

# ACA News

Spring 2020 | Vol. 52 No. 3



*The Dash Between Event - Celebrate with Us!*



## Alberta Council on Aging

working to improve the quality of life for older persons

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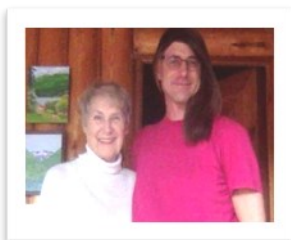
## On the Cover

Rusti Lee Hay and Liam Coady  
Dash Between Event, page 8

Photograph Tasmia Nishat

## Guest Column

Chris Macnab, pictured here with her Mom, challenges us to save lives through cooperation, page 18



## Board of Directors

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President:	Ron Rose
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Region 4:	Nick Chrapko
Region 7 (Southwest):	Pat Santa
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### Support Team

Executive Director:	Donna Durand
Outreach Coordinator:	Laureen Guldbrandsen

“Act as if what you do  
makes a difference.  
It does.”

William James  
Author

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

## Contact us today!

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## **Alberta Council on Aging** **53rd Annual General Meeting** **by Teleconference**

Thursday, June 18  
10:00 AM—11:00 AM

R.S.V.P.  
May 29<sup>th</sup>

Call 1.888.423.9666 or email [info@acaging.ca](mailto:info@acaging.ca)  
to register by May 29<sup>th</sup>

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## COVID-19 INFORMATION

# SELF-ISOLATED DOESN'T MEAN ALONE



Call 911 if in  
immediate danger



Family Violence  
Info Line



Online  
supports

[alberta.ca/covid19](https://www.alberta.ca/covid19)

Alberta

It is important to know where you can turn if you or someone you know is experiencing family violence during the COVID-19 pandemic. Help is available to Albertans dealing with family violence, partner abuse, sexual violence, child abuse, elder abuse, pet abuse, or financial abuse.

We all play a role in learning where to turn to for help.

- [Family violence during COVID-19 info sheet](https://www.alberta.ca/assets/documents/covid-19-family-violence-fact-sheet.pdf) (<https://www.alberta.ca/assets/documents/covid-19-family-violence-fact-sheet.pdf>)
- In case of emergency, call 911. Police and emergency responders will continue to respond throughout the pandemic, even to those in quarantine.
- **Family Violence Info Line** anonymous support from trained staff:
  - Call **310-1818** | 24/7 | 170+ languages
- Chat online [alberta.ca/SafetyChat](https://www.alberta.ca/SafetyChat) | 8 a.m. - 8 p.m. daily | English
- Other [supports and services](https://www.alberta.ca/family-violence-find-supports.aspx) (<https://www.alberta.ca/family-violence-find-supports.aspx>) for those experiencing family violence

## President's Report

So who knew a microscopic coronavirus could throw everything into such disarray! There is an ancient proverb that says, "*May he live in interesting times.*" Like it or not, *we live* in interesting times. *They* are times of danger and uncertainty, but *they* are also some of the most creative of any time in the history of mankind. We must persevere, and together, get through this.

The COVID-19 pandemic has certainly thrown a monkey-wrench into operations at ACA. As the feasibility of holding an AGM in Lethbridge is in doubt, we have decided to prepare for an AGM by teleconference. We are planning to hold this on June 18 at 10 A.M. Please email or call the office to register, and details regarding participation will be sent to you. And please have a look at our bylaw changes (excerpt page 32) as we will be voting on them.

We have also noted that our revenue stream for 2020/2021 has been reduced due to the pandemic, putting our organization at risk. We currently rely on membership fees, donations, casinos, government grants and annual Johnson Inc administrative support allowance. As year two of the Aging Well in Community grant funding is on hold, casinos are on hold, and Johnson Inc is no longer selling Medoc travel insurance, we must re-think our operations. As of April 30, we have to let go of our office support staff member Laureen. We will explore potential alliances with similar organizations with the goal of sharing resources. As well we are applying for grants intended to provide pandemic relief to organizations under New Horizon, FCSS, and United Way.

And one last note: I would like to remind members that advocacy and education is the cornerstone of Alberta Council on Aging and has been for 53 years. Political activism practiced in the name of ACA poses a threat to the organization, as major funding streams from government and corporate sponsors could be withdrawn and our charitable status revoked. Please take this into consideration when planning your activities.

Please welcome long time volunteer Nick Chrapko as region 4 director. Many thanks to Sue Lafferty for taking on the role of secretary/treasurer.

In closing, I wish to thank members of the board, regional directors, executives and the support team for their efforts, patience and guidance – it's very much appreciated.

Respectfully submitted,  
Ron Rose



## Executive Director's Report

### Covid19 Crisis, Ageism and Leadership of the Old

Back in March when we realized this virus was spreading to our hemisphere and governments would have to react with shutdowns, many of us thought “oh, oh - we are going to lose our jobs.” It feels scary to be unemployed, not only because of lost paychecks and financial stress, but also because a lot of our purpose in life may disappear. Even many of us who did not end up unemployed still lost some of our purpose, as we lost one or more of our unpaid *jobs*. Perhaps we were no longer able to provide physical comfort and contact with family and friends. Many of us are now experiencing the pain of being physically separated from our adult children, where that connection gives us some of our meaning in life. The fight against the virus has knocked one of the cornerstones of being human right out from under us. Purpose. Our job.

***One of the ways we can get back a sense of purpose  
is to pay attention to how events are unfolding,  
and speak up to advocate for ourselves and those around us who we care about.***

Initially, hearing the messages of “we must protect our older people and vulnerable persons” warmed our hearts, and we were glad to hear all the pleas to follow the rules that can help stop the spread. All public gatherings and activities ceased (except of course where many of our vulnerable and older people live - within the continuing care stream). But then we heard rumours that staff in some overwhelmed hospitals in the hardest hit areas of Italy were being told by their superiors that patients over 60 admitted to the hospital shouldn't receive intubation and respirator support in ICU units. If you feel outrage at this ageism, I understand. Can you imagine an announcement telling everyone white males under 30 would not be given a ventilator? It would never happen.

I say “Hurrah to Canada!” who under two weeks later announced those with the greatest chance of survival will be offered a ventilator or respirator. This policy protects the human rights of older people much better. Although we ourselves know some older people have chronic health conditions which absolutely weakens their ability to recover, many of the older population are healthy and did not appreciate the early messages of stay home because you are vulnerable and in need of protection. Many of us have a third of our lives ahead of us! Much of Canada's volunteer force consists of older adults and we lost our jobs overnight.

I find it terrifying and heartbreaking to hear what is happening in the congregate settings in Canada and around the world. We knew six weeks ago, as well as six years ago and likely sixty years ago, the carriers of infection and disease are the workers who come into our care homes. What have we done to assign, train

and protect the workers (and the residents)? Many of us who have worked in these environments had a foreboding sense of what was to come and pray this will not be the flash fire of suffering and death that is happening in places like New York. Seniors care has been chronically under-funded and seniors programs suffer from nickel and diming mentality. Staff move from facility to facility, from hospital to private homes, and all over the place trying to make a living wage. The startling thing is, as pointed out by a retired nurse I have been chatting with, these environments should be the shining example as to how to manage an outbreak and how to keep us all safe. After all, they face outbreaks every single year, influenza and norovirus, and therefore should already be practiced in excellent training and protocols.

One final thought on ageism showing itself in these times... how often do you hear general public, our leaders and the media say “the ones who are dying - mostly they are old and they would die anyway”? Well, guess what? We are all going to die one day. Let it not be due because of systemic and cultural erosion in the care of our vulnerable populations.

But this is not the time for shaming and blaming. This is the time for our wise old leaders to surface and advocate with and for us. How do we find a conduit to share that knowledge so that we move from being heartbroken to being a part of the restoration? Finally, if government sets the policies, standards and regulations within the continuum of care, then we must let them lead and we must ask that they help us acquire the tools and resources to do better.

Respectfully submitted,  
Donna Durand

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## Farewell from Outreach Coordinator

I came to Alberta Council on Aging almost five years ago as a volunteer. My position was to expand the social media program. I loved being able to engage with members and followers on Facebook and Twitter. My volunteer post moved in to a part time position as office support as well as social media coordinator. This gave me the opportunity to speak with so many of you by phone and email and when you popped in to the office. I then became the outreach coordinator, with a short stint as the Let's Stop Ageism campaign coordinator, which further led to meeting so many people across the province. I had no idea this was going to be my career path, however I loved preparing materials and offering presentations. I say farewell for now and look forward to when we meet again.

Respectfully submitted,  
Laureen Guldbrandsen



## The Dash Between PROJECT



On March 8, five writers were paired with five storytellers in front of a live audience. Find out about the project, our storytellers and writers over the next few pages and enjoy the refined creations in the Chapbook.



Front row storytellers (L to R): Rusti Lee Hay, Adele Fontaine, Pramila Sinha, Joan Boute, Shirley Hamaluk

Back row writers (L to R): Nadine Hunt, Liam Coady, Kathy Fisher, Brandon Wint, Colin Matty

Photos by Tasmia Nishat

# Biographies

**Adele Fontaine** attended the University of Alberta and graduated from the Campus St. Jean. She has traveled extensively and has received teachings from the Dalai Lama.

**Shirley Hamaluk** loves playing games, cooking, crafting and going on road trip adventures. Today her passions are painting (flowers and mystical icons) and cooking.

**Pramila Sinha** was born and raised in India and came to Canada as a young bride. She has spoken at Peace conferences in South Korea, Belfast, and the UN.

**Rusti Lee Hay** is an empathic writing coach and editor and helps writers stay true to their voice. She is passionate about women's writing, memoir and poetry.

**Joan Boute** stomped around Alberta and returned full circle to her birthplace of Edmonton. Laughter is Joan's best medicine. She enjoys storytelling and scrapbooking.

**Brandon Wint** is an Edmonton-based poet, educator and spoken word artist. Brandon is the author of *Love, Our Master*, and the albums *The Long Walk Home* and *Infinite Mercies*. His first book, *Divine Animal*, is forthcoming from Write Bloody North in spring 2020.

**Kathy Fisher** is a Montreal-born, Edmonton-based multidisciplinary artist and documentarian who creates with keen attention to the ear and eye. Her poem "Smoke Pit" made the short-list for best poem in the Gwendolyn MacEwen Poetry Contest.

**Liam Coady** is a national team poetry slam champion, a former finalist of the Canadian Individual Poetry Slam and has been a featured performer at festivals and showcases throughout the country.

**Nadine Hunt** was plucked from a small town in Ontario and dropped into Edmonton. She began stand up comedy a few years ago. You can find her work on iTunes and she can be heard on Sirius XM Comedy radio. Nadine has found a love for story telling.

**Colin Matty** is an improviser, actor and poet. Colin received his training and performed hundreds of scenes during his decade with Rapid Fire Theatre at the old Varscona Theatre, the Citadel and other locales in Edmonton and across the country.



*Hi folks,*

I want to let you know that The Dash Between PROJECT event was so much fun and we want to do it all over again! But for now, we are inviting you to reminisce with us.

Thanks to David Ruptash for the initial inspiration. At an earlier meeting he told a heart rendering story about his sister. He was there, in the next room of a simple house, while her first breath could be heard. He was there, at her side when she took her very last breath, over ninety years later. He talked about significant as these two events were, it is the in-between that counts. A few of us in the room heard the makings of a poem.

So the seed was planted or the thought fermented and we dreamed the little program in to existence. We wanted to celebrate International Day of Women, art, and promote positive age. For the event we paired 5 professional writers and 5 seasoned storytellers. Each pairing had an 8 minute conversation, initiated by a prompt. The writers then went to the "writers room" and produced an improvised piece of poetry!

We picked names from a hat to pair our writers and storytellers. Here's how that played out;

Liam Coady was paired with Rusti Lee Hay

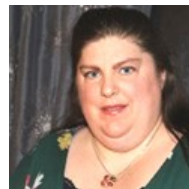
Kathy Fisher was paired with Adele Fontaine

Colin Matty was paired with Shirley Hamaluk

Nadine Hunt was paired with Joan Boute

The afternoon began with a positive and somewhat nervous energy. Before the event, we took some pictures and acquainted the writers and storytellers with the agenda and space. This gave the writers and the storytellers a bit of pre show time together and they made the most of it by garnering details about the storytellers! And they hadn't even been matched up yet. Are poets like magpies- noticing the shiny things first?

The conversations between the writers and storytellers were fruitful. The storytellers really opened up and shared part of themselves. The writers quickly established a connection with the storyteller. The bond was apparent when the writers presented their pieces in draft during the second half of the event. By this time we were all in and there was no separation between writer, storyteller and audience participants.



There were hugs... there were tears... there was laughter...there was respect....and connection- the very thing we long for throughout the in between of our lives.

—Corine Demas event coordinator

I want to send you congratulations on the Dash Between Project. That was a 10/10 afternoon. Stories of people prevailed and age was irrelevant.

-Dr. Sheree Kwong See

Age is a caterpillar  
Leaves are recognition  
The more leaves it has  
The sooner it becomes a  
Butterfly

-Adrian Guldbrandsen's poetic feedback on the event



# CHAPBOOK

The Dash Between

## Good Ol' Days

"There was a time when 30 steps wasn't a problem. In fact, I could have run them backwards with my eyes closed", she said while grabbing on to the young gentleman's arm.

"Those were the good ol' days. Now this two inch curb could stop me from getting to church." She climbs into the backseat of the car.

"Thank the Lord I no longer believe in loving God from a church. You can pray anywhere and he can hear you. Did you know that? Even from the bathro... Anyway," the lady gives a good chuckle.

"My late husband was a farmer. I wasn't much for farming. What's that saying? Don't put all your hens in one fox hole? Something along those lines. I don't think you can say you have lived on a farm if you haven't been chased home by coyotes. Have you ever been chased by a coyote? Never got home faster. I use to tell my children you don't have to be the fastest. You just cant be the slowest. I'm kidding of course. I love all of my children. I even lived with my daughter for a time. She was so gracious but I know when its time to leave the nest. Not everyone knows when to move forward. Too much change in life to not know. I have been widowed twice. My children have grown. I can't walk like I use to. Life can sure be scary. OH, I have so many stories to tell. I have been told I could write a book. Maybe one day."

"Oh, young man this is my stop. McQueen Place Lodge. My new home. They have bingo here. You know I have never played before? An old lady like me. Who would have thunk it but for 10 cents a card I can't go wrong." She reaches for the mans arm and steps outside of the car.

"Hand me my walker, please. Today I get to find the new good ol' days."

Nadine Hunt for Joan Boute

## Survival Dance

Magpie, yes. Bury your slender feet  
in a fresh sleeve of Sunday snow,  
hop along a narrow pathway, gnarled with ice;  
caw into this afternoon of amber sunlight,  
sour your black mouth on the gush of cold berries

and I will make morning  
following you into this survival dance.

In my neighbour's yard, magenta blossoms hang on,  
rowed like supple soldiers even as snow falls relentlessly through dawn.  
I watch wind lift their petals; chart seasons by how their stems lean.

These are the dances tuning my hours. When a maple is drilled, tapped for its syrup  
I hear it wince.

If a body falls in India, my fingers tremor.  
If anywhere, legions march toward war, I feel the cold air on their necks,  
see gunmetal glint against their brown hands. If an admiral shouts *attention*  
in preparation for a blood-spilling ritual, I am at attention, too.

My foot lifts into the rhythm of grief.

I dance for the feathers of corvids, but slink, too  
in the music violence makes: bullet shells singing like tiny bells  
in dry earth.

Brandon Wint for Pramila Sinha

## How to Dismantle a Metal Hawk from Memory

find yourself in Eugene, Oregon

with a pilot that laughs like a dolphin when he flies. picture the blue of his eyes  
and start swimming.

you know men who built up masculinity like IKEA furniture but he is not one of them. He is a patchwork  
plane,

a tapestry of jetstream and aviation maps and a kindness that reminds you of birds feeding their young.  
his nest is not lingering in the tallest spruce  
it elevates over the Willamette River, or Fern Ridge.

in your mind, its Lake O'hara on a sunday morning and he is sleeping in the hangar.

you pull at his tail and begun unfastening the bolts holding this bird together.

you are not the mouse that scampers in undergrowth, though you know what it is  
to hide in the hovel of your mind.

it's the same as soaring with no landing gears, there is no intention of coming down.

divisions dances between the mountaintop and the teal lake beds at your feet.

you see yourself, synonymous with both, eyes memorizing

the green sheen of dawn reflected off sheet metal. the sharpness of honed talons  
tacked to the grit of landing strips.

when you come back to earth - which you have, time after time, letting go of the yoke

with the promise of tasting the midsection of a rainbow, full gradient of dawn,

from yellow sun to dark blue - when you land, there is no need for the word "prey" anymore.

Liam Coady for Rusty Lee Hay

A child's first act is to cause its mother great pain.  
We spend our lives atoning for that violence.

Even so we will again and again  
in seasons of unknowing and in wilful rebellion  
heap up with miseries and griefs  
the plate of her life.

Yet in a mother's love, we ourselves are found.  
How often does she suffer in solidarity with the bruised knee,  
the broken heart,  
the fearful and uncertain mind.  
When we love our mothers, we love the world,  
for the light of her soul  
shines through every eye,  
our shared mystery that  
every night -  
blinks  
- and is remembered for a dreaming instant  
then dissolved in bird song at dawn when  
we flit back to our dancing bodies to be  
alone together  
for the moment of our lives.

In the end we all return to our mother,  
  
children once again,  
to be embraced in her earthen arms,  
forgiven.

Colin Matty for Shirley Hamaluk

Ti-boy / diamond

can you tell me how it ended water tower sawn off gun  
was it a car crash or a drowning muddy dying mother  
crying Ti-boy eleven sealed confession silence  
leaden shame locked in

three years ago Ti-boy appears i dream him age 11  
a mystery that still haunts me from the time when i was 7  
our child days i prayed to him in Heaven

as a girl *St. Paul Bonjour! les prêtres bonnes soeurs*  
*français* in school *moi—six de treize mes frères mes soeurs*  
*moi—papa's préférée* though my dad pretended to chastise me

i was wild hard to tame my spirit burned and questions pained me  
who? or what? and why? this, really? how? how come?  
—they tried to groom me shame they dealt me buckets truckloads  
nice girl? *b'an non*—i got in trouble still here i sit  
i'm 80 now and dreams of dead boy furrow brow

my husband died 5 years ago i couldn't breathe i couldn't rise  
couldn't bear to open my eyes but then it came the way it does  
a way to carry on our love each Sunday i sit and write him  
all my thoughts my troubles joys the latest death that lost Ti-boy  
we share precious moments live in interstitial spaces give  
one another comfort still we connect we always will

when i was 7 Ti-boy 11 *mon père était* vice-principal "that boy  
was trouble" just like me but he went off and died and something  
changed in my insides *papa disait que Ti-boy était* "so spirited, outspoken"  
i wondered hard —what drove this kid? and why does no-one give  
straight answers one sister said —a sawn-off shotgun one brother swore

silence now i seek in temples i prefer to walk reversed. i've never taken easy routes  
—not once. i walked behind the hearse

i walk against the grain  
ignited by my joy my pain  
that's who i am  
whom i've become

why tell you of this loss this story gory details so long ago far back  
because my dreams won't let my rest because *je sais que mon marie*  
—he has my back

the question haunts me as i wake i search for clues to answer him  
a boy a girl and now me 80 sacred quests i seek to fulfill

i have allies prayers and bells. archives people i can ask i seek the truth i always  
have i love my husband love my dad remember how he said —so clearly  
i can hear his timbre —husky when he spoke of Ti-boy to me baseball diamonds  
after school [he speaks to Ti-boy to me]dad played catch with that tough kid  
those two had rhythm ballroom dancers —i was mesmerized by them  
papère said "sure Ti-boy broke rules, was trouble —how often did he sit detention?  
but when he plays ball. the gods surrender  
Mon Dieu! that kid could throw!

I don't care  
if he broke rules  
cause boy that boy could throw

Kathy Fisher for Adele Fontaine

### Let's Cooperate to Save Lives

Dearest Alberta,

We who are about to die sure will miss you. Many of us are senior citizens and some of us middle-aged: doctors and nurses treating the sick included. Most of us live to the south, and liked it when the winds would blow some of you in to visit us in places like Houston, Phoenix, Montana, Maui, and Florida; and we ask that you remember us as friends. But an Alberta address marks our place in the world for some of us. We will feel sad to leave behind our infinite sky, and endless fields of yellow beside the mountains. Think of us now, as we spend our last days listening to the brave migrating birds above the din of CBC and CNN; soon we will follow. Some of us were proud to serve as your leaders, your teachers, your doctors, your nurses, your warriors, your lawyers, your farmers, your cowboys, your cowgirls, and your oil workers. Some of us wait incredibly vulnerable right now, having dementia, being homeless, or living on the reserve. We want you to know we will miss the warm feeling of an Alberta dawn, and the glow of a late sunset. Please remember that we love you, and are loved by you.

We who are about to die ask you how you will walk one year from now. With eyes high? Or looking down in shame? Right now messages encourage people to feel afraid and keep themselves safe; during our long lives we have learned this is a sure recipe for the latter.

We who are about to die want to remind you of your trust, lest you forget. Many of us grew up in a time when cooperation and service meant something, in the depression and in the war. We valued things like prudence, humility, sacrifice, dedication, discipline, valour, and honour - and we were tough as nails. Surviving and winning meant we all agreed on a common goal and everyone cooperated together to achieve it, no matter how painful it was. These concepts have now become important again. People kind of forget now, but Canada's soldiers, pilots, sailors, nurses, factory workers, and leaders were the very best - like our front-line health care workers today. Canadians are good at this stuff - remember how the people of Fort MacMurray handled the fire? Albertans already carry the qualities needed to stop this new blitzkrieg; snap out of your shock and dig deep. We who are about to die thought we would have 10 more, or 20 more, or 30 more, or 40 more years of life ahead of us that we had earned; so news media, please stop showing shelves empty of toilet paper. Instead record and broadcast some interesting prairie stories, military stories, farm stories, herstories, firefighting stories, mountain stories, settler stories, Indigenous stories, horseback stories, family stories, stories from the rigs, and all kinds of stories - before they lie beyond reach. Show our faces, broadcast our voices, let people see who we are and who we were; let people see who they are fighting for.

The government and media are currently trying to shame Albertans. Have broadcasts ever convinced four million people to act precisely? How will broadcasting decrees work, exactly, when our young exist mainly on their phones? We old folks have some wisdom to share, which is now an old-fashioned idea. Leadership. The concept is simple enough: far easier to hold a few leaders responsible and accountable than four million individuals. Leaders' actions take place in public, and should set an example to follow. Leaders' voices get heard, and can give people instructions, discipline, and encouragement. It is the true leaders in our midst that enable us to achieve a common goal.

The University of Calgary announced "our goal is ensuring that the business of the university continues and the successful completion of the semester occurs, all while protecting the health and safety of our campus community." What about us, who are about to die? Especially those of us who shouldn't, or don't have to, die? Maybe that message sets a poor example and gives unhelpful guidance to 30,000 invincible-feeling millennials. Why isn't everyone's very specific goal at the moment to prevent unnecessary deaths by making sure Alberta's hospitals do not get overwhelmed?

Where are the leaders? A business owner qualifies as a leader. Every corporation designates its leader. Each of our schools gets run by a leader. Every organization uses a leader, and designates a leader within every department. Politicians serve as leaders. We look to clergy as leaders. And people naturally respect some prominent individuals in our community. Our leaders need to practice dedication and selflessness in public right now. They need to articulate our greater goal, and give clear instructions. The need to inspire and motivate people. Remember Nenshi during the flood? Right now, most are doing none of those things. Why would they? People let them off the hook using rationalizations, refusing to expect much of them by imagining they must be constrained somehow. But we all can expect things of them. If we all insist. Helpful things. Great things. That's fair game. Totally within the rules. Leaders need to say the obvious, "Remember we are all working together to save lives." Leaders should display assertiveness, "Let's make sure those hospitals don't get overrun, people." Leaders gain credibility through showing vulnerability, "I'm not only worried about my parents dying, I'm scared about my own safety too. But I'm still going to do what's right." Leaders can talk bossy, "Save lives by acting like you might already have the virus, and are making sure not to spread it." Leaders of schools need to remind our youth that seniors include their grandparents, that they will be seniors too someday, that seniors built almost all they see around them, and that they will dearly miss us. Leaders must explain to their people that if the hospitals get overrun the "seniors" dying will be their family members, their teachers, their bosses, their co-workers, and their friends - and that will hurt. We all need real leaders right now. And it's relatively easy to exhort a few leaders, demanding they step up and get with the program ... and then remind four million individual Albertans to simply shine their own light.

The torch; be yours to hold it high, but if ye break faith with us who die...

Chris Macnab  
Associate Professor  
Schulich School of Engineering  
University of Calgary



Chris especially remembers playing marbles with kids at Glenbrook Elementary School in southwest Calgary, enjoying wrestling with Stonys at Exshaw Elementary School, childhood vacations in Wetaskiwin, coaching youth soccer in St. Paul, lecturing about feedback loops at the University of Alberta, learning engineering ethics from students' wonderful essays at the University of Calgary, and feeding the homeless in downtown Calgary (photo). She especially worries about her mom, who she is currently hibernating with in Invermere.

## THIRD ACTION Filmfest

Mitzi Murray

### “Change your attitude, young lady!”

I am not saying I was a wild child, but my Mother lobbed this phrase at me on more than one occasion as I was growing up and perhaps once or twice as an adult. And now, here I am four decades later finding out how profound and prophetic my Mother was.

Changing my attitude, turns out, can help me, as well as you, live longer. Yup, just by shifting one’s attitude towards aging to be more positive, we can live up to 7.5 years longer. So says the research out of Yale and Miami University.

And why shouldn’t we have a positive attitude. We, as a society, are living longer and for many of us, healthier. In the last 100 years, Canadians have gained almost 25 years of extra lifespan. Take a moment to run through the memories of the first 25 years of your life. When I ask people to do this, it really highlights the amount of change and abundance of life experiences. Now, tack that onto the end of your lifespan and start to imagine the possibilities!

If it is all about attitude, then it’s time to change not only our attitudes but those of society. Somehow, while gaining life expectancy over the last 100 years, society’s attitudes around aging have gone in the other direction to the point where many think of aging as a disease.

An [AARP study](#) of online images of older adults showed that older adults are 7 times more likely to be portrayed negatively than younger people. We are also under-represented in media.

Oh, but wait.....the change has started and those beautiful baby boomers, who have stirred the pot on many social issues, have started to agitate on this issue as well. They have started to experience ageism and they don’t like it.

THIRD ACTION Film Festival was created to help this movement and is but a pebble in the landslide of the coming cultural awakening. THIRD ACTION believes in the power of storytelling to effect change. They do this through films and talks. All films shown either have older adults in leading roles or address issues related to aging. THIRD ACTION is helping to make an age-positive culture shift.

Ramping up for its 3<sup>rd</sup> festival in June, they are currently working on the film and speaker program but would like to offer up a few short films from last year’s lineup for your consideration.

Take a moment to watch and imagine your Mother yelling “Change that attitude!” at you! That’s what I do.



**Just a Gaggle** - A group of older women turn out to be much more than just silly dressed-up grannies as they try to stop the increasing social and economic inequality. The film centers around human rights activism, feminist friendship and aging. Watch the film online: <https://vimeo.com/311060061>

**Chasing the Sublime** – What drives someone to get too cold and too tired, to battle with fear, in the name of adventure? Follow the originators of The Outdoor Swimming Society, in this hauntingly beautiful look at the physicality of cold-water swimming in the UK. Watch the film online: <https://vimeo.com/292071219>



**Lines of Sight** – Painter, Jim Hall, woke up one morning to find his vision had been flawed by a case of Shingles. He saw everything in vertical lines. Instead of panicking he started painting, creating a daring new artform he called Lineillism. The documentarian built a "canvas cam" to capture everyone of the nearly 500,000 brush strokes that go into a Lineillism painting and followed Jim for nearly a year to capture this honest and inspiring story. Check out the trailer online for this full-length documentary: <https://vimeo.com/136408892>

A shining example of resilience and making the most of a bad situation! THIRD ACTION has had several requests to show this film again and we are happy to because everyone needs to hear and see inspiring stories, to know that it is possible to create something amazing in the face of adversity.

See the possibilities, dream your dream and cultivate the resiliency to age well.

For further information and stay on top of any changes due to COVID-19, check out the festival website at [www.thirdactionfilmfest.ca](http://www.thirdactionfilmfest.ca) and sign up for the festival newsletter.

## Regional Reports

### Region 1 (Northwest)

Greetings from Region One. We are continuing to be part of a community group Studio 50+ that works as an informal, informational network. This group shares educational, cultural, social and health opportunities for seniors in the area.

The Reader's Theater Group (organized this past fall as a seniors helping seniors initiative) had a very active winter, sharing presentations in care facilities as well as senior gatherings. This grass roots group have shared stories of the region's history and memories teaming up with the Grande Prairie Archives. They have also tapped into individual talents and offers mental, intellectual and emotional stimulation for presenters and their audiences.

- The Pandemic – As suggested, self-isolation for seniors is now a reality and social media has become very important. The city of Grande Prairie has a [COVID-19 response update link](#) and the Senior's Outreach continues to be an important resource.
- Region One AGM that was planned for May 12 has been postponed until further notice.
- Thank you to Irene and Gordon Nicolson for their contribution to the ACA Winter News Magazine. I will conclude with their inspiring message.

Pay attention to stressors. Laugh. Forgive. Eat natural, whole grain foods.

Exercise daily. Do your research. Use your brain. Use your voice.

Help others. Keep your family and friends close.

Respectfully submitted,  
Jennifer Wrzosek



## Region 2 (Northeast)

In continuation with its commitment to confer to the MLA's whose constituencies are co-terminus with the Region 2 of ACA, we were able to meet with David Hanson MLA for the Constituency of Bonnyville/Cold Lake/St. Paul on February 28<sup>th</sup> at the Glendon Senior Centre. The brief that Region 2 had been working on since June 2019, was presented. Submissions and comments from some 200 seniors from across the region were used in putting the brief together. Unfortunately, the dates for meeting other MLAs were scuttled by the COVID-19 restrictions. We had planned to invite the other five MLA's to our AGM at which time we would speak to the brief we had presented to MLA Hanson. At this time it appears that this may only come about in September 2020.

In addition to our ongoing concerns about health care for seniors in our rural settings, the brief once again raised the issues of AHS's (meaning the government) failure to act on two long-standing issues, the availability to seniors at no cost the Shingrix and Pneumonia vaccines. The COVID-19 pandemic has demonstrated that many of the concerns raised in our brief have been substantiated. And new concerns have arisen.

Region 2 normally has its AGM by the end of May, at which time the elections for our Board take place. However, given the current situation, the AGM date remains in limbo as does the very continuation of the Region itself.

In addition to a variety of ways of keeping in touch with our members, Region 2 has placed a full-page advertisement in the *LAKELAND TODAY* weekly newspaper (to be published April 21<sup>st</sup>) which blankets most of our region. It is Region 2's way of recognizing the sacrifice of our health care workers and essential service personnel in these most difficult times.

Respectfully submitted,  
Paul E Boisvert



MLA David Hanson at the Region 2 Brief presentation in Glendon on February 28th

#### Region 4 (Edmonton and Area)

A new representative for Region 4 was approved by the Board of Directors. I am delighted that Nick Chrapko, a long-time member, advocate and active volunteer of ACA has joined us in working towards the goals of our organization. My position as Secretary of the Board of Directors has expanded to Secretary-Treasurer.

Early in March, the focus of ACA shifted to support of its members during the COVID-19 Pandemic. This is being accomplished by providing current, evidence-based information on the website in addition to a mailout to our members. Regional ACA representatives are available to ACA members who have concerns or who would like to speak with their representative. Nick or I can be reached at this email address: [region4@acaging.ca](mailto:region4@acaging.ca)

Respectfully submitted,  
Sue Lafferty

---

I am pleased to be accepted as director for this region, Sue has communicated that I will do well, so I will work hard to prove her right! Donna has engaged me in volunteering here so that I have a pretty good idea of what to expect.

Prior to locating to Edmonton, from Vegreville, (HELLO YOU GUYS OUT THERE), I was the president for Region 9, so I do understand rural life and am looking forward to working with all directors. I know many concerns in all areas of the province are similar so no one region should have to feel they have to go it alone.

My experience in the council in the last six years has been positive. I admire and appreciate the work that has been done with keeping on top of vital issues. A prime example: I refer our members to go back to the Newsletter of Fall 2018 page 18 (see below).

From almost two years ago, this sage advice is being used around the world today. I am looking forward to my next report and hopefully have good information to pass on. I wish everyone the very best of health.

Respectfully submitted,  
Nick Chrapko

### Staying Well Through Flu Season

Alberta Health Services recommends getting the flu vaccine as your best defence in fighting influenza.

The following strategies may help you stay well:

- Wash your hands frequently, especially after blowing your nose, coughing, sneezing, being with ill people and especially before you eat
- Avoid sharing objects
- Avoid touching your nose, mouth and eyes
- Get enough sleep and avoid getting "run down"
- Reduce stress
- Use tissues for coughs and sneezes and dispose of them immediately and appropriately
- Eat right and get regular exercise
- Avoid crowds and keep your distance from people whom you know are ill
- If you are sick, avoid contact with the frail, very young and elderly
- If you are sick, stay home

### **Region 7 (Southwest)**

We are all dealing with an unprecedented world event. Our lives and plans are being changed as a result. The 53rd Annual General Meeting of the Alberta Council on Aging planned for Lethbridge on June 18th, 2020 will be a virtual meeting. This way we can get our business done, but unfortunately, we will not do it in person.

The effects on our regions and members are very dramatic. In my report I hoped to outline the events in Region 7 but the circumstances we are enduring have cancelled all events that would have taken place. I stress that everyone should do their best to observe the recommendations of our government in fighting the spread of this pandemic. Please stay well everyone.

Respectfully submitted,  
Pat Santa

### **Region 8 (Southeast)**

Spring greetings to all as we navigate COVID–19. We are much more fortunate in the South compared to likes of Calgary and Edmonton. The support and caring for our aging population has been amazing.

At the request of Medicine Hat City Council, the operation of the Veiner (Senior) Centre is currently under review to look at alternative opportunities to provide services and programming in a more cost effective way. A public consultation phase to gather information on what current and future seniors would like to see has been completed. A request for proposals will be released inviting organizations to present operational plans in line with the findings from the consultations.

The fact that the City of Medicine Hat doesn't have a caseworker dedicated to responding to elder abuse has been brought to the attention of the Medicine Hat Senior Citizens Advisory Committee. An issue is the fact that no new applications to the Victims of Crime Fund have been accepted since April 2019. This leaves Medicine Hat without opportunities for funding similar to that received by other communities such as Lethbridge. A request was presented to and accepted by Medicine Hat City Council on February 18<sup>th</sup> asking that they assist in advocating for appropriate provincial supports and resources to be put in place to respond to elder abuse. No further details are available at this time.

The Medicine Hat Senior Citizens Advisory Committee AGM was held on February 19<sup>th</sup> at which time I was elected to the committee for a two year term. Although the Veiner Centre is closed as a result of the pandemic, the Meals on Wheels program is still operating, the only change being City staff have replaced the volunteer drivers. Socialization at lunch times and club activities at the Centre are really being missed by the members as they remain confined to home. Hearing statements from some of our older persons like "It won't last forever" and "We'll get through this together" makes me mindful of the fact that many of them have been through other tough circumstances in their lifetime. May you all stay healthy and safe.

Respectfully submitted,  
Gordon Nott

## Region 9 (East Central)

The first quarter of 2020 was the beginning to mark what will be known as the historical COVID-19 pandemic touching the entire human race so no need to call that a regional event.

Right after the new year I had the "Lets Stop Agism" banner put up in Camrose at the Smith Clinic ( a heavy flow of traffic there). On enquiring with Camrose residents I received favorable and impressive comments. My wife Irene and I escaped a bit of winter, spending a couple months in Texas where our youngest son is a partner in the oil business there. We returned just as COVID-19 was evolving. We got back none to soon.

I contacted our local MLA Jackie Lovely and had a brief conversation. She very willing to meet and asked to arrange an appointment. Next day I stopped at the office and was put her list only to find out the following day that there would be no more personal appointments as the pandemic was declared.

On March 26th I took part in the ACA board emergency conference call. The rest of the first quarter has been unprecedently quiet.

Bring retired at a Senior Lodge in Alberta meant following the chief medical officer Dr Hinshaw recommendations of physical distancing to a T.

Seniors as well as all age demographics are searching for ingenious ways to keep their sanity and stay positive (good to see some of the humor in it all).

Respectfully submitted,  
John Feddema



John and Irene Feddema at Houston Texas City Centre

## Thank You to Our Donors!

- Anton and Carol Prybysh
- Eugene and Marguerite Watson
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- Mary Stoltz-Jones
- Nick Chrapko
- Pramila Sinha
- Sheron Pickard
- Anonymous donors

# [Safety]

Scammers have started taking advantage of all our fears about COVID-19. Protect yourself, beware of:

Protect yourself, beware of:

- **Unsolicited calls, emails and texts** giving medical advice or requesting urgent action or payment
  - If you didn't initiate contact, you don't know who you're communicating to
  - Never respond or click on suspicious links and attachments
  - Never give out your personal or financial details
- **Unauthorized or fraudulent charities** requesting money for victims, products or research
  - Don't be pressured into making a donation
  - Verify that a charity is registered
- **Spoofing and Phishing**
  - Spoofing is disguising a phone number someone is calling from to make it to look like a legitimate business
  - Phishing is when a website link appears to be real but will lead you to a website that also appears to be real but is used to gain personal information
- **High-priced or low-quality products** purchased in bulk by consumers and resold for profit. These items may be expired and/or dangerous to your health
- **Questionable offers**, such as miracle cures, herbal remedies, vaccinations, faster testing
- **Fake and deceptive online ads**, including:
  - cleaning products
  - hand sanitizers
  - other items in high demand
- Anyone requesting payment or donation in the form of gift cards



## Reported scams

Criminals are posing as:

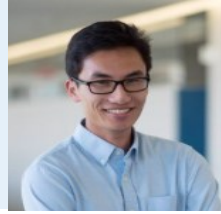
- Cleaning or heating companies
  - offering duct cleaning services or air filters to protect from COVID-19
- Public Health Agency of Canada
  - giving false results saying you have been tested positive for COVID-19
- Red Cross and other known charities
  - offering free medical products (e.g. masks) for a donation
- Door-to-door sales people
  - selling household decontamination services
  - offering fast COVID-19 tests
- Selling fraudulent products that claim to treat or prevent the disease
- Employment Insurance/Government of Canada
- Offering cash as part of the federal government's Emergency Response Benefit
  - If you didn't apply, then you will not be receiving this
- Grandchildren
  - caller says they need money from grandparent for medication or other forms of support because they have contracted COVID-19

Pay attention. Say no or I will call you back.  
Check in with someone you trust.

Sources: [Canadian Anti-Fraud Centre \(https://www.antifraudcentre-centreantifraude.ca/\)](https://www.antifraudcentre-centreantifraude.ca/) Alberta Council on Aging

## Better with Age Team

### Learn Along with Future Geriatricians!



Peter



Krista



Kim

We are honoured to have an ongoing column in the ACA quarterly newsletter! Our names are Krista, Kim, and Peter and we are medical residents in Calgary who love Geriatric Medicine and want to be Geriatricians in the near future. Please let us know what you want to hear about. We will do our best to answer your question and we welcome your comments. Please send questions and comments in care of: [info@acaging.ca](mailto:info@acaging.ca) and we will respond in the next newsletter!

**Question:** I have two friends I drive to church. They both have dementia however they seem to have challenges with balance and coordination. Is this a normal occurrence? —ACA Member, Region 2

**Answer:**

Balance and coordination can be big concerns for people living with dementia and on the surface, it doesn't seem to make sense. How would memory changes (the most common symptom of dementia) put people at risk of falling?

First, let us review the basics. Dementia is a term that doctors use when changes in the brain make it difficult to perform everyday tasks. This can cause struggles with managing finances, driving, remembering to take medications, and cooking as just a few examples. There are many different causes of dementia; Alzheimer's disease is the most common. Depending on the cause, the symptoms of dementia can vary, ranging from memory loss to behavioral changes.

Balance can be affected by many different types of dementias in different ways. Some dementias, such as vascular dementia (caused by problems with blood flow to the brain) or normal pressure hydrocephalus (a rare cause of dementia from the build-up of fluid surrounding the brain), can develop balance issues early on. Most types of dementia will lead to issues with walking at some point of the illness. Common changes include a slower walking speed, smaller steps, increased unsteadiness, vision problems, or forgetting to use a walking aid. All of these factors increase the risk of falls.

Falls, for all people, are concerning because of the chance for injury, and this risk may be greater in those with dementia. Statistics show that seniors with dementia are more likely to be hospitalized for falls than those without dementia.

In addition, there are many other medical issues that may increase the risk of balance issues and falls. Some of these include:

- sleep disorders
- heart problems
- a lack of certain nutrients
- thyroid disorders
- joint pains
- sensory impairment
- medications, both provided by your doctor and over the counter (common ones include sleeping aids or allergy medications)
- other brain conditions such as strokes or Parkinson's disease

People living with dementia may have any of these issues. Because falls are often caused by more than one thing (we call this “multifactorial”), health providers must look for all the possible causes, called a *multifactorial risk assessment*. This may include:

- a history of previous falls (for example, how and why the fall occurred; complications from falling, such as injuries or fractures)
- a review of the person’s health conditions (for example, heart disease, which may cause light-headedness leading to falls)
- a review of your medications
- a functional assessment (is the person regularly active? Do they need a walking aid, such as a walker or cane? Can they get in and out of their bathtub safely?)

Additionally, healthcare providers may watch how the person walks, test their balance, strength, and sense of position (called *proprioception*) to look for reasons why someone might be at risk for falls. Because heart disease or slow heart rhythms can lead to falls, your doctor might listen to your heart. We also test vision, as it is a known (and often correctable) risk factor. And, of course, because a fall might be an early sign of dementia, the assessment may include screening for this.

Can falls be stopped? The best way is to prevent them before they happen, which is why many professional geriatric societies recommend screening all adults over the age of 65 with the multifactorial risk assessment. In addition, because we know that persons with dementia may have balance issues, we may screen them earlier or more often. This way, we may stop a fall before it happens!

There are many studies looking at ways to prevent falls, and the most useful ones are those we call *multifactorial interventions*: that is, a group of interventions that addresses multiple risk factors. This always includes an exercise program, as exercise (including strength, balance, and gait training – not just walking) reduces the risk of falling the most.

Other interventions may be added depending on a person’s risk factors, and may include:

- stopping harmful medications
- treating vision problems with appropriate eyewear or cataract surgery
- improving footwear or gait aids
- safety modifications in the home (adding handrails to stairs, grab bars in bathrooms, removing tripping hazards, fixing dim lighting, etc.)
- adding vitamin D in those with vitamin deficiencies or osteoporosis
- management of untreated medical or cognitive problems

To summarize, balance problems and falls are common in older adults, both with and without dementia. Because there are many causes for balance issues and falls, if you fear falling or have had a fall, we recommend that you speak with your healthcare provider who can help identify things that you can change to reduce your risk.

Sincerely,

Peter Hoang and Kimberly Moore, Internal Medicine Residents, and Dr. Erika Dempsey, Staff Geriatrician

Disclaimer: The Resident Geriatrics Interest Group’s views are not shared with those expressed by the University of Calgary, Cumming School of Medicine. Content provided by the Resident Geriatrics Interest Group is provided for informational purposes only and is not intended as medical advice, or as a substitute for the medical advice of a physician. Sources: <https://bit.ly/3aeGkjW>

## Drug Safety – Good News and a Unique Opportunity to Learn More

By Wendy Armstrong

Please consult your doctor, nurse or pharmacist before stopping or changing any medication!

Seven years ago I was asked to speak at the Alberta Council on Aging AGM about some of the influences in the rapidly changing healthcare landscape. Much of that presentation focused on the problematic marketing practices of the global pharmaceutical industry and its increasing influence on policy makers, prescribers and the public. I talked about the need for “healthy skepticism” when we read or hear about new drugs, and provided examples of the statistical trickery used to inflate the benefits of drugs and downplay harms.

The challenges facing patients and families in relation to prescribed medications sometimes seemed insurmountable. Individuals often reported that either they or a family member had been threatened with being “fired” from a doctor’s practice for raising concerns, asking questions, or expressing a desire to change or go off a drug due to side effects – or just being afraid to question a doctor about anything out of fear of losing their good will.

### **Flash forward to April 2020 - The Good News**

Although the practices of pharmaceutical companies haven’t changed much, the work and efforts of many individuals and organizations around the world (including concerned doctors, researchers, journalists, consumer groups, patients and families) to improve the safety and appropriateness of medications and prescribing has finally gained some traction.

While there is still a bumpy road ahead, I now see posters in doctor’s offices and clinics encouraging patients to ask questions - and even what questions to ask! This is progress. There are also new resources for both patients and health professionals to help make genuinely informed shared decisions – including how to safely “deprescribe” medications. This is a remarkable shift in the landscape since 2013.

### **A Unique Opportunity to Learn More**

The importance of knowing more about the medications we take is even more critical as we age. Certain medications and/or too many medications can lead to memory loss, changes in cognition, increased falls, increased hospitalizations, and premature loss of independence – all things we want to avoid. In that we are looking for things to do during this time of “social distancing” limitations, it’s a unique opportunity to learn more about drug safety. You will become more confident talking to health professionals and asking questions. Below is a short list of resources to explore.

**Just remember to stretch and exercise too!**

**Websites and Links to explore:**

**Psychiatric Medication Awareness Group** [www.psychmedaware.org/](http://www.psychmedaware.org/)

**Public Citizen – Best Pills, Worst Pills** [www.worstpills.org/](http://www.worstpills.org/)

**Canadian Deprescribing Network** [www.deprescribingnetwork.ca/](http://www.deprescribingnetwork.ca/)

See excellent articles at [www.deprescribingnetwork.ca/articles](http://www.deprescribingnetwork.ca/articles)

**The Lown Institute** [lowninstitute.org/projects/medication-overload-how-the-drive-to-prescribe-is-harming-older-americans](http://lowninstitute.org/projects/medication-overload-how-the-drive-to-prescribe-is-harming-older-americans)

**Choosing Wisely Canada Patient Brochures** [choosingwiselycanada.org/patient-pamphlets/](http://choosingwiselycanada.org/patient-pamphlets/)

## **Five Questions to Ask your Doctor, Nurse, or Pharmacist about Your Medications**

Adapted from [www.safemedicationuse.com](http://www.safemedicationuse.com)

### **1. CHANGES?**

Have any medications been added, stopped, or changed, and why?

### **2. CONTINUE?**

What medications do I need to be taking, and why?

### **3. PROPER USE?**

How do I take my medications, and for how long?

### **4. MONITOR?**

How will I know if my medication is working, and what side effects do I watch for?

### **5. FOLLOW-UP?**

Do I need any tests and when do I book my next visit?

# Alberta Council on Aging Bylaws

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## 1. Preamble

- 1.1. The following articles set forth the bylaws of Alberta Council on Aging
- 1.2. The name of the organization is Alberta Council on Aging
- 1.3. The rules contained in Robert's Rules of Order shall govern the Council in all cases to which they are applicable

## 2. Defining and Interpreting the Bylaws

- 2.1. In these Bylaws:
  - 2.1.1. "shall" is used to express a requirement i.e. a provision that must be satisfied in order to comply with the bylaw
  - 2.1.2. "should" is used to express a recommendation or that which is advised but not required
  - 2.1.3. "may" is used to express an option or that which is permissible within the limits of these bylaws
- 2.2. **Council:** shall refer to Alberta Council on Aging
- 2.3. **Board:** shall refer to the Board of Directors of Alberta Council on Aging
- 2.4. **Director:** shall refer to a resident of Alberta and current Alberta Council on Aging member elected to the Board of Directors of Alberta Council on Aging as a Region representative
- 2.5. **Alternate:** shall refer to an individual selected to act as an alternate to represent a region in the event the director is unable to attend meetings of the Board of Directors of Alberta Council on Aging
- 2.6. **Executive Committee:** shall refer to the members of the Board who occupy the position of President, Vice President, Secretary, Treasurer
- 2.7. **Region:** a specific geographic area of the province determined by the Board of Alberta Council on Aging
- 2.8. **Regional Executive:** each Region may have a Regional Executive comprised of at least four members: a President, a Vice President, a Secretary and a Treasurer
- 2.9. **Member:** an individual, organization or corporation that complies with the requirements of Article 3
- 2.10. **Resolution:** a formal expression for consideration by a meeting requiring a majority vote for approval
- 2.11. **Special Resolution:**
  - 2.11.1. an expression for consideration by a meeting where
    - 2.11.1.1. at a general meeting of which not less than twenty-one (21) days notice specifying the resolution has been duly given
    - 2.11.1.2. requiring a positive vote of not less than 75% of the voting members present to approve the resolution

- 2.11.2. a resolution proposed at a general meeting of which less than twenty-one (21) days notice has been given, if all the members agree to consider the motion, and requiring a positive vote of not less than 75% of the voting members present to approve the resolution
- 2.12. **AGM:** shall refer to the Annual General Meeting of Alberta Council on Aging

### 3. Membership

#### 3.1. **Classification of Members:**

- 3.1.1. Individual/Household
- 3.1.2. Organizational
- 3.1.3. Corporate
- 3.1.4. Life

#### 3.2. **Individual/Household Member:**

- 3.2.1. Any person being eighteen (18) years and over may become a member
- 3.2.2. Each individual/household member may receive one (1) copy of Alberta Council on Aging News
- 3.2.3. Each qualified individual/household member shall be entitled to one (1) vote at the AGM

#### 3.3. **Organizational Member:**

- 3.3.1. An organization that has an interest in seniors' issues may become a member of the Council
- 3.3.2. Each organization may receive ten (10) copies of Alberta Council on Aging News
- 3.3.3. Each organization shall be entitled to one (1) vote at the AGM

#### 3.4. **Corporate Member:**

- 3.4.1. Any company that provides services and/or products to seniors or has an interest in seniors' issues may become a member of the Council
- 3.4.2. The corporation may receive ten (10) copies of Alberta Council on Aging News The corporation shall be entitled to one (1) vote at the AGM

#### 3.5. **Life Member:**

- 3.5.1. A person eighteen (18) years of age and over may be a Life member of the Council
- 3.5.2. A Life Member may receive one (1) copy of Alberta Council on Aging News
- 3.5.3. A Life Member shall be entitled to one (1) vote at the AGM

#### 3.6. **Membership Fees:** The Board shall determine the membership fees for each category of Members

#### 3.7. **Membership Withdrawal:** A member who desires to withdraw from membership in the Council shall do so by notifying the Alberta Council on Aging office

#### 3.8. **Members' Duties:** All members shall behave in accordance with the Bylaws and Objectives of the Council

## 4. Meetings of the Council

- 4.1. **Annual General Meeting:** An Annual Meeting of the Council shall be held once a year within Alberta. Twenty-one days' notice of such a meeting shall be given
- 4.2. **General and Special Meetings:** A General or Special Meeting of the Council shall be called by the President or, if absent, by the Vice President, upon receipt of a written request by at least one-half of the Board, provided that no less than twenty-one (21) days notice of such meeting shall be given to all members, setting out the reasons for the Special or General Meeting
- 4.3. **Notice of Meetings:** A General or Special Meeting of the Council may be called at the discretion of the President provided no less than twenty-one days' notice, setting out the reasons for the Special or General Meeting, is given
- 4.4. **Quorum:** A Quorum for the Annual General Meeting, General or Special Meeting of the Council shall be not less than twenty-five (25) members eligible to vote, with no less than one-third of the Board members present

## 5. Board of Directors

- 5.1. **Authority:** Alberta Council on Aging Board shall be the governing body of the Council
- 5.2. **Meetings:** Alberta Council on Aging Board shall meet a minimum of 4 times a year. Meetings may be held by teleconference
- 5.3. **Directors:** Directors shall be elected by the regions or appointed by the board to be affirmed at the next Alberta Council on Aging Annual General Meeting
- 5.4. **Terms of Office – Directors:**
  - 5.4.1. Directors elected by Regions or appointed by the Board shall be affirmed at the next Annual General Meeting for a two (2) year term with the option to seek office for another two (2) years to a maximum of four (4) years
  - 5.4.2. Upon completion of a four (4) year term, a Director may be eligible to seek election to the Board after a one (1) year absence
- 5.5. **Board Composition:**
  - 5.5.1. Each Region shall have 1 person elected as director to the board.
  - 5.5.2. A Region having a metropolitan population in excess of 500,000 may have a maximum of two (2) persons elected as Directors to the Board
  - 5.5.3. For the Region contributing the President a Regional Director be elected to the Board except in regions with a metropolitan population of 500,000 or greater. The term for that director shall coincide with the President's term
- 5.6. **Vacancy:** In the event of a vacancy arising in the Board, the Board shall have the power to fill such vacancy to complete the term of office
- 5.7. **Board Member's Attendance:** If a Board member misses two (2) consecutive Board Meetings without explanation

- 5.8. **Board Member's Termination:** Any member, officer or director shall be terminated from an office or membership for just cause as determined by the Board
- 5.9. **Quorum – Board Meetings:** One-third of the members of the Board, which must include at least two members of the Executive Committee, shall constitute a quorum for the transaction of business. Voting shall be by simple majority
- 5.10. **Nominating Committee:** The Board may request the Past President to convene a Nominating Committee. The duties of the Nominating Committee shall be outlined in the Policy and Procedures
- 5.11. **Remuneration:** Unless authorized by the Alberta Council on Aging Board or Executive Committee, no member of Alberta Council on Aging shall receive any remuneration for services
- 5.12. **Reimbursements:** Expenses shall be reimbursed as outlined in the Policy and Procedures

## 6. Executive Committee

- 6.1. **Executive Committee** shall include: President, Vice President, Secretary, Treasurer
- 6.2. **Terms:**
  - 6.2.1. The Executive committee shall be elected by the board of directors and affirmed at the next Annual General Meeting for a term of two (2) years with the option to seek office for another two (2) years to a maximum of four (4) years
  - 6.2.2. A director serving their 4th year is not eligible for an executive position
  - 6.2.3. Upon completion of a four (4) year term the incumbent may be eligible to serve on the board after a one (1) year absence
- 6.3. **Duties of the Executive committee**
  - 6.3.1. **The President:**
    - 6.3.1.1. Supervises the affairs of the Board
    - 6.3.1.2. Chairs the meetings of the Council, the Executive Committee and the Board
    - 6.3.1.3. Is an ex officio member of all Board Committees except the Nominating Committee
    - 6.3.1.4. Acts as or delegates a spokesperson for the Council
    - 6.3.1.5. Carries out other duties assigned by the Board
  - 6.3.2. **The Vice President:**
    - 6.3.2.1. Accepts the position with the understanding that it will provide orientation for the position of the President
    - 6.3.2.2. Presides at meetings in the President's absence. If the Vice President is absent, the Directors elect a chairperson for the meeting
    - 6.3.2.3. Carries out other duties assigned by the Board
  - 6.3.3. **The Secretary:**
    - 6.3.3.1. Attends meetings of the Alberta Council on Aging Board
    - 6.3.3.2. Takes accurate minutes of these meetings
    - 6.3.3.3. Carries out other duties as assigned by the Board

6.3.4. **The Treasurer:**

- 6.3.4.1. Ensures that a detailed account of revenues and expenditures is presented to the Board and/or Executive Committee as requested
- 6.3.4.2. Presents current audited financial statements of the Council to the Annual General Meeting
- 6.3.4.3. Carries out other duties as assigned by the Board

6.4. **Committees**

- 6.4.1. The Board may establish Committees to advise the Board. The Terms of Reference for each committee shall be approved by the Board of Directors

6.5. **Executive Director:**

- 6.5.1. The Board may hire an Executive Director to carry out assigned duties
- 6.5.2. The Executive Director reports to the Board through the President and is responsible to the Board and acts as an advisor to the Board and all Board Committees
- 6.5.3. The Executive Director shall not make motions or vote at any meetings
- 6.5.4. The Executive Director shall act as the administrative officer of the council according to the parameters set out in the job description developed by the Executive Committee and approved by the Board

## 7. Voting

- 7.1 **Membership:** Any Alberta Council on Aging member in good standing shall have the right to vote at the AGM or special meetings of Alberta Council on Aging, as defined under membership types
- 7.2. **Proxy:** All votes shall be made in person and not by proxy

## 8. Assets of the Council

- 8.1. Upon dissolution of the Council and after payment of debts and liabilities, the Board shall distribute the remaining assets of the Council to a charitable organization registered in Alberta with similar objectives as the Council

## 9. Borrowing

- 9.1. For the purpose of carrying out its objects, the Board of Directors of Alberta Council on Aging may borrow, raise, or secure the payment of money in such manner as it thinks fit

## 10. Auditors

- 10.1. **Audited Statements:** The financial statements and accounts of the Council shall be audited each year by a qualified accountant
- 10.2. **Submission of Audited Statements:** The Auditor's report and financial statements for the previous fiscal year shall be presented for approval at the Alberta Council on Aging Annual General Meeting
- 10.3. **Appointment of Auditors:** The Board shall appoint an auditor to hold office until the next Alberta Council on Aging Annual General Meeting

## 11. Policy and Procedures

- 11.1. The Alberta Council on Aging Board shall develop Policies and Procedures consistent with the Bylaws of the Alberta Council on Aging Council

## 12. Regions

- 12.1. **Structure:** The Board may recognize local groups that subscribe to the objects of the Council, request affiliation, and conduct their affairs in harmony with Alberta Council on Aging Bylaws and Regulations
- 12.2. **Regional Administrations:** The Board may authorize the establishment of Regions that shall establish a communication network to
  - 12.2.1. Inform all members of the activities of Alberta Council on Aging
  - 12.2.2. Share information regarding the quality of life for seniors
  - 12.2.3. Bring forward the needs, issues, and concerns impacting seniors
  - 12.2.4. Bring forward strategies to improve the status of seniors and protection of their rights
- 12.3. **Legal Status:** Regions shall not register as a non-profit society nor seek charitable status

## 13. Amendments

- 13.1. Any amendments to the Alberta Council on Aging Bylaws shall be approved at the Alberta Council on Aging Annual General Meeting or Special Meeting per item 4.3

## 14. Fiscal Year

- 14.1. **Fiscal Year:** The fiscal year of the Council shall terminate on the 31<sup>st</sup> day of March in each year

## 15. Alberta Council on Aging Board of Directors Ethics

- 15.1. Alberta Council on Aging Board of Directors are acting in trust for the council and therefore shall carry out their work according to the highest standards of ethical behavior

## Vision

All older adults enjoy a high quality of life

## Mission

Encourage and enable older adults' full participation in all aspects of community through inclusion, education and advocacy

Alberta Council on Aging's Strategic Plan is available at: [acaging.ca/about-us/strategic-plan/](https://acaging.ca/about-us/strategic-plan/)

Memberships and donations are our number one source of revenue!

## Alberta Council on Aging Membership Form

### Membership Type

☐ Household (\$25)

☐ Life (\$250/person)

\_\_\_\_\_ Membership Number

☐ Organizational (\$60)

☐ Corporate (\$200)

\$ \_\_\_\_\_ Donation Amount

Tax receipts will be given for  
donations over \$20.00

Payment is accepted by cheque. To pay by credit card please contact the office or visit our website.

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

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

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

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

☐ Check here if you wish to receive occasional electronic communications, including your membership receipt and communications about events in your region.

### Newsletter

☐ Electronic Newsletter

☐ Hardcopy Newsletter

### Donations

☐ Name Published

☐ Anonymous

### Contact

PO Box 62099

Edmonton, Alberta T5M 4B5

Phone: 780.423.7781

Toll Free: 1.888.423.9666

info@acaging.ca

www.acaging.ca

# Scholarship Program 2020

OPEN: April 22, 2020\*

*"Teacher's pet?  
That's me."*



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Open to eligible children and grandchildren of members of the Alberta Council on Aging (ACA).

Application Deadline: July 15, 2020

To learn more, visit [johnson.ca/scholarship](https://johnson.ca/scholarship)  
[scholarshipfund@johnson.ca](mailto:scholarshipfund@johnson.ca)

**Alberta Council on Aging**

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