



# ACA News

## Generations

### Alberta Council on Aging

Summer 2015

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## 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.

### Editor & Publisher

Alberta Council on Aging

### On the Cover

Bob Trentham and  
Soren Peters  
Photo by Rod Trentham

### Formatting

Laureen Guldbrandsen

### Interviews, Poetry, Photos

Donna Durand

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.

This newsletter follows the Senior Friendly™ principles for clear communications.

Members:

Please request an electronic newsletter.

## Board of Directors 2014

### Executive

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

### Regional Directors

Region 1 (Northwest): Open  
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Region 2 (Northeast): Donna Chamberland  
Region 3 (West Central): Open  
Region 4 (Edmonton area): Gary Pool and Gail Hiller  
Region 5 (Central Alberta): Ron Rose  
Region 6 (Calgary area): Frank Hoebarth and Lynn Podgurny  
Region 7 (Southwest): Susan Girdwood  
Region 8 (Southeast): Paul Howe  
Region 9 (East Central): Dwayne Hlady

Directors may be reached through  
Alberta Council on Aging office.

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

### Our Mistake!

In our last issue of ACA News we misspelled the name of one of our guest speakers. Our sincerest apologies to John Crouse for this. We also mistakenly referred to our Annual General Meeting as the 49<sup>th</sup>, when it was in fact the 48<sup>th</sup>. We apologize for any confusion this may have caused.

### Contact Us

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## President's Report

As my first year as your president comes to a close, I look back with awe, humility, and pride. Some of the things that we have done this past year include strengthening an alliance with the Alberta Consumers Association, reviewing and amending our Planning and Procedures Manual, and our by-laws.

We held three board meetings—one by teleconference. At our March board meeting, we had John Cabral, Assistant Deputy Minister for Seniors Programs, present for the start of our meeting. At that time, Minister Johnson called in and we discussed the provincial budget. I attended meetings in several of the Regions—meeting with the members about how ACA is moving forward, and hearing their take on seniors' issues.

We met with the Minister of State (Finance) Kevin Sorensen on financial literacy for seniors. We developed our Recognizing Fraud booklet and training program. We are sharing these with other organizations. Our Senior Friendly™ program continues to grow and is taught in other parts of Canada. Our Health and Housing committee meets regularly to discuss the current status of seniors health and housing in Alberta.

The Executive Director and I attended the swearing in of the new provincial ministers. It was an exciting day with a huge crowd. I attended the opening session of the legislature and found that to be quite interesting.

We were happy to announce our four new Directors at our AGM: Lynn Podgurny for Region 6, Susan Girdwood for Region 7, Paul Howe for Region 8, and Dwayne Hlady for Region 9. Thank you, and congratulations to you all!

I would like to ask you all to reflect on the Truth and Reconciliation Committee's calls to action. Please remember that many of these aboriginal children are now seniors. They and the next generation carry the burden of that time. Alberta Council on Aging represents all seniors—their needs and quality of life is our concern.

Respectfully,

Fred Olsen



**This issue of ACA News is sponsored by  
C.O.L.D. Respiratory Problems Club of Alberta.**



## Executive Director's Report Generations

In Canada, as the [Truth and Reconciliation Commission of Canada: Calls to Action](#) is released, we must not view this as the end of a process but the continuation of a long course of healing. In our society abuse of older persons is also thought to be systemic and cultural. There is a strong parallel between the abuse of older persons and the treatment of Aboriginal people in Canada. I call upon all generations of non-Aboriginal people to become aware of the issues outlined in the Truth and Reconciliation report and to make a commitment to advance the process of Canadian reconciliation.

This past month has been a journey of discovery as a part of my commitment as a non-Aboriginal person to be more aware of the issues as well as strategies for reconciliation. I can see how much the legacy of residential schools has affected generations of Aboriginal people in Canada. As an organization comprised of and representing older persons, it is important that we speak to this dark history and understand our role in it and how this history continues to impact generations of Aboriginal people.

This failure to recognize systemic abuse is similar in terms of global elder abuse. Vulnerable populations are at risk for poor treatment and even disregard of personhood. When you read the poem [Conversations with Cecelia](#), page 17, try to reflect on how

I am an older person  
I loved my garden  
Now I am lost in the  
quagmire of wild weeds  
Nothing I plant  
Even if I could  
Would grow  
-Cecelia

important it is to develop caring relationships between generations. To put it simply, we need each other. We need to be able to count on people of all generations to demonstrate helpfulness and caring towards one another.

A noticeable characteristic of a caring society is a tightly woven fabric - the social contract. Aboriginal or non-Aboriginal, young or old, by our very existence, an Age Friendly community promotes caring relationships between generations. It embraces and includes every single person, no matter age, ability, race, culture, status, gender, economic power or lack of. When this happens, there will be a reduction in fraud and all forms of elder abuse. There will be legislation protecting older persons as well as clear implementation of appropriate services and care for those requiring acute, home care, long term care and social programs. I believe there is enormous caring potential within the upcoming generation(s).

However, each generation has its unique role to play in terms of building a compassionate society. Please consider the question, "What can I do?"

Enjoy the  
season,

Donna Durand



Photo by G. Hiller

Information from Johnsons Inc.

## Financial Literacy and Planning for Seniors Care in Canada

Financial literacy is fortunately now receiving much attention at the federal level. Regardless of age and socio-economic status, it is important to plan to live within our means before and during retirement, with the help of financial advice. Knowing what questions to ask is key.

Health care is an important and often overlooked part of financial literacy. Seniors can face unique challenges due to the organization and funding of seniors care in Canada. Navigating the system to find appropriate care and available services requires education and awareness. The scope of services, challenges, and possible solutions has been studied and presented by the Conference Board of Canada in the April 2015 report: [Understanding Health and Social Services for Seniors in Canada](#).

The scope of care for seniors depends on where you live in Canada. This is mainly because only primary and acute care settings are covered by the Canada Health Act (CHA) and funded by provincial tax revenues as well as Federal Health Transfers to the provinces. Delivery of senior care in the home or in Long Term Care (LTC) facilities are not addressed by the CHA. Wait times to access LTC facilities are estimated to range from one month to a year depending on the province of residence and the region within a province. Many seniors in Alberta have access to partially provincially funded LTC, home care, palliative care, Pharmacare, Dental and Vision care, depending on their income level, their awareness of local available options, or the complex registration process for those services.

For those who do not qualify for publicly-funded services, private savings and insurance protection are optional sources of funding.

The challenges to senior care in Canada include meeting the increasing needs of an aging population with limited budgets and lack of long term funding strategies. It is estimated that the senior population will double to 10 million in 2036 from 5 million in 2011. Chronic conditions such as high blood pressure, arthritis, and diabetes tend to increase with age and may require complex treatment, especially when more than one condition is present. Dementia is an increasing condition that requires institutional care for more advanced cases. The Canadian Life and Health Insurance Association estimates that over the next 35 years, the cost of providing long term care is double the current level of government funding, which would mean an unfunded liability of \$590 billion.

Investing in solutions now will have long term benefits to providing efficient senior care services. There are many innovative solutions being tested in Canada and globally to improve the quality of care for seniors. Shifting the care setting between home, LTC facilities and hospitals can be cost effective if needed services are provided in a timely manner. Other care solutions include rapid response teams, more assisted living options and multidisciplinary primary care. Funding solutions for LTC include the creation of a new registered savings plan (similar to a RESP), subsidized LTC insurance and tax-sheltered savings (such as an enhanced pension plan).

The Financial Consumer Agency of Canada website provides a database on Financial Literacy questions and answers: [www.fcac-acfc.gc.ca](http://www.fcac-acfc.gc.ca)

## Grandparents Day – Celebrating Grandparents and Older Adults

Grandparents Day is an officially recognized national holiday. It falls each year on the first Sunday after Labour Day. This year it will take place on Sunday September 13<sup>th</sup>. There are three purposes for the day:

1. To honour grandparents.
2. To give grandparents an opportunity to show love for their children's children.
3. To help children become aware of the strength, information and guidance older people can offer.

Grandparents Day was adopted in Canada in 1995 to acknowledge the importance of grandparents to the structure of the family in the nurturing, upbringing, and education of children. Grandparents play a critical role in strengthening the family. Commented one member of parliament speaking on behalf of the motion: "I do not hold grandparents to be glorified babysitters but rather as parents' surrogates who bring love, a continuance of generational values, and a sense of the child's worth to the integrity of the family... I was brought up by a grandparent. My parents both worked outside the home for most of my life. It was my grandmother who nurtured me, gave me a sense of worth and molded in many ways the course my life was to take. My grandmother was my role model, my mentor and my confidant."

Grandparents Day is a day of celebration involving the whole family and a day for community to connect the generations. It is just as much a day to honour grandparents as it is a day for grandparents themselves to confirm their loving legacy to the generations that follow them.

## Dementia Friends Canada

Dementia Friends Canada is a new program that launched June 5 to support the growing number of Canadians living with Dementia. We are thrilled to announce that Alberta Council on Aging's executive director, Donna Durand, is a recognized Dementia Friend, demonstrating a commitment to helping others who are living with dementia.

Over the next two years, Dementia Friends Canada will focus on workplaces and individuals to engage Canadians in a dialogue about dementia, and how they can help someone living with this disease feel loved and supported.

Dementia Friends Canada is modelled after Dementia Supporters in Japan and Dementia Friends in the United Kingdom. It has been adapted to the Canadian context and will be run by the Alzheimer Society of Alberta with funding from the Public Health Agency of Canada.

For more information, or to become a Dementia Friend: <http://www.dementiafriends.ca/> or 416.847.8891 (Toronto)



Ashley Wu of Alzheimer Society of Alberta and Northwest Territories signs Donna up as one of the first registered Dementia Friends!

## Addressing Ageism

By Dr. Donna Wilson

Ageism is the most overlooked form of discrimination. Ageism is often defined as the stereotyping of and discrimination against older people. However, ageism is much more than that – it is a learned and reinforced social attitude, with old age a common and accepted justification for treating older people differently such that they are denied the normal rights and freedoms enjoyed by younger people (Canadian Network for the Prevention of Elder Abuse, 2010). Ageism is also the structuring of society on youth, with the needs of older people not noticed or placed at a much lower level of importance as compared to those of younger people as younger persons are considered more worthwhile (i.e. productive) people in society.

Although all sectors of society may employ ageism either unconsciously or consciously, health care is a sector in which ageism could be particularly problematic. Not recognizing that aging creates unique needs and special issues can be as problematic as using old age to justify unacceptable rationing of scarce resources. Both are common problems in health care.

In the future, not only will the number of Canadians who are older (age 65+) or very old (age 85+) increase as more members of the large babyboom cohort (born 1946-65) reach and exceed age 65, but the proportion of older people in Canada will increase to around 25% by 2031. This already apparent and continuing major socio-demographic trend, commonly known as population aging, makes it imperative that action be taken now to reduce and then eliminate ageism.

Ageism must first be recognized to be reduced or eliminated.

It is time to ask yourself:

1. Have you personally experienced ageism? If so, what happened, and what could have been different?
2. Have you seen ageism impacting someone else? Why and how did it impact them?
3. What are the benefits and positives of having lived for many years?
4. What are important roles commonly played by older parents, grandparents, and wise elders?
5. What can be done to shift attention away from a youth culture to the interests and needs of older people?

The answers to these and other questions on ageism will be increasingly important in the years ahead.





## Remembering the Children

For more than a century, thousands of Aboriginal children in Alberta were sent to Indian Residential Schools funded by the federal government and run by the churches. Children were taken from their families and communities to be stripped of language, cultural identity and traditions. Canada's attempt to wipe out Aboriginal cultures failed. However, it left an urgent need for reconciliation between Aboriginal and non-Aboriginal peoples.

On June 16, a group congregated at Red Deer Sunnybrook United Church to tour the new Friendship Centre, visit the Grandfather, observe the land east of the Lions Park where Asooahum Crossing is to be established, witness traces of the Industrial Residential School and gravesite. The final destination was to share nourishment (bannock, tea and coffee) at Fort Normandeau. The tour, guided by Lyle Keewatin Richards marked the beginning of the process of Reconciliation through getting to know our neighbours. The parishioners had started up a committee out of their interest in finding out what happened to all the children that lived at the school.

This project is named Remembering the Children, paralleled by the global committees under the same name: an Aboriginal and Church Leaders' Tour to Prepare for Truth and Reconciliation. At the helm of the local committee were Joan and Don Hepburn. They had begun asking the question twenty five years earlier.

**Truth and Reconciliation Commission of Canada Committee** - In order to redress the legacy of residential schools and advance the process of Canadian reconciliation, The Truth and Reconciliation Committee made calls to action (94).



Don and Joan Hepburn

**Friendship Centre** - Providing Aboriginal people with traditional cultural teachings and intervention/prevention programs to help the transition to urban life, enhancing quality of life. We strive to bring Aboriginal and non-Aboriginal people together through our cultural teachings to bring stronger community awareness and teachings.

**Asooahum Crossing** - An inclusive community for elders and their care providers. A living space for up to forty people where language, culture and tradition is honoured.

**Fort Normandeau** - The Crossing Before the railway connected Edmonton and Calgary in 1893, the Red Deer River Crossing was the gateway between northern and southern Alberta. Aboriginal people knew it as the safest river crossing point for a long way upstream or downstream. Today the Crossing and its Fort commemorate the First Nations, Metis, and European people who influenced the development of today's central Alberta.





**Seven Sacred Teachings** – Love, Respect, Courage, Honesty, Wisdom, Humility and Truth.

**Grandfather** refers to a group of rocks purposefully set up in Coronation Park to be a place of their own for aboriginal people.

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Circled in these grandfather rocks  
Parishioners stand still and tall  
Water to earth, fiery tears fall

Carried on an urgent wind  
This is not your place  
This is their sacred space

Giant rocks retain  
the heat of father sun  
every night when night is done

Creating a special ecosystem  
Deny them- no ease  
Forgiveness, we plead - do not cease

## The Consumers' Coalition of Alberta and the ACA - 1994 – Present

James or **Jim Wachowich** is a lawyer in Edmonton, Alberta and for over 20 years has provided legal counsel to the **Consumers' Coalition of Alberta** (CCA) or its members in matters before the Alberta Utilities Commission (AUC) and its predecessor utility regulators. He has also appeared before the National Energy Board (NEB) and Canadian Radio-Television and Telecommunications Commission (CRTC).

Jim is frequently called upon by media to comment on matters of consumer issues and utility regulation and he has made numerous presentations to industry, government, political parties, elected officials, service groups and the public on these issues. In his capacity as legal counsel Jim is assisted by a group of consultants and experts who assist his presentation of the CCA intervention with detailed analysis of the finance and operations of the utilities.

The CCA is a non-partisan residential utility rate-payer advocacy group. The CCA intervenes before utility regulators in hearings that may have an impact on natural gas or electric utility rates on behalf of the members of the CCA who are Alberta residential consumers.

The CCA is a coalition of two member organizations, the Alberta Council on Aging (ACA) and the Alberta Consumer's Association. The ACA is an umbrella organization of Alberta based seniors groups. The focus of ACA is to assist senior's organizations where possible. As many seniors are on a fixed income and live in older homes issues of utility rates are of increased

importance to them. The Alberta Consumers' Association is a general consumer advocacy organization and is composed of its board of directors and membership, both of which are made up of individual consumers. The Alberta Consumers' Association is the operating member of the coalition. The ACA has previously had input to the coalition through individuals such as Ivor Dent and Neil Reimer who assisted in guiding the early years of the interventions.

The CCA views its mandate to include public education and consultative work when requested to do so by the various levels of government directly involved in issues of importance to consumers within Alberta. This has included commentary on a large number of issues from use of plain language to technical issues in measurements and metering.

The utility interventions of the CCA recognize utility bills make up a significant portion of average household expenditures. Residential customers have limited understanding of utility rate making and do not have the resources for individual interventions. Customers do understand the amount of their bills and generally want rate stability and some assurance that the rates charged to them are as low as possible.

Where possible the CCA works in conjunction with other like-minded participants. In many instances the CCA intervenes on its own behalf. The guiding mandate of these interventions is to achieve stable utility rates that are as low as possible for residential utility customers. -J. Wachowich

## Who Could That Be On the Phone?

By Nadia Willigar

What at first appears to be another telemarketing call on your call-display turns into a lovely visit on the phone. Lovely visit for me of course, but I did have to ask for money. Over the past two months, I have had the pleasure to talk to a great number of people only because they had forgotten or didn't realize they had to renew their membership with the Alberta Council on Aging. Many of the people that I talked to recalled speaking with me a few years ago when they first became members and it was nice to hear their voices. Some of them told me they had moved or had lost their spouse.

Generally, members look forward to their quarterly ACA News in the mail or online. They want to be made aware of the current issues affecting seniors. As they read this informative newsletter, they come across the Membership Renewal Form, on page 22, and kindly make their annual renewal before the New Year. Often a donation accompanies the renewal and we appreciate this greatly.

Many more ACA members are snowbirds from provinces across Canada, and have taken out a membership in order to qualify for out-of-country travel insurance, with Johnson Inc. Johnson provides them with MEDOC annual multi-trip insurance. The group membership with ACA allows travelers to qualify for a specific class of coverage. Usually snowbirds pay their ACA renewal before they leave for warmer climates, or immediately on their return to their home province in spring. We thank you for that.

This year Alberta Council on Aging was able to contact users of the MEDOC plan to remind them that the membership is not a one-time exercise.

As well, it was explained that the pre-authorized monthly payment to Johnson did not include the yearly ACA membership renewal of \$22. Once this was understood, every member I was able to reach renewed at once, and often paid for multiple years so as not to have a lapsed membership in future.

There are still dozens and dozens of phone messages throughout Canada waiting for a response. If you see Alberta Council on Aging and the number (780) 423-7781 on your phone, it is not from someone who is trying to sell you something you do not want. We have already become partners in a prior agreement and need to maintain that partnership. Please mark your calendars with a large ACA near Remembrance Day to help you to REMEMBER to look after your annual membership before the end of the year. We need your support and continued partnership.





## Community: A Life Long Investment

Bonnie and Sam Denhaan, long-time residents of Red Deer Alberta and members of Alberta Council on Aging, hope what they do matters.

Coming to Red Deer after retiring from a rewarding career with Territorial Government service engaged in community empowerment, Sam has written enough letters to government and notes from meetings, to fill a few large volumes of books. In 2005 Sam wrote six weekly columns on Seniors Care which were published in the Red Deer Advocate, they served to inform readers on current conditions of care and wait lists. The letter writing has slowed down a bit, but with a continued commitment to well informed content. Bonnie notes, these days, relevant local news is harder to come by with the loss of the local Red Deer television channel.

Sam was born in Holland where he experienced war early in his life, which led to a deep empathy toward the suffering of others. He immigrated to Canada with his family in 1950, He apprenticed and became a journeyman carpenter and later civil and construction engineer. And he had Bonnie. It was a great adventure for both of them. "Everything flows from meeting her," says Sam thoughtfully. Bonnie, once a stenographer, did not pursue a career outside the home—rather she became a reliable and in demand volunteer for many organizations and most importantly, kept the family home running. Bonnie loves classical music and opera. Sam learned to love these too. As fair trade, Bonnie learned to love church, as this was important to Sam and as a young couple

they became a part of a new family. They still have some of the friends they were married with.

As in symbiotic relationships, it is easy to see they balance and complement each other. Married for 54 years, Bonnie and Sam have two children who demonstrate strong values and integrity in their professions; traits Sam observed in his own father. Their daughter is a French immersion school teacher; their son is a United Church minister.

Sam sites his source of strength as his faith and Bonnie recalls practical and loving parents who instilled a moral compass.

The Denhaan's have been involved in many movements and organizations over the years from anti-nuclear demonstrations, to Bonnie's current involvement with Red Deer chapter of the Stephen Lewis Grandmothers to Grandmothers organisation, plus ongoing activity for Amnesty International. She serves on the

board of the Parkland Air shed Management Zone. The Red Deer Industrial Residential School "Remembering the Children" is a project they have recently poured themselves in to. In 2013 Sam was given the City of Red Deer Mayor's Award for Volunteerism; recognition for long time volunteering (15 years plus). He has a lengthy list of areas he has served including Habitat for Humanity for Affordable Housing, and start-up of the Re-Store, Inn from the Cold, Housing First, Welcome Home, Central Alberta Poverty Reduction Alliance and Central Alberta Council on Aging.

When asked four questions related to leadership, the answers came as no surprise. This is a couple

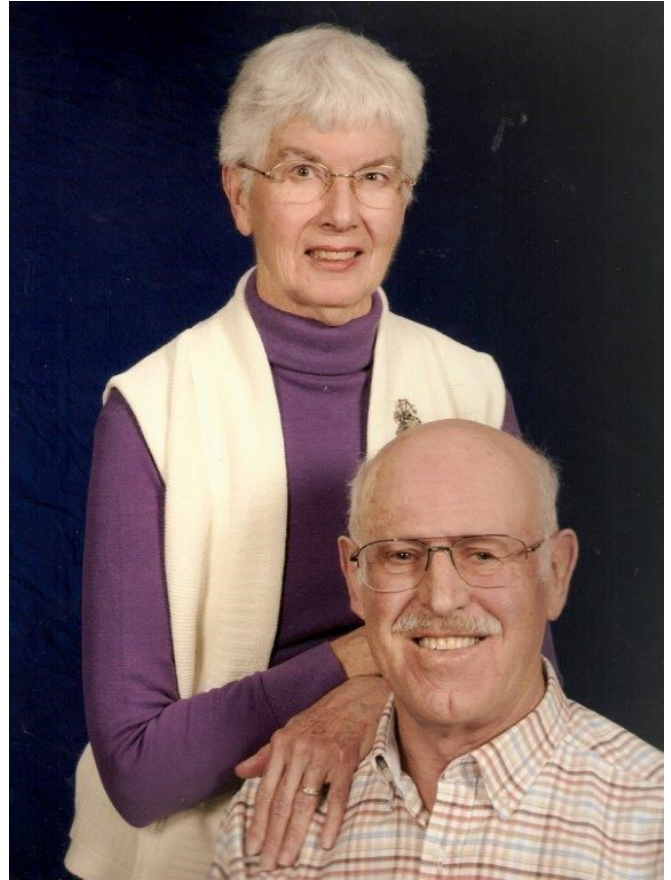


who sees eye to eye in terms of world view and daily life. “Who do you hook your rope to?” Sam cites his source of strength as his faith and Bonnie recalls practical and loving parents who instilled a moral compass. For the question “What are you learning about right now?” Bonnie helped Sam identify some changes he is learning to apply including slowing down and pulling back a bit. Bonnie is becoming more active in environmental and climate change concerns.

“How do you want to be remembered?” Sam is very clear about this. His legacy is community builder, navigator and active member of the church. Bonnie wants to be remembered as one who excelled at domestic engineering, a willing volunteer and strong back up player on the team. The final question, “What is the single most important thing in your life” Sam identifies Bonnie and returns to the observation that everything flows from her - her never ending loving support and the family they created together. And Bonnie is quick to identify her single most important thing—their family.

Over the years, Sam has done his best to challenge those in leadership who are charged with decision making. He believes the need for advocacy within the political realm is more important now than ever before as with our new government there will be a new level of receptivity. Good ideas need to be brought forward so there can be review and discussion. Areas of significance include: a graduated tax structure, green economy, and ensuring a living wage.

In closing, Bonnie and Sam elicit a call to action:



Bonnie and Sam Denhaam

1. Be aware of your government. Participate in your local community; hence “act local, think global”.
2. Let your passion fuel your action. Put your money where your mouth is.
3. See how you are connected to the bigger picture.

Bonnie and Sam’s long term investment in community has benefited others and will live on as it inspires others to “stay the course”. Change can and does happen.

“The best way to find yourself is to lose yourself in the service of others.”  
Gandhi

## A Social (Media) Revolution

By Laureen Guldbrandsen

For those of you who follow us on social media like Facebook and twitter you may have noticed a boom in how often we've been posting and interacting. I've been volunteering with Alberta Council on Aging for almost two months on social media. It's been very exciting to watch as our followers grow on social media, and to have the opportunity to interact with some of you using this medium. Some of my favourite posts have been those that focused on our main principle: Senior Friendly™.

We've shared posts from around the world, from a taxi driver in New York City driving an elderly lady to a hospice, to a young man in the United Kingdom who walks an elderly man home with his groceries whenever he comes in. These have

been stories that touched my heart and shown that human kindness is still alive and well.

But We are definitely not finished with social media as my work experience comes to a close! I'm still here, posting articles and tips and things I think may be of interest to our members, and I'm hoping you'll join me as your official Social Media Coordinator. I look forward to getting the opportunity to meet you all online.



## Social Media Statistics



On twitter as of June 30th, we increased our followers and engagement by quite a bit in June as compared to May, more than doubling our followers, bringing us up to a total of 400!

### June 2015

Tweet Impressions	Profile Visits
10,700	903
Mentions	New Followers
48	259

### May 2015

Tweet Impressions	Profile Visits
9,994	520
Mentions	New Followers
41	118



For Facebook:

In May we jumped from 14 likes to 34 likes (an increase of 20) while in June we brought that number up to 47. Our post reach went from around 1,000 in May to over 18,000 by the end of June!

Facebook tends to be a slower growing audience than twitter, but we're already seeing more people and more engagement over the last two months, which is a huge improvement.

I find this all really exciting. We're getting a lot more engagement since May, and that engagement has skyrocketed over the past month.

I love connecting with all you fascinating people for the good of Alberta Council on Aging!

Information from Peggy's Footwerks

## Your Feet Are Your Best Friend

To continue to be active you must have healthy feet. Like most individuals you were born with healthy feet. As you grew older the care of your feet became more important. Here are a few tips like checking your feet every day for cuts, ingrown toenails, blisters, etc. Make sure your shoes and socks are comfortable, wash your feet every day, change your socks every day, and cut your toenails properly.

Just as important is to check with your doctor if you notice any changes like numbness, tingling, infections, swelling, and discolouration. It is well to note that 75% of people, as they age, develop foot problems. Women are four times more likely to have foot problems than men. A major cause of people who have injuries and end up in hospitals is due to poor balance.

Did you know that the average person will walk around 115,000 miles in a lifetime? That's more than four times around the earth! The average person takes 8,000 to 10,00 steps a day.

Finally, it is well known that walking through the grass is good for your feet.

## Peggy's Footwerks

"Our Sole Purpose is Toe  
Provide Quality Foot Care"

ACA Members receive a 10% discount.

Peggy A. Gursky  
L.P.N. C.Pod  
Certified Podologist Foot Care Nurse  
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## Dandelion

On any lawn, you're apt to find  
A weed that grows called Dandelion  
Its roots and leaves are known to cure  
To heal the liver, make blood pure  
And it is true that Taraxacum  
Is also full of potassium  
In case you need to diurese  
It's powerful and works with ease  
It will not leave you all deplete  
Of minerals, it is replete  
So, should your liver start to ail  
The flow of bile begin to fail  
If you've a case of flatulence  
A loss of appetite perchance?  
The bitter herb from root and leaf  
Will surely bring you some relief  
Improve digestion, stimulate  
Relieve congestion, eliminate  
Kidneys, liver, stomach, spleen  
This common weed does wonders keen  
The bitter cool of root and herb  
Will on your system work superb

Written by Dr. Sylvia Chatroux

Reprinted with permission

<http://www.drsvlvia.com>



# Aging is not a problem to solve.

Anonymous

## Summary of Activities

# What Has Alberta Council on Aging Been Doing?

### Meetings and Conference Attendance

- Attendance at Alberta Seniors Care Coalition conference
- Orientation session for board of directors
- Board of directors meeting
- Annual General Meeting at Chateau Louis Conference Centre
- Continue participation in province wide dementia strategy through representation on advisory committees
- Informal and formal interviews with featured guests for newsletter
- Worked with two students from NAIT to develop brochure on current statistics on seniors (year-end placement)
- Worked with work experience student on rolling out social media plan
- Staff members and volunteers attended team building afternoon sponsored by Edmonton Seniors Coordinating Council
- Attended Truth and Reconciliation event in Red Deer

### Fund Development

- Submitted proposal to TD Bank to further

develop program on financial literacy

- Assisted bookkeeper and auditor with preparation for annual audit
- Reconnection with people who identify ACA as their group for Medoc insurance product as part of membership renewal campaign, led by volunteer Nadia Willigar

### Presentations

- Presented on Characteristics of Age friendly for Edmonton Social Planning lunch and learn series held at Stanley Milner Library Edmonton
- Regional presentations on Recognizing Fraud by president Fred Olsen

### Government

- Attendance at the signing in ceremony of newly elected government
- Letter of welcome to incoming Premier Notley
- Letter of welcome to Minister Sarah Hoffman (Minister of Seniors, Minister of Health) with request to meet
- Attendance at Minister of Health, Rona Ambrose's announcement of Dementia Friends Canada
- Attendance at the opening session at legislature

## Cam Tait: Disabled? Hell No! I'm A Sit-down Comic!



"Long-time journalist Cam Tait has seen some interesting times on the sports beat--rolling alongside Rick Hansen in the Man in Motion tour, playing in fundraising golf tournaments, and tipping back some cold ones with Wayne Gretzky, to name a few. His personal life hasn't

lacked excitement either--memorable moments include parasailing, winning a stand-up (or in his case, sit-down) comedy contest, and helping his grandson take his first steps."

We are pleased to announce that we have copies of Cam Tait's book available for \$20 for Alberta Council on Aging members. If you're interested in purchasing a copy, please contact Alberta Council on Aging at 780.423.7781 or [info@acaging.ca](mailto:info@acaging.ca).



## Conversations with Cecelia

I am an older person  
 I loved my garden  
 Now I am lost in the quagmire of wild weeds  
 Nothing I plant  
 Even if I could  
 Would grow

The child I raised  
 Seems not interested  
 Now  
 Where did we go

Alone  
 I lock the door  
 And crawl to the basement  
 To wash clothes  
 I eat and sleep  
 Time ticks ticks ticks by  
 Sl ow l y

I wish I had a sister  
 Instead of this one voice  
 The television  
 Memories glide by  
 Waiting to be caught  
 Mostly I refuse them  
 I eat and sleep and those are good

I have home care  
 I love my worker  
 But I hate that home care  
 Walks away  
 On many things I need help with

I have a visitor  
 A library volunteer  
 I love her

I do not drive any longer

I am an older person  
 Lost in the quagmire of my mind  
 Trapped inside this home  
 Trapped inside this life  
 I once cherished



## Community Dialogue From Our Members



Saline Shootingstar courtesy of M. Mackay

I just came in from mowing the lawn and I am feeling so great, that I thought I should pass on how this came about.

Years ago we lost our youngest son in an avalanche. I was alone in Mexico on the Baja petting grey whales at the time when I received the news of his death. I was totally devastated, however something allowed me to stay calm till I arrived home.

Then it hit me so hard that to this day I do not recall much of the following month. Thank the

Lord I have a strong daughter and older son.

Later my wife became stricken with Dementia. I thought I was coping at home but I started to fall apart.

Crying and shaking became the norm to me for no reason. Then I had a severe kidney stone attack . A year later I was sent by ambulance to Edmonton with an hour by hour life expectancy with gall bladder problems. Now I have a touch of colon cancer.

Now, this is not a PITY article, absolutely not! I am trying to say that no matter how tough things get, we must get up and get HELP!

I saw our family doctor and he referred me to a Psychologist. After a few sessions and the aid of a small pill I FEEL GREAT.

Stress is a killer!

So the grass is long, but it is now greener and smells awesome. Who cares, it will get cut some time.

Please, if you feel depressed get medical help, I guarantee it will change your life for the better. I wish I could hug you all and tell you how great I feel.

Mental Health is a disease not a stigma!

Get Help!

Yours sincerely,  
D Murray Mackay



You were the only one in the entire system who helped me find housing. All the best!  
Ron



Since moving to Vancouver Island, my interest and action relating to seniors advocacy is in the past, unless an issue negatively affects the well being of Canadians, specifically seniors. My concern is the availability of income tax credits unknown to those who pay income tax. Information is not readily available from Canada Revenue, tax accountants who prepare income tax returns, doctors and government offices. Income tax credits apply to medical expenses for the purchase of a walking cane to a scooter and individuals who have a severe and prolonged impairment in physical or mental functions (this credit can be retroactive).

I urge seniors organizations, clubs and individuals to obtain the following publications from Canada Revenue Agency:

Medical and Disability – Related Information  
Disability Tax Credit Certificate

Using your computer you can download and print copies or phone 1-800-959-2221 from Monday to Friday 8:15 am to 5:00 pm (local time). I recommend phoning because there are 45 pages or more.

Jerry Pitts  
Former ACA President

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

## Seasonal Recipes

**From the Garden Salad**

Serves 1-2

This salad is an easy one that can be personalized based on what you prefer, and can be thrown together in minutes. With the greens coming in from the garden, and the berries just starting to show up it means that you can use home-grown produce for this salad, or even the pre-washed ingredients from the store.

Salad:

- 2 cups greens (spinach, lettuce, swiss chard, etc.)
- ½ cup berries (strawberries, raspberries, blueberries, etc.)
- ¼ cup crumbled cheese (I like goat cheese)
- ¼ cup seeds or nuts (sunflower seeds, pecans, walnuts, whatever you want)

Fresh Berry Vinaigrette:

- 1 cup fresh berries
- 1 tbsp white sugar
- 2/3 cup balsamic vinegar
- ¼ cup olive oil

- 1 tbsp honey

- ½ tsp salt

For the vinaigrette:

1. Mix the berries and the sugar in a bowl, set aside to let the sugar be absorbed. About 10 minutes.
2. Mash berries using a fork, until liquefied.
3. Optionally, you can use a blender or food processor for a smoother berry mash.
4. Pour into a jar with a lid and add remaining ingredients.
5. Shake well. Store in fridge when not using.

For the salad:

1. Rinse and dry ingredients.
2. Add salad ingredients to a large bowl and toss well.
3. Add vinaigrette and toss a second time.
4. Serve and enjoy.



Container Garden from D. Woloshyniuk  
Photo by L. Guldbrandsen

**A Senior Friendly™ Garden**

This basic salad garden was planted in a standing container, making it weed-free, and easy to gather ingredients from with little to no bending required. It takes up very little space and is easy to maintain with daily watering.

To plant a garden  
is to believe in tomorrow.  
-Audrey Hepburn

## 48th Annual General Meeting—Friday, June 12<sup>th</sup> Edmonton

This year's Annual General Meeting was held at the Chateau Louis Conference Centre in Edmonton. We had a good turnout with 50 people. We were thrilled to have MLA Dr. Bob Turner from the government attend in the morning and share his thoughts on Alberta Council on Aging and Seniors in Alberta.



Left: Cam Tait who spoke on integrity, respect, independence, and dignity.  
Center: John Crouse who spoke on decumulation, and longevity.  
Right: Dr. Donna Wilson who spoke on ageism, social attitudes, and the 12 determinates of health.



MLA Dr. Bob Turner representing Minister Sarah Hoffman with Fred Olsen.



Some of our members reading their booklets!



From left to right: Gail Hiller (Treasurer, Region 4, Edmonton Area), Paul Howe (Region 8, Southwest), Gary Pool (Region 4, Edmonton Area), Ron Rose (Region 5, Central Alberta), Susan Girdwood (Region 7, Southwest), Dwayne Hlady (Region 9, East Central), Donna Chamberland (Region 2, Northwest), Lynn Podgurny (Secretary, Region 6, Calgary Area), Frank Hoebarth (Region 6, Calgary Area), and Fred Olsen (President).



Nadia Willigar, Donna Durand, Laureen Guldbrandsen, and Danielle Normandeau happy at work.



Long-time volunteer Sara Bezanson in the office, though she also volunteered at the AGM.





## Thank You for Your Donations!



Alan and Lenore Caplan	Evelyn V. Fleming	Mary Rushworth
Albert McNeil	Gayle Lawson and Dave Turtle	Meindert and Johanna de Vries
Audrey and Lloyd Smith	Guy and Wilma Vervoort	Moneca Wilson
Bob and Anna Schimmel	Henry Chateau	Olive Moore
Brian Jozwiak and Grace Rudiger-Jozwiak	J.D. Victor and Gem Fitch	Peter and Marie Lewin
C.O.L.D. Respiratory Problems Club of Alberta	Jake Kuiken	Phyllis Skulsky
Colleen Dennehy	James and Audrey Able	Robert and Yanka Cochrane
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Many thanks to Johnson Inc. for their significant sponsorship of our Annual General Meeting.

## You are appreciated!

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

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

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

Memberships expire annually on December 31st.

## Alberta Council on Aging Membership Form

### Membership Type

<input type="checkbox"/> Household (\$22)	<input type="checkbox"/> Life (\$250/person)
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Alberta Council on Aging is the only province-wide, non profit,  
charitable senior serving organization in Canada.

# Recognizing Elder Abuse

## Definition of Elder Abuse

As stated by World Health Organization (WHO):

“Elder abuse is a single or repeated act or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person.”

## Warning Signs

The factors associated with elder abuse are complex and can be influenced by both the abuser and the victim in a mental and physical capacity. These factors uniquely affect the individuals directly involved in the situation. Warning signs associated with the factors of elder abuse can include:

- Confusion
- Depression/anxiety
- Unexplained injuries or fear of certain individuals
- Changes in hygiene
- Fear/worry when discussing money

If you are in immediate danger  
Call 911

Types of Abuse:	What it is:
Financial	The misuse of an older person's funds or property.
Psychological or Emotional	This may take the form of verbal aggression, humiliation, isolation, intimidation, threats and inappropriate control of activities. In all cases, it diminishes the identity and self-worth of seniors. It can also provoke intense fear, anxiety or debilitating stress.
Physical	The use of physical force causing discomfort which may or may not result in bodily injury, physical pain, or impairment.
Sexual	All unwanted forms of sexual activity, behaviour, assault or harassment.
Neglect	The intentional or unintentional failure to provide for the needs of someone. Neglect can be active (intentional) or passive (unintentional) and has the effect of failing to provide older persons with basic necessities or care.
Medication	The misuse of an older person's medications and prescriptions.
Violation of Human Rights	The denial of an older person's fundamental rights according to legislation, by the <a href="#">Canadian Charter of Rights and Freedoms</a> or the <a href="#">United Nation's Declaration of Human Rights</a> .



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