

ACA News

Winter 2020 | Vol. 52 No. 2

"OKAY ←
→ BOOMER"

"CAN'T TEACH AN
OLD DOG NEW
TRICKS."

"FOR YOUR
AGE..."

"GO BACK TO THE
RETIREMENT HOME."



*Language
Matters*

Alberta Council on Aging

working to improve the quality of life for older persons

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On the Cover

David Barnes is a young artist born and raised in Edmonton. Planning on going into concept art and graphic design, David is currently a full-time student who spends spare time between classes playing tabletop games with friends and working on art for whatever projects lie in wait.

The phrase "OK Boomer" is an ageist retort used by younger people to dismiss or mock attitudes stereotypically attributed to the baby boomer generation.



ACA bids farewell to Alberta Seniors Advocate, Dr. Sheree Kwong See
Photo by Terry Jordan

Apologies! Last issue for incorrect spelling of Sheree's name.

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

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Region 8 (Southeast):	Gordon Nott
Region 9 (East central):	John Feddema

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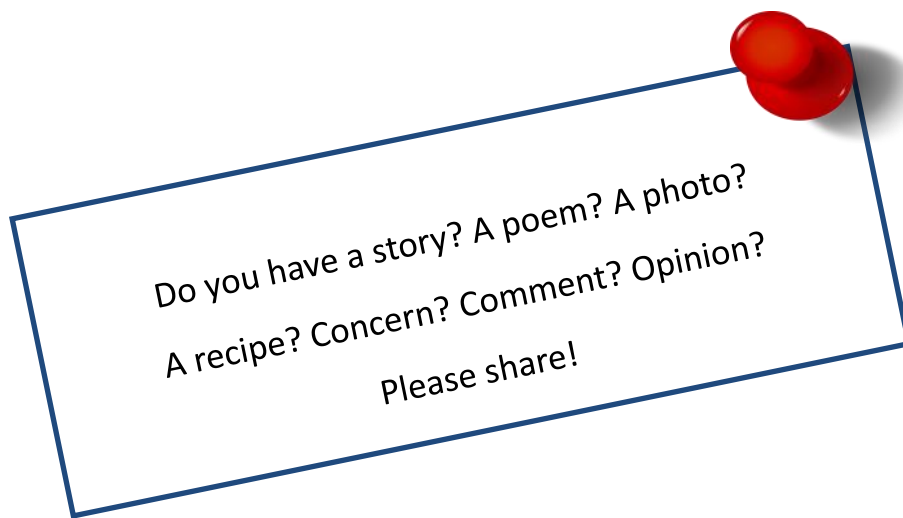
Save the date!
AGM June 18, 2020
Lethbridge

Contact us today!

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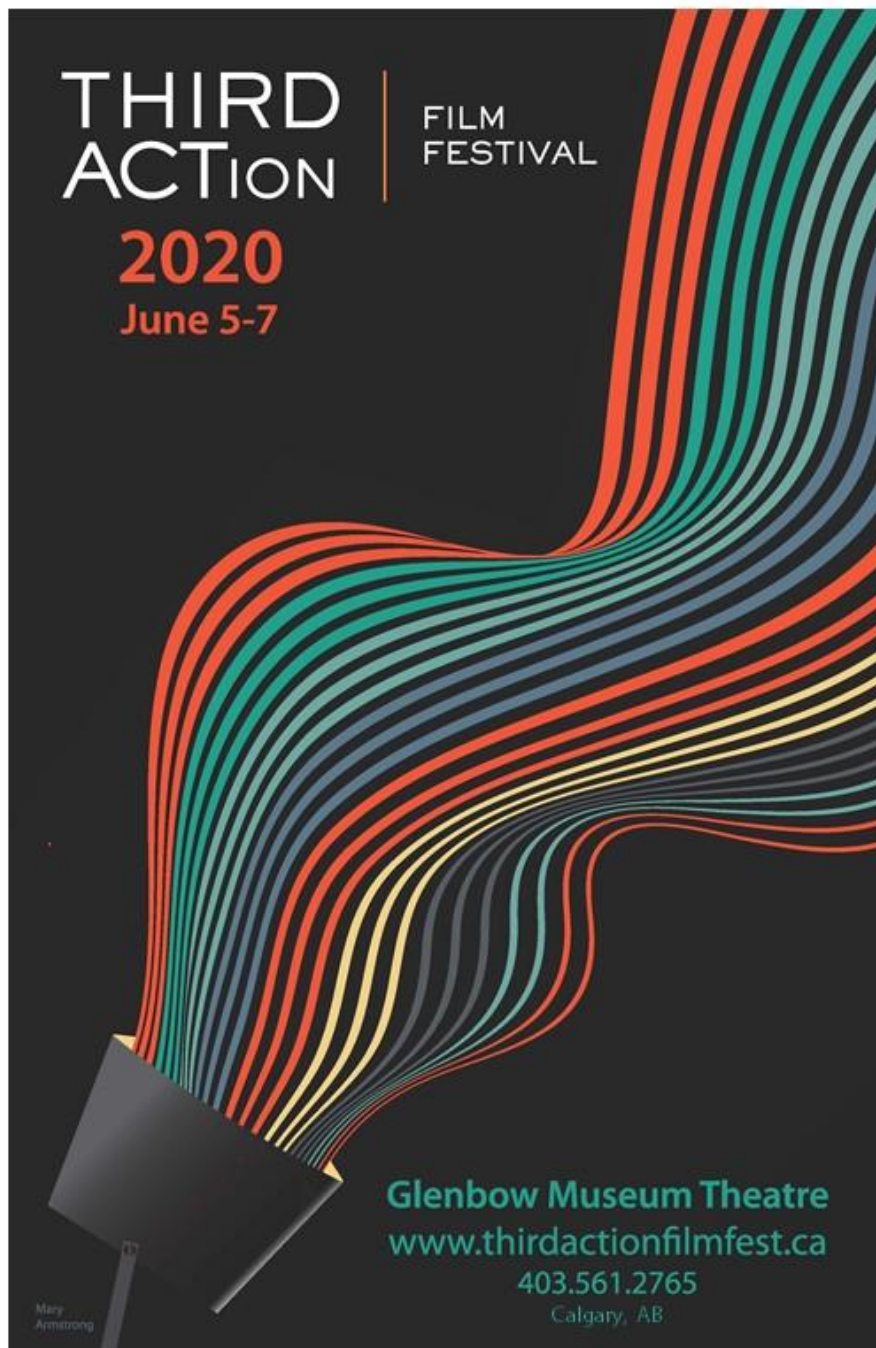


Thank You for Your Donations!

Donations help the council meet its mission and provide support to all regions.

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CELEBRATING AND EXPLORING THE THIRD ACT OF LIFE



"Here's a unique opportunity to see interesting and memorable films that touch on a piece of the universal experience of being human." ~ 2019 Volunteer

President's Report

I hope everyone had a happy Christmas / holiday season. It always goes by so quickly. And now we're into a new year with new challenges ahead of us.

With the approval of Strategic Plan 2019-2024, and bylaws review almost complete, we are ready to tackle policies and procedures. The challenge is to have everything completed for presentation and approval at the next annual general meeting.

And, speaking of the AGM, thank you to Region 7 for offering to host AGM 2020. Mark your calendar – Thursday, June 18 at Nord-Bridge Seniors Centre, Lethbridge. Watch for details in the Spring ACA News.

In November, Gordon Nott, John Feddema and I participated in separate engagement sessions to explore how we might develop a community-based senior serving (CBSS) sector in Alberta. This initiative is spear-headed by Age-Friendly Calgary, carya (formerly Calgary Family Services), Sage Seniors Association (Edmonton), and Edmonton Seniors Coordinating Council, with support from Alberta Seniors and Housing.

The needs of Alberta seniors transcend sector boundaries between health systems, housing systems, community services, municipalities and government programs. A variety of organizations provide services and programs to meet these needs. A provincially coordinated senior serving sector (CBSS) would promote consistent service delivery by facilitating interactions between community-based seniors' organizations in a system fashion.

Similar initiatives in British Columbia and Ontario have resulted in increased capacity of CBSS organizations, increased collaboration between organizations, and increased investment in the sector as a whole. Engagement sessions have wrapped up, and a report back to interested groups is expected soon. This report will serve as a foundation for developing the next steps in the process.

Are you, or someone you know, interested in getting involved with ACA at the board level? We are looking for directors for Region 3 (west central) and Region 6 (Calgary). If you think you could be that someone, we'd love to hear from you! Farewell and thanks to Rita Loken who has been our treasurer for the past year. She has had to resign for personal reasons and we sincerely wish her the best.

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

Ready for the picking

The night Breeze is sweet with the smell of apple blossoms.
And I am imagining the future... picking the ripe fruit.
Coring the apples and cutting them into bite-sized chunks.
Adding a full cup of sugar to every pan of hand processed apples.
And maybe a little cinnamon for flavor.
I will Top each pan with oats flour butter and sugar.
I'm imagining a future where I am awake in the daylight, productively happy.
I can almost smell the apple crisp cooking in the cool of the evening...
Sitting at my table, sharing it with you.
And storing more away in the Deep Freeze to enjoy with friends when the
cold cold winter arrives.
The Autumn Harvest will come
My hopes are as sweet as the scent on the breeze.
My hopes are to be healthy, cooking apple crisp in my cozy little home.
If the blossoms keep their promises
it will be a bumper crop.
And I plan to be here awake and ready for the picking.

By Corine Demas



Corine Demas has held a love for poetry since she was a child reading her mothers copy of Walt Witman's, "Leaves of Grass". Corine is the spoken word director for Heart of the City Festival and has performed at Edmonton's Poetry Festival as well as Next Fest.

Executive Director's Report

Vision 2020- Positive Age Worldview

Welcome 2020! Our work continues to amaze me- the network of members, directors, partners and advisors who are our greatest asset. We are rich with a wealth of experience to draw from and are hugely optimistic as we welcome younger people in to our world of perpetual aging.

Starting with the cover, graphic artist David Barnes, 18, beautifully depicts the emotional response to dismissive terms such as "Okay Boomer" (translation- *ya ya, whatever*). He captures age without utilizing common stereotypes (glasses, cane, kyphosis). As age is a protected ground under law I am disheartened at how slow industry responds and commend David for his awareness and sensitivity.

We move on to Dr. Matt Henschke's article as he reacts to proposed changes for physician visits- the 1 item/10 minute proposal. We get behind this for two reasons- he is clearly stating his interests- he does not want to practice under these conditions, nor does he want to impose this change upon older adults, of which he knows would be harmful.

The Better with Age team of resident physicians are moving toward becoming Geriatricians and we applaud them and want to influence their work. The most natural way to do this is to open up dialogue. Please do take up their invitation to engage.

It is well known the Arts are a powerful vehicle for social change. Hats off to our Dash Between Project event coordinator, poet Corine Demas, who is also our featured artist this issue. The pilot show will take place early March in Edmonton, however we have high hopes to replicate this across the province.

And finally, meet longstanding members Dr. Irene Nicolson and Gordon Nicolson. You will be intrigued, as am I, with their wellness strategy.

Many thanks to our members and donors. Where would we be without you? Thank you for your contributions, interest, kind words, now and in the future.

Respectfully submitted,
Donna Durand



Dr. Val Smith, Geriatrician, and my Dad, Kip Durand, 90.

Length of appointment 2.5 hours.

Number of issues- quite a few more than 1.

Patient and physician experience 5/5!

Language Matters

Age as a Protected Ground

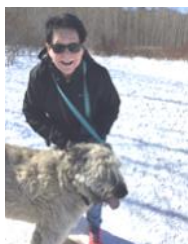
Under the [Alberta Human Rights Act](http://bit.ly/AlbertaHumanRightsAct) (the Act <http://bit.ly/AlbertaHumanRightsAct>), age is a ground that is protected from discrimination. The Act defines age as **18 years of age or older**, which means that individuals 18 and older are protected from age discrimination. It is a contravention of the Act to discriminate against individuals based on their age (18 or older) in the protected areas listed below, with specified exceptions in the areas of services and tenancy.

Age is protected in these areas:

- Statements, publications, notices signs, symbols, emblems or other representations that are published, issued or displayed before the public
- Goods, services, accommodation or facilities that are customarily available to the public* (referred to as “services” on this page)
- Tenancy*
- Employment practices
- Employment applications or advertisements
- Membership in trade unions, employers' organizations or occupational associations

*Before January 1, 2018, age was not a protected ground in the area of services or the area of tenancy.

#LetsStopAgeism together. Now.



Improving Communication With/To/About Older Adults

Summary

Based on Guidelines for Communication With, To, and About Older Adults by Dr. Sheree Kwong See, PhD
Professor of Psychology, University of Alberta, former Alberta Seniors Advocate

Ageism in Communication

Ageism can be shown in communication with, to and about older adults. Research shows that there are stereotypes about aging language and communication abilities (e.g., beliefs that all older people are hard of hearing, ramble on). Interactions guided by stereotypical beliefs can lead to over accommodation in communication (both verbal and nonverbal) with older people that can be patronizing. Patronizing communication is driven by beliefs associating older age with dependency and incompetence. Patronizing communication can also be driven by a desire to be nurturing and benevolent. The tendency to accentuate positivity in communication with, to and about older people can unwittingly reinforce age stereotyping and ageism.

Be Aware

- Awareness of ageism as it manifests in communication is key to beginning to address ageism.
- Do not let stereotypes dictate interactions with an individual. Focus on the individual and make adjustments in speech and behavior based on the individual.
- Do not let stereotypes guide communication choices to/about older adults.

Guidelines to Consider

- Before making a communication accommodation/modification, ask yourself
 - is it appropriate for the individual?
For example, you may be inclined to begin speaking loudly because of a belief that older people are hard of hearing. Be aware of your bias and discern if this accommodation is appropriate for the older person you are communicating with.
 - is it sensitive to individual differences amongst older people?
For example, you may be inclined to use larger font based on a belief associating older age with poor vision. Be aware of this bias and when possible, acknowledge the heterogeneity that exists amongst older people and provide adjustable font size.
- Avoid positive or negative age stereotype perpetuating language. Ask yourself
 - is there an implied message I do not intend?
- Avoid "us" versus "they/them" and "our" language. It can be isolating.
- Check yourself by substituting in any stigmatized group for the term "senior" before you write it, say it or implement it. Ask yourself
 - how would this go over?

What Have We Been Up To?

October 11, 2019—Laureen Guldbrandsen attended the Ageism Presentation by Dr. Donna Wilson.

October 17, November 14, December 12—Staff attended the Alberta Age-Friendly Community of Practice teleconference meetings.

October 28, 2019—Laureen presented the **Let's Stop Ageism** presentation to an engaged group of participants in Grande Prairie. The presentation was followed by Grande Prairie's Reader's Theatre who read and performed poems and short stories, many of which touched on the topic of ageism.

October 29, 2019—Meeting with Age Friendly Edmonton to exchange information on our campaigns.

November 6, 2019—We attended the Age Friendly Community of Practice Webinar.

November 12, 2019 — Staff attended the Queens Bench Hearing for De Vos versus Alberta Transportation, his former family doctor, and the creators of two cognitive assessment of safe driving tests. De Vos' argument is that they each had a duty to accommodate regarding license renewal.

November 13, 2019—Alberta Council on Aging signed on to the Canadian Health Coalition in support to release the statement to adopt a comprehensive pharmacare program.

November 20, 2019—Staff and vice president Pat Santa, took part in the KAIROS Blanket Exercise program* at the Galt Museum.

November 20-21, 2019—Let's Stop Ageism advisory meeting and presentations at Nord-Bridge in Lethbridge.

November 21, 2019—Meeting with Pat Santa and Rob Miyashiro of Age Friendly Lethbridge to discuss sharing resources.

December 4, 2019—Let's Stop Ageism Campaign catch up meeting with members and campaign advisors. Presentations by Dr. Sheree Kwong See, Pramila Sinha and Corine Demas.

December 10, 2019—Telephone meeting with a Better with Age representative.

December 13, 2019—Director Sue Lafferty attended the Primary Health Care Network: Coalition for Integration meeting in Leduc.

December 16, 2019—Meeting with Josephine Pon, Minister of Seniors and Housing and Natalie Tomczak.

December 17, 2019—Connected on social media with Dr. Hencshke's letter campaign responding to the proposed cuts in healthcare.

January 15, 2020—Telephone meeting with Shelby Johnston from Greater Edmonton Foundation Seniors Housing regarding training opportunities.

January 16, 2020—Invited and signed on with the eRegion Active Aging Network.

*The KAIROS Blanket Exercise program is a unique, participatory history lesson – developed in collaboration with Indigenous Elders, knowledge keepers and educators – that fosters truth, understanding, respect and reconciliation among Indigenous and non-indigenous peoples.

Alberta Health and Alberta Health Services Proposals

The focus of the overall proposed cuts – roughly 85% – is on comprehensive primary care. This is counter to sound health policy, the government's health platform and the interest of patients, particularly elderly ones, those with chronic and complex conditions, and those living in rural or remote areas of the province. There will be a negative impact on care for thousands of patients. Not so long ago, many Albertans were unable to find adequate primary care and a family physician of their own. As a profession we worked hard and successfully to address this short-coming through the development of primary care networks and the Medical Home for patients. The government proposals threaten to reverse the progress we have made in primary care.

~ Dr. Christine P. Molnar, MD, FRCPC, President of the Alberta Medical Association

Alberta Health Care Insurance Plan Changes

As you may have heard the current government is proposing sweeping changes to family medicine in Alberta. To date the government has not consulted with our patients, despite the fact that these changes will significantly impact how we can deliver care at Britannia Medical.



Time modifiers are being reduced and removed. Previously, if we spent 15+ minutes on your case the government would pay a time based fee. The 15 minute threshold is being removed. At 4 patients per hour this reduces gross billings by 30%. At the proposed rate we are not able to cover the costs of our clinic.



Seniors drivers physicals (for seniors over 75) are being removed from your healthcare plan. Seniors will still be required to get drivers physicals, however, the patient will be required to pay the private pay cost (\$150) of the physical.



Good Faith Claims currently allow us to bill for services provided to Alberta citizens who do not have a healthcare card. Removing these directly targets our marginalized populations who struggle with the barriers required to apply for a healthcare card (like a fixed address and up to date ID).



Complex care plans are being removed from your healthcare plan. For our most complex patients, CCPs gave us a chance to identify barriers and treatment goals to keep people healthy and out of the hospital as much as possible.

The impact of these changes will vary depending on the Family Clinic. Most clinics are privately run businesses; changes to your insurance limits how we can cover our business expenses.

Tweeted by Dr. Henschke at twitter.com/DrMattHenschke/status/1203920771396993029



Dr. Matt Henschke has a strong geriatric practice and works in several independent and supportive living facilities.

Meet Irene and Gordon

By Donna Durand

Long time members of Alberta Council on Aging, Dr. Irene Nicolson and Gordon Nicolson reside outside of Grande Prairie, Alberta where they enjoy what they describe as a high quality of life. This is a couple, when they leave their quiet retreat, stand out in a crowd; they both glow with good health and express an interest in others and the world at large. They have much to share and welcome open discussion.

Irene retired Chair of Office Administration Department, Grande Prairie Regional College in 2001; Gordon, a manager for Proctor and Gamble experienced mandatory retirement at 65, in 1999.

Active participants in their own health care, Gordon and Irene are passionate about their personal wellness. What started out as a friendship with a young naturopath, many years ago, became the leading point to look at alternatives and develop keystones for their day to day lives.

Pay attention to stressors. Laugh. Forgive. Eat natural, whole foods. Exercise daily. Do your research. Use your brain. Use your voice. Help others. Keep your family and friends close.

Irene and Gordon, in their eighties, are convinced now more than ever they are making right choices. They have deep concerns regarding big pharma, the staggering prevalence of cancer and dementia in old age. They are firm they are not “antivaxxers”. They are deliberate about maintaining an effective immunity system that will ward off rather than introduce illness. They choose to be deliberate about everything they can. This is part of their magic as a couple and their preservation of independence and self esteem. Irene is light hearted when she shares some people do not agree with their choices, however she is pleased with the outcome for themselves. And willing to forgive...

No one cares about your health as much as you do.

An Invitation

Is our health perfect—no, but we keep trying. Prevention is what we are doing. We are very thankful for the health care system we have but wish they were more open about the use of alternative health care on a global basis. Anything we read we try to ensure is well researched and documented. And then we evaluate.

Websites we recommend:

- www.grassrootshealth.net/
- www.mercola.com/
- www.vitamindsociety.org/

Books we recommend:

- Dissolving Illusions by Suzanne Humphries
- The Vitamin D Solution by Michael F. Holick
- 108 Pearls to Awaken Your Healing Potential by Mimi Guarneri

We are not here to endorse products, rather to share what has worked for us. We are happy to talk and we welcome your contact.

Irene and Gordon

nicolsg1@telus.net

780.532.2575

BE ACTIVE - WARMING UP FOR YOUR DAILY LIFE!

Keeping your legs strong and maintaining good balance is the best way to reduce your chances of having a fall. If you are just starting to be physically active, consult with a healthcare professional to make sure these activities are right for you. Start with a few exercises and build up endurance, strength and balance over time. A good warm up includes a variety of movements that get you prepared for physical activity.

Start with 2-4 activities from the "Getting Ready to Move" column, then add on 1-2 from "Challenging Balance" and/or "Building Strength" to progress. Start with 4 repetitions and increase to 12 as you progress. Balance exercises can be held for 10 -15 seconds per side.

GETTING READY TO MOVE

CHOOSE 2-4

SHOULDER ROLL



REACHING UP



SIDE TO SIDE ROTATION



WALKING



FOOT ALPHABET



MARCHING



CHALLENGING BALANCE

CHOOSE 1-2

WALKING A LINE



SIDE TO SIDE STEP



STAGGERED STANCE



LUNGE



SINGLE LEG BALANCE



SINGLE LEG BALANCE WITH ARM REACH



BUILDING STRENGTH

CHOOSE 1-2

LEG CURL



SIDE LEG LIFT



HEEL RAISE



TOE AND HEEL TAPS



WALL PUSH-UP



SIT TO STAND



REMEMBER TO: HAVE SLOW AND CONTROLLED MOVEMENT, GO AT YOUR OWN PACE/SPEED/ABILITY, AND BREATHE THROUGHOUT.

Packing the Right Travel Insurance

Johnson Inc.

For some people, vacation means midday naps, lounging poolside, and the only obligation is utter relaxation. Others seek heart-pounding adventure and non-stop thrills. Whatever type of holiday you seek, the last thing you want is for an unexpected medical event to derail. But if it does, having travel insurance helps protect you and get you back on your feet.

Travel insurance is a highly personalized product with options that can often be tailored to your unique situation, medical condition, or health issue. Getting the right coverage starts with an accurate application, but many people are unsure how upfront they should be.

The short answer is: completely, be completely forthcoming

Travel insurance providers will ask you to complete an application form and perhaps a detailed medical questionnaire. Answer honestly and err on the side of giving too much information. Even things that seem trivial to you may be important to your insurer, who wants to make sure you're getting the best protection for your circumstances. Plus, in the event of a claim, the insurance company will review your medical history and if they discover something you neglected to tell them, your claim may be denied. Even if the claim is unrelated to said undisclosed medical condition, you may have been put into a plan for which you were not eligible, and the misrepresentation (intentional or not) may invalidate your policy.

If you're unsure of your answer to any question, get the advice of your doctor.

Get the right plan at the right rate

Your application determines your eligible plan or plans and the coverage that best fits you. Different plans come with different rates based on your health factors and risks.

Sometimes, health conditions change, and of course you don't want it spoil your travel plans! The best way to make sure you stay well and enjoy your trip is to get the advice of your doctor before you go. They may have suggestions for you based on your situation, where you're going, and anything you ought to do before or while you're there.

You should also contact your insurance provider to update your information and ensure your coverage still offers the appropriate protection. Accurate and up-to-date information about your health will get you the best protection and the best rate—perhaps even better than what you're paying now!

Be clear when you apply and before you travel to ensure that there are no surprises when you need insurance the most: when it comes time to make a claim.

Does it matter when we were born or when we die?
Or is it the dash between — our life time of experiences?

The Dash Between Project

Five poets/writers chat with five older adults to create a poem or a short story influenced by the conversations.

A chapbook will be published based on the creations.
Orders can be placed in advance or on the day of the event.

Sunday, March 8, 2020
1:30 PM - 4:00 PM
Edmonton

Register by March 2
780.423.7781
office@acaging.ca

By Donation

#LetsStopAgeism
together. Now.



By Donation. Refreshments. Fun. Collaboration. Competition. Learning.

Regional Reports

Region 2 (Northeast)

The Region 2 board held a meeting with David Hanson, MLA for Bonnyville-Cold Lake-St. Paul, and Glenn van Dijken, MLA for the Athabasca-Barrhead-Westlock constituency. Since last August, Region 2 have held several sessions to gather information from seniors pertaining to legislation proposed or already in place and how these affect the lives of citizens in rural Alberta. Participants were asked to delineate what should be included or updated to enhance the quality of life for older adults.

We had a number of meaningful opportunities to meet face to face with representatives of organizations which support common objectives in the pursuit of sustaining and/or improving (especially healthcare) services in the rural setting.

My attendance as a representative of Region 2 at the VISION 2030 Conference in mid-November was a golden opportunity to meet and discuss with participants the issues and initiatives that exist throughout the province. I believe that collaboration amongst all groups who share these common interests, including the municipal governments and their agencies (i.e. FCSS), is the only way that the voices of the seniors of rural Alberta will be heard.

In collaboration with North Eastern Alberta Retired Teachers Association (NEARTA), we look forward to sponsoring a series of wellness seminars in 2020.

Respectfully submitted,

Paul E. Boisvert

Region 4 (Edmonton and Area)

The Let's Stop Ageism Campaign update was held in Edmonton on December 4, 2019. In attendance were volunteers who have been contributing to and participating in rolling out the campaign, ACA board members and special guests Dr. Sheree Kwong See, Alberta Seniors Advocate, and Pramila Sinha, motivational speaker. Dr. Kwong See provided helpful "Guidelines for Communicating With, To and About Older Adults", giving examples of how Ageism is negatively perpetuated through language. Laureen Guldbrandsen shared the progress that has been made in developing the campaign and tips for avoiding promotion of ageism in everyday interactions.

I represented ACA at the Primary Health Care Coalition for Integration Network in Leduc on December 13, 2019. Stakeholders from across the province made recommendations for implementation of the draft Home to Hospital to Home Transitions Guideline. Attendees included physicians, Primary Care Network staff, patient/family advisors, AHS staff from Continuing Care, Public Health, Community and other related disciplines. The new provincial guideline will help guide patients and healthcare workers through this journey — from checking if patients have a family doctor when they come to a hospital and are admitted, to referral and access to community supports when they are discharged. ACA members are encouraged to become involved by providing personal input, ideas, experiences and suggestions to at <http://bit.ly/Home-Hospital-Home>.

Respectfully submitted,

Sue Lafferty

Region 5 (Central Alberta)

Region 5 held its annual general meeting in conjunction with United Nations' International Day of Older Persons on October 1 at the Golden Circle Senior Resource Centre in Red Deer. A proclamation from the Mayor's Office was presented, followed by the Region 5 annual report. A representative from the Red Deer Hospice Society presented an update on the progress with the expansion of the facility.

A meeting of the Board of Directors was held in November, and executive positions for 2019/2020 assigned:

- President: Jane Grenier-Frank
- Secretary: Renate Scheelar
- Treasurer: Eileen Bantjes

Keith Sterling submitted his resignation from the board due to health concerns. We thank Keith for his dedication to the Region and wish him all the best.

A general meeting was held December 3 at the Golden Circle with a "Celebrating Christmas" theme. Jonah Saringo and Lindsay Hermary from the Red Deer Primary Care Network (PCN) discussed the programs and workshops available from PCN that address falls prevention and invited attendees to participate in a variety of cardio, stretching and resistance exercises. This was followed by a "Fall Follies Unfashion Show" presented by the ladies of St Leonard's on the Hill Anglican church.

The next general meeting and program will be held Tuesday, February 4 at the Golden Circle, Red Deer.

Respectfully submitted,
Ron Rose on behalf of the Region 5 Executive

Region 7 (Southwest)

Hello from Region 7. I hope everyone is well and enjoying our winter weather. Region 7 has been promised a milder than normal winter and I hope it is true this time.

November was a good month for Region 7 as we had two presentations at Nord-Bridge in Lethbridge. On Nov. 20th we had an information and sharing session, followed on the 21st with the Let's Stop Ageism presentation. I want to thank Donna and Laureen for their help and support with these presentations.

We are also looking forward to hosting the Annual General Meeting on Thursday June 18th at Nord-Bridge Seniors Centre.

I hope to see many of you there and perhaps some new members as well.

If I can provide you with any information on this or any other event, please contact me.

Thank you for your trust in me.

Respectfully submitted,
Pat Santa

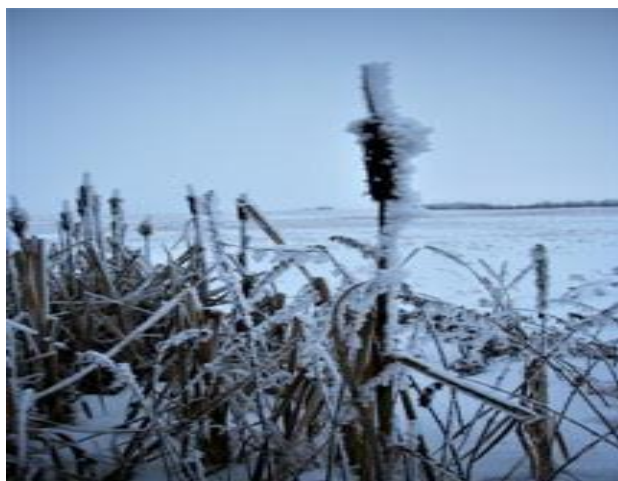


Photo by Paul Boisvert

Region 8 (Southeast)

Greetings from the sunny south. We have experienced some interesting and busy times around Medicine Hat in the final quarter of 2019.

On October 30th, a Resource Fair was held at the Seniors Centre. This was an opportunity for health and housing providers to share knowledge of their services with 200 seniors. We participated with an Alberta Council on Aging information table. It was a great opportunity to connect with our seniors and promote our “Let’s Stop Ageism” campaign.

Mandated by the City Council of Medicine Hat, the operating model of the Veiner Centre and provisioning of services to our seniors is currently under review. As a first step, city administration and a research consultant are engaging the community in workshops, interviews and surveys to identify what services and activities best meet the needs of our seniors today and in the future. The information gathered will form the basis to explore alternate operating models through an RFP process. City Council will receive resulting recommendations in the spring of 2020.

The Christmas season was celebrated at the Veiner Centre in traditional fashion with a wonderful Christmas dinner provided by the Veiner Centre Bistro chefs and enjoyed by 200 seniors.

On December 31st, we bid farewell to Alberta Seniors Advocate, Sheree Kwong See. Many seniors in the Medicine Hat area feel that eliminating the Seniors Advocate position is a step backwards in supporting our fast growing seniors population. We wish Sheree well in her future endeavours.

I look forward to another great year as Director of the Southeast Region of ACA and welcome any newcomers who may be interested in becoming

members as we strive to ensure our seniors enjoy the best lifestyle possible.

May you all enjoy a very happy, healthy 2020.

Respectfully submitted,
Gordon Nott

Region 9 (East central)

Happy New Year and Greeting from the East Central Region. Since I became regional director, I have participated in the Let’s Stop Ageism campaign advisory. Meetings were held September 11, October 8, and December 4.

I took part in the Community Based Senior Serving meeting in Camrose on November 21. It was well attended with great input from the community. My feeling is that ACA already has that model in place and needs to grow from that.

On December 18, I partnered with a team from Rosehaven to host a Dementia Presentation at Camrose Rosealta Lodge. The team gave a well done talk and display. I partnered with them to hand out Let’s Talk Dementia booklets, and share the new outstanding ACA Let’s Stop Ageism banner.

Respectfully submitted,
John Feddema

Outreach—Programs and Resources

Did you know Alberta Council on Aging has educational presentations and booklets available at little or no cost to participants? You can access these on our website at www.acaging.ca/programs/ or by contacting Laureen for materials, presentations, training at office@acaging.ca or 1.888.423.9666.

January is Alzheimer's Awareness Month

Let's talk and end stigma to make Canada a safer place for people living with 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, what an age friendly/dementia friendly community looks like, and how to enhance quality of life for people living with dementia.

Access our [Let's Talk Dementia](#) Program

"The most important part of the presentation was learning to look at the persons view of their world. Where are *they* at?"

~ Participant at Let's Talk Dementia program

February is Heart and Stroke Month

Be proactive and support your health through the Living Stronger Longer program. People are living longer than previous generations. Longevity does not always ensure the best quality of life.

Access our [Living Stronger Longer](#) Program

March is Fraud Prevention Month

This is an annual public awareness campaign held in March that works to prevent Canadians from becoming victims of fraud by helping Recognize Fraud. What makes seniors so vulnerable to fraud and scams? Learn top eight scams and how to avoid them!

Access our [Recognizing Fraud](#) Program

The age-old saying, "if something seems too good to be true, it probably is" still applies today. No matter how sneaky fraudsters try to be, by keeping this in mind, you stand a better chance of warding off the bad guys. The best things in life may be free, but when you are asked for your credit card or personal information, it's best to just say no.

Additional Programs

- Let's Stop Ageism
- Recognizing Abuse
- Pharmacy Tips
- Navigating for Services
- Pre and Post Retirement Planning
- Seniors Forum - a facilitated participants' discussion

Meet and Learn Along with Future Geriatricians!

Dear Alberta Council on Aging members and readers,

We are honoured to have an ongoing column in the ACA quarterly newsletter! Our names are Krista, Kim, and Peter and we are medical residents in Calgary who love Geriatric Medicine and want to be Geriatricians in the near future.

Our goals for this column are:

1. Reach out and interact with older adults in community
2. Increase connection between the medical and general community
3. Hear your thoughts on what is lacking and what is working in providing medical care to older adults in your community

Please let us know what you want to hear about. We will do our best to answer your question and we welcome your comments. Please send questions and comments in care of: info@acaging.ca and we will respond in the next newsletter!

Sincerely,

Peter, Krista, Kim

Peter is an internal medicine resident at the University of Calgary. He has an interest in geriatrics and would love to have the opportunity to learn about the experiences of others with regards to aging. He has had the privilege of being involved in various organizations, including the Canadian Longitudinal Study on Aging, the National Geriatrics Interest Group, and the Research Institute of Aging. He hopes to use these experiences to become a better clinician and find new ways to improve the health of older adults.

Krista is a resident doctor at the University of Calgary. She will be starting her subspecialty training in Geriatric Medicine to become a Geriatrician starting July 1, 2020. She enjoys Geriatric Medicine because of its holistic approach to patient care and ability to help patients with more than their medical conditions, including memory, function, and quality of life. “I enjoy hearing people’s stories and getting to know them as people, not only as patients.” Krista is excited to be a part of the ACA newsletter and is looking forward to getting to know the readers.

Kim is a first-year internal medicine resident at the Cumming School of Medicine in Calgary. She obtained her B.A. honours in Psychology from Ottawa’s Carleton University in 2015, where she studied the effects of social support on biological and psychological health. Since starting her career in medicine, she has been drawn to the fields of geriatrics and palliative care. Her research interests include falls prevention, prescribing practices in the elderly, and social determinants of health in later life. Once upon a time she had plans to become a journalist, and is excited to take up the pen (so to speak) once more to share her enthusiasm for health issues in older adults.

BETTER WITH AGE team



Peter



Krista



Kim

Slow Cooker Steel Cut Oats



Makes 4 Servings

Ingredients

- cooking spray
- 1 cup Steel Cut Oats
- 1 large Granny Smith apple, cored, and diced
- 1/2 cup fresh cranberries
- 3 tablespoons pure maple syrup
- 1 tablespoon pure vanilla extract
- 1 teaspoon ground cinnamon
- 2 pinches of salt
- 4 and 1/2 cups milk, plus more for serving

Optional Toppings:

- chopped apple
- chopped almonds
- dried cranberries
- maple syrup
- mixed seeds
- berries

Directions

1. Spray a 2-quart or 4-quart slow cooker insert lightly with cooking spray. If you are using a larger volume slow cooker, be sure to double the recipe quantity as this quantity will not cook properly in a 6-quart slow cooker.
2. Combine the steel cut oats, diced apple, vanilla extract, toppings, salt, and milk. Stir to mix thoroughly.
3. Cover and cook on low heat for 6 hours (for firmer oats) to 8 hours (softer oats with the slightest chew). Serve hot and garnish with toppings as desired.

All oats start as oat groats, with only the outer husk removed. The main difference is the processing. Steel cut oats have been cut into two or three pieces. Rolled oats are made by steaming and rolling for faster cooking. Quick oats are rolled oats that have been chopped into smaller pieces for even faster cooking.

Steel cut oats and quick oats have different textures. Steel cut oats retain the individual grains for a slightly chewy texture, similar to brown rice. Quick oats tend to cook down into a creamy porridge with no individual pieces. Try both to discover which one you like best.



Membership year is January 1 to December 31.

Alberta Council on Aging Membership Form

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<input type="checkbox"/>	Household (\$25)	<input type="checkbox"/>	Life (\$250/person)	_____	Membership Number
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