

# ACA News

Summer 2019 | Vol. 51 No. 5

## Alberta Council on Aging

working to improve the quality of life for seniors



### Walking the Talk

New Mission. New Attitude.



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## On the Cover

Minister Josephine Pon and  
Ron Rose celebrating Seniors'  
Week in Red Deer

## In This Issue

Meet Dr. Sheree Kwong See,  
Alberta's Seniors Advocate

## About Us

Strategic Plan 2019-2024 is  
available at [acaging.ca/about-us/  
strategic-plan/](http://acaging.ca/about-us/strategic-plan/)

Annual Report 2018-2019 is  
available at [acaging.ca/about-us/  
annual-reports/](http://acaging.ca/about-us/annual-reports/)

Hardcopies of both reports are  
available by contacting the office

## Board of Directors

### Executive

President:	Ron Rose
Treasurer:	Rita Loken
Secretary:	Jennifer Wrzosek

### Regional Directors

Region 1 (Northwest):	Jennifer Wrzosek
Region 2 (Northeast):	Paul Boisvert
Region 4 (Edmonton area):	Sue Lafferty
Region 5 (Central Alberta):	Keith Sterling
Region 7 (Southwest):	Pat Santa
Region 8 (Southeast):	Gordon Nott

### Support Team

Executive Director:	Donna Durand
Outreach Coordinator:	Laureen Guldbrandsen
Campaign Coordinator:	Becca Barrington

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## We value your membership!

### Contact Us Today

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Edmonton, Alberta  
T5M 4B5

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# [Our Words]

## President's Report

Thank you to everyone who attended the Annual General Meeting in Red Deer on June 27. We were impressed with the turnout and from all accounts the guest speakers and business session were well received.

I am happy to report the board approved Strategic Plan 2019-2024 at our board meeting in May. The next step is to review bylaws and policies and procedures to bring them up to date and in line with the strategic plan.

I participated in a webinar hosted by the Canadian Deprescribing Network, dealing with over-prescribing of prescription medication (polypharmacy) in Canada's senior population. Take-aways from the presentation were the importance of each resident having someone able to advocate for them and the usefulness of regular medication reviews. The Canadian Deprescribing Network's website ([www.deprescribingnetwork.ca/](http://www.deprescribingnetwork.ca/)) has articles, resources and tools to become more informed and engaged in decisions about your prescription medications.

ACA is looking for directors for Region 3 (west central), Region 6 (Calgary) and Region 9 (east central). If you, or someone you know, is interested in getting involved with ACA at the Board level, please contact us. We'd love to hear from you!

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

Respectfully submitted,  
Ron Rose



Ron Rose, Donna Durand, and David Ruptash at the last strategic planning session



Ron Rose, Sue Lafferty, Pat Santa, Keith Sterling, Diana Anderson (for Paul Boisvert), Rita Loken, and Gordon Nott at the May board of directors meeting

## Executive Director's Report

**Age is** the ultimate equalizer. If we live long enough we will likely experience what other groups of diverse people experience, due to marginalization. And this will happen because we cannot fully care for ourselves. One of the greatest of human fears realized. Helplessness.

Why does the worth of an older person go down with diminishing ability? How quickly others assume decision making. New titles are imposed such as caregiver and patient. Another's opinion may rule even though the person/patient is cognitively well. And her own agent.

The agenda seems simple: treat others as you would like to be treated. When you are helping someone when they are down, don't assume they won't get back up again. Take their lead, hear their cues. Include, always include.

**Educate** yourselves together – avail yourselves to information yet don't get overwhelmed with the massive amount of material on diet, exercise, programs, benefits, medications, procedures, services, etc. As an advocate, learn to walk beside the one you are advocating for. Perhaps you will need to hold a door open, or clarify a thought, however you will not need to speak for someone who can speak!



The AGM was a great opportunity to meet new members of the community!

There are moments along the way of which you will never trade off. The tender and surprising times where your tired body and mind is awash with kindness, compassion and humour. Where you are amazed at what you continue to learn. Helping out truly is a virtue. And our humanity.

What if our organization was described like this? A mature agency on aging ...Who and how do we include? Who do we learn from? With whom do we share the findings? How do we advocate and how do we empower older people? How do we raise the bar on the treatment of older people as they interact with all systems from community walkability to health services? I am looking forward to working with the board of directors, support team, volunteers, members and community as we roll out the new strategic plan, put a stop to ageism and promote age in a positive light.

With high regard to all ages,  
Donna Durand



# [Seniors' Week]



**Josephine Pon, MLA Calgary-Beddington** is at Golden Circle Senior Resource Centre.

June 7 at 7:18 PM · Red Deer · 🌐

What a fun morning serving pancake breakfasts to seniors at the Golden Circle in Red Deer where they were celebrating [#SeniorsWeek](#). It was an honour to serve them as they served us for many years into making Alberta the best province to live in.



May 29, 2019

Greetings,

As the new Minister for Seniors and Housing, I am excited for the opportunity to connect with community partners around the province. I would like to learn more about the opportunities and challenges facing seniors and their caregivers, the affordable housing that is available and the system that it operates in, advice you would share, and ways in which we can work in partnership.

I am pleased to invite you or your designate to an introductory discussion taking place from 10:30 a.m. to 12:30 p.m. on Friday, June 7, 2019 at The Golden Circle, 4620 – 47A Avenue, Red Deer, AB.

I appreciate this is coming on short notice, and it is the first of what will be many conversations with civil society organizations and seniors, to provide me with a valuable and early opportunity to learn about your organization and the issues facing seniors in your community.

Please contact [javinder.chana@gov.ab.ca](mailto:javinder.chana@gov.ab.ca) in my department to RSVP to this invitation by Monday, June 3<sup>rd</sup>.

I look forward to meeting you, and to our important and timely discussion.

Josephine Pon  
Minister of Seniors and Housing

404 Legislature Building, 10800 - 97 Avenue, Edmonton, Alberta T5K 2B6 Canada Telephone 780-415-9550 Fax 78

*Printed on recycled paper*

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## Meet New ACA Team Members

### Director Region 7 (Southwest)



Pat Santa

Pat began her career as a Registered Dental Assistant and was elected President of the Alberta Dental Assistants Association (College of Alberta Dental Assistants) in 2004/05. She was employed in the Dental Department of the Lethbridge Health Unit and then moved to employment as an Educational Assistant with Lethbridge School District #51 until retiring in 2017. She is the Past President of Nord-Bridge Seniors Centre where she still volunteers. She also volunteered on the Economic Development Lethbridge Board until March 2019. Pat believes in giving back in meaningful ways to make Alberta a great place to live, raise a family and age well. She hopes to meet other ACA members at upcoming meetings and events.

### Let's Stop Ageism Campaign Coordinator



Becca Barrington

Becca will be working with Alberta Council on Aging as Campaign Coordinator for the Let's Stop Ageism Campaign. Graduating with a Bachelor of Arts in Drama from the University of Alberta, she was lucky enough to land a job with GeriActors Theatre as their Administrator in 2012. She currently works for GeriActors as Associate Director, and is involved with Age Friendly Edmonton's Intergenerational Hub (a component of their Leadership Table). She has also worked with Theatre Alberta and Chrysalis Society. Becca is looking forward to connecting with individuals and organizations throughout the province, learning about existing initiatives, hearing stories and working alongside the many champions to #LetsStopAgeism.

# 9 Quick Safety Tips to Manage Your Medications

By Johanna Trimble and Janet Currie

## 1. Track your medications.

It's up to you or your family to keep track of the drugs you are taking. Your medication list is unlikely to be available to all health professionals online! Electronic medical records systems often don't "talk" to one another.

## 2. Keep a list.

For your safety, carry your own UPDATED list and keep one on your fridge. Make sure to include over-the-counter (OTC) drugs. Make sure drugs prescribed by specialists that you see are listed.

## 3. Stick to one pharmacy.

Try to fill prescriptions from one pharmacy so drug interactions are easily checked. Any pharmacy's list will only show what their pharmacy has dispensed to you and won't include everything you take.

## 4. Don't start a new drug when you're alone.

It's rare, but if you have a severe allergic reaction you'll need immediate help. Never take a prescription drug that was prescribed to someone else.

## 5. Check your prescription.

When you pick up your prescription order, check both your name and the drug name on the bottle. At times, people who have the same name have received the other person's drug.

## 6. Be aware of side effects and adverse effects.

If you have a new symptom after taking a new drug, don't assume it's a "new condition" or "old age". Tell your doctor or pharmacist right away. It could be adverse effects from the drug itself or an interaction with another drug you already take.

## 7. Beware of the prescription cascade.

Sometimes new drugs might be prescribed to deal with symptoms caused by a drug you are already taking. This is called the "prescription cascade" – a common example is being prescribed a new drug for stomach upset, which may be caused by a drug you are already taking. Ask your doctor to consider whether new symptoms could be the result of the drugs and whether you should consider stopping a medication or reducing the dose, also known as deprescribing.

## 8. Look out for changes.

Tell your doctor how new drugs affect you and whether there's been a change for better or worse. Doctors may be depending on you to report and may not be actively monitoring the effects. If you SEE something (or feel something), SAY something (just like at the airport!). You do not have to be "right" in order to bring forward concerns about adverse reactions from a drug.



## 52nd Annual General Meeting

...continued from page 8

### **9. Seniors are more sensitive to medications.**

Older people are more sensitive to medications because of changes in their liver and kidney function as they age. In many cases, drugs for seniors should be prescribed at a reduced dose. The more medications used, the greater the chance of drug interactions. Drugs commonly prescribed to older adults can cause dizziness and loss of balance, leading to falls or fractures and hospitalization, as well as cognitive and memory problems. Adverse drug reactions can start even if you have been taking a drug for a long time. Your doctor depends on you to raise issues of concern and to begin to talk about deprescribing some drugs:

[www.deprescribingnetwork.ca/starting-a-conversation](http://www.deprescribingnetwork.ca/starting-a-conversation)

Always consult your doctor before stopping, changing or starting a drug.

Thank you to everyone who attended the Annual General Meeting in Red Deer on June 27! Jane Grenier-Frank did a wonderful job as Master of Ceremony. There were over 50 people in attendance, and with 32 members eligible to vote, a quorum was reached for the business meeting.

The overall evaluation of the afternoon was positive. Participants said:

“Much needed information on when most seniors require more professional information on eye problems.”

“Business meeting was well run. The talks on Eye Health, Cannabis, and Insurance were excellent.”



Dr. Kevin Hesterman's session on eye health was well received

## Meeting Dr. Sheree Kwong See

By Lauren Guldbrandsen

At the end of June, Alberta Council on Aging support team along with age friendly volunteer, Nick Chrapko, met with Alberta's Seniors Advocate to discuss the role of the advocate as well as share what the council is working on.

Dr. Sheree Kwong See was generous with her time and the conversation around the table was warm and relaxed. Sheree said she has always been interested in the issues surrounding aging and has long been an informal advocate for seniors. Sheree grew up in an extended family where she was encouraged to talk and listen to older

persons, understanding that they have knowledge and experiences to share. She thought this type of relating was common for all. When she left home, she discovered very different kinds of interactions including where younger people were not interacting much with older people. When she had to decide what she was going to do for her graduate studies she thought about this and working with older people, trying to understand those differences and issues and why younger people were not as comfortable.

Sheree's research began in looking at brain aging



**"Outside, I'm aging. Inside, I'm exactly the same."**

Nick Chrapko and Dr. Sheree Kwong See

and cognitive changes in the language domain. She would invite younger students and older persons into her lab where she would give them a variety of cognitive tasks. One of the tasks was to recall a series of letters one back from what they heard, two back, three back, etc. One day an older person came in to take part in the research and once the process was explained, she looked up and said "No dear, I can't do that. I'm old, don't you know?"

This startled Sheree, and she was left thinking she would have to give the woman a score of zero. However, they took a short break and over tea and cookies Sheree asked why the woman didn't want to do the task as she had been doing quite well on the other cognitive tasks.

"It's too complicated," said the woman. So, they practised the test together, with Sheree giving her a couple letters to start off with. After the break, she invited the woman to try again. To both their surprise, she did better than the young group's average. Sheree has never forgotten that exchange. It has helped inform her why seniors may not do as well on cognitive tasks. Is it all brain aging or internalizing age stereotypes that make us believe "I can't do that. I'm old"?

Sheree shared her personal motto with us:

"Try to look for the humour and laugh instead of cry". You can see how this runs through her day to day life as well as in her role as Seniors Advocate. When asked how she deals with ageist remarks, her advice is to try not to get angry or to embarrass the other person, yet to equalize and make a connection with them.

**"What we don't want to do is reinforce stereotypes. After all, we are all older people, just at an earlier stage."**

The office of the Seniors Advocate came into existence January 1, 2014 with interim advocates initially filling the role. Sheree was appointed as the Seniors Advocate on September 1, 2016. Her term ends December this year.

When questioned about one thing she would change around the wellbeing of older people, her response was that all older people would have enough to make financial ends meet and maintain engagement.

Dr. Sheree Kwong See believes aging is not a health problem. There can be health challenges in aging but there is so much more! Sheree left us with this profound insight:

**"Aging is the story of survivors. Older people are the best exemplar of what our species have to offer."**

Editor's note: Alberta Council on Aging couldn't agree more.



ACA Support Team with  
Dr. Sheree Kwong See and volunteer  
Nick Chrapko

## Aging Attitudes Quiz

Ageism is defined as prejudice or discrimination against an age-group ... especially seniors.

Stereotypes are what we say, prejudice is how we feel and discrimination is how we act.

Please fill this out and send it to the office. Your name will be added to a draw for a mystery prize. The draw will take place on October 1, 2019 in honour of International Day of Older Persons.

"All older people are the same."

☐ True ☐ False

"Poor health is inevitable in older age."

☐ True ☐ False

"An older person is somebody aged 60 years and above."

☐ True ☐ False

"My attitude to aging has little or no influence on my health."

☐ True ☐ False

"Aging is an obstacle to a good life and must be overcome."

☐ True ☐ False

"Older adults are a drain on the economy, including health systems."

☐ True ☐ False

"Ageism means having negative attitudes and/or discriminating against people because of their age."

☐ True ☐ False

"I can be ageist and not know it."

☐ True ☐ False

"We can combat ageism!"

☐ True ☐ False



## Let's Stop Ageism!

Age Happens



David Ruptash, 90

## Donations

Donations help Alberta Council on Aging meet its mission of encouraging and enabling seniors' full participation in all aspects of community through inclusion, education and advocacy . Thank you!

- Audrey and Lloyd Smith
- Cliff and Mary Durand
- David and Ann Ruptash
- Gloria Drayton
- Gordon and Louise Bowden
- Henry Chateau
- Howard and Diana Gibson
- Leo and Marjorie Copes
- Phyllis Kopen
- Sue Lafferty
- Anonymous donors



## Seniors Top Health Priorities for Research

Last summer we joined the Seniors' Health Priority Setting Partnership to discuss and determine the top patient-, caregiver-, and clinician-identified priorities for research on seniors' health in the province of Alberta. The results have been presented by Alberta Health Services in their Final Report.

### What matters most for seniors' health in Alberta?

The AHS Seniors Health Strategic Clinical Network™ brought together patients, caregivers, and clinicians on equal footing to shape the health research agenda.

Working with our partners and guided by our steering group, we identified and prioritized the questions about seniors' health and healthcare that seniors, caregivers, and health/social care providers most want future research to answer.

#### The Process:



##### Gathering the questions:

**670** people provided over  
**3000** survey responses  
**97** summary questions were identified and found to be unanswered by current evidence



##### Reviewing common trends:

**232** people then took part in a second survey to review the summary questions and select the questions they saw as being most important  
**22** questions were shortlisted as greatest priority



##### Final prioritization:

**22** participants discussed and ranked the shortlisted questions. The result is a "Top 10" list of questions for future research to address.



Seniors Health  
Strategic Clinical  
Network™



# The Top 10 Questions



1. What strategies best allow older adults to remain independent for as long as possible?



2. In what ways can the healthcare system become more proactive, instead of reactive, in addressing and encouraging prevention of disease/disability?



3. In what ways can healthcare service accessibility for older adults living in a rural community be improved?



4. How can geriatric-related knowledge among healthcare providers be improved and applied when caring for older adults?



5. What are the optimal ways to ensure healthcare providers take into consideration the goals and wishes of the older adult during care/treatment?



6. What can be done to increase availability of dementia-related care and services for older adults?



7. What interventions and programs best enable older adults to more easily navigate the healthcare system?



8. What are the most effective programs and services which can be provided to caregivers to combat burnout and stress when caring for older adults?



9. What is the most effective strategy to ensure an optimal transition between care settings for older adults?



10. How can healthcare encounters be restructured to allow older adults sufficient time with providers to discuss complex concerns in one appointment?



**Help drive research forward in these priority areas.** Promote the top 10 list by encouraging research in these areas. You can also participate in and conduct research to generate evidence on one of the top 10 questions. For more information, contact [seniorshealth.scn@ahs.ca](mailto:seniorshealth.scn@ahs.ca).



# [Awareness]

## Let's Stop Ageism Campaign

### **#LetsStopAgeism together. Now.**

Alberta Council on Aging received funding through the Aging Well in Community Grant program to develop and deliver the Let's Stop Ageism campaign over the next 3 years.

This awareness campaign will incorporate digital marketing and live arts-based community events to address ageism head on and invite community members of all ages to embrace and celebrate older people.

Alberta Council on Aging will utilize: social media, video and blogs, infographics, webinar, language decoded resource and more to educate about ageism, share stories from our province and promote local events.

Pop-up art and learning events will bring community partners, local organizations, and the general public together to share in visual and performance arts and learning opportunities both as audiences and participants.

We will work with our community advisors and partners to develop a presentation that will help open the conversation around ageism and how it can be stopped. We also hope to share a Let's Stop Ageism website with agency resources and events calendar amongst our partners and the larger community.

Our Let's Stop Ageism campaign will launch on October 1: International Day of Older Persons. We are reaching out to all municipalities to join us and make a declaration in their communities.

### **The United Nations declared International Day of Older Persons to bring awareness to and to celebrate older persons.**

International Day of Older Persons was formally recognized in Alberta in 2017 through a minister declaration, and since then communities across Alberta have joined the movement and made their own proclamations.

This day gives us the opportunity to:

- Recognize and acknowledge older Albertans and their contributions to our communities;
- Raise awareness about seniors' interests and concerns; and
- Address misconceptions about older persons and aging.

**On October 1** we invite you to celebrate **International Day of Older Persons** and help us launch the campaign.

## How can you help?

- **Declare International Day of Older Persons**

Along with Alberta Council on Aging, encourage your municipal leaders to make a proclamation declaring October 1 as International Day of Older Persons.

- **Host an Event**

Bring awareness to International Day of Older Persons and celebrate the many ages in your community with tea, lunch, or an afternoon of local entertainment!

- **Promote #LetsStopAgeism**

Alberta Council on Aging is launching the Let's Stop Ageism campaign to address ageism head on. Our media kit has a variety of resources to help you spread the word. Learn more: [acaging.ca/lets-stop-ageism/](http://acaging.ca/lets-stop-ageism/)

- **Host a Senior Friendly program**

We are committed to bringing presentations and resources to your community at little or no cost to participants. For more information on our programs visit: [acaging.ca/programs/](http://acaging.ca/programs/)

Let me know how we might work together to #LetsStopAgeism.

Contact Becca

Phone: 780-977-7462

Toll Free: 1-888-423-9666

Email: [coordinator@acaging.ca](mailto:coordinator@acaging.ca)



"The impact of ageism should not be underestimated.

**Ageism is the root of marginalization,  
social exclusion and isolation  
of older persons.**

It is also intimately linked to violence and abuse against them in public and private spheres as scapegoating stereotypes nourish subconscious motives."

Ms. Rosa Kornfeld-Matte, United Nations Independent Expert on the Enjoyment of all Human Rights by Older Persons 2014



## Outreach Focus on Buffalo Lake Metis Settlement Seniors

"I like to come out and support the activities. I like to learn!"

Participant at Buffalo Lake Wellness conference



Participants at Buffalo Lake Wellness conference pose for a picture with Outreach Coordinator Laureen Guldbrandsen



"It's important to learn about the signs and symptoms of dementia and the state of your mind as you get older."

"The most important part of the presentation was the reminder about keeping active."



# Senior Friendly™ Programs

We partner with communities to better reach our members and older persons across the province. Please join Alberta Council on Aging in our mission to encourage and enable seniors' full participation in all aspects of community through inclusion, education and advocacy.

## **Senior Friendly™ Program Overview**

The Senior Friendly™ program was developed in the late 90's by seniors, with funding from Health Canada, to foster greater knowledge, understanding, and support for our rapidly expanding older population. We work to dispel myths, stereotypes and ageisms, and promote the value of older people.

## **Recognizing Fraud**

What makes seniors so vulnerable to fraud and scams? Learn top eight scams and how to avoid them.

## **Pre and Post Retirement Planning**

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

## **Recognizing Abuse**

Abuse is a violation of fundamental rights. What are these rights? What are warning signs of abuse? Who will help?

## **Living Stronger Longer**

Many people are living longer than previous generations. However, longevity does not always include the best quality of life which is why more people are proactive rather than reactive about their well-being. Learn more about being proactive and living stronger longer.

## **Let's Talk Dementia**

Many people think dementia is the same as Alzheimer's disease; however, Alzheimer's disease is just one form of dementia. Learn about what dementia is and how we can include people living with dementia.

## **Let's Stop Ageism**

Learn what ageism is and some of the ways it affects older people. We explore myths, stereotypes and language in relation to ageism, and discuss the connection between ageism and abuse. Learn how we can help tackle ageism today.

## **Pharmacy Tips**

Pharmacists are an accessible health care provider in your community. They work to ensure the best selection and management of your medicines.

## **Navigating for Services**

For seniors to have a high quality of life, they need to know what resources are available to them.

## **Seniors Forum - a facilitated participants discussion**

The floor is open for participants to discuss concerns and issues in a facilitated environment.

For more information or to book a presentation contact Lauren

Phone: 1.888.423.9666 or Email: [office@acaging.ca](mailto:office@acaging.ca)

## What Have We Been Up To?

**April 11** — High Five Principles of Healthy Aging Training for staff and volunteers

**April 25** — Meeting with ASCHA Executive Director, Irene Martin-Lindsay

**May 2** — Living Stronger Longer presentation, Beaumont Family and Community Support Services

**May 6** — Presenters at Senior Learning Day, Redwater & District Pioneer Club

**May 8, June 12** — Age Friendly Community of Practice Meeting

**May 13-14** — Orientation, Programs, and Board of Directors Meeting

**May 15** — Primary Health Care Integration Network Coalition Meeting

**June 3** — Presenters at Wellness Conference, Buffalo Lake Métis Settlement

**June 7** — Annual Pancake Breakfast at Golden Circle Resource Centre, Red Deer

**June 9** — Donna Durand, guest speaker at Third ACTION Film Festival, Calgary

**June 15** — World Elder Abuse Awareness Day – Social Media Campaign

**June 27** — Alberta Council on Aging Annual General Meeting, Red Deer

**June 28** — Meeting with Alberta Seniors Advocate Dr. Sheree Kwong See



Aging is an  
extraordinary  
process where  
you become the  
person you always  
should have been.

Davie Bowle

## HIGH FIVE® Principles of Healthy Aging Training

January 2016 Parks and Recreation Ontario received funding from the Trillium Foundation for a three year project to develop a framework for older adult recreation, based on the success of the HIGH FIVE® quality standard for programs. Principles of Healthy Aging Training (PHA) provides insight into the needs of older adults participating in recreation or leisure activities. Topics include ageism, program planning, as well as the importance that physical literacy plays in sustained long-term health, increased social connectedness, improved mental and physical well-being and a better quality of life (HIGH FIVE® National, 2019). Over the past two years Alberta Recreation & Parks Association (ARPA) has supported the development of the training by hosting a focus group in Calgary and pilot training sessions. At the 2018 ARPA Annual Conference the PHA was officially launched in Alberta. To support the training and quality programs for older adults, the province provided funding for a project in Edmonton. The City of Edmonton, ARPA, Alberta Council on Aging, The Provincial Fitness of Alberta, and FCSS Association of Alberta have partnered to provide PHA Workshops and a trainer session.

**Contact Pam Jones at [pjones@arpaonline.ca](mailto:pjones@arpaonline.ca) or 780-638-2915.**



Graduates of the HIGH FIVE® Healthy Aging Training on April 11, Sue Lafferty, Nick Chrapko, Laureen Guldbrandsen, Donna Durand, Alex Santos, Renata Kobi, with HIGH FIVE® trainer Karina Damgaard

# [Recipes]

## Country Style Chicken Kiev

### Ingredients:

- 1 cup Kellogg's Corn Flake Crumbs
- 2 tbsp Parmesan Cheese
- 1 tbsp Basil
- 1 tbsp Oregano
- 1/4 tsp Garlic Salt
- 4 Chicken Breasts
- 1/4 cup Dry White Wine
- 1/4 cup Parsley Flakes
- 2/3 cup Butter



### Directions:

1. Place first 5 ingredients in a Ziplock bag and mix. Shake chicken in the mixture.
2. Bake in a dish at 375\* oven for 30 minutes.
3. Melt the last three ingredients together then pour over the chicken.
4. Bake for an additional 20 minutes.

## Ginger Snaps

### Ingredients:

- 3/4 cup Shortening
- 1 cup Sugar
- 1/4 cup Molasses
- 1 Egg
- 2 cup Flour
- 2 tsp Baking Soda
- 1 tsp Cinnamon
- 1 tsp Cloves
- 1 tsp Ginger
- Pinch of Salt

### Directions:

1. Cream shortening and sugar together.
2. Add the molasses and egg.
3. Add dry ingredients.
4. Roll into small balls, dip in sugar.
5. Place on greased cookie sheet.
6. Bake at 375\* for 15-18 minutes.



# [Membership Form]

## Alberta Council on Aging Membership Form

### Membership Type

<input type="checkbox"/> Household (\$25)	<input type="checkbox"/> Life (\$250/person)	Membership Number
<input type="checkbox"/> Organizational (\$60)	<input type="checkbox"/> Corporate (\$200)	\$ Donation
<input type="checkbox"/> If you receive MEDOC Travel Insurance your membership fee will be collected as part of your premiums to MEDOC		Tax receipts will be given for donations over \$20.00

Payment is accepted by cheque or cash. If you would like to pay by credit card please contact the office

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

PO Box 62099

Phone: 780.423.7781

info@acaging.ca

Edmonton, Alberta T5M 4B5

Toll Free: 1.888.423.9666

www.acaging.ca



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*"I'll stop  
chasing mine"*



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