 7 also at the Golden Circle. Agenda items included approval of terms of reference for executive positions and committees. Preliminary plans were discussed for our annual toonie pancake breakfast during Seniors' Week in June. We are planning a celebration for ACA's 50th anniversary at the Region Five AGM in October. Nine board members expressed interest in registering and attending ACA's AGM and provincial 50th Anniversary celebration in Edmonton on June 19.

For our April 4 bi monthly annual meeting, the guest speakers included representatives from the office of Alberta Ombudsman. They addressed the mandate and role of the office.

Red Deer's new RCMP Superintendent Ken Foster, spoke on issues of concern for the community such as safety, vandalism, drug abuse and fraud. President Fred Olsen stayed after the meeting to have an open discussion with the Region 5 board of directors.

A letter of support regarding the establishment of a cardiac catheterization lab at the Red Deer Regional Hospital Centre was approved and forwarded on to Alberta Health Services.

Respectfully submitted,  
Ron Rose

## Region 6 (Calgary and area)

On February 8, we hosted an outreach volunteers training session. The purpose of this training session was to familiarize volunteers with the materials and to perhaps facilitate more presentations in the Calgary region.

Brenda Josephs delivered a Recognizing Fraud presentation on February 23 at the Kerby Centre for 55+. The presentation was well received and has led to further invitations to present in Region 6. Brenda will present Let's Talk Dementia at Evanston Summit on April 12.

As an informal committee, we also organized signing authority and collected opinions and presented ideas for the provincial budget discussion.

Respectfully submitted,  
Lynn Podgurny

## Seniors' Care Discussion Forum: Questions and Responses

Alberta's doctors, through the alberta medical association, have established albertapatients – an online community to give all albertans a health care forum and a meaningful opportunity to engage in dialogue and help shape the future of our health care system. This document was developed to answer questions that albertapatients members had about seniors' care.

[https://www.albertapatients.ca/MediaServer/Shared/Resources/AMA%20ABPATIENTS.CA%20SENIORS\\_WEB.pdf](https://www.albertapatients.ca/MediaServer/Shared/Resources/AMA%20ABPATIENTS.CA%20SENIORS_WEB.pdf)

## Excerpt from Letter dated March 24 from Minister of Health to Seniors' Task Force re: Seniors' Drug Coverage

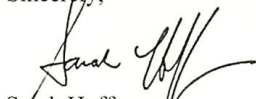
I understand you have concerns about the cost of seniors' drug coverage. Our government shares this concern and recognizes the importance of ensuring all Albertans have affordable access to the prescription medication they require, and I assure you that seniors are a priority.

Our government is working to preserve the long-term sustainability of our drug programs for all Albertans. Generic drug price reductions and savings realized from working with other provinces to negotiate prices with drug manufacturers have resulted in significant savings over the past five years. To that end, I want to assure you that our government will not be implementing an income-based test for seniors' drug coverage.

I appreciate hearing from you on matters of importance like these. I will continue to work on equitable ways to safeguard and improve our health care system with them in mind.

Thank you again for writing.

Sincerely,



Sarah Hoffman  
Deputy Premier  
Minister of Health



## Region 9 (East Central)

Since the beginning of the new year I have been keeping relatively busy.

I have been recruiting new members for the "Vegreville Age-Friendly" Committee. This group is tasked with helping Vegreville become more "user friendly". The group has done audits on town buildings and public spaces. We are now getting the local Chamber of Commerce involved so that businesses can become partners in this initiative.

In January I was asked to attend the local "Rural Elder Abuse Prevention" (R.E.A.P.) meeting. I am now a part of the working group.

On March 9th, I attended spring 2017 Alberta Disabilities Forum (ADF). It was a pleasure to be part of the meeting and discussions that transpired. President Fred Olsen and I are sitting on the ADF transportation working group.

I was honoured to be invited as the Alberta Council on Aging representative to attend the closed, embargoed stakeholder lock-up for Budget 2017 announcement on March 16. It was a unique experience. I personally was not impressed with the budget as there were no significant increases in spending when it came to Health Services and Seniors Benefits.

According to the provincial government, there are approximately 502,000 seniors in Alberta as of July 2016. It is estimated this number will double by the year 2030. This is only thirteen years into the future. Our healthcare system and seniors' benefits do not adequately support all of the current population. I do not see the budget moving toward this trend.

Senior Citizens Sunshine Club of Vegreville has once again collaborated with the \*M.O.D.E.L.

project, and the local School Resource Officer in the Intergenerational Program. This session, which started up in January had seniors mentoring students who have been part of the program previously and are now mentoring new students to the program. The graduation ceremony took place in March, with youth and seniors receiving "Badges of Merit" signifying completion of the session. Being St. Patrick's Day the "Kitchen" group helped prepare green spaghetti with meatballs which was enjoyed by all. On March 23rd a local event called "Vegreville's Got Talent" took place. It had two categories, one being "On Stage" and "In the Kitchen". This was a showcase of the results in the mentoring program. Both the youth and seniors are looking forward to the next intergenerational session scheduled to start in April, after the spring break.

Respectfully submitted,  
Dwayne J. Hlady



\*M.O.D.E.L. Project (Mentors Opening Doors, Enriching Lives A Program funded by Alberta Health and Wellness that helps improve the health and well-being of children, youth and their families; develops resiliency (coping) skills in the students to adapt to change and challenges.

## 14 Update on Housing

### Longevity Worth Living

Denise Mason, LPN, Campus Care Facilitator

“We’ve learned we can be healthier and feel a lot better”, “Gone from being bored to being active”, “People feel less isolated. They are making friends”, “...(this project)...keeps us moving and learning”. These are just some of the many comments residents at Shepherd’s Care Foundation’s Kensington Village (SCF KV) are using to explain the difference the Campus of Wellness and Care Demonstration Project (CWCDP) is making in their daily lives at the campus. CWCDP is funded by an Alberta Health – Continuing Care Innovation Grant and began at KV in September 2012.

The project team focuses on identifying opportunities to enable residents to age in place and stay well and independent for as long as possible. Our focus is on prevention but also on health promotion and addressing the broader social determinants of health. This is done through two streams of activities: *Care in Place* improves resident’s quality of life by providing onsite, easily accessible health care and information. The Campus Care Facilitator, an LPN, works closely with the residents through wellness visits and non-emergent health assessments to address any concerns the residents have about their health. By building trusting relationships, the LPN is able to encourage and support the residents to attend physical, life enrichment, health education and cognitive activities to maintain or improve their abilities. Encouragement is key to resident engagement, participation and investment in improving their own health and wellness. *Village Wellness* activities improve resident’s quality of life by providing

opportunities to pursue physical activity, hobbies/interests, health education and social interaction. The CWCDP Wellness Facilitator is responsible for researching and programming ability-appropriate activities to promote wellness for KV’s population. The average age of the independent residents on campus is 87 and many residents are low-income and living with chronic illness. Improving access (reducing barriers like offering activities on site), encouraging more active and functional aging (mental, physical, social, etc.) and building relationships has lead to improved quality of life and slower health decline for our oldest seniors, while also reducing overall health system costs. In fact, in our community, we have been able to keep residents independent for longer, delaying, or in some cases avoiding, the need for a higher level of care.

We are evolving understandings of how to work with independent, older adults living in congregate settings, and create with them environments that promote their health and wellbeing. We’ve learned they will be clear and direct with their feedback and that their perception of planning and timelines change as they age, which adds value to our processes.

**Their humour, tenacity and commitment to living life and facing its challenges has been invaluable for the project.**

What we are learning is relevant for Shepherd’s Care Foundation and we think it will be relevant across Alberta and around the world. We are also trying to contribute to improvement in practices and policies to promote health, locally and in the broader health system.

## Taking the Complexities out of Seniors Housing

The Alberta Seniors Communities & Housing Association (ASCHA), a provincial association that provides services and advocacy for the seniors housing industry, is exploring ways it can work with public entities to make the seniors housing system less complicated to understand and navigate.

A large part of the work underway centres around ASCHA's public awareness efforts, which have been gaining momentum over the past year. In 2016, ASCHA launched the story of Charlie & Hazel – a fictitious couple not very different from many seniors living in Alberta. Every Friday, ASCHA releases a new issue of Charlie & Hazel's story on various media platforms, asking for public input on the challenges the couple faces. Readership has grown into the hundreds as more and more Albertans are engaged in the various topics addressed. The couple has had health concerns, debates with their family members over what housing options are right for them, anxiety over downsizing, and even experienced trouble finding pet-friendly environments. Through humour and real-life scenarios, the story paints an entertaining yet educational picture of what seniors housing in the province is really like.

Seniors housing providers also realize that language surrounding seniors housing can be confusing and inconsistent, and that seniors and families often grow frustrated in the process. That is why ASCHA has launched a public understanding survey. Rather than dictating language that the public should simply learn, ASCHA is asking Albertans what terms they currently use to describe seniors housing, how they would like it explained, and what they actually understand. The intent is to collect well over 1000 responses from seniors and families across the province. The survey is available on the ASCHA website.

"ASCHA is at the forefront of leading collaboration on seniors housing issues with government, stakeholders and communities to ensure seniors are empowered to have choice and a life of purpose, wherein they are honoured, valued and respected." – Raymond Swonek, ASCHA President

The goal is to ultimately take the complexities out of seniors housing, so that people have a better understanding of the options available to them, what they might qualify for, and what they can expect in a seniors housing community. Far too often, people wait until there is a crisis before exploring what is available in their communities – as such, they are left with very little choice instead of aging well in their own community, on their own terms. With more information, education and room for planning, Albertans can be empowered to make better decisions for themselves and their loved ones.

**For more information about the Alberta Seniors Communities & Housing Association, and to access the Charlie & Hazel story as well as the Common Terminology Survey, please visit [www.ascha.com](http://www.ascha.com) or call 780.439.6473.**

## 16 Living Stronger Longer

Participants at the Region 4 meeting have a good laugh while showing us how important it is to maintain strength.

For more information on [Living Stronger Longer](#) contact us.



### This Is The Life

You know how sometimes  
you're driving down the street  
it's late on a fall afternoon  
and the sky is a particular  
pearly shade of pink  
and your favourite song  
comes on the radio  
and everything in that moment  
is just right ?

Saturday morning in Tim Horton's  
a young boy four or five  
sitting across the table  
from his mother  
bites into the donut on his plate  
and says loudly  
"This is the life."

We adults at the surrounding tables  
smile secretly to ourselves  
at his grownup sounding language  
but I hope in 50, 60, 70 years  
he will be sitting across from a loving companion  
biting into something tasty  
and still declaring "This is the life."

© Mary Campbell



### The Psychology of Hope

How to survive  
the unsurvivable –

First – remember to breathe  
and let yourself notice your breath.  
never take it for granted.

Second – let your eye move  
softly over your surroundings  
until it lands on something-  
a colour, a pattern –  
that pleases it.

Third – when the pain comes,  
for it will surely come,  
be it loss or grief or despair,  
embrace it but do not detain it.  
allow the wave to crash over  
and then recede.

The heart is a mighty breakwater,  
strong but not unmoved  
by the song the waves sing.  
The heart never asks us  
to crawl on our knees over broken ground  
but to stand our ground  
and still be open.

And finally –  
remember to breathe.

©Mary Campbell



# Alberta Council on Aging

## 50<sup>th</sup> Annual General Meeting

June 19, 2017  
9:00 am—12:00 pm

## 50<sup>th</sup> Anniversary Celebration

Free Luncheon and Program  
12:00 pm—4:00 pm

Chateau Louis Hotel & Conference Centre  
11727 Kingsway NW Edmonton



# RSVP

780.423.7781 Toll-Free: 1.888.423.9666 [info@acaging.ca](mailto:info@acaging.ca)

## 18 Ten Tips for Smoother Travel

Whether it's an awesome outlet store calling your name or a warm beach or the bright lights of New York City, sometimes itchy travel feet will not be denied!

Since more Canadians travel to the US than anywhere else, it's not surprising that the majority of travel medical claims are in US dollars. And with global health care costs rising steadily over the past five years, the cost of travel insurance has gone up too, to ensure adequate coverage for those travelling abroad. Making sure your travel insurance matches how you travel can help you get the best value.

1. **Look into annual plans for catastrophic coverage.** Some people barely give a thought to the need for travel insurance for cross-border day-trips or weekend shopping excursions. But even if you only take a few short trips a year, an annual plan is a relatively inexpensive option that might be just the thing for you to get up and go when the outlets are calling your name! A deductible of up to \$1,000 can reduce the premiums significantly.
2. **Remember your ID and travel documents.** If you do not have documentation that will allow entry for you or your children to all countries on your reservation, you will not be allowed to board your flight. Each country on your itinerary may have different entrance and exit requirements and all are strictly enforced. It's your responsibility to ensure the documents you use to leave are sufficient to get you back home. Guests of all ages require identification that matches the name and spelling on their ticket. You are responsible for making sure that you, and any child travelling with you, have the proper identification and travel documentation required to enter or connect through each country on your itinerary.
3. **Take proof of insurance and contact information.** In addition to your Canadian passport, take your travel insurance policy, including your insurance wallet card. You should always travel with the wallet card provided with your policy, where you can find the 24-hour 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. **Do a medication check.** Check all your prescriptions. Do you have enough for the time you are away? Have any prescriptions changed recently? Even in cases of reduced medication, your travel insurance coverage can be affected. Report any changes to your medication or any changes in your health 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.
5. **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.

6. **Plan to take immunization records with you.** Some countries may actually require you to show proof of immunization. In fact, even countries where yellow fever is not a risk may require proof of immunization if you are entering from or connected through a country that has yellow fever alerts.
7. **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. Your itinerary, or even something as simple as a coffee receipt can be used as proof of location if needed.
8. **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.
9. **Plug in your information.** Add your insurance information and your emergency contact to your cellphone 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.
10. **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 your travels. Many insurers won't extend coverage if there has been any lapse. Whenever plans change, always ask yourself, "Am I still covered?"

Article courtesy of Johnson Insurance. Johnson is an insurance provider specializing in home, auto and travel insurance, as well as group benefits. More information about Johnson at [www.johnson.ca](http://www.johnson.ca).



Looking at ways to improve health for Alberta Seniors with chronic conditions.

New Study  
Testing the Impact  
of **Free Preventive  
Medications** in Seniors

The ACCESS study is investigating the impact of **providing full coverage for your chronic disease medication** (eliminating any out of pocket costs), and the impact of **personalized education.**

- Is your annual household income less than \$50,000?
- Are you 65 years or older?
- Have you ever been told you have:
  - ☐ Chronic Kidney Disease
  - ☐ Stroke
  - ☐ Diabetes
  - ☐ Heart Disease (Such as heart attacks, angina, stents, or bypass surgery)
  - ☐ Heart Failure (Weak Heart, water in your lungs)
  - ☐ High Cholesterol
  - ☐ High Blood Pressure
  - ☐ Smoking

**Please call 1-844-944-8927** to confirm your eligibility

No in-person visits or appointments required  
Drug Coverage is through Alberta Blue Cross Seniors Plan

[www.ACCESStrial.ca](http://www.ACCESStrial.ca)





# Healthy Smoothies

Little or no appetite? Trying to get in more fruits and vegetables? Need to help someone else get their calories in?

Try a healthy smoothie!

## Basic Smoothie Formula

- 1/2 cup to 2 cups fruit
- 1-1/2 cups liquid
- 3 to 4 ice cubes (unless using frozen fruit)
- 1/2 cup greens or herbs (optional)
- 2 to 4 Tbsp (30 to 60 ml) protein (optional)
- Sweetener, to taste (optional)

To create a basic smoothie you layer the ingredients in your blender in the order that they are listed and set the blender to smoothie, or pulse, until well-blended (around 1-2 minutes).

## Peanut Butter Banana Smoothie

- 1 banana
- 1/8 cup peanut butter
- 1/2 cup milk
- 2 Tablespoons honey (optional)

Blend until smooth.

## Fruit Smoothie

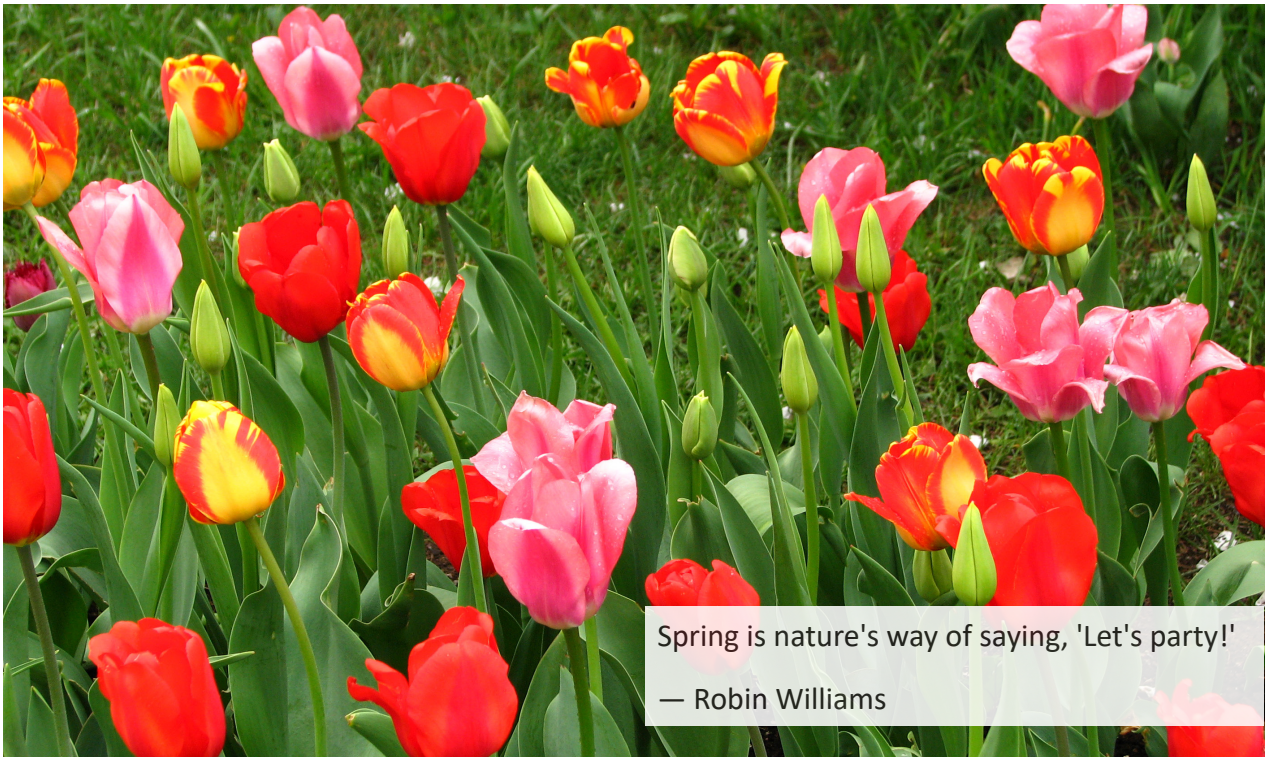
- 2 cups hulled strawberries
- 1/2 banana
- 1 peach
- 1/2 cup orange juice
- 1 cup ice

Blend until fruit is pureed, then add the rest of the ingredients. Blend until smooth.



## 22 Thank You for Your Donations

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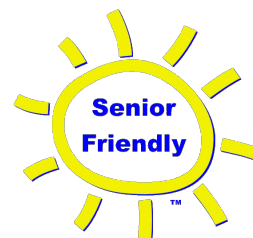
Spring is nature's way of saying, 'Let's party!'

— Robin Williams

# Alberta Council on Aging Members Receive

23

- Access to a unique provincial network
- A voice representative of thousands of members and older persons that speaks with government on issues and concerns relevant to seniors
- Voting privileges at the Annual General Meeting
- Access to helpful resources
- Subscription to ACA News—published quarterly
- Meaningful volunteer opportunities
- Eligibility to apply for Johnson Inc. MEDOC travel insurance



Members may request either an electronic or a hard copy version of the newsletter by contacting the office.

## Alberta Council on Aging Membership Form

### Membership Type

<input type="checkbox"/> Household (\$25)	<input type="checkbox"/> Life (\$250/person)	Membership Number _____
<input type="checkbox"/> Organizational (\$60)	<input type="checkbox"/> Corporate (\$200)	\$ _____ Donation
<input type="checkbox"/> If you receive MEDOC Travel Insurance the fee collection will be		Tax receipts will be given for donations over \$20.00

Name/s: \_\_\_\_\_

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### Donations

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- Up to \$8,000 trip cancellation, interruption, and delay benefits<sup>1</sup>
- Up to \$5 million in emergency medical coverage
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**Alberta Council on Aging**  
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<sup>2</sup>A 90-day Health Stability Clause applies to pre-existing medical conditions and other restrictions may apply.