



# ACA News

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## New Year's Revolution... Living Stronger Longer!

**Alberta Council on Aging**

Working to improve the quality of life for seniors

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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.

## On the Cover

Kim Winger, Region 2 Director, in front of The Tangled Garden by J. E. H. MacDonald at the National Gallery of Canada.



## In this issue:

Region 1 members taking part in City of Grande Prairie focus group regarding inclusiveness in the community.

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

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# [Table of Contents]

President's Report: Welcome_____	4
Executive Director's Report: Resolution or Revolution?_____	4
Stress-free Travelling_____	5
Wrestling with my Deaf-icit_____	6
What has Alberta Council on Aging Been Up To?_____	8
To and From Our Members_____	10
More Age Friendly – Edmonton Street Parking_____	12
Alberta Dementia Strategy Announcement_____	14
Let's Talk Dementia_____	15
Living Stronger Longer: The New Year Revolution_____	16
Welcome New Directors_____	18
Breakfast Granola_____	19
Region 1 (Northwest)_____	20
Region 4 (Edmonton and Area)_____	21
Region 9 (Eastcentral) Upcoming Event_____	21
Thank You to Our Donors_____	22
ACA Membership Form_____	23

“Have a bias toward action- lets see something happen now. You can break that big plan into small steps and take the first step right away.”  
Indira Ghandi

## President's Report Welcome



Hello everyone,

I am pleased to represent you as president. I have been active with Alberta Council on Aging locally and provincially for several years. I believe in this organization and what we can accomplish together. Please join me in welcoming Keith Sterling who replaces me as regional director for Central Alberta, Kim Winger regional director for Northeast Alberta, and Gordon Nott regional director for Southwest Alberta.

Let's have a strong and a happy new year!

Respectfully Submitted,  
Ron Rose

## Executive Director's Report Resolution or Revolution?



Do you make a new year's resolution? Yes? No?

I recently read a study stating resolutions don't work or stick. It was noted people often go for big sweeping life altering change rather than identifying small steps toward improvement.

For instance, if I set a goal to lose 50 pounds what else is needed? A supervised plan? A buddy system? What does losing 50 pounds in a year look like on a daily or weekly basis? What does it look like TODAY? Perhaps I will say no to dessert and yes to walking to the store rather than taking the car. A resolution could become a revolution by returning to a time where eating until satiated and exercising out of play and basic necessity to mobilize was natural and normal.

In this issue we feature our Living Stronger Longer program on page 16. It emphasises key areas to wellbeing and promotes developing simple strategies to achieve better outcomes. Wishing you the best in each and every step.

Stay Well,  
Donna Durand

## Stress-free Travelling

by Johnson Inc.

Shopping for a new bathing suit and flip flops shouldn't be the only things at the top of your vacation "to do" list. Are your passports up to date? Are there any vaccines you may need for your specific destination? You probably only look at your passport when you need it and like most people don't even remember the last time you had a tetanus shot, so putting these items as a top priority, prior to take off will help ensure that your trip goes off without a hitch.

### Make health and safety a priority.

Confirm well in advance if any vaccines or medications are needed before visiting the destination. If there are, make the appropriate appointments prior to your trip date. You may want to contact your health provider to confirm your current coverage. Using the following website <http://www.travelhealthclinics.ca/Travel-Health-Clinic-Search.aspx> you can find the nearest travel clinic by entering your postal code.

Check for government issued travel advisories for the country or region you are planning to visit. For example is it safe to drink the tap water?

Carry sufficient prescription medication and allergy treatments in your carry-on luggage, as well as a copy of the original prescription. Some countries have strict laws, even against over-the-counter medications, so a letter from your doctor is also a good idea.

Share travel and destination information with loved ones in the event an emergency arises.

Choose a trusted friend or relative to hold onto a photocopy of all your travel documents and passport in case of loss or theft.

### Have the proper documentation.

Check to make sure all members of your party, including children and infants, have a valid passport (and that it won't be expiring while you're away). If travelling outside your home province, carry provincial health cards, and driver's licences. Add (or keep) your insurance wallet card to your wallet so you have easy access to their phone number should you need to call them for assistance while away.

### Get travel insurance coverage

It's important to take out travel insurance when you're away on vacation, so that even if the unexpected happens, you can be prepared.

- 
- ✓ **passport**
  - ✓ **vaccinations**
  - ✓ **travel insurance**
  - ✓ **documentation**

## Wrestling with my Deaf-icit

By Millie Glick

When my dad died, each of us seven siblings received a portion of his hard earned \$\$\$. In addition, my brother Ralph and I were bequeathed a hand-me-down hearing disability from our dad. A genetic foible that lurked for years at a shadowy distance.

About the time I was looking my sixties in the face, the telecommunications companies began to reduce the volume on radio, TV and phone. It was maddening! And my friends were mumbling. Why couldn't they articulate better, say the right words? Speak up, for Pete's sake!

With the help of family and friends, I finally got the message and pussyfooted to the nearest audiology clinic. With an audiologist's help, I fumbled through the maze of tests, fittings, changes, returns, ditto, ditto. I now keep company with a hearing aid in each ear.

Deafness is an unseen disability. Eye glasses indicate a seeing disability. Wheel chairs, walkers and canes indicate physical disabilities. So apart from family and close friends, others have little reason to know that I have a hearing disability.

Becoming accustomed to wearing hearing aids thrust me into a totally different world. Certain sounds I had never noticed before took on an intensity to be reckoned with: floor board squeaks, crunch of paper, screech of plastic scraped across nerve ends and tensed the body.

With hearing aids, I began to understand more of the conversations around me, not all, but more.

The telecommunications companies added volume. My family and friends were back to enunciating a little more clearly. Progress? I continue to work at overcoming my deaf-icit hurdles.

### The Juggernauts

Music: I come from a music-loving family. We had no musical instruments, only voice. My aunt taught me to sing alto when I was maybe eight years old and I loved to harmonize in family singing and in duets, quartets and hymn sings at church. I enjoyed folk, country, and classical music. My hearing aids changed that. Now the music I loved was being sung and played off key. I tried to harmonize with the off key music. Total frustration! I began to wonder if it was I who was off key. My husband Ike hesitatingly confirmed my dread, knowing that the truth would hurt. I cried on the way home. As a trade-off, I now stand with the congregation and lip-sync the words. A little mercy is that I pay more attention to the words of the hymn rather than concentrating on my alto notes.

Social Milieu: In a group, if I don't hear parts of the conversation, I am reticent to enter the conversation because I may have missed the subject and say something unrelated. For those who don't know of my disability, I may appear anti-social. Often I miss the name of the person who is being referred to and lose that information. I'm learning to ask who it is they are talking about if appropriate in the situation. I'm still trying to figure out why I consistently miss jokes. With close friends, I can ask for a repeat but something gets lost in a second telling. However, when it isn't appropriate to ask for a repeat, I'm in a quandary. Do I laugh along with the rest? If I have a sober expression, it appears that I disapprove of the joke.

Learning to lip read has its rewards and challenges. Being able to SEE the speaker's mouth is crucial. An amazing number of persons speak with one hand covering the mouth, or hide their mouth behind the microphone, or have a sizeable mustache that obscures the words. A speaker who continuously faces in different directions chops up the sentence for me. I know that the speaker does this to engage

his/her audience so it's a given that I accept.

Often public speaking takes place in community halls, gymnasiums and churches where sound bounces off the walls as an echo. For me, it disrupts what is being said. My audiologist commented that older buildings will do that, and added that the hearing aid techies have not solved that problem yet. So I choose the activities that I want to attend. Sometimes I choose to go for the social contact even though I get nothing from the speakers. Who wants to be a hermit!

**Restaurants:** In these noisy places of chatter and clatter, I ask the maître de for the most quiet location and, where possible, I sit across from the other person or in the middle if it is a group, and with my back to the wall for best hearing.

**Phone/Radio/TV:** We have a phone with call forward, call display and with volume and tone control. However, at my deafness level, it's such that I only answer a call if I see it's immediate family. Ike takes care of the call back messages when he returns.

**Radio is a bummer.** No lip reading available. For watching TV, we each have a TV Ears set which allows us our own volume control. That is a plus. The downside of TV Ears is that I have to remove my hearing aids to use the TV Ears which means Ike and I can't chat about what we are seeing. Most disconcerting is trying to lip-read when speech and sound aren't coordinated—that is, speech ends before sound. I'm not a swearing woman but . . .

### **Implications for My Husband:**

Ike answers the phone and sets up appointments for me. He is second ears at medical appointments to make sure I understand important information. When I take my hearing aids out at bedtime, we can no longer have "pillow" talk.

Ike needs to be in the same room and looking at me for us to communicate. Having to repeat, repeat can be irritating for both of us.

When we are with others and a question is directed to me and I don't understand, I look at Ike and he connects me with the subject so that I can reply.

We can no longer listen to recordings together and it limits the events we can attend together. Thus we make choices.

One of our joys was singing together as a duet while on travel trips in our car. Our vocal repertoire included campfire, southern spirituals, songs our mothers taught us, country, choruses and hymns. Off-key singing, as a result of hearing aids, has crimped that joy.

I know that my deficit adds responsibility for Ike. I tell him that I don't wish this on him and he reminds me of our wedding vows.

### **Gifts From the Non-Deaf**

I am part of a small group that meets once a month. We meet in each others' homes. The host is responsible to give an assignment. For my benefit each person makes a copy of their presentation for me to read so that I don't miss anything and can join in the conversation. Deb senses that I am lost in the conversation, signals me from across the room and quickly fills me in. Chris realizes he is covering his mouth with his hand as he talks, takes it away, looks at me and I give him a thumbs-up thank you. Jenny, a fast talker, remembers and slows down. I don't expect everyone to remember but when such occurs, it's a gift of caring.

**Truly a gift!**

Immanuel Kant sums it up succinctly:

Not being able to **see** isolates you from objects.

Not being able to **hear** isolates you from people.



## What has Alberta Council on Aging Been Up To?

### **Finding Solutions to Improve Information and Communication Resources for Seniors Workshop and Networking Reception - October 19**

The Age Friendly Edmonton Communication and Information Network asked the question “how can we help people navigate existing systems and information resources to enable seniors to live the lives they choose?” To find an answer they put on a workshop where Senior Serving Organizations shared ideas and expertise to help organizations work smarter – not harder – to meet the information needs of seniors in the Edmonton area.

We were happy to share our Navigating for Services tool, based on the eight domains of Age Friendly Communities.

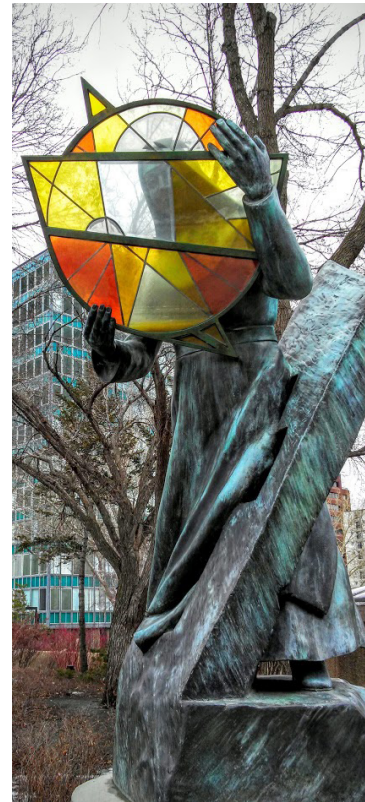
### **Primary Health Care Coalition for Integration - October 23**

The Primary Health Care Integration Network (PHCIN) is focused on improving transitions of care between primary healthcare providers and acute care, emergency departments, specialized services and other community services.

We have a role to play in representing the voice of older people who clearly have a story to tell. Integrated health services is a priority of Alberta Council on Aging.

### **Covenant Health Annual Community Meeting 2017 - October 25**

Covenant Health brought together partners in care, leaders in the community, patients, residents, physicians, volunteers and family members to share a meal and celebrate another year of service.



Service through Christ monument to Catholic Sisters in Alberta, on the Legislature grounds.



## **Legislative Assembly of Alberta - October 30**

Alberta Council on Aging was invited to attend the Legislative Assembly of Alberta session as a guest of Honourable Sarah Hoffman as MLA for Edmonton-Glenora. We were introduced to the Speaker of the House and acknowledged for our contributions to the vitality and health of community and society.

## **Coffee Break and Dementia Information Session hosted by MLA Sarah Hoffman - November 3**

Honourable Sarah Hoffman, MLA for Edmonton-Glenora invited us to join her for an Alzheimer Society Coffee Break. We were proud to share one of our short presentations and to have volunteers Beth Wilkey from Alberta Health Services and Mary Campbell join us as speakers at this event.

## **Seniors Advisory Forum - November 22**

Honourable Lori Sigurdson, Minister of Seniors and Housing invited Alberta Council on Aging representatives Ron Rose and Gary Pool to take part in the Seniors Advisory Forum. This forum covered topics such as ageism, aging in the community, and the labour force participation of older workers. There was an opportunity to share information, perspectives, and input to inform the development of plans and strategies to address these priorities over the coming years.

## **Rural and Remote Age-friendly Communities Webinar - November 28**

Donna Durand and Jennifer Wrzosek took part in this online international webinar. The discussion was on what age-friendliness means in the context of rural and remote communities and what factors help or hinder rural and remote communities in becoming more age-friendly.

## **Edmonton Seniors Coordinating Council Belonging and Seniors Meeting - November 30**

This meeting explored the topic of belonging in the seniors community. There were presentations from community members reflecting on this theme from the perspective of immigrant and refugee seniors and Indigenous seniors. We learned about an initiative to involve more senior men in programs in Edmonton's north east and about a facility's work to be more welcoming and inclusive for LGBTQ seniors.

## **Meet and Mingle Potluck - December 10**

We joined the Edmonton Area Council, Congress of Union Retirees of Canada at a meeting on Pharmacare which included a presentation by Winston Gereluk on the history of Medicare in Canada. This was followed by their holiday social.



Judy Lederer, President of the Edmonton Area Council, Congress of Union Retirees of Canada, and Winston Gereluk were our gracious hosts.



Lorea Kayler in response to Region 4's (Edmonton and Area) meeting on November 21 said "Excellent Meeting!"



"Please continue the outreach programs! They make a big difference to many seniors."

Gene and Elaine Dextrase



Hello Donna,

I discovered in briefly reading about you that there may be some superior focus upon benefits for folks keeping their one only body structure from simply needlessly deteriorating and prematurely encroaching upon our fabulous med-care system. I am a social activist and professional athlete (international distance runs, javelin, discus, disc golf, baseball, etc.).

## Wellness and Wisdom Beyond 50

Sometimes, as ancient saying goes, "people can't see the forest for the trees." Have you surpassed 50? Have you ever glimpsed in mirror after you showered at your physical structure? You may shockingly discover an alien from some planet, not like you were at 25! For some of us it may be ghostly embarrassing, or still hopeful, or just who cares, or just downright questionable. Furthermore some of us wake up to face back pains, swelled knees, hips, neck, arms, shoulder blades, an excruciating downward-slide in golden harvest of life. So, we ask ourselves: "What happened to 25 of Wellness and Wisdom and that super physical, psychical, faithful wealth?" Am I deteriorating like my automobile or my house? Our body can be logistically spared or repaired, to a point of course, just like our auto or building. As professional athlete, I ceaselessly mediate body fractures, sutures, Achilles tendonitis.

Yes, our lifestyle has dramatically changed in past 50 years. I was born on a ranch. I know our grandparents were physically working out in fields and / or managing mammals in their 50s, 70s, 90s. Look at us! Unfortunately, we're moving less than ever. Average adult sits an average of 10 to 15 hours each day. It's sitting behind a desk, or driving, or forever viewing sports or news. Basic exercise for us has become struggle to a frig for fresh suds. Yes, it's not unusual for folks to slow down as they age, but it seems many of us barely move our fat ass from our seats. Oh, this is free country, we can do or not do what we want. We may have freed ourselves from any form of respectful fitness because it requires perspiration and wisdom. My professor instructed me how to solve delicate project. He stated: "Wake up Vic, your assignment needs 10% inspiration and 90% perspiration, or you know what!"

What keeps people feeling rational in senior age is actively moving their body on regular basis! Movement is life and our bodies were structured

to move. Sedentary lifestyle, fast foods take tolls earlier in life as we start gaining weight at younger age, our body functions also deteriorate faster. Age 30, our bone and muscular density begins to rapidly decline. In our 40s, memory starts to fade, and in our 50s our sense of balance declines rapidly. But, we can wizen up if we care? By the time we hit senior years, lifetime of sedentary habits contributes significantly to variety of chronic illness i.e. Cardiovascular, Diabetes, Cancer, Osteoporosis, Obesity Blood Pressure. At this point, exercise may no longer seem like an option because even minor movement can be extremely painful. Certainly, it's harder when you're 70 than when you're 40 or 50, but fact is that it's never too late. Some say exercise is young person's game? But developing an exercise habit, being older certainly gives a powerful lift in life. You can find moves that are both fun, inspiration, perspiration, faith full, challenging at any stage of fitness' ability. Avoid taking on too much too soon, as it increases your risk of injury. Consult your physician! Exercise can be uncomfortable or reluctant, but since we have only ONE body, subjecting him to small challenges single hour every day will prolong better physical and psychical condition. Oh, once you feel and observe you functionally improved, the progress becomes empowering. Look! Keep fit is not expensive. Use Stairs, run, jump, bike ride, swim, push, pull, box, lift, skip, hit, work, fly free as a bird.

Edmonton Marigold 50 Plus Recreation, Central Lions Association, and others are first class life saviors for us. All it means, for you to devote minimum one measly hour of every day for quality inspiration, perspiration, life features. "When you're my age, pushing 90, it's health driven indeed: I want to live life; I want to be healthy; I want to be pain-free; I want to depart from this globe very peacefully."

Health,

Victor J. Fedyna

Consultant Barrier Free Design

# Call for casino volunteers!

Yellowhead Casino, Edmonton  
June 16 and June 17  
All positions

Please consider volunteering for our upcoming casino.

This is an important revenue stream that funds Alberta Council on Aging's programs and publications.

Contact the office to sign up and for more information at

1.888.423.9666 or 780.423.7781

Thank you!  
Your contributions matter!  
You matter!



# More Age Friendly – Edmonton Street Parking

by Karlis Poruks

## What do you see in this picture?

- A bookstore inviting us to come in?
- Parking and No Parking signs?
- An EPark pay machine?
- An age friendly issue?



On June 28, 2017 I saw the bookstore, which was my destination, and the parking pay machine. I did not see the street signs identifying this space as a commercial vehicle loading zone. I was surprised as a result to receive a \$50 parking ticket. This was a surprise because I had just paid \$2.00 to park for 40 minutes at this location. On June 28 I did not see everything in this picture.

That afternoon, I wrote the City of Edmonton's EPark office asking them to please move their pay machine to a place where people could legally park. I would pay my parking ticket, but I felt that the pay machine was in a very bad place – and that the City had contributed to my getting a ticket.

After looking carefully at what was happening on Edmonton's streets, I was soon advising the City that there were four problems with placing parking pay machines in loading zones, from my perspective as a senior and former caregiver:

- It did not recognize the result of many years of conditioning of city drivers to accommodate previous city parking practices, specifically the requirement to park at parking meters.
- It did not recognize the mobility problems of many seniors, which necessitated parking as near as possible to parking meters, for themselves or for their caregiver.
- It did not recognize that the sign on the EPark pay machine is similar to street signs telling people where to park.

- Most EPark pay machines have been placed where people can legally park.

While people of all ages could run into problems parking in this situation, I thought these problems would be most acute for seniors, caregivers, and people with mobility challenges.

Initially it seemed that nobody in City Government saw this as a real issue. I was not sure if this was because the problem I cited seemed small in comparison to LRT, bridge construction, and infill housing, or if the arguments themselves were not persuasive. I received very little feedback over the summer.

During the fall civic election my lobbying expanded to include 84 candidates for the positions of Mayor and Councillor, 18 seniors organizations in the Edmonton area, 4 academic/scientific organizations, 1 legal organization, and 14 media outlets/newspaper columnists. Some candidates responded, but most did not.

During the election, Councillor Ben Henderson and Mayor Iveson and their assistants supported my efforts. Councillors Andrew Knack and Jon Dziadyk acknowledged my concerns. Councillor Banga met with me prior to the election. Councillor Banga's assistants got back to me. I am grateful for their help.

Civic Administration is a more difficult thing to comment on, in terms of how it received my concerns and news of my advocacy. Their considerations and processes were not very transparent. I am however very appreciative of the work done by the City of Edmonton's Age Friendly Office, which channeled some of my input to people that needed to hear it.

In the end, I am not sure which point was the most compelling reason for why the City of Edmonton agreed on November 10 to move two EPark pay machines on Whyte Avenue and Jasper Avenue to better locations. I think it probable that different

people saw different things. For some, it may be an issue of making Edmonton more age friendly for older drivers, caregivers and people with mobility challenges. For others, it may simply be the issue of inconsistencies between street signs and pay machines.

The most encouraging thing is that the City has said it will pass on my observations to the people making decisions about the future placement of EPark pay machines.

[Karlis Poruks is a retired provincial civil servant and collector of Edmonton history, having lived in Edmonton for approximately 65 of his 68 years.]

## Towards an Age Friendly World

A key strategy to facilitate the inclusion of older persons is to make our world more age friendly. An age friendly world enables people of all ages to actively participate in community activities and treats everyone with respect, regardless of their age. It is a place that makes it easy for older people to stay connected to people that are important to them. And it helps people stay healthy and active even at the oldest ages and provides appropriate support to those who can no longer look after themselves.

<http://www.who.int/ageing/age-friendly-world/en/>

## How Age Friendly is your community?

Thank you Karlis for your efforts to make improvements and for this submission.

Let's keep this conversation going. Please, everyone, share your stories and photos!

## Alberta Dementia Strategy Announcement

From 2015-2016 Alberta Council on Aging participated in the province wide dementia strategy as a representative on the advisory committee.

Dec 19, 2017

Dear Alberta Dementia Strategy and Action Plan contributor,

Today we are pleased to let you know that the Alberta Dementia Strategy and Action Plan (ADSAP) has been publicly released.

We've included the announcement here and you can find the document at <https://open.alberta.ca/publications/9781460136898>.

We wanted you to be among the first to hear the news, as it would not have been possible without you.

Thank you for the invaluable expertise and lived experience you shared to get us to this point.

With a strategy now in place, we will look for continued, and new, collaboration with our community partners - like you - to continue progress.

Please do share this news with your friends and colleagues.

If you have any comments or questions, or would like to express an interest in being involved in next steps, please contact Suzanne Maisey, Manager, Quality Improvement ([Suzanne.Maisey@gov.ab.ca](mailto:Suzanne.Maisey@gov.ab.ca))

or Jesse Houston, Policy Advisor ([Jesse.Houston@gov.ab.ca](mailto:Jesse.Houston@gov.ab.ca)).

Sincerely,

Corinne Schalm  
Executive Director,  
Continuing Care, Alberta Health, and  
Co-Chair of the ADSAP Steering Committee

Duncan Robertson, FRCP FRCPC  
Specialist in Geriatric Medicine  
Medical Advisor to the Alberta Dementia Strategy  
and Action Plan, and  
Co-Chair of the ADSAP Steering Committee

Thank you for your supportive letter to Minister Hoffman about the Alberta Dementia Strategy and Action Plan. Minister Hoffman has asked me to respond on her behalf. We appreciate your support and the work that you do to bring awareness and understanding of dementia.

Happy New Year!

Blaire Christensen  
Ministerial Assistant  
Office of the Deputy Premier, Minister of Health  
Office of the Associate Minister of Health



# Let's Talk Dementia

People living with dementia are often isolated or hidden because of stigma or the possibility of negative reactions from neighbours and relatives to behavioral and psychological symptoms. The idea that nothing can be done to help people with dementia often leads to hopelessness and frustration. An understanding of dementia can help to reduce the associated stigma. Let's learn together... here is a little bit of information on a couple of programs we offer.

## Let's Talk Dementia Program Learning Content

- What is Dementia?
- Current Statistics
- 10 Warning Signs of Dementia
- Brain Health is for Everyone!
- Age Friendly/Dementia Friendly Communities
- Supporting People Living with Dementia
- Dementia Friendly Communities Checklist
- Tips from People with Alzheimer's Disease
- Tips for Coping with Memory Difficulties
- A Caring Approach
- Meaningful Things to Do
- Definitions
- Resources

## When Tippy Tucks Us In: A Call for Understanding Dementia

Participants learn about dementia promising practice through this interactive, multimedia edutainment using a real life story, photography and song.

## Purpose and Objectives:

- To identify and model dementia promising practice; using not the language of disease, but of the heart
- To experience how story and song can trigger moments of connection and a sense of belonging for all

This mini workshop is practical and provides a supportive experience while encouraging the participant to deepen their connection with others. It is appropriate for whomever dementia touches- people living with dementia, family and friends, administrators, managers, care providers.



Tippy in the early years.

Contact Laureen Guldbrandsen,  
Outreach Coordinator, for more  
information on these and other programs  
1.888.423.9666 or 780.423.7781  
[Laureen@acaging.ca](mailto:Laureen@acaging.ca)

## Living Stronger Longer: The New Year Revolution

A revolution is a procedure or course, as if in a circuit, back to a starting point. But a revolution is also a sudden, complete or marked change in something. What we want to do is look back at our past and see when we were our happiest, healthiest, fittest. What were we doing then? What can we carry forward and continue to do in the future as part of our personal revolution?

### What Does it Mean to Live 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.

There are three components involved in living stronger longer: physical, mental, and environmental.

### Part One: Physical

#### Health Checkup

Regular checkups with your doctor as well as your dentist will help you stay on top of any health issues that you may already have and be aware of any changes to your health.

Your doctor can also be your first contact person in the event of any mental health issues, such as depression and anxiety.

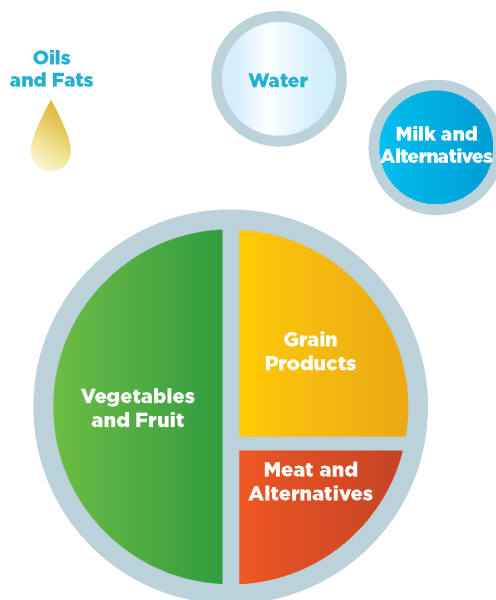
#### Eat Well and Hydrate

At the start of each day, fill a pitcher with 6 to 8

glasses of water. Make sure it is empty by the end of the day.

Make eating a social event by meeting with friends and family, or partaking in a potluck meal.

Put Canada's Food Guide for Healthy Eating on your refrigerator and follow it.



### Keep Active

It is never too late to keep or improve your level of fitness. A 10 minute walk a couple of times a day, and a few stretching exercises can make a difference.

### Part Two: Mental

#### Socialize

Socializing with other people is a key component in maintaining good mental health. There are many different ways to find people to socialize with. Check with your local library for community events and listings of volunteer opportunities.

Meet new people at local seniors' centres, legions, churches and service clubs. Reach out.

## Reduce Stress

Paying attention to your stress levels allows you to take steps to feel calmer. Reducing stress has been associated with increased health and well-being. You can meditate, pray, or use breathing exercise. Ensure you get enough sleep. Talk to someone you trust.

## Get Out and About

Daily life requires being able to get out to social events, appointments, church, and shopping. That means you will need good access to transportation. The change in scenery and fresh air can also be helpful in maintaining and improving mental health.



Check out available [transportation services](#) in your community: taxi cab service, service for people with disabilities, community league programs, and neighbours who will give you a lift to the shopping centre or to church.

## Stay Mentally Active

Learning is the mental exercise that keeps us in tune with the world around us. Enrolling in a course is a great way to keep mentally fit. Each week, read a book, listen to a tape, or watch a documentary program. Then share what you know and what you are learning with a friend, a grandchild or a neighbour.

Brain games stimulate your memory, language skills, and math skills. These are an excellent way to continue to exercise your brain, as is participating in hobbies such as reading, writing and gardening.

## Part Three: Environmental

### Maintain a Safe Home

The greatest risks often come from familiar surroundings: a loose handrail, an uneven sidewalk, a slippery bathtub, a loose rug or a high kitchen cupboard. Preventive maintenance of your home is the best way to avoid harmful accidents that can severely limit your independence. Remember to check your smoke and carbon monoxide detectors regularly, and to assess any additions to your home for safety.

### Be Alert

Crime prevention can be as simple as being aware of your surroundings whether you are at home or out shopping.

Always remember that everyone has the right to be treated with dignity. If you are being abused by someone in your home or community, speak up.

**Call the Family Violence Info Line for more information at 310.1818.**

Leave your valuables at home. Keep only essential items in your purse or wallet. If someone tries to forcibly take your purse or wallet, don't fight! It's better to lose some of your money and belongings than to risk serious injury from a struggle with a criminal.

### Ask For Help

Independence does not mean doing everything on your own! Ask for help when you need it. Your friends and family may not know what you need. You may be giving the impression that you prefer to do everything yourself.

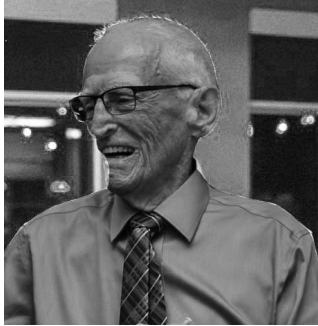
There are many resources available to seniors. For older adults to enjoy a good quality of life, it is important to know what programs and resources are available. Find out what is available in your community, even if you don't need help right now. Then you will be well prepared to solve a problem or ask for help when you need it.



## Welcome New Directors

### Keith Sterling, Region 5 (Central Alberta)

Keith was born in Red Deer, raised in Benalto and earned a Masters in Educational Administration from the University of Alberta. Keith is married to Vivian and before moving to Red Deer nine years ago, they resided in Wetaskiwin where they raised their two children. After being principal of a Junior High School, from which he retired because of mouth cancer, he was involved with his data processing and computer company. Keith's volunteer work includes Alberta Council on Aging, Wetaskiwin City Council, the Church, Kinsmen and Condominium Boards. He was involved at the provincial level with The Alberta Teachers' Association, Alberta Education and is a past President of the Alberta Council on School Administration.



### Kim Winger, Region 2 (Northeast)

Life has blessed me with many things. Most recently, I have the freedom to wake up each day and involve myself in non-working interests and commitments. Retirement from many good years of working in social services and adult education has expanded my opportunities to use my knowledge and skills in exploring new areas of interest and service. Over the past few years I have developed a very keen interest in aging. My personal experience of aging and supporting

my aging family members has prompted further learning and sharing with others. Through shared stories with others experiencing similar aging processes I have discovered there are areas of need that I may be able to help address.

I am especially interested in being an active voice for raising awareness and creating dialogue around the growing needs of our aging population, with specific interest in rural and remote living implications. I am also very interested in creating opportunities to engage all ages (children, youths, adults) in thought about - What it means to grow older in community? I have reviewed the goals and strategic directions of the Alberta Council on Aging and I believe this is a valuable service to help communities consider their current and future ideas and initiatives on creating an age friendly community. I would be very interested in looking at how to deliver the Seniors Friendly Communities program into school and College curriculum. I think this would be a very positive and viable method of reaching large groups and supporting healthy learning about aging.

Lac La Biche has been my home for 38 years. I love the rural way of life and natural environment of this area. My husband and I raised our three children here and we have enjoyed years of active community participation with many friends and family.

I look forward to the learning, and to serving the Northeast Region as Director for Alberta Council on Aging.



## Breakfast Granola

by Donna Durand

My sister Teresa, while living on a farm near Wanham would make giant batches of her granola- used then as breakfast cereal, snacks, basis for granola bars, cookies, etc. I have adapted this recipe over the years – I have even used the dehydrator rather than the oven when finishing off the granola. The granola can be kept in the freezer, or prepare only half the recipe at a time.

### Ingredients:

- 10 cups oatmeal
- 2 cups mixture of unsalted nuts, seeds, raisins
- 2 cups honey
- 2 cups peanut butter

### Directions:

1. Set oven to 350 degrees
2. Place all the dry ingredients in a lightly greased roasting pan
3. Melt peanut butter and honey in a pot, on the stove set to medium heat. Stir often
4. Stir melted ingredients with dry ingredients
5. Place in oven for ½ to 1 hour. Stir often
6. Turn oven off and leave granola in oven (several hours) to continue to slowly bake

### Choices:

Grains: slow or quick oats, pre-soaked buckwheat, pre-soaked steel cut oats

Nuts and seeds: almonds, cashews, sunflower seeds, dried cranberries, raisins, sesame seeds, etc.

Fat: peanut butter, any nut butter, olive oil, coconut oil

Sweetener: honey, maple syrup, agave or liquid stevia (use half of what is called for-agave and stevia are really sweet!)

### Serving:

½ cup of granola to a ¼ cup of milk or plain yogurt. Top with fresh or thawed fruit

# Granola

## Pick Your Grains



## Pick your Nuts, Seeds, Fruit



## Pick your Fat



## Pick your Sweetener



## Region 1 (Northwest)

One of our goals for Region One is to connect with outlying communities in our area. We were able to travel to the town of Fairview in November and were met by an enthusiastic group!

Donna Durand presented the “Let’s talk Dementia” program. The discussion that followed was lively and enlightening. Participants spoke of some of the activities occurring in their community.

We held an information meeting in Grande Prairie on November 27. Donna shared “The Link Between Ageism and Abuse” presentation. Our afternoon also included a message from the Hospital Auxiliary as well as some sharing regarding the Senior Friendly™ Program. City of Grande Prairie employees was in attendance and conducted an interactive survey regarding inclusiveness in our community.

While Donna was in Grande Prairie, we attended the Webinar session on Rural and Remote Age Friendly Communities. It was of particular interest as we have many rural and remote areas in Region One.

As Christmas approached we attended some of our community events directed at seniors, enjoying the love and warmth of the season.

Respectfully Submitted,

Jennifer Wrzosek



Susan Smith , Betty Sewall, Kathleen Nakagawa, share their community programs and ideas with Jennifer Wrzosek



Yvonne Dickson speaking on her experience with the Senior Friendly™ Program



Participants at the meeting held in Fairview



## Region 4 (Edmonton and Area)

We have had an active time since the last newsletter. On November 4 our region sponsored a table at the Seniors' Health and Wellness forum. We understand there were more than 800 attendees at the forum. Many of them came by our table. Our volunteers had some interesting discussions with a number of them.

On November 21 we had our regional meeting with about 25 attendees. Our guest speaker was Jim Wachowich from the Consumers' Association of Canada talking about the impact of electricity on consumers.

President Ron Rose and I attended the Alberta Seniors and Housing Forum in Calgary. The topics of discussion were: Ageism; Aging in Community; and Labor Force Participation of Older Workers. With our Executive Director, I participated in a discussion on the future of Pharmacare in Alberta. I attended a Seniors' Task Force meeting which met with three Alberta Health Services executive staff for a discussion regarding acute and long term care.

Respectfully Submitted,

Gary Pool

### Save the Date!

Pharmacare Talk and Recognizing Fraud Bingo

March 27

1:30 PM - 3:30 PM

Location to be announced

Meet new Region 8 Director Gordon Nott spring issue of ACA News.



Bernie Travis of Early Onset Dementia Association and Paul Stocker from Seniors United Now in attendance at Region 4 Meeting

## Region 9 (East Central) Upcoming Event

Alberta Council on Aging

and

Wise Owls

present:

Recognizing Fraud Program



Thursday, March 1, 2018

11:30 AM - 3:30 PM

Camrose Recreation Center

4512 - 53 Street, Camrose

Enjoy a sponsored lunch, presentation, fun jingle, and a game of bingo. Let's learn together!



Register by February 22 with  
Wise Owls at 780.678.5511

Questions? Contact Lauren at 1.888.423.9666 office@acaging.ca

## Thank You to Our Donors

- Ada and David Furber
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- Thomas and Vera Allan
- Verena Zechner
- Vivian Noy
- and all of our anonymous donors!

### There are many ways to leave a legacy!

Through CanadaHelps you can give a one-time donation or set up a monthly donation to Alberta Council on Aging. Some workplaces offer matching donations or will do a matching donation on volunteer hours.

## Community Outreach Program

Please join Alberta Council on Aging in our mission to improve the quality of life for seniors.

Over the last year Alberta Council on Aging staff and volunteers have traveled and presented to over 50 communities in Alberta. Program participants always have stories to share. We have received feedback from people on how much they learned and how they plan to use the knowledge.

**Empowering older persons improves their quality of life.** We believe that awareness and education can help to eliminate ageism and promote inclusiveness of older persons in community.

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

**There is no wealth like knowledge,  
and no poverty like ignorance.**

Buddha

# Alberta Council on Aging Members Receive

- 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

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

## Alberta Council on Aging Membership Form

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

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