

# ACA News

Summer 2016 | Vol. 49 No. 3

## *Transportation*



## **Alberta Council on Aging**

Working to improve the quality of life for seniors

Canadian Publication Mail Product Agreement No. 40028759

Return Undeliverable Canadian addresses to:

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.

### Editor & Publisher

Alberta Council on Aging

### On the Cover

Trains in Jasper  
by Donna Durand

Views expressed in this publication do not necessarily reflect those of Alberta Council on Aging. The council reserves the right to condense, rewrite and reject material. This newsletter follows the Senior Friendly™ guidelines for clear communications.

The [2015 Annual Report](#) is now available on our website. Please contact our office for a hard copy.

Members:  
Help reduce paper use...  
please request an electronic newsletter.

## Board of Directors 2016

### Executive

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

Directors may be reached through  
Alberta Council on Aging office.

### Regional Directors and Communication Officers

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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 and Lynn Podgurny
Region 7 (Southwest):	(Open)
Region 8 (Southeast):	Paul Howe
Region 9 (East Central):	Dwayne Hlady

### Staff

Executive Director:	Donna Durand
Community Outreach Coordinator:	Laureen Guldbrandsen

# Please Note!

## ! Contact Us at our New Address

Alberta Council on Aging	Toll Free: 1.888.423.9666
PO Box 62099	info@acaging.ca
Edmonton, Alberta T5M 4B5	<a href="http://acaging.ca">acaging.ca</a>

## President's Report

Okay, you have almost reached your 75th birthday, and you have a driver's assessment ahead of you. What should you expect? Well, let's look at my experience and then at the experience of a friend.

A month before my birthday, I made an appointment with my doctor. I had already completed my annual vision exam and passed the requirement for driving. The day of the exam I went in and was taken to an examination area. The nurse took my driver's license and started typing information into the computer. She took my blood pressure, recorded it and then took me for an impromptu vision test. She gave me ten words to remember as she would ask for them later. I was asked to write out two numbers shown to me on a piece of paper. After this, I was told to visualise a favourite store, like Co-Op or Walmart. I had one minute to name 30 items I could buy there. After listing 26 my time ran out. Now I was asked for the ten words she had given me and I was able to repeat them. My doctor came in shortly after and asked me some simple questions based on my known health issues. That was it!! There was no computer to play with and no driving test.

My friend had an entirely different experience. She had dementia and vision problems as a result of a stroke during open heart surgery. A cognition test was administered in a doctor's office. She passed minimally. When she took the form to the registry the next day, she was told the form had expired, and she would have to repeat the test. She did this a week later, administered by an occupational therapist. Again there was a marginal pass, and her dementia was noted. When she took the form to the registry that afternoon, she was told she would have to take a road test. She had never taken a road test before. She had driven farm trucks, cars and her husband's semi. Now she faced a driving test. She was understandably nervous and she failed. They gave her a learner's permit and told her to reschedule a road test in 90 days. The multiple tests and the costs associated became too much. At this point, she gave up driving entirely.

Your experience may vary based on your health status. You can opt not to take any of the proffered tests; however, if you wish to drive, you will have to pass one of them. Your best option is to research what is available and talk to your doctor. They are bound by law to administer the tests so ask their opinion.

On another note, I wish to thank the members of Alberta Council on Aging for offering me the opportunity to continue to serve as your president.

Respectfully submitted,  
Fred Olsen



Fred Olsen and  
MLA Craig Coolahan at AGM

## Executive Director's Report

You will note this issue is dedicated to transportation. Recently there have been stakeholder meetings across the country and province to determine gaps in transportation options and identification of possible solutions.

Here are some of the challenges we hear from our members and older people in the province.

1. How do we get from the house on the farm to purchase our groceries in town when we are no longer medically fit to drive?
2. Furthermore, how do we get in to the city to visit a specialist?
3. How do I ride my bicycle safely amongst traffic?
4. Can my driving skills improve as I age?
5. How can we inspire public transportation in our community?
6. What happened to bus and train services from town to town?
7. What is the liability of car and ride sharing?
8. What are some of the more creative means of transportation of late?



And although we are focusing on transportation, it is important to pay attention to personal mobility and agility and the walk ability of any given community. I have witnessed people well in to their eighties and nineties who make a point of walking or swimming at least a few kilometers a day. And there are those, like myself who accrue an injury seemingly out of nowhere and have to re-commit to fitness. Maintaining mobility and agility may mean making changes to behaviour and environments.



As we age, we do what we can to maintain our health which means making good lifestyle choices around diet and exercise, making an appropriate assessment of driving skills, as well as politically advocating for means of transportation and environments that are accessible and economically viable.

There is no disability if there is no barrier.

Respectfully submitted,  
Donna Durand



Donna as model for St. Albert Transit

## What has **Alberta Council on Aging** been Doing?

### Meetings and interactions with government

- Met with Honourable Lori Sigurdson, minister of Seniors and Housing to discuss role of the Seniors' Advocate and proposed SHARP program and existing tax deferral program (Fred Olsen, president)
- Attended engagement sessions regarding Home Care and Continuing Care
- Took part in survey for affordable housing
- Attended the Lieutenant Governor of Alberta's Queen Elizabeth II 90<sup>th</sup> Birthday Tea

### Partnerships

- Met with president of LACCA (Lodge Activity Coordinators' Association of Alberta) to discuss outreach program- sharing and distribution
- Signed off on NAIT practicum student's work project
- Presenter at AGNA (Alberta Gerontological Nurses Association) annual conference: Advocating and Caring for Dementia Client
- Took part in B.C. Intergenerational Age Friendly Webinar

### Other activities

- Toured Lifestyle Options Retirement pilot Butterfly Home, Edmonton
- Community Outreach Program delivery
- Continue process of digitalizing all documents
- Prepare for Board of Directors meeting face to face and provincial AGM Calgary
- Submission of materials for upcoming newsletter
- Volunteer coordination for upcoming casino
- Attended and presented community outreach program at Region 1 AGM (Grande Prairie and region)
- Participated in Continuing Care and Community Living EXPO in Calgary; presented at Continuing Care and Community Living EXPO in Edmonton
- Worked with bookkeeper to prepare for annual audit
- Took part in Planning for Accessible Age-Friendly Communities, CAG (Canadian Association on Gerontology) and Public Health of Canada
- Interviewed by Calgary Herald on the value of seniors (Seniors' Week)



## Member Submissions

the sweet confusion

they say that youth  
is wasted on the young,  
who squander it in vain;  
yet who among the old is strong  
enough to bear its sweet confusion,  
and fool enough to wish  
it on their shrinking flesh?

or even think it wise to  
relive its wasting passions,  
to wish for its libelous fury,  
for its splintering demands,  
for its total unquenchable thirsts  
traded for the later well-deserved liberty  
from dreams that tend to turn to ashes?

and who among the young can know it?

Sophie, Toronto, Ontario

I have recently been involved in two instances where seniors were assured by dental establishments that they follow the Blue Cross rate schedule, only to be vastly overcharged. In one case \$128.55, in the other \$78.00. My advice is to determine whether the dental establishment is prepared to follow the Blue Cross rate schedule before making an appointment. After, the bill should be checked against the schedule to ensure that the commitment was complied with.

Yours truly,  
William

Enjoy this day as if it is your last.

One day it will be.

John

I am 67 years old and was diagnosed with rheumatoid arthritis at the age of eleven - a painful and crippling autoimmune disease. I also suffer with severe osteoporosis, Felty's Syndrome and diverticulitis and live in chronic pain on a daily basis. I worked until health issues forced me into early retirement in 2010 and have been confined to a wheelchair since 2012.

Extended hours and another paratransit bus is needed in Red Deer County. It would enable vulnerable taxpayers to continue to age in place, while contributing and/or participating in their community. It would also significantly improve their quality of life, if they could get out and about more.

Respectfully,  
Linda Shepherd

Editor's Note: This has been condensed. For a copy of the original letter contact our office.

## How to Talk About Driving Concerns

Safe driving can be a sensitive subject for those who have been driving for a long time, as the ability to drive symbolizes our freedom and ability to be self-sufficient.

While some people may be aware of limitations on their capacity to drive, some may be reluctant to give up driving altogether. Cognitive impairment or forgetfulness may cause a person to forget that they are not supposed to drive, making it important to take away the keys or otherwise prevent them from driving.

Having a friend or family member speak to the senior about concerns in regards to driving may convince them to hang up the keys.

There are some important things to remember when speaking with someone about their driving:

- Be calm and respectful. Getting upset will just cause the other person to become defensive.
- Give specific examples of your concerns. Are they forgetting where they should be turning? Have there been any collisions or near-misses?
- Help find alternative transportation options. This can include offering rides when possible, and creating a local resource list.
- Understand how difficult this is. Giving up driving can feel like giving up your freedom and even identity. If possible, make the transition gradual. For example, only driving during the day, or staying close to home.

If you are concerned about someone's driving and are unable to convince them to quit driving, you can confidentially report them to Alberta Transportation ([www.transportation.alberta.ca/2561.htm](http://www.transportation.alberta.ca/2561.htm)).

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## Proactive Family Agreement - A Possible Solution?

A driving cessation card is a proactive agreement you may have with members of your family. You are acknowledging that you may not know when it is in your best interest to give up driving, but allow that someone in your family may be more aware of this than you are. This card (below) gives your family member permission to help you quit driving.

The card below may be cut out or photocopied and added to your wallet. Talk this agreement through with your family so they know what you have agreed to and what signs they should watch for before adding it to your wallet!

<p>In the event I am medically unfit to drive and also unable to recognize this, I give _____ permission to help me cease driving by removing my keys and car.</p>	<p>Name _____</p> <p>Date _____</p>
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## **Navigating for Transportation**

From Navigating for Services Booklet, Alberta Council on Aging

Transportation is a hot topic in Alberta right now as safe, affordable and reliable transportation options are in high demand. When the subject of transportation comes up, the first thought that comes to mind for many is the ability to drive. But when we are no longer able to drive it can be difficult locating other options.

Driving should not be the only way for a person to get around. Alternate transportation is essential to helping create an age friendly community. Whether it is to perform daily errands, attend appointments, or get some fresh air, safe and reliable transportation is a requirement.

**!** Here are some ideas to get you started on where to look for alternative options. You can add your own ideas and resources on the next page.

### **Medically At-Risk Driver Centre**

The MARD Centre is the first Centre in the world that offers integrated efforts targeting the discovery and development of evidence-based solutions to identify and assess medically at-risk drivers, and to provide advancements in support for those who can no longer drive. They maintain a provincial listing of organizations that provide alternate transportation for seniors in Alberta. This list is searchable and organized by areas and communities.

Call: 780.492.6273

<https://mard.med.ualberta.ca/mard/db/>

### **Public Transportation**

Public transportation can run the range from being an ordinary transit bus, to a bus or train for travelling long distances. Some cities and larger communities offer specialized public transportation for those in need. For example, DATS transportation for individuals with mobility problems. Some locations in Alberta offer seniors a discounted rate on single use and monthly bus passes.

### **Volunteer Drivers**

Your local community may have a list of volunteer drivers who can help you get to appointments, places of worship, and shopping. You can also create a list of friends and family who are able to assist you in this.

### **Canadian Automobile Association and Alberta Motor Association**

CAA and AMA offer aging driver's and senior's transportation advocacy and community services and partners with communities to recognize and thank volunteer drivers.

<http://seniorsdriving.caa.ca/>



# Alberta Registries

Registry agents provide registration, information and licensing services on behalf of the government. These services include vehicle registration and the application of a parking placard for those who need one. They also perform vital statistics searches, Alberta Health Care registration and Alberta Organ and Tissue Donation Registry services.

<http://www.servicealberta.gov.ab.ca/find-a-registry-agent.cfm>

## Driver Fitness and Monitoring

Alberta Transportation, Driver Fitness and Monitoring is the Government of Alberta department responsible for licensing in the province. They can review your driver's licence at any age if law enforcement, family, your doctor, or the general public reports a concern about your ability to drive safely. They will advise you of the steps you need to take should this occur.

For licence renewals (classes 5, 6, or 7) a medical report signed by your physician is required at 75 years, 80 years and every two years after 80 years. The Alberta Health Care Insurance Plan will pay for medical examinations for drivers who are 75 years or older. Your doctor may also recommend a road test or further testing before approving the medical form.

Call: 780.427.8901 or 310-0000 in Alberta

<http://www.transportation.alberta.ca/542.htm>

## Local Resources

[illegible]

## Confidential AMA Evaluation Aims to Keep Seniors Safely in the Driver's Seat

With age comes beauty, wisdom, grace. Unfortunately, sometimes age picks up a few hitchhikers – like reduced mobility, decreased strength and changes to vision.

Research shows that safe driving isn't about the number of candles on your birthday cake. As we age it's critical to have a clear perspective on how medical conditions and natural physical changes to our bodies can affect our safety at the wheel.

After hearing from more and more members concerned about their own safety or the safety of a loved one, AMA Driver Education developed the **Senior Driver In-Vehicle Evaluation** to provide a comprehensive, accurate and confidential assessment of driving ability.

"This isn't a test – there's no pass or fail – and it doesn't affect your driver's licence," says AMA Driver Education instructor Rick Robie, who helped develop the program. "Knowing it's nobody's business but the driver's helps people relax a bit."

It starts with a cup of coffee and a chat with an experienced driving evaluator, just to check in

on recent experiences and get a brief driving history. AMA checks the driver's vision before a 45-minute drive in an AMA Driver Education vehicle with an automatic transmission.

The route takes drivers through normal everyday driving conditions on light and medium traffic volume roadways.

Included are controlled and uncontrolled intersections, four way stops, school and playground zones and areas, and left turns and right turns. For many drivers, it's simply a vote of confidence and a few simple tips to adapt driving behaviour and compensate for any physical challenges.

"It's rewarding to see a driver go from being a bit nervous to building trust. Knowing that it's 100 percent confidential helps. It's not about judging people, it's about giving an impartial evaluation of their strengths and their challenges," says Robie.

"It gives people confidence and provides support. This is especially true when they are approaching age 75 or 80 when there's a little more concern around licensing."

After the drive, there's an open, honest and positive conversation about the experience. The evaluator prepares a written report that's mailed out a few days later, complete with recommendations. It's a private document sent directly to the driver, but many seniors use the report to help in conversations with an adult child who may be concerned about mom or dad, a spouse or a friend. Some even choose to discuss the experience with their physician.

"We understand that driving represents freedom, especially as we want to stay independent in our homes while we age," Robie explains. "And we know independence is important to health and quality of life. Finding that balance between being self-sufficient and being safe isn't always that simple. It's okay to ask for help, and sometimes a refresher can help people adapt and extend their driving for years to come."

AMA's Senior Driver In-Vehicle Evaluation is available at any AMA centre. Drivers can register in person or by calling

1-800-642-3810.



## **Benefits of Not Driving**

When you first quit driving, it is normal to be frustrated. It can be a challenging situation, especially if you've been driving for most of your life. However, there are some benefits to not driving.

**Save money!** This one may seem obvious, but when you are no longer driving you are no longer paying to maintain and own a car. This includes your insurance, gas, registration, and any repairs your vehicle may need over time.

**Improve your health.** Without driving anymore, chances are you will be walking more as an alternative mode of transportation. Even if it's just an extra block, every little bit helps. And regular exercise has many of its own benefits, such as more energy, better sleep, and helping to manage symptoms and pain. Plus, exercise is good for your mind, mood, and memory.

**Meet new people.** Through ride shares and volunteer drivers, to other people who use the same mode of transportation as you do you can find your social circle expanding.

**Relax!** For many, when they stop driving they start slowing down. Enjoy your time waiting for public transportation or when someone else is driving. Since you no longer need to focus on driving you can relax and do other things, even just watching the scenery go by.

## **Transportation Tips for People Living with Dementia**

Accessible transportation is difficult and can be expensive. Many people live in areas that don't have access to public transportation.

Ideas to consider:

- Explore options for public transportation.
- Prioritize trips in order of importance to make them cost effective. If you have a doctor's appointment, consider taking a taxi.
- Look to see if there are any volunteer driver options in your community for necessities, like doctor's appointments and groceries.
- Ask friends or family for help. Make an offer to pay for gas or take them out for lunch in appreciation of their kindness. When you are still able to contribute, it makes it easier to ask the next time.
- Budget money by setting aside dollars that were previously spent on maintaining a car for future trips out.

## **Dementia Advice through Health Link (811)**

Specialized dementia advice is now available to help support caregivers and individuals living with dementia. Health Link staff can assess needs and provide immediate advice for concerns, 24/7. Callers can be referred to a specialized dementia nurse for additional support.

## Highlights 2015 - April 1, 2015 to March 31, 2016

### Partnerships

[Alberta Disabilities Forum](#) (ADF)- new members

[Wellness Alberta](#)- new members

[Enactus SAIT](#)- Financial Literacy- program delivery

[SCiP](#)- Serving Communities Internship Program- student placement edit Recognizing Abuse

[Credit Counselling Society](#)- Financial Literacy

[CNIB](#)- alliance

[EODA- Early Onset Dementia Alberta](#)- presented and moderated at fall conference

[AGNA- Alberta Gerontological Association](#)- presented and hosted display at annual spring conference

[CMA- Canadian Medical Association](#)- Demand a Plan- signed on

[Alberta Seniors Communities & Housing Association](#) (ASCHA)- received funding for outreach

[Lodge Activity Coordinators Association of Alberta](#) (LACAA) - keynote speaker at northern conference

[Johnson Inc.](#)- corporate sponsor

[Community Initiatives Program](#) – received grant to deliver outreach program

[Alberta Lottery Fund](#) - Casino Moneys

[Edmonton Social Planning Council](#)- presentation on Senior Friendly™ age friendly in conjunction with ESCC

[Edmonton Seniors Coordinating Council](#) - members

[Public Interest Alberta](#) - Seniors Task Force- representation

### Government Relations

[Alberta Dementia Strategy](#)- advisors

[Mental Health Review Committee](#)- Alberta Government- stakeholders

Meetings with former Seniors minister Jeff Johnson, Minister of Health and Seniors (MLA) Sara Hoffman, current minister of Seniors and Housing Lori Sigurdson

Attendance at the 25<sup>th</sup> Anniversary of the [Premier's Council of Persons with Disability](#)

Attendance at the [Dementia Friends Canada](#) launch with former Minister of State Health, Honourable Rona Ambrose

Submission to the [Rural Health Services Review](#) (region 2 provided input) led by former Minister of Health Mandel

[Advisory panel on Healthcare Innovation](#)- focus group participants

### In the News

Recognizing Fraud article published in Calgary Seniors paper

Interview on Recreation and Older Persons Edmonton Seniors paper

Articles about the work of ACA published in Toronto Council on Aging newsletters

Local papers featuring regional presentations and activities

Edmonton Journal - letter to the editor regarding tax deferral program

This is an excerpt from our 2015 Annual Report. The report is available on our webpage [www.acaging.ca](http://www.acaging.ca) in PDF format or you can call us for a hard copy.

Text in blue is a hyperlink, so click for more information.



## **49th Annual General Meeting**

Alberta Council on Aging held it's 49th Annual General Meeting in Calgary at the Kerby Centre on June 14. We were thrilled to be joined by MLA Craig Coolahan of the Calgary-Klein area and Cathie Christenson, Acting Manager of the Social Development Division of Calgary Neighbourhoods who brought greetings from the province and city, respectively.

We were also treated to an engaging presentation from Brenda Marra, TotalCardiology, who had everyone on their feet and performing a variety of exercises and stretches.

After lunch we were joined by guest speakers for a panel discussion, followed by Shannon Patershuk, Johnson Inc., who shared information on travel insurance.

It was an exciting, and full day!



Members  
participating in  
exercises led by  
Brenda Marra



Laureen Guldbrandsen and  
volunteer Brenda Josephs



Shannon and Bob Patershuk



Hazel and Adolf Knopp



Directors Gail Hiller, Jennifer Wrzosek, and Gary Pool



Cathy Burrell and Cathie Christenson

## 72-Hour Emergency Kit



No one knows for sure when disaster will strike, but we can all be prepared. Create your own 72-hour emergency kit, and you will have the necessary items to help you and your family until emergency responders can reach you.

### Ready-to-go Kit

Keep ready-to-go kit items in a backpack, duffle bag or suitcase, in an accessible place, such as a front-hall closet. Make sure your kit is easy to carry, and everyone in the house knows where it is. Take it with you if you have to leave your house so you can be safe.

- 4 L of water for each person
- food that you don't have to keep cold
- manual can opener
- plastic/paper plates, cups, knives, forks, spoons
- Flashlight, extra batteries and a whistle
- change of clothes
- card with emergency contact information and
- the number of someone to call who lives out of town
- pet food, water and supplies for at least three days for each pet you have
- small first aid kit
- personal ID card
- personal hygiene items, soap, hand sanitizer
- medicine you usually take

Remember to check your kit every 6 months to ensure everything is ready.

## Announcing Seniors Home Adaptation and Repair Program (SHARP)

Government of Alberta

The Seniors Home Adaptation and Repair Program (SHARP) will help senior homeowners to remain in their homes and maintain their independence by providing eligible seniors with a low-interest home equity loan to finance home repairs and adaptations. Examples of home repairs and adaptations covered under the program would be:

- widening doorways or hallways to increase accessibility
- installing walk-in tubs
- roof replacements
- plumbing and electrical repairs

SHARP will replace the home repair grants provided through the Special Needs Assistance for Seniors Program. A grant component will be available under SHARP to help lower-income seniors who do not qualify under the loan program, but require financial support for critical home repairs.

Information about the program is available on the Alberta Seniors and Housing [website](#) or by calling Alberta Supports 1-877-644-9992

## Social Media and Seniors

One of the best ways to battle age discrimination is to never stop learning and to keep up with technology. For the past 4 years I have been teaching adults what social media is, and how to use it to communicate. The majority of my students are over 50, but some are under 40, and some are 80+. What do they have in common? A curiosity, and a desire to learn.

I took a Social Media Fundamentals course through UBC Continuing Ed, and was immediately hooked. I hadn't attended University in 30 years, and I certainly didn't consider myself a 'computer-nerd' but for some reason I almost immediately recognized the possibilities of social media.

In the first class I learned that I could create a Facebook account and see what my old high school friends were up to. I could create a blog for free-choose a template, customize it, and blog about...FOOD! (I had always loved to cook.) Or I could create a Twitter Profile and follow people who had similar interests to mine, such as travel, fashion, food, and politics.

The first course I taught was called 'Facebook Basics', and after I got my laptop set up, and my big screen to work, I turned around to see 15 people, some with grey hair, some with laptops and some with paper and pen. We went around the room and I asked everyone to let me know what they wanted to learn, and why. The answers surprised me.

"I don't want to get left behind."

"My son won't show me how to get a Facebook page so I can see pictures of my grandchildren."

"I want to take a trip to Europe and keep in touch with my family in Canada."

"I want to know what Facebook IS, and why people keep talking about it."

Older adults are people. People who live in a society full of people who use computers every day for work, for sharing and for communicating. If my 3-year-old great nephew can use a tablet to play a game, I believe that older adults can learn what they want to learn to be able to do what they want to do on the same tablet.

It just might be time for a revolution...care to join me?

Cathy Burrell is a new member of ACA, Cathy teaches 'Social Media for Entrepreneurs', and 'Maximizing Your iPad' through Chinook Learning and 'Entrepreneurship after 50: Unlocking the Power of Social Media' at the ATB Entrepreneur Centre on 17<sup>th</sup> Ave SW. Cathy also teaches small classes on a variety of social media topics. Cathy is currently a Grad student at the University of Calgary.

[www.cavernretailconsulting.com](http://www.cavernretailconsulting.com)  
[cathy@cavernretailconsulting.com](mailto:cathy@cavernretailconsulting.com)





## Vegan Chocolate Cake

### Ingredients

- 1 1/4 cups flour
- 1 cup sugar
- 1/3 cup unsweetened cocoa powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 cup warm water
- 1 tsp vanilla extract
- 1/3 cup vegetable oil
- 1 tsp distilled white or apple cider vinegar

### Chocolate Glaze

- 1/2 cup sugar
- 4 tbsp margarine
- 2 tbsp soy milk
- 2 tbsp unsweetened cocoa powder
- 2 tsp vanilla extract

### Directions:

1. Preheat the oven to 350 degrees F. In an 8x8 square pan/dish, mix together flour, sugar, cocoa, baking soda, and salt with a fork, making sure it is really blended together. Add the water, vanilla, oil, and vinegar, and again, mix together so that it's really blended together. Use a spatula to scrape down the sides if necessary.
2. Place in oven and bake for about 30 minutes, or until a knife comes out clean. Cool on a rack completely (2 hours).
3. For the glaze, in a small saucepan, bring sugar, margarine, milk, and cocoa to a boil. Stir frequently; then reduce heat to a simmer for 2 minutes, stirring constantly. It'll look gloppy, but it's just the bubbles! Remove from heat and stir for another 5 minutes.
4. Add vanilla, stir, and immediately pour onto cake. Glaze dries really quickly, so spread it immediately. Let this cool for an 1 hour, if you can wait that long!
5. Add a beautiful and festive topper of edible summer flowers, such as sunflower, borage, violet, squash blossoms, snapdragon, petunia, pansy, hibiscus, marigold, or nasturtium!





## Driving... A Privilege or a Right?

By Donna Durand

He started driving at ten years of age. The Second World War was raging and his father's helpers in the car repair garage had gone off to serve. Young Kippy became the courtesy driver when customers needed a ride to and from the garage. The tips for this service could at times be quite unusual. One time a wide eyed young Kippy watched a customer chase down, and chop the head off of two chickens for Kippy to take back to his family.

Much later in life Kippy received his mechanic papers. He always had a skill for figuring out what was wrong with a vehicle and how to fix it. He also very much enjoyed the act of driving and was never in an accident more serious than a fender bender. No one asked him to quit driving, however after health

"I knew my reaction times had slowed as well as my ability to predict oncoming events. My physical strength just wasn't what it had been. I had a heart valve repair that made me realize something fatal could happen to me while I was driving."

challenges that left him feeling medically unfit for driving; he never sought to renew his license.

Kippy, now known as Kip, fought his way through his health crisis. Following surgery and once his medications were reviewed, his health slowly started to improve. He resumed taking his neighbourhood walkabouts, yet he stuck to his decision to cease driving. He decided to end his driving career on a high note.

Kip's wife, Mary, has taken to driving more often than she once did. Kip recommends people consider making some life changes as they did as a couple. Several years ago, they moved to congregate housing that brought them closer to the amenities they needed such as the grocery store, pharmacy, banking, and their clinic. Kip reflects historically the condition of the roads improved, and taxis, buses, trains all became possible modes of transportation. But he is currently dismayed by the decline in these services, especially in the rural areas.

Possible solutions to this challenge include government subsidies to public transportation, improved walkability in communities, and individuals reaching out to family and friends to ask for help when they need it.



## **Regional Reports**

### **Region One (Northwest)**

Region 1's Annual General Meeting was held on April 12 with Donna Durand as a guest presenter. During the meeting, Jennifer Wrzosek was named the new chairperson and director and Gail Prette as member at large.

On May 12, I gave a presentation to Northwestern Alberta Retired Teachers' Association, sharing information about Alberta Council on Aging.

During Senior's week, an information table was set up at the Senior's Fair in Grande Prairie.

On June 1, Gail and I attended the Alberta Health Open House on reviewing regulations for nursing homes and co-ordinated home care programs. Interesting conversations were held with many stakeholders interested in seniors' care.

I attended the June board of directors' meeting in Calgary as well as ACA's annual general meeting. Martha Dawson presented Recognizing Fraud to the Peace Adult Learning Society to about 20 seniors. A toolkit for the presentation was shared with the Rycroft Senior's Centre.

Respectfully submitted,  
Jennifer Wrzosek

### **Region Two (Northeast)**

Our most important event was the Region Two Annual General Meeting. Held June 15 in St. Paul at the Centennial Senior's Centre with attendance of 86 seniors. We had representatives from Bonnyville, Lac La Biche, Fort McMurray, Athabasca, Smoky Lake, Elk Point, Redwater and

St. Paul. Guest speakers were MLA Dave Hanson, and MLA Tany Yao.

Issues addressed were Bill 5, health care and housing for seniors, transportation for seniors in rural Alberta and ambulance services, especially in rural Alberta, and the carbon tax, how will it affect seniors.

We are advocating for rural Alberta hospitals of 100 beds or less to be able to run their facilities, under the governance of Alberta Health Care, managing their own health centre at a great cost benefit. We provided input into the Nursing Home and Homecare regulations that are up for review and update, as regulations will expire in 2017.

We received comments from representatives of communities in Region Two that Senior's week was action packed and events well attended in all areas. There was a good response from the MLA's and many questions fielded from the floor. Both MLA'S encouraged the need to address these issues by writing or contacting the government.

Our common concerns and complaints are: At the government level, the many layers of bureaucracy that one has to go through and it is so long before there are any results and the need for Alberta Council on Aging to advocate our concerns to government level.

Diana Anderson resigned as Region Two Director with Paul Boisvert of St. Paul accepting position. Thank you, Diana, for all your hard work.

Respectfully submitted,  
Theresa McNamara, Communications Officer

## Region Five (Central)

Region 5 has held the following events since my last report:

General meeting April 5 at the Golden Circle, Red Deer:

- guest speaker Harrison Blizzard, a dietitian from AHS Community Health, spoke on food cost challenges, food myths, and cooking for one.
- 70 attendees

Pancake breakfast on June 12 at the Golden Circle, Red Deer:

- In conjunction with the Golden Circle senior's week events
- Over 200 served

Board meeting May 3:

- Outreach initiative for Region 5 reported on visit to Penhold senior's centre
- Invitation received from Delia seniors

Dolores Ast, Sandra Smyth, Vernie Munroe and I attended the ACA Outreach seminar on April 27 in Edmonton.

Barring any urgent issues, we plan to take the summer off. The next board meeting is scheduled towards the end of August.

Respectfully submitted,  
Ron Rose

## Region Six (Calgary and Area)

Thanks to the many ACA members who attended the Annual General Meeting sponsored by Region Six on June 14, 2016. Your comments show that it was a positive experience. The formal part of the meeting was well received (thanks Fred for taking us through the required process). The informal program began with exercise and tips on heart health followed by a delicious lunch served by the Kerby Centre kitchen. The afternoon sessions continued with information on options for future residences, downsizing and moving. Johnson Inc. brought forward information on their insurance products.

Special thanks to the Steering Committee, Brenda, Doris, Hazel and Lynn, for the many hours volunteered to making the AGM a great experience.

Thanks as well to other Regions, Johnson Inc., and others who contributed items for the many door prizes. All members present at the time of the draws went away with at least one or two gifts.

The next few months will feature presentations in Okotoks on Let's Talk Dementia and Recognizing Fraud. We will continue efforts to revitalize Region Six.

Respectfully submitted,  
Frank Hoebarth

???

This could be you!

---

Are you passionate about improving the quality of life for seniors?

We have an opening for a regional director in Region 7 (Lethbridge and Area).

If you're interested, please contact us for more information!

## Region Nine (East Central)

During Seniors' Week I had the pleasure of attending the Seniors Wellness event in Wainwright. There were a number of displays and information tables ranging from housing to finances. Three of the presentations were on Pharmacy Tips, Recognizing Elder Abuse, and Dementia. One of the highlights of the day was meeting ACA members from the south east area of Region 9.

Having conversations with seniors and ACA members alike I am hearing that some of the more prevalent concerns are:

- concerns that funding of programs providing supports to seniors to enable them to reside in their home as long as possible will keep up to the demand
- the availability of transportation resources that would enable them to attend medical appointments with medical specialist's that are not available in their local health centres

Also, during Seniors' Week the Senior Citizens Sunshine Club of Vegreville hosted their annual Seniors' Week pancake brunch. This year, like last year the people attending the event were served by a delightful group of young people from one of our local high schools. The young people have asked if they could be part of next year's event.

The project that myself and Nick Chrapko, Region 9 president, along with other community partners, are still involved with is setting up a ride share program. We are still hopeful that we will have most of the kinks worked out by the start of 2017.

At the beginning of April, I was approached by a \*LGBTQ representative from a local high school in

conjunction with the \*\*MODEL Project. I was asked if the Senior Citizens Sunshine Club of Vegreville would partner to set up the Safe Haven program. After two meetings and information gathering sessions the group decided to meet every Tuesday from 3:30 to 5pm. The number of participants has increased from four to a current number of nine and they range from 16 to 76 years of age.

Just last week we had the wrap-up of Operation Garden Weasel. The participating partners were the four schools in Vegreville, Amanda from the MODEL Project, Constable J the Community Resources Officer from the Local RCMP and the Senior Citizens Sunshine Club. The program consisted of six seniors mentoring six junior high school students who in turn mentored eight grade 5 and 6 students. Some of the projects were building a bench with flower planters, a large outside bulletin board, and creating six outdoor containers in which we planted peas, carrots, tomatoes, pumpkins and numerous flowers. The challenge now is, who is going to get the first taste of the new crop of peas...

Respectfully submitted,  
Dwayne Hlady

\*Lesbian, Gay, Bisexual,  
Transgender, Queer

\*\*Mentors Opening Doors  
and Enriching Lives



Dwayne Hlady proudly displays Region 9 door prize at AGM

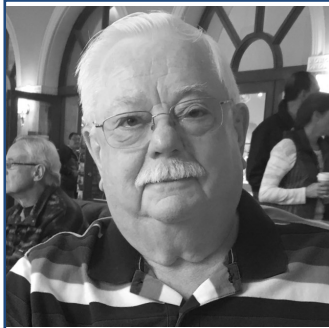


## Meet Your **New Board Members**



### **Jennifer Wrzosek** - Region One (Northwest)

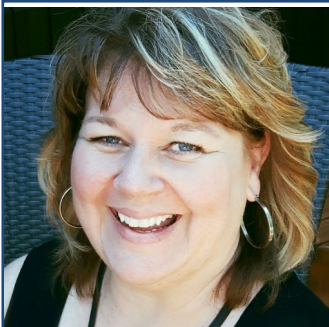
Jennifer is a retired teacher and school board member. She is actively involved in her community with the food bank, Development and Peace social justice committee, schools and is a retreat facilitator. Jennifer is married with four children, and five grandchildren. She loves to travel, garden, read and write.



### **Paul Boisvert** - Region Two (Northeast )

Paul was born in Legal, Alberta, but for the past 70+ years has resided in St. Paul. He served 2 years on the Board of the National Pensioners and Seniors Federation of Canada.

"I look forward to serving both the senior and general populations of Alberta."



### **Charlene Sitar** - Region Three (West Central)

Charlene was born and raised in Hinton, Alberta. She is currently working in the Yellowhead Region as Regional Elder Abuse Prevention Coordinator on contract through the coordinated community response grant program.

"I look forward to working with Alberta Council on Aging in their on-going efforts to improve the quality of life for seniors in our province."

## **Office Transition**

**!** We are in the process of moving our office from a physical location to a virtual one. Our files are being digitalized and we are looking at several options. We will remain in our current location until August 31. All mail can now be addressed to us at our new address:

**•** PO Box 62099  
Edmonton, Alberta T5M 4B5

## **Thank You for Your Donations**

- Evelyn Fleming
- Kathleen Dier
- Laurence Younker
- Moneca Wilson
- Olive Moore
- Roy and Erma Wilson
- Susan and Giovanni Moscardelli
- And all of our anonymous donors

## Taking the Hassle Out of Travel

For many Canadians, summer means travel. And whether you're planning a long trip or just a long weekend away, you'll enjoy it a lot more if you're ready for anything. So to help you leave your worries on the doorstep, here are some tips to make your next trip stress-free.

### Buy insurance

Purchasing adequate travel medical insurance will give you the peace of mind and protection you need when travelling. Take note of the insurer's important toll-free numbers and take them with you, in case you need to call for service or file a claim during your trip.

### Make sure someone knows where you are

Always leave a copy of your itinerary with reliable friends and family members, along with addresses and phone numbers where you can be reached while away.

### Check your passport

... especially if you haven't dusted it off in a while. Make sure your passport is valid and current. It's a good idea to make sure that your passport expiry date falls several months after you intend to leave the country you're visiting; in fact, some countries require it. If you need to apply for a new passport or renew your old one in a hurry, Passport Canada offers an expedited service.

### Do your research

Before you leave, check to see if there are any official government travel advisories, new visa requirements or other bits of useful advice related to the country you're visiting. You can find it all at [www.travel.gc.ca/travelling/advisories](http://www.travel.gc.ca/travelling/advisories).

### Travel-proof your home

- Make sure your home alarm system is working and monitored.
- If you're going to be away for more than a few days in a row, ask a family member or a friend to check on your home daily. This can discourage burglars or help identify a problem — like a plumbing leak — before significant damage is done.
- Install light timers to make your home look occupied.
- Don't let your mail pile up. Have a neighbour pick it up regularly for you. Or stop delivery of your newspaper and ask that your incoming mail be held at the post office.
- If you plan on being gone for a couple of weeks or more, empty and unplug your refrigerator and leave the doors open to prevent odor and mildew.
- Don't communicate your travel dates on social networking sites. You never know who might be watching.

### Protect your health

- Visit a clinic to get any required vaccinations if you're going abroad.
- Renew your prescriptions and make sure you take an extra supply in case you're delayed. Take medications in your carry-on baggage rather than in checked suitcases in case your luggage gets lost.
- Take a written list of your important prescriptions, and any other relevant information on your medical history, in case of an emergency.

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](http://www.johnson.ca).

## 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
- Subscription to the ACA News—published quarterly
- Meaningful volunteer opportunities
- Eligibility to apply for Johnson Inc. MEDOC travel insurance

<h3><u>Alberta Council on Aging Membership Form</u></h3>			
<b><u>Membership Type</u></b>		Membership Number	
<input type="checkbox"/> Household (\$22)	<input type="checkbox"/> Life (\$250/person)	_____	
<input type="checkbox"/> Organizational (\$60)	<input type="checkbox"/> Corporate (\$200)	\$ _____ Donation	
<input type="checkbox"/> If you receive MEDOC Travel Insurance the fee collection will be handled through Johnson Inc.		Tax receipts will be given for donations over \$20.00	
Name/s: _____			
Address: _____			
City: _____		Province _____	Postal Code _____
Phone # _____			
Email _____			
<input type="checkbox"/> Check here if you wish to receive occasional electronic communications			
<b><u>Newsletter</u></b>		<b><u>Donations</u></b>	
<input type="checkbox"/> Electronic Newsletter	<input type="checkbox"/> Hardcopy Newsletter	<input type="checkbox"/> Name Published	<input type="checkbox"/> Anonymous
<b><u>Payment Method</u></b>			
<input type="checkbox"/> Cheque	<input type="checkbox"/> Cash	<input type="checkbox"/> AmEx	<input type="checkbox"/> MC
		<input type="checkbox"/> VISA	
Card #: _____		Expiry: _____ / _____	

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**Alberta Council on Aging**  
An Independent Non-Profit Charitable Organization Since 1967



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\* A 90-day Health Stability Clause applies to pre-existing medical conditions and other restrictions may apply. Policy wordings prevail.

\*\*\*"You Deserve MORE" Contest (the "Contest") runs from Aug 1/15 to July 31/16. Contest open to persons who, at the time of entry are: (i) members of a recognized group as defined in the Contest rules, (ii) resident of Canada (excluding QC, NU) and (iii) of the age of majority in their province of residence. Other eligibility criteria apply. No purchase necessary. One prize of \$25,000 CAD available to be won. Chances of winning depend on number of eligible entries received. Skill-testing question required. Full contest details at [www.johnson.ca/deservetravel](http://www.johnson.ca/deservetravel). 0194\_16