

The background of the entire page is a close-up photograph of several bright pink roses. The petals are layered and show some white variegation. The focus is sharp on the roses in the foreground, with some blurred in the background.

ACA News

Summer 2017 | Vol. 50 No. 2

50 years

of service

working to improve the quality of life for Seniors

Alberta Council on Aging

Working to improve the quality of life for seniors

Canadian Publication Mail Product Agreement No. 40028759

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PO Box 62099, Edmonton, AB T5M 4B5

Mission Statement

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

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If you have not renewed your membership for 2017 this will be the last issue of ACA News you will receive.

Board of Directors 2017

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

Regional Directors and Communication Officers

Region 1 (Northwest):	Jennifer Wrzosek, Director Martha Dawson, Communications
Region 2 (Northeast):	Paul Boisvert, Director Theresa MacNamara, Communications
Region 3 (West Central):	Charlene Sitar
Region 4 (Edmonton area):	Gary Pool and Gail Hiller
Region 5 (Central Alberta):	Ron Rose
Region 6 (Calgary area):	Frank Hoebarth
Region 7 (Southwest):	(Open)
Region 8 (Southeast):	(Open)
Region 9 (East Central):	Dwayne Hlady

Directors may be reached through
Alberta Council on Aging office.

Revised 08/22/2017

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.

Staff

Executive Director:	Donna Durand
Community Outreach Coordinator:	Laureen Guldbrandsen

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President's Report

This past year has been one of exciting changes, not only for Alberta Council on Aging but provincially as well.

With the approval to go virtual with the provincial office at the June 2016 Board meeting, things quickly proceeded with our office being virtual by September. There were no serious glitches.

I have toured and met with several of our regional members at meetings.



I attended Grey Matters in September. It was very informative. The guest speakers were interesting. Margaret Trudeau spoke on mental illness and Marie Campbell spoke on life of an Indigenous child during the time of the Residential Schools. I attended several presentations. There was a lot of new information presented. The most interesting to me was the presentation on Medically Assisted Death and Palliative Care. Our Executive Director's presentation on making communities Age friendly/dementia friendly was very well attended.

I was invited to accompany the Seniors and Housing Minister to Gibbons where she announced the new medical expenses rates for seniors travelling from rural communities to cities for medical appointments.

We have had a meeting with the Seniors' Advocate and realized our purpose is the same. Assist seniors to have a better quality of life.

Respectfully submitted,
Fred Olsen

Farewell...

...to two Board Members

Paul Howe of Region 8 and Lynn Podgurny of Region 6 have resigned from being a part of the board. We thank them for all they have done and wish them all the best.



...to Shannon Patershuck, of Johnson Insurance. She was our liason for many years.

We would like to welcome Jessica Simpson as the new liason between Johnson Insurance and Alberta Council on Aging.



4 Executive Director's Report

Through significant volunteer and additional staff resources, we provided Senior Friendly™ training and programs throughout the province. As a means of reaching out to older people in the province, programs were delivered face to face and resources were shared with senior serving individuals, organizations and the general public. All directors actively engaged with older people in their communities thereby keeping a pulse on what seniors are experiencing.

Our reach through social media and the website increased considerably over the past year. Many members received correspondence through email as well as purchased and renewed memberships and made donations online.

As a virtual office, we use the same tools we did in the physical office space- computer, printer, scanner, telephone and we keep the same office hours. All files are digitalized and we are a paperless office. We do however continue to serve our members in the way they best like to receive communication. We recognize not everyone uses the computer or enjoys reading documents off a screen.

Partnerships have both increased and strengthened, as was our goal for this year. We were especially pleased to share our Age friendly/dementia friendly Communities toolkit with service providers across Canada via the Public Health of Canada webinar. We are grateful for our allies such as Alberta Elder Abuse Awareness Council, Edmonton Seniors Coordinating Council, Age Friendly Alberta, Seniors Services/Age Friendly Calgary, Alberta Disability Forum, C.N.I.B., Alberta Association on Gerontology, Alberta Seniors Citizens Housing Association, Public Interest Alberta Seniors Task Force and various Family Community Support Services agencies across the province.

We had several meetings with government over this past year. ACA provided input on the provincial budget and took part in stakeholder meetings across the province on various issues concerning seniors; home repair program, home care, continuing care with emphasis on long term care, seniors drug plan, and transportation.

The Seniors and Housing Ministry folded their Seniors Advisory committee and while doing so acknowledged Alberta Council on Aging as a significant advisor to government. We have been asked to be a part of a stakeholders group, which will replace the initial committee.

We thank Johnson Inc. for their continued support. We know that we would not have been able to progress as much as we did with our outreach efforts, had Johnson Inc not taken on administration of ACA members who use Medoc travel Insurance.

As we celebrate turning 50 years of providing service, it is a wonderful thing to be able to say we did this with a bit of risk taking, lots of support from our board of directors, members and volunteers. We thank all the members, volunteers and staff who contributed to the success of Alberta Council on Aging leading up to this auspicious occasion. Because of all who came before us and those of you who are here today, Alberta Council on Aging remains to have immense potential to accurately represent all seniors of the province.

Respectfully submitted,
Donna Durand

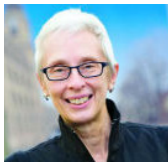
Schedule of Events for 50th Annual General Meeting

5

9:30 AM	Welcome and O Canada
9:45 AM - 11:45 AM	Business Meeting
12:00 PM - 1:00 PM	Luncheon
1:00 PM - 1:20 PM	Greetings from Dignitaries
1:20 PM - 2:00 PM	Jan Reimer - Senior Friendly™: Then and Now
2:00 PM - 2:30 PM	GeriActors and Friends - We Decide (based on King Lear)
2:30 PM - 3:20 PM	Cake and Coffee
3:20 PM - 3:30 PM	Closing remarks: President Fred Olsen

Speakers

Jan Reimer

Minister of Seniors and
Housing
Lori SigurdsonSeniors' Advocate
Dr. Sheree Kwong See

GeriActors and Friends



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Congratulations [@ACAgging](#) on 50 years advocating for Alberta seniors! [#ABseniors](#) [#seniors](#) [#milestone](#)



I want to congratulate [the staff] on a job well done for the BOD meeting and the AGM and celebration...

Paul Boisvert



Congrats on 50 years!

*Hilary Webb
LACAA president*



I want to send congratulations to the Alberta Council on Aging on our 50th anniversary. A lot of leadership for seniors has been given, and guidance for municipal, provincial and federal governments has been provided. I was made an Honorary Member back in the 1970s, and have always been proud of the work of the Council.

Don Mayne



Lovely program and people that fed my soul and definitely inspired me.

*Hugs,
Wendy*

*Thank you for
organizing a wonderful
day of celebration!*
Jennifer Wrzosek



*Thank you for inviting the
GeriActors & Friends to perform... and for
looking after us once we were there. It's
always good doing business with you.*

*I felt very good about the performance,
and the reception and response of the
audience. I feel it is one more small but
significant step in honouring stories,
making the pitch for choice,
and presenting the
argument about choice
through theatre. Thank
you for giving us this
opportunity.*

*Best wishes,
David Barnet*





Premier of Alberta

Office of the Premier, 307 Legislature Building, Edmonton, Alberta T5K 2B6 Canada

Message from Honourable Rachel Notley Premier of Alberta

On behalf of the Government of Alberta, it is my pleasure to send greetings to the Alberta Council on Aging as you celebrate your 50th anniversary.

Founded in 1967, Alberta Council on Aging has supported and advocated for seniors and has improved the lives of so many Albertans. Your support has allowed countless seniors to live their lives with health, dignity, and happiness—seniors who, in turn, have shared their experience and commitment to their communities, helping make this province a great place to call home.

Thank you for continuing your mission to improve the quality of life for all Alberta seniors and encourage their participation in all aspects of our community. Significant milestones like this one encourage us to look back on our collective histories, reflect, and look ahead to our shared future.

Thank you to everyone including members, community partners, president and board of directors, regional executives, volunteers and staff. Best wishes for a wonderful anniversary celebration.

A blue ink signature of Rachel Notley, written in a cursive style.

Rachel Notley

June 19, 2017

From the Regions

Region 1

Region One enjoyed a full slate of events from April 2016-March 2017. Our AGM in April was well attended with Donna Durand sharing information on the community outreach program. I became the new Chairperson and Gail Prette was added to the executive as a member-at-large.

June 6 was Grande Prairie and area's Seniors Fair, starting off Seniors Week. We had a display table and lots of interest was shown. We also held three information sessions where delegates from the Children's Festival (planned for May 2017) invited seniors to help volunteer; a presentation highlighting our South Peace Archives and how to preserve your legacy and Alberta Sports Council discussed fitness/wellness needs and opportunities for seniors.

On the political scene, we were part of the Nursing Home and Home Care Regulations round table discussions. We also held a meeting with a member from Grande Prairie City Council discussing how senior friendly was our community. In February, we were able to attend a meeting held by Sheree Kwong See, Alberta Seniors Advocate. During the Grey Matters conference, we helped with the display table and had many opportunities for networking with service providers for seniors in our area.

The communications received from the Provincial ACA office have been very helpful and keep us informed about discussions and decisions being made provincially as well as nationally.

Some of our ongoing challenges are serving our rural seniors, transportation issues, trying to engage ALL seniors and highlighting the importance of seniors in the "youngest aged city in Canada".

Region One is proud to be celebrating 50 years of amazing work trying to improve the quality of life for seniors.

Respectfully submitted,
Jennifer Wrzosek

Region 2

I would like to acknowledge the colleagues with whom I have had the privilege of working with in the past year. I salute Diana Anderson, Gabe Bayduza, Sandy Kummetz and Theresa McNamara. Without your commitment and dedication it would not be possible to continue to try and serve all the seniors of Region 2.

Region 2 is recognized as being active. Much of this perception is the result of our joint efforts of not sitting back and being reactive to the needs of our neighbours, but of being aware of situations which demand that we be proactive. We have used with pride and conviction many of the programs developed by ACA over the years. They have and continue to serve the needs of the majority of our constituents. "Senior Friendly™" continues to bring forth the results that its originators had wished to achieve. Presently, the "Recognizing Fraud" is meeting with the same success. Collaborating with other groups is very important while together we are attempting to provide guidance to the Government of Alberta as they formulate programs intended to assure that the seniors of Alberta are able to enjoy a dignified life to its very end.

In Region 2, given the diversity and divergence of our communities, we must work in a cooperative manner with the members of the 37 senior centres that dot the landscape. The very scope of these groups (less than 20 members to those with almost 400 members) and the community in which they stand (the lonely hall miles from

a commercial centre to those in relatively large towns) demands a certain flexibility. We must also maintain an ability to meet a plethora of needs. In these matters, we believe that we are generally successful. We are pleased to share with our member centres the funds we receive through a 30-month casino cycle.

In Region 2, we are “working to improve the quality of life for seniors”. When one lives in rural Alberta, it is impossible to escape from the many impediments which our seniors face when it comes to matters relating to health care, none of which have easy solutions. The lack of medical care as centred on seniors most often demands travel which for many is prohibitive until one ends up hospitalized. We acknowledge the fact that the “impossible dream” is to have doctors who have a strong background in geriatrics in every rural community. Even seniors living in the City of Cold Lake must travel almost 4 hours to Edmonton to consult with either a geriatric specialist or a gerontologist. In the past year we have worried about whether there is meaningful palliative care services or direction in our region.

In concluding this report for Region 2 of the ACA, if we are to continue “working to improve the quality of life for seniors”, we must turn more of our attention to the less fortunate that live among us. Our senior neighbours who do not have a voice, those who live in poverty. Mother Teresa and the Dalai Lama have both said that a measure of our society is how we treat the poorest amongst us. They are among us in every one of our communities. It seems that the fear of being branded as socialist is preventing us from making a truly significant effort to assist these neighbours of ours. We have too long relied on the government for leadership in these matters and we have witnessed how inadequate elitist bureaucracies are in dealing with such matters. Poverty may never be eradicated, even in Alberta, but the ACA should show more leadership in attempting to generate

“the impossible dream” for all seniors. It is our responsibility, not that of any government.

It is with some trepidation that I must say that there are many signs in the Alberta culture of our times which tend to support what Thiel has written about his fellow Americans. Politicians of all stripes are more concerned about protecting the wealth of people than in creating a province and culture that truly exemplifies a “just society”. Being a life-time Albertan and using the words first coined by Pierre Elliot Trudeau, will no doubt be enough for some to immediately brand me as some type of radical.

If in my time with the Alberta Council on Aging I am able to ignite a fire in the “bellies” of my fellow senior Albertans to live more fully the ACA objective “working to improve the quality of life for (ALL) seniors”, I will live with a great deal of serenity.

Paul E Boisvert
Chairman ACA Region 2

Region 4

Region 4, in conjunction with the provincial office, coordinated a successful casino which raised in excess of \$70,000. In addition we sponsored tables at an Edmonton Housing Forum in September and a Health Forum in October. At each event we had 200 to 300 people, mainly seniors, come by our booth. Many participants were interested in our Senior Friendly™ Programs, including Recognizing Fraud.

Our Region also held two regional meetings during the year. Navigating for Services and Recognizing Fraud were the presentations at these meeting.

In addition to these activities, we also continued to participate on the Seniors Task Force and were involved in meetings with a number of government representatives over the year.

These included the Health Minister, the Seniors Minister, the Seniors Advocate and a number of senior representatives from Alberta Health Services.

Respectfully submitted,
Gary Pool

Region 5

The Region 5 board includes president Linda Shepherd, and directors Shirley Thomas, Margaret Day, Eileen Bantjes, Jim Saltvold, Jane Grenier-Frank, Vernie Munroe, Sandra Smyth, Connie Barnaby, Dolores Ast, Keith Sterling, Bev McNab and Ron Rose. Special thanks to retiring board members Margaret Marrett-Julian and Helene Paquin. Two board members served on a committee of the Central Alberta Poverty Reduction Alliance (CAPRA), dealing with transportation. The focus is transit services to the City and County of Red Deer and surrounding centres.

Our region held five general and five board meetings this past year. The general meetings included presentations on healthy eating, home care, the primary care network, carbon tax implications for seniors, and ACA's outreach and Senior Friendly™ programs.

In June, in conjunction with senior's week, we hosted over two hundred seniors for a pancake breakfast at the Golden Circle, Red Deer. In September, central board members attended sessions and/or provided input to the Golden Circle strategic planning meeting, the elder abuse community conversation meeting, and the "stop paid plasma" speaking tour. Later in the fall, we completed a reorganization of central board committees, and developed terms of reference for the executive positions, and each committee.

Central board members attended "Diagnosis Critical", a meeting sponsored by local physicians

regarding the state of health care services for Red Deer and central Alberta. We prepared a letter of support regarding the need for a cardiac catheterization lab at RDRHC.

The Outreach Committee has been very active with presentations in Penhold, Leslieville, Rocky Mountain House, Gaetz United Church in Red Deer, and the Ponoka Senior's Centre. They set up the ACA display at the Gerontology Nursing Conference, the Ponoka Community Interagency Fair, the Lodge Activity Coordinators Association of Alberta (LACAA) Conference, and all Region 5 General Meetings at the Golden Circle. They also attended a meeting of the Ponoka FCSS Driver Referral Program.

Another busy year in Central Alberta!

Respectfully Submitted ,
Ron Rose

Region 6

The primary focus in Region 6 during the last year was on education and outreach. The Board sponsored two events at the Kerby Centre in Calgary. The first was a fall luncheon and education session in November with a speaker from the Alzheimer's Society on the topic of Understanding Dementia. The second session in February was ACA's own Recognizing Fraud program delivered by Brenda Josephs. Both programs were well received. In addition, Region 6 members interested in delivering programs attended an outreach training session delivered by our outreach coordinator. Frank Hoebarth, on behalf of Region 6, provided input to the provincial government budget development process.

Respectfully submitted,
Lynn Podgurny

Region 9

This past year has kept me quite busy!

Seniors' Wellness event at Wainwright

- Seniors' housing/finances
- Seniors' abuse/dementia
- Seniors' pharmacy tips

Seniors' Week pancake brunch

- Served by youth involved in the intergenerational programing
- Request by youth to be involved with the pancake brunch in 2017

Federal government recognition: International Day of Older Persons

- Attended a reception in Edmonton on October 4, 2016 celebrating the International Day of Older Persons

Region 9 ACA meeting held on October 12, 2016

- Discussion regarding tours of some Seniors' residences and some of the concerns encountered
- ACA president, Fred Olsen, captivated everyone's attention discussing housing options, down-sizing, possible adaptations necessary and financing available to seniors wishing to stay in their residences as long as possible

Rural Elder Abuse Prevention Coalition (REAP)

- Attended an information gathering event on November 30, 2016
- Basic items covered were fraud recognition and FOIP and how it relates to issues of abuse
- Attended a local REAP meeting in January 2017 and have agreed to be a part of the working group

Alberta Disabilities Forum (ADF)

- Attended a spring 2017 meeting of the ADF in Edmonton

Alberta 2017 Budget

- I was honoured to be invited as the ACA representative to attend the unveiling of the 2017 provincial budget
- Although it was a very unique experience to me the budget itself was unimpressive in terms of additional seniors' benefits and health services (our current systems do not adequately support our present senior population of approximately 550,000 seniors). We question what will happen as the population increases with significance

Transportation resources

- One of the concerns that I am hearing from seniors and ACA members is the lack of availability of transportation to attend out of town medical events
- Nick Chrapko, ACA Region 9 president, and myself have been instrumental in organizing community partners to provide such services
- We are still in the infancy stage but are very hopeful that with time we will have a larger volunteer base to work with

Intergenerational Programing

- The Senior Citizens Sunshine Club of Vegreville has been collaborating with the *M.O.D.E.L. Project and the local School Resource Officer, a member of the Vegreville RCMP detachment
- Essentially this is a program wherein the seniors mentor the youth and the youth then mentor the youth younger than themselves
- The success of the program was showcased on March 23, 2017 during an event called "Vegreville's Got Talent"
- Both the youth and the seniors are looking forward to the next session scheduled to start in the fall of 2017

Respectfully submitted,
Dwayne Hlady

*Mentors Opening Doors and Enriching Lives. A program funded by Alberta Health & Wellness that helps Improve the health and well-being of children, youth and their families; develops resiliency (coping) skills in students to adapt to change and challenges.

Keep Your Home Protected While You're Away

13

A week, a month or even a year, discover tips to keep your home safe so you can travel worry-free.

You spent a long winter daydreaming about beaches, gelato stands, and fancy hotel rooms... and now it's finally your turn to go on vacation. It's time to pack up and head out. But before you do, take a few simple precautions to keep everything safe back at home. Whether you're going away for a week, a month or a year, these steps can keep your home and possessions secure while you're far away. So when you're strolling down that cobblestone street at sunset, you really won't have a care or worry in the world.

"Most people remember to lock the doors but they don't take other important steps," says Keith Simons, general manager of Canadian Security Professionals. "For example, they leave their garage door opener in the car. That is a problem because it's relatively easy to break into a house through the garage."

Here are a few more expert tips to help protect your home from burglary, fire, flood, and other damage while you're away, whether you're planning a short getaway or long-term leave.

Planning to be away for one to two weeks

1. Install a home security system

Even if you're only gone for a few weeks every year, it's still a good idea to install a home security system. These systems are connected to a control panel that activates when doors or windows are opened. Some systems also include fire and carbon monoxide alarms, broken glass detectors and motion sensors. Sophisticated systems also control home lighting and temperature. Post signs that indicate your home is protected



by a security company. And be sure to notify your security company of your travel plans.

2. Invest in good locks

We know you'll remember to lock all your doors and windows before you go. But not all locks are created equal — deadbolt locks are best for all external doors and windows and slide locks are effective on sliding glass doors.

3. Get a neighbour to check in

Give a neighbour your vacation information and contact numbers in case of an emergency. Take that house key you keep under the mat (an easy find for burglars) and give it to that trusted neighbour instead. Not only is it good to have someone come by to check on things, they'll also help create the impression that someone is at home.

- Ask them to collect your mail and newspapers daily.
- On a short trip, they probably won't need to mow the lawn or trim the hedges, but you may ask them to keep the snow shovelled in the winter.
- If your car isn't in the driveway, invite a neighbour to park there occasionally while you're gone.

- If they can't come by every day, invest in a timer for your interior lights, television, and radio so they go on and off at varying times.

4. Do a quick utilities check

These small steps help to protect your house from fires and floods — and may save you money, too.

- Ensure smoke detectors are working before you go.
- Unplug all appliances (except those that are on timers.)
- In the winter, turn the heat down to about 13 degrees Celsius. That will cut hydro costs while preventing your pipes from freezing. You can also cut costs if you set the temperature to about 30 degrees Celsius in the summer.

Planning to be away for a few months

1. Put subscriptions on hold

If you're going to be away for longer than a few weeks, you should put a stop on all mail and newspaper delivery.

2. Check your pipes

Ensure your pipes don't leak or burst while you're away.

- Turn off the water supply with the exception of the fire sprinkler system.
- Drain water from your pipes and clear water from the tanks and bowls of your toilets. If you're going to be away in the winter, pour special antifreeze in the tanks and bowls.
- Ensure the pipes are well insulated during the winter.
- Have a neighbour to stop by once in a while to turn on the faucets.

Planning to be away for a sabbatical

Recruit the experts

If you're going to be away for more than a few months, you're going to need to rely on more than just the neighbours. Here are some resources to help keep you safe.

- Notify police that the property will be vacant.
- Hire a professional to inspect your heating system before you go.
- Ask an electrical contractor to inspect your wiring and outlets.
- Call someone in to check the roof and clean the gutters.
- Ask a landscaper to remove dead trees and prune tree branches that hang over the house.
- Finally, call your home insurer. They will let you know what's needed to keep your policy in force while you're far away.

Article courtesy of Johnson Insurance. Johnson is an insurance provider specializing in home, auto and travel insurance, as well as group benefits. More information about Johnson at www.johnson.ca. Johnson Insurance is a tradename of Johnson Inc., a licensed insurance intermediary, and operates as Johnson Insurance Services in British Columbia.

Member Submission

My husband and I were surprised to read that hearing aid batteries only last 4-6 days. The batteries for the ones we have last 12 days or more. The difference is ours are worn over the ear, while the ones worn in the ear use batteries that last a much shorter time.

Batteries purchased at a drug or grocery or big box store are not automatically tax deductible, but those purchased from your hearing aid supplier are so it is a good idea for people to check there.

Sweet and Sour Indian Vegetable Stew

- 1 small head cauliflower
- 3 cups 1-in. cubed butternut squash
- 1 small to medium eggplant
- 1 onion, coarsely chopped
- 2 tbsp Indian curry paste
- 680-ml can tomato sauce
- 1/2 cup water
- 2 tbsp balsamic vinegar
- 2 tbsp brown sugar
- 540-ml can chickpeas, drained and rinsed, or substitute with lentils if desired
- 1/4 cup cilantro, chopped

1. Chop cauliflower into small florets, chop squash into bite-sized pieces, and slice eggplant into finger-sized pieces.
2. Coarsely chop onion.
3. Lightly oil a large pot and set over medium heat.
4. When hot, add onion and sauté until tender, 3 to 4 min. Stir curry paste into

pot and cook until fragrant, 1 min.

5. Add tomato sauce, water, vinegar, sugar and veggies.
6. Cover and bring to a boil.
7. Simmer, covered, stirring occasionally until vegetables are tender, 25 to 30 min.
8. Add lentils for the last 5 min of cooking. Sprinkle with cilantro. Delicious over rice and with a dollop of plain yogurt.



What has Alberta Council on Aging been Doing?

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> • Renewal Campaign for Organizational Members • Completed the submission for Laurel Awards • Closed off on Casino Report • Closed off on CIP Report • Year End Audit • Budget and Business Plan for 2017 • 50th AGM and Anniversary Luncheon | <ul style="list-style-type: none"> • April 23 - Let's Talk Dementia in Region 4 • May 8 - Senior Friendly Training • May 9 - Recognizing Fraud in Region 6 • May 17 - Living Stronger Longer in Region 4 • May 24 - Senior Friendly Training • May 28 - Recognizing Abuse in Region 4 • June 1 - Reaching Out to Seniors Conference in Region 2 • June 6 - Let's Talk Dementia in Region 5 | <ul style="list-style-type: none"> • June 6 - Recognizing Fraud in Region 5 • June 7 - The Senior Friendly Experience in Region 5 • June 7 - Recognizing Abuse and Dementia Friendly Communities in Region 5 • June 21 - Pharmacy Tips in Region 4 |
|--|--|--|

New Activities

- Primary Care Network
- Seniors Advisory

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

Visit acaging.ca/events or call 1.888.423.9666 for ACA Calendar of Events

16 Thank You for Your Donations

- Colleen Dennehy
- George and Esther Orescan
- Gil and Eileen Berreth
- Laurence Younker
- and our many Anonomous Donors



*Thank
You!*

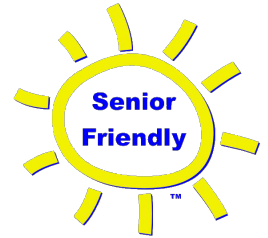
Thank You to the Sponsors of our 50th Anniversary Celebration!

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Alberta Council on Aging Members Receive

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



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

Alberta Council on Aging Membership Form

Membership Type

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

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1 year. Unlimited number of trips.*



When you travel, be sure to pick up MEDOC® Travel Insurance through Johnson Insurance. Secure a multi-trip annual plan that packs all the essentials – coverage for medical emergencies, trip cancellation¹, lost bags, and more.

What you get with MEDOC®

- Up to \$8,000 trip cancellation, interruption, and delay benefits¹
- Up to \$5 million in emergency medical coverage
- Up to \$3,000 for lost, stolen, or damaged bags
- Access to coverage regardless of age or health status²
- Access to 24-hour Claims Assistance Centre
- Flexible payment options

Get your quote:

1-877-989-2600

Johnson.ca/medoc

Alberta Council on Aging

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If it happens to you, it happens to us.

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¹For a trip to be covered for Trip Cancellation, MEDOC® coverage must be in effect on the day of booking your trip or purchased, a) within 5 business days of booking your trip, or b) prior to any cancellation penalties being charged for that trip.

²A 90-day Health Stability Clause applies to pre-existing medical conditions and other restrictions may apply.