

ACA News

Spring 2019 | Vol. 51 No. 4

Alberta Council on Aging

working to improve the quality of life for seniors



Your eyes and overall health connection page 23

#LetsStopAgeism campaign page 12

Provincial Election April 16



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Did You Know?

Canada's new food guide only has three food groups, not four
Page 22

Eye Health

Dr. Brody teaches patient about good eye health
Page 23

Feature Artist

Adèle Fontaine grew up in St. Paul and has lived in Edmonton most of her life. She was married to Normand Fontaine for fifty-three years
Page 26

Have You Renewed
Your **Membership** for 2019?

Page 31



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

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Executive Director:	Donna Durand
Outreach Coordinator:	Laureen Guldbrandsen

We value your membership!

Contact Us Today

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[Table of Contents]

President's Report	5
Upcoming Events	6
Executive Director's Report	7
AGM Poster	8
Alberta Council on Aging Input to the 2019 Provincial Government Budget. . . .	9
Transition to Retirement	10
Senior Friendly™ Moves Into the 21st Century: Let's Stop Ageism Campaign . . .	12
Improved Seniors Affordable Housing	14
Self-Care Strategies to Support Your Mental Wellbeing	15
Canada's New Food Guide	16
Your Eyes and Overall Health—It's All Connected	17
Betty Loree: Senior Friendly™ Advocate	18
How the pan-Canadian Pharmaceutical Alliance Works	20
Regional Reports	22
Region 2	22
Region 5	23
Region 7	23
Seniors Task Force	23
Meet Your New Board Members	25
Poem: From My Sundays with Normand	26
Five Tips for Pain-Free Plane Travel	27
What Have We Been Up To?	28
2019 Provincial General Election	29
Donations	29
Recipe: Pomegranate Spinach Salad	30
Membership Form	31

CELEBRATING AND EXPLORING
THE THIRD ACT OF LIFE



THIRD ACTION

 | FILM
FESTIVAL

JUNE 7-9, 2019

GLENBOW MUSEUM THEATRE
CALGARY, ALBERTA



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President's Report

At our Board meeting in March we welcomed four new members: Paul Boisvert (Region 2 - St Paul), Rita Loken and Sue Lafferty (Region 4 - Edmonton), and Pat Santa (Region 7 - Lethbridge). I look forward to working with our new directors.

In January I received an invitation from Minister of Seniors and Housing Lori Sigurdson to participate in the provincial budget deliberations. I deferred to Executive Director Donna Durand to make the trek to downtown Edmonton. With input from board members, I prepared our recommendations and forwarded a letter to the Minister of Finance Joe Ceci. Key points included:

- Helping seniors age in place and in community
- Promoting a seamless continuum of care for health and personal care facilities
- Ensuring standards are developed and followed for hospital care, home care and continuing care
- Applying the *Protection for Persons in Care Act* to all health services
- Expanding Home Care services to improve patient safety and enable aging in place
- Ensuring quality care based on best practice for all providers - public, P3, non-profit and private

In February, Community Outreach Coordinator, Laureen Guldbrandsen and I participated in a webinar: *"How to Use Social Media to Raise Money Online"*. We learned that sharing people's stories

seems to have the biggest impact.

The Board continues to work on a Strategic Plan to guide Alberta Council on Aging through the next five years. A major goal of the plan is to establish clarity in structure and organization of ACA.

In March, Region 4 directors and I met with Evan Romanow, Assistant Deputy Minister, Seniors and Housing. In his role, Evan is interested in building a strong network of stakeholders throughout the province that can provide diverse perspectives on issues that seniors are facing now, and how to address the challenges that an aging population poses in the future.

The provincial election has been called for April 16th.

Will the candidate you are considering, consider you as you age?

Respectfully submitted,
Ron Rose



Ron Rose and Evan Romanow

[Upcoming Events]

April

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

April 16—Provincial General Election

April 24—Let's Stop Ageism Vlog (very short videos), to follow go to www.acaging.ca

April 25—Meeting with ASCHA

May

May 2—Living Stronger Longer, Beaumont

May 2—Meeting with GeriActors

May 6—Senior Learning Day, Redwater

May 8—Age Friendly Community of Practice Meeting

May 12—Mother's Day

May 13-14—Board of Directors Meetings and Orientation for New Board Members

May 15—Primary Health Care Integration Network Coalition for Integration

May 26-June 1—National AccessAbility Week

May 29—Let's Stop Ageism Vlog, to follow go to www.acaging.ca

June

June 1—Victims and Survivors of Crime Community Fair, Blackfalds

June 3—Wellness Conference, Buffalo Lake Métis Settlement

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

June 7-9—Third ACTION Film Festival, Calgary

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

June 12—Age Friendly Community of Practice Meeting

June 15—World Elder Abuse Awareness Day

June 16—Father's Day

June 21—National Indigenous Peoples Day

June 22—Health Fair at Central Lions Recreation Centre, Edmonton

June 26—Let's Stop Ageism Vlog, to follow go to www.acaging.ca

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

July

July 1—Canada Day

October

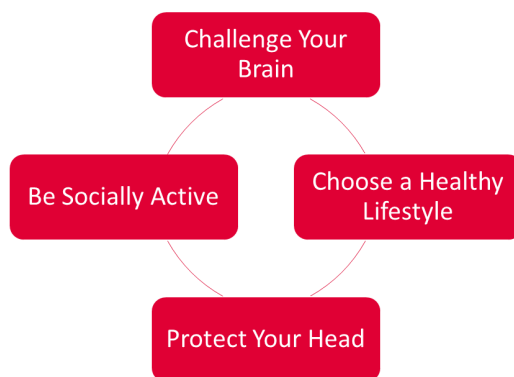
October 1—International Day of Older Persons

October 1—Media Launch of Let's Stop Ageism Campaign

Date TBD—Wellness Conference, Forestburg

Executive Director's Report

Almost a decade ago, I was introduced to Alzheimer Canada's *Heads Up* Campaign. I loved delivering the program in community. It is a visually appealing and engaging campaign and most of all it is based on practical things we can individually strive for to build and maintain good health.



It is common to hear these same messages in present day campaigns.

Brain Health ★ Eye Health ★ Heart Health ★ Mental Health ★ Healthy Aging

Research is in showing the fundamental building blocks to overall good health is often the same no matter the condition, ailment, disease.

What is not clear, is – are people able to apply these principles to healthy living/aging? Do people living with various conditions: low income, low education, chronic illness also enjoy good quality food, exercise, socialization? What are the barriers preventing every older Albertan from enjoying a good quality of life?

As you know, we are days away from a provincial election and months away from a federal election. Think about what your candidates are planning to do and budget for, to ensure Albertans have access to fresh food, air, water, outdoor experiences, age and dementia friendly communities, medications, rehabilitation, transportation, health services, etc. Listen for talk of budget cuts that will reduce access to the fundamentals to well being from learning opportunities, mental health services, caregiver support, affordable housing. If we don't have the necessary resources from education to finances, all the information on healthy aging in the world will not increase quality of life. Be engaged! Exercise your vote and keep seniors' issues and concerns at the forefront of the election campaigns!

Respectfully submitted,
Donna Durand

Alberta Council on Aging

52nd Annual General Meeting

Thursday, June 27

1:00 PM—4:30 PM

Golden Circle Seniors Resource Centre

4620 47A Ave, Red Deer



Guest speakers:

Your Eyes and Overall Health—It's All Connected

Alberta Association of Optometrists

Q & A on Cannabis

Gail Foreman, Alberta Health Services

Update on Johnson Inc. Products—Jessica Simpson

Business Meeting • Refreshments

Door Prizes



Hosted by Region 5
Central Alberta

RSVP

780.423.7781 Toll Free: 1.888.423.9666 office@acaging.ca

[Government]

Alberta Council on Aging Input to the 2019 Provincial Budget

Dear Mr. Rose:

The Honourable Rachel Notley, Premier of Alberta, has forwarded a copy of your February 5, 2019, letter regarding recommendations from the Alberta Council on Aging and the 2019 provincial budget. Premier Notley has asked me to respond on behalf of our government. Thank you for sharing your recommendations for Budget 2019.

This government values having the health and social supports and services needed to live safely and independently in your home and community for as long as you wish and are able. The government offers many programs and services to support aging-in-place and within the community in the forms of seniors financial assistance programs, such as: the Aging Well in the Community grant program, affordable housing programs, Dental and Optical Assistance for Seniors, Alberta Aids to Daily Living program, Alberta Seniors Benefit program, Property Tax Deferral and the Seniors Home Adaptation and Repair program.

Alberta Health has several initiatives underway to expand home care services. Our government is expanding services that home care provides to help with activities of daily living. We are working to support care teams that may include a nurse, social worker, occupational therapist or physiotherapist. All of these programs are designed to support healthy aging in place.



Honourable Joe Ceci

Alberta Health Continuing Care Standards are in place and are designed to ensure supportive living and long-term care operators provide quality services to residents. Alberta Health monitors all supportive living and long-term care accommodations for compliance with these standards. We also work with all operators to support the sharing of best practices and enhance care.

My colleague, the Honourable Sarah Hoffman, Minister of Health, hosted a round table related to budget, where care for seniors was featured prominently. The input from that discussion, along with your thoughtful recommendations, will be considered in budget deliberations.

Our government believes in, and actively supports, the well-being of seniors. Older adults continue to be a top priority for this government, and this is reflected through significant investment in multiple programs, services and infrastructure in past budgets, and honouring their contribution, through showing them respect with responsible and meaningful programs and policies will carry on in Budget 2019.

Thank you for taking the time to write.

Sincerely,

Joe Ceci

President of Treasury Board, Minister of Finance

The Transition to Retirement

By Sharon Giffen

Retirement. That word may inspire excitement and longing, or fear and dread—or perhaps a combination of all those feelings. Regardless of how you think about retirement, planning ahead will make an important transition in life more predictable and manageable.



In navigating the transition from full-time work to full-time retirement, there are many paths that may be before you. The experience of walking out of the office with a gold watch and a fat employer-provided pension to live a life of leisure is not as common today as it once was, and may be even less so in the future. Many people will plan an easing from one life to the other, while others will find it thrust upon them—perhaps by restructuring at the office, the need of a loved one for living assistance, or personal health challenges.

If you are in the fortunate position of being able to plan your transition, engaging your employer in that plan may facilitate a gradual shift in working hours. Experienced workers have a great deal to offer—as an internal consultant, coach or mentor to younger workers, or on projects. The decrease in hours may take place over a year or two, or much longer if that suits both parties. Clearly having the support of your employer is key to a transition of that nature.

Regardless of how you get there, once out of the workforce, you have the opportunity to fill your time on your terms. Key considerations should include:

- **Financial health.** There are many choices to be made about Registered Retirement Savings Plans, Tax-Free Savings Accounts, Registered Pension Plans, Canada Pension Plan and your non-registered investments. A good financial planner specializing in retirement will be able to help sort through all the pieces and will help set a solid financial foundation.
- **Physical health.** If in good health, you will want to maintain (or enhance) your physical state. You will have time to ensure your food choices and your level of activity provide the balance that works for you. If you are experiencing health challenges, you will have the time to make recovery a focus.
- **Spiritual health.** Consider that you will no longer have colleagues around you every day; no boss to rate your performance and no direct reports looking to you for advice. You will need to have something in your life to provide self-actualization.
- **Intellectual health.** Keeping the mind busy is believed to keep it healthy, so what will you do to keep engaged in something that challenges your intellect? For many, this will mean continuing to do work as a business professional whether the work is for pay or on a volunteer basis.

Retirement planning is really the challenge of bringing all of this together and finding what will fill your days with enjoyable and fulfilling activities while maintaining financial viability. Many will spend some time in early retirement continuing to work for pay. This may include:

- Independent consulting. Requires the structure and discipline to deliver on assignments for client satisfaction.
- Coaching or mentoring. Staying in touch with a next generation may keep you connected with the ever-evolving world of work.
- Joining a board of directors. Requires acceptance of the liability that goes with board work and commitment to the hours and schedule required.

If working for pay is not appealing or necessary, there are also many ways to spend your time that will fulfill your needs. The sky is the limit on the possibilities. As Roberta Bondar (Canada's first female astronaut) said: "Exploration is not something you retire from. It is a part of one's life ethic." Some ideas include:

- Take a hobby or cause to the next level. Can you take lessons to get better at it? Can you teach others to enjoy it?
- Focus on travel. Research your destinations; find out how the locals live; give something new a try. Travel no longer has to be a quick week between deadlines, with omnipresent cell and email access—you can truly unplug.
- Write. Share your views in a blog. Write that novel you have dreamed about all these years.
- Volunteer with your local church, community center, arts organization, school or a favoured charity—your skills may well be highly valued.
- Volunteer with your professional organization. There are opportunities to get involved at whatever time commitment you are willing to make.



There are many pursuits that can fulfill the needs for physical, spiritual and intellectual health. With a bit of advance planning, you may find that you are soon so busy, you wonder how you ever found the time to work!

Senior Friendly™ Moves Into the 21st Century: Let's Stop Ageism Campaign

On February 15 Alberta Council on Aging was approved for grant funding through the Aging Well in Community Grant program. This funding is to provide support to develop and deliver the Let's Stop Ageism awareness campaign that will run for at least three years.

Ageism is defined as the prejudice or discrimination against an age-group... especially seniors. The notion is that older people are less valuable to society and less eligible for human rights.


Human rights do not, should not, diminish with age

Let's Stop Ageism awareness campaign addresses ageism head on and promotes community members of all ages to interact, accept, embrace and celebrate older people. It incorporates digital and live programs utilizing social media, webinar, blog, Language Decoded resource and pop up events, in partnership with other organizations such as the Canadian Cultural Mosaic Foundation, Third Action Film Festival, SkirtsaFire Festival, Alberta Parks and Recreation Association and of course—Age friendly Community of Practice!

Many years ago, before World Health Organization announced Age friendly Communities, Alberta Council on Aging set out to address the impending age wave through the implementation of the Senior Friendly™ program. At the core of the philosophy and training is the teaching on ageism: how ageism negatively affects personal well being and how it impacts on public policy, programs, services and ultimately quality of life. Paralleling this is the teaching that aging is a continual and natural progression of life. Older people have much to offer society.

Alberta Council on Aging is aligned with the Seniors Ministry and the Office of the Seniors Advocate as having identified ageism as a priority area in addressing systemic and cultural trends and barriers to the well being of older persons. Seniors will live much more safely and independently in community when the perspective on aging is predominantly a positive one.

Research shows ageism leads to the harm of older persons. Research depicts how children form ideas about older people and the aging process early on in life. Also noteworthy is older people themselves often perpetuate myths, biases and stereotypes about aging. The literature states this is one of the reasons why ageism is rampant and unchecked.



Awareness raising moves subconscious thought to conscious thought.
It helps shed light on what we think (stereotype), feel (prejudice) and how we act
(discriminate) toward older people.

We believe in order to influence change, we need to be broad in our collaborations as we address ageism and inclusiveness. As this campaign continues, we will witness the transformation of the Senior Friendly™ program as it grows in to the next evolution, utilizing the mechanisms of social media and the expertise of the young and the old.

#LetsStopAgeism together. Now.

The ultimate **aim** of the Let's Stop Ageism Campaign? Ageism is **stopped**. Not reduced. **Beyond** being addressed. We wouldn't reduce racism, ableism, sexism. We **stop** it!

How **can you help**?

Join Our Advisory Committee

People of all ages will be a part of creating strategies to ensure everyone in society is offered human rights.

Become a Presenter

We are looking for seniors to co-present on Let's Stop Ageism with millennials and Generation X. Working together with the generations presents a clear message about stopping ageism.

Share Your Stories

Alberta Council on Aging would like to share your experiences with ageism through our vlog, blog, social media and newsletter.

Join Us at Events

We will be presenting on the topic of Let's Stop Ageism throughout the province. Keep an eye out for a presentation in your area. Or request a presentation and host an event!

Contact: office@acaging.ca 1.888.423.7781

Improving Seniors Affordable Housing

Seniors Advocating for Seniors—Dick Tansey, Ann Gougeon, Paul Stocker, Ireen Slater, Don Diack

Safe, adequate, affordable housing is an investment in good health

Seniors Advocating for Seniors (SAS) is a recently formed advocacy group with many combined years of experience advocating for seniors on matters that affect their everyday life. The issue being addressed with this report is seniors Subsidized Housing/Affordable Housing which is currently considered urgent to all levels of government.

Due to an insufficient supply of low cost rental housing units, high rent costs and shortage of subsidized housing, many seniors are caught in a gap between fixed income and high costs of housing which denies them suitable, adequate, affordable and safe housing within their financial means. When coupled with increased demand (senior demographic) and the fixed nature of income for seniors as well as increased cost of living the result is approximately 150,000 seniors are increasingly squeezed between costs of living and available income. There are few and, in many cases no, options for seniors to improve their income situation. As a result, and based on extrapolation from the Capital Region Housing Report (2016), approximately 15,000 seniors in Alberta are paying more than the Housing Cost Burden (HCB) for housing which causes them significant economic hardship.

Providing affordable housing is a valuable strategy to support and improve well - being. It is important for policymakers to understand that safe, adequate, and affordable housing is not just shelter but also an investment in good health for low-income households.

To request the full paper contact seniorsadvocatingseniors@shaw.ca



[Health]

Self-Care Strategies to Support Your Mental Wellbeing

From McMaster University



Flexibility



Mindfulness



Togetherness

Mental illness can affect individuals of any age, including older adults. Common mental illnesses include depression and anxiety. Depression and anxiety may stem from a stressful (working) environment or from loneliness or social isolation. These mental health issues affect physical health, emotional and social well being, and overall quality of life. Supporting mental health is a critical consideration to the healthy aging process. The good news is, in addition to the treatments recommended by your doctor, the following self care strategies may help:

- Stay active - Exercise can help to reduce the symptoms of depression
- Practice mindfulness - Mindfulness-based cognitive therapy helps to prevent relapses among people with recurring depression
- Share memories - Reminiscing in groups led by a trained program facilitator can help reduce feelings of loneliness and depression
- Companion animals and animal-assisted therapies - Companion animals and animal-assisted therapies can improve the physical and mental health of older adults, and animal-assisted therapies appear promising to alleviate loneliness among older adults
- Participate in the community - Community activities such as volunteering promote a sense of accomplishment, breaks isolation, and improves physical and psychological health

Canada's New Food Guide

Health Canada

Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.

Be mindful of your eating habits

- Take time to eat
- Notice when you are hungry and when you are full

Cook more often

- Plan what you eat
- Involve others in planning and preparing meals

Enjoy your food

- Culture and food traditions can be a part of healthy eating
- Eat meals with others

Make it a habit to eat a variety of healthy foods each day

- Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often
- Choose foods with healthy fats instead of saturated fat
- Limit highly processed foods. If you choose these foods, eat them less often and in small amounts
- Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat
- Choose healthier menu options when eating out

Make water your drink of choice

- Replace sugary drinks with water

Use food labels

- Be aware that food marketing can be misleading, so read the labels



More information is available at
food-guide.canada.ca/

Your Eyes and Overall Health– It's All Connected

Alberta Association of Optometrists

“Maintaining vision helps enable seniors to continue enjoying life’s special moments; it’s about playing with grandchildren and keeping up with friends,” said Edmonton optometrist and president of the Alberta Association of Optometrists, Dr. Troy Brady. This is why it’s important to visit an optometrist every year for a comprehensive eye exam. Alberta Health covers the cost of annual exams for anyone aged 65 and older.

“Visual acuity, colour and depth perception, sensitivity to glare and balance are all [important] factors,” said Dr. Brady. Annual eye exams are crucial for preserving sight and protecting overall health. Optometrists can look inside the eyes to detect hidden conditions that may not have early signs and symptoms, including cataracts, glaucoma and diabetes.

“When eye-related conditions and diseases are detected early, it significantly increases the chances of saving the patient’s sight,” said Dr. Brady. “The best thing to do is book an eye exam at the same time as your annual check-up with your doctor and dentist.”

Did You Know?

Alberta Health covers the cost of annual EYE exams for anyone aged 65 and older.

Simple actions people can take to improve their vision include:

- keeping rooms well lit;
- using high wattage bulbs;
- using nightlights or motion sensors in the bathroom and hallways;
- wearing sunglasses – in every season;
- marking the edge of stairs with coloured paint or treads;
- keeping lighting similar in every room; and
- speaking with your optometrist about multifocal lenses

Be sure to discuss any changes to your eyes or vision with your optometrist.

Albertans can find an optometrist in their community by visiting optometrists.ab.ca/findanoptometrist.

[Volunteer Appreciation]

Betty Loree: Senior Friendly™ Advocate

By Donna Durand

Betty Loree was one of two trainers for Alberta Council on Aging's Senior Friendly™ program in 2012. She had recently retired from civic service where she was known to be the heart and soul- the soft spot of city hall. Betty wasted no time in insisting Alberta Council on Aging take up the challenge of ensuring the wellbeing of the Senior Friendly program. "What is your plan?" and "Okay then, let's get cracking!" It soon became apparent that Betty did not mean the royal we when talking about "let's get cracking". This is her legacy.

Roll up the sleeves. Pitch in. Help out. Challenge the status quo.

New York city was starting to work on age friendly initiatives. Betty was sponsored by her employer to learn about the movement from a personal account. One of the things that impressed her most was how small changes can go a long way in removing barriers. Heavy doors can be propped open. Letters on signs can be made bigger. In a store or restaurant, music can be set to be in the background rather than foreground. Betty caught on quickly that what would make the biggest difference in making the world more user friendly, especially for older people, would be attitude.

**I am here to help. I am here to remove barriers that are
negatively impacting Your quality of life.**

Attitude is everything!

Betty returned to Edmonton fired up and ready to go. She received training from Alberta Council on Aging. She found the senior clientele were very receptive to the program.

When then mayor Stephen Mandell asked Betty to tell him more about the program... she trained him. Although this took place in the mid 2000's Edmonton transit still uses this program to train the new bus drivers. At one time most or all of the staff working with Alberta Seniors, also were trained in the Senior Friendly™ program.

When Betty reflects on the greatest teaching of Senior Friendly™ she notes:

Older people have value. A lot to offer. Relevance.

Betty is saddened by the fact age is still judged and feared. She feels at times the world is moving so fast there is no way for an older person to keep up. Keep up or get out, tends to prevail. So here she is- still pushing against the status quo. And still working at maintaining good health through diet, exercise, socialization and challenging her brain to learn new things!

Seniors also need to learn about being Senior Friendly, states Betty. Be open to new experiences. Be open to learning new ways of doing things. Be inclusive as you want to be included. Never put yourself down for being old. Take a stand- be part of life. Take a refresher drivers course. Is your community or senior center unwelcoming? “Break the bubble... Be the change”- sign up to be a meet and greeter.

Betty Loree in one sentence:

Work ethic? This citizen is my livelihood. Volunteer credo? This person connects me to my humanity.



Linda Sloan, Jeannette Vatter, Betty Loree and Stephen Mandel as Edmonton City Hall celebrates Senior Friendly™ Designation mid 2000's

Senior Friendly™ Programs

Alberta Council on Aging is committed to bringing presentations and resources to communities at little or no cost to participants.

Topics include:

- Senior Friendly™ Program Overview
- Recognizing Fraud
- Pre and Post Retirement Planning
- Recognizing Abuse
- Living Stronger Longer
- Let's Talk Dementia
- Let's Talk Ageism
- Pharmacy Tips
- Navigating for Services
- Seniors Forum - a facilitated participants' discussion

For more information:

1.888.423.9666

office@acaging.ca

How the pan-Canadian Pharmaceutical Alliance Works

Established in August 2010, the pan-Canadian Pharmaceutical Alliance (pCPA) conducts joint negotiations for brand name and generic drugs in Canada. The goal is to achieve greater value for publicly funded drug programs using the combined negotiating power of participating jurisdictions.

The pCPA member jurisdictions include public drug plan and/or cancer agency participation from British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, Québec, New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland & Labrador, Yukon, Northwest Territories, Nunavut, Non-Insured Health Benefits (NIHB), Correctional Services of Canada (CSC) and Veterans Affairs Canada (VAC).

The pCPA's mandate is to enhance patient access to clinically relevant and cost-effective drug treatment options. It serves this mandate by conducting collective, expert-informed negotiations for drugs. By capitalizing on the combined negotiating power of drug plans across multiple provinces and territories, the pCPA objectives are to:

- increase access to clinically effective and cost-effective drug treatment options;
- achieve consistent and lower drug costs for participating jurisdictions;
- reduce duplication of effort and improve use of resources; and
- improve consistency of decisions among participating jurisdictions.

As of April 2018, these collaborative efforts between provinces and territories have resulted in over 200 completed joint negotiations on brand name drugs, and price reductions on over 60 generic drugs.

The process begins with a review by Health Canada of a drug's safety and clinical effectiveness, as well as the quality of the manufacturing process. If approved by Health Canada, the public drug programs decide whether the drug will be eligible for public reimbursement based on recommendations stemming from a review by the Canadian Agency for Drugs and Technologies in Health. Among the considerations, the

common drug review looks at the drug's clinical effectiveness and value for money in comparison to other treatments.

Following the review, the alliance decides whether to negotiate jointly for the drug. If it decides to do so, one jurisdiction assumes the lead on the negotiations with the manufacturer. If they reach an agreement, the manufacturer and lead jurisdiction will sign a letter of intent. It's then up to each participating jurisdiction to decide whether to fund the drug through its public drug plan and enter into a product-listing agreement with the manufacturer.

Working collaboratively with governments is one possibility for the private insurance industry when it comes to negotiating drug prices. In the absence of that option, private insurers are increasingly looking at negotiating agreements on their own.

Since more than half of the new therapies that came to market last year were more costly specialty medications, insurers are focusing on strategies to help ensure the sustainability of employer drug plans. Plan design is one solution, as is looking for opportunities to collaborate with pharmacies and drug manufacturers on different types of agreements to address drug costs.



Regional Reports

Region 2 (Northeast)

The decision made by Region 2 in the early fall of 2018 to become more involved in sponsoring a series of Wellness Conferences, seems to be meeting the needs of seniors throughout Region 2.

Following a very successful launch with the Wellness Conference held in St. Paul in late November, attended by 75+ participants in spite of freezing rain keeping some registrants off the treacherous roads. Since that inaugural conference, requests have come in from all areas that we proceed with more of this type of events. Subsequently, to supplement the all-day type of conference, Region 2 has in early 2019 made presentations at two community centers on topics most relevant to seniors in our area, “How to Avoid Being Scammed” and “Music and Mental Health”.

A full-day Wellness Conference will be held on April 5th, at the Seniors’ Centre in Smoky Lake where the program will feature presentations by the Lakeland Primary Health Care Network, Alzheimer Society of Alberta and Northwest Territories, Alberta Senior’s Benefits Programs and Avoiding Senior Scams.

In January, we presented St. Paul and District Pickleball Club with a cheque in the amount of \$1000. This will be used to purchase equipment and train members on how to use a portable defibrillator which will be available at both their winter and summer venues. The Pickleball Club has in excess of 75 members who are seniors. ACA Region 2 has always been prepared to support programs and activities which promote an active life-style among the senior population.

Respectfully submitted,
Paul Boisvert



Paul presenting cheque to Chuck Ouellett

Region 5 (Central Alberta)

At the February 5th meeting, Sandra Suazo of Family Services of Central Alberta outlined the senior support programs available from their organization. Family Services of Central Alberta is a non-profit organization that provides preventive, supportive and early intervention services throughout Central Alberta.

At the April 2nd meeting, Jennifer Sunberg, a dietician with Alberta Health Services, led a discussion on the New Canada Food Guide.

The Annual Pancake Breakfast in partnership with the Golden Circle Seniors Resource Centre is scheduled for June 7th. Please plan to attend. We welcome newcomers! In the past this event has attracted more than 100 people.

Respectfully submitted,
Keith Sterling

Region 7 (Southwest)

We are all enjoying the final arrival of Spring here in the Southeast area of the province.

The anticipation of a provincial election is also on our minds.

I am pleased to join the Alberta Council on Aging (ACA) Board representing Lethbridge and area.

Your Board is working on an Organizational Review and Strategic Plan to lead us into the future. This requires review and changes to Our Mission Statement and By-Laws. It is an onerous task to take on, but we will all be better for it in the future.

I am available to members in Region 7 should you have any issues you would like me to address with the Board. Please feel free to contact me if you need to talk about any Region 7 concerns or events upcoming.

Thank you for your trust in me,
Pat Santa

Seniors Task Force

Alberta Council on Aging has participated in the Seniors Task Force coordinated through Public Interest Alberta for more than 10 years. The idea behind the original formation of the Seniors Task Force was that there are many groups representing seniors in our province and that establishing a group that could work on common issues would improve the possibility of getting results on those issues.

At the time we became members our contacts in the government were suggesting that they were dealing with more than 450 different groups claiming to represent seniors on various issues.

Present members of the Seniors Task Force include ACSW Calgary Social Workers for Social Justice, Alberta College of Social Workers Retirees, Alberta Council on Aging, Alberta Federation of Union Retirees, Alberta Retired Teachers' Association, Alberta Union of Provincial Employees, Canadian Association of Retired Persons, Friend of Medicare, Health Sciences Association of Alberta, Lloydminster Concerned Citizens for Seniors Care Society, National Association of Federal Retirees, Parkland Institute, Plumbers and Pipefitters Retirees, Public Interest Alberta, Seniors Action and Liaison Team, Seniors Community Health Council, Seniors I Care – Hinton, Seniors United Now, United Nurses of Alberta, Whitemud Citizens for Public Health.

We collectively decided that the common issues we would concentrate on were;

1. Long Term Care-Availability, waiting lists and standards of care
2. Home Care
3. Pharmaceutical coverage
4. Process for dealing with issues (includes Seniors Advocate Position)

Many other issues have been raised by various groups including some by ACA. But these four issues have been the major focus for a number of years.

Long Term Care

Issues being worked on in this area are:

- availability of sufficient spaces for the small percentage of seniors requiring long term care
- timely placement of those waiting for a long term care location in hospitals
- standards for both public and private facilities
- inspection programs and follow-up on inspection and audit findings

Home Care

Issues being worked are availability, cost, timing, differences in availability between urban and rural and coordination with hospitals. For example, one frequent complaint has been a patient released from a hospital on Friday afternoon with the home care starting Monday of the next week.

Pharmaceutical Coverage

At present coverage for prescription drugs is a very confusing patchwork. For instance, low income seniors in Alberta who qualify for the Alberta Seniors Benefit (ASB) generally get much better coverage than the group who have just enough pension coverage, so they do not qualify for ASB. In addition, there are differences in coverage between the various provinces including some differences in which drugs are covered. A Canada wide comprehensive program has been the direction suggested.

Family Councils and Seniors Advocate

Concerns raised about mistreatment of patients in long term care and assisted living facilities are not always dealt with to the satisfaction of the patient and their family. Consistent use of family councils (similar to Parent Teacher Associations in schools) and an appropriate appeal system will help improve quality of facility life.

The Seniors Task Force as a group have met with every Health Minister and every Senior Minister since 2011, to raise issues, provide suggestions, indicate areas that we think need to be improved. We have seen a number of improvements over this period that are similar to the suggestions the Seniors Task Force has made.

Respectfully submitted,
Gary Pool

Meet Your New Board Members

Region 4 (Edmonton and Area)



Sue Lafferty is a retired registered nurse who worked in Alberta Health Services as a nurse, educator and administrator in Edmonton. Retiring from AHS in 2015, she continues to work as an Infection Prevention and Control consultant. She has been actively participating in pool exercise at the St. Albert Fountain Park pool, volunteering at the Edmonton Folk Music Festival, providing care and support to a family member in continuing care, spending time with her 2 grown sons and their spouses, and travelling with her husband, Mike. Sue has an interest in the unique needs of seniors in Alberta, particularly in combating ageism.

Treasurer

Rita Loken has recently retired from her position as a Chartered Accountant at a small public practice accounting firm in Edmonton. She has a Bachelor of Arts degree from the University of Alberta and a Chartered Accountants designation. Rita has four children and four grandchildren. She likes to spend time with her eight year old grandson, is an avid reader and attends Tai Chi, yoga and Pilates.



Meet Pat Santa in the next issue of ACA News



From My Sundays with Normand

By Adèle Fontaine

In the river
Of no return
I try to stay protected
The shore is safe
Water surrounds me
And pulls me
To the center
Your spirit
Urges me to continue
The journey
Of grief
It's Father's Day
A time to celebrate
The lives
We created
With each other
I reach
For your hand
My broken heart
Says
Let go
Live on
Let the waves of light
And compassion
Lead you
To another day

June 21, 2015



Adèle Fontaine

Five Tips for Pain-Free Plane Travel

Johnson Inc.

1. Pack Smart

If you're travelling within Canada (or another cool climate), it's a smart idea to keep your coat and heavier sweaters with you, instead of packing them. Not only will this help you save space in your luggage, but it also means you can avoid having to start digging for your coat in the middle of the airport once you arrive at your destination. Travelling somewhere warm? Pack a set of clothes, including a bathing suit in your carry on, just in case your luggage goes missing.

2. The Earlier the Better

In the winter months, traffic and construction aren't the only things that can slow us down on the way to the airport. Weather conditions can have a huge impact on your arrival time. Instead of running out the door last minute in a McCallister family type frenzy, you should leave with ample time for possible delays. If you're driving to the airport, another time-saving tip is to fill up on gas the day before.

3. Wash, Rinse, Repeat

Peak holiday travel is also peak flu season. Everyone knows that you must wash your hands after using the washroom, but to help your family from getting sick or prevent the spread of germs, don't let the cleaning end there. Recent studies have shown that the plastic trays at security are one of the most germ-packed places. Packing a

carry-on friendly hand sanitizer can help everyone keep germs at bay.

4. Make Sure You're Insured

Travel insurance is a great idea – especially as the weather gets colder and more unpredictable. When looking for coverage, you'll want to make sure you're offered medical and non-medical coverage. If you're a Johnson group plan member, you may have access to our exclusive MEDOC® travel insurance. MEDOC® includes trip cancellation, trip interruption, and trip delay, along with 24-hour emergency medical assistance.

5. Use Points to Save Money

It's easy for the bills to add up quickly over the holidays. If you have a travel rewards credit card, consider booking your flights using points. Or, if you have a home or auto policy through Johnson Insurance, you may be able to use your AIR MILES® Reward Miles to save on part of your flight.

What Have We Been Up To?

Budget 2019 Consultation with Honourable Lori Sigurdson, Minister of Seniors and Housing

Age Friendly Community of Practice Monthly Meetings by teleconference

How to Use Social Media to Raise Money Online webinar

Combating Ageism to Improve Access to Employment /Campaigning: The Best Way to Address Ageism?
IFA webinar s

We explored the importance of supporting an ageing workforce, as well as the actions that need to be taken to ensure that employers and individuals can reap the benefits of longer working lives.

Canada's Food Guide webinar

International Women's Day Financial Planning Knowledge for Women hosted by CIBC

Telling Stories Through Dance: Ancestors & Elders performance



“The weight of Truth and Reconciliation is difficult for most of us. What can we do? How can we possibly help? Telling this story of mutual respect and support, one that acknowledges the truth and celebrates our cultures collectively and collaboratively, is but one step in the healing process. Ancestors and Elders will have a long life beyond these performances. Its message must continue to be told. We are all human. We all have the same needs and wants. We wish to be loved and supported. We want to create and celebrate. We can do this together.” Darka Tarnawsky, Executive Director, Edmonton-based Ukrainian Shumka Dancers & Shumka School of Dance.

Brain Awareness Week

As part of the Brain Awareness Week campaign with Alzheimer's Society of Alberta and Northwest Territories, we were in attendance at the Legislature for Minister Hoffman's Declaration of March 13th as Brain Health Awareness Day in Alberta.

Health and Wellness Fair at St. Andrews Centre in Edmonton

We presented on Recognizing Fraud and hosted a table with the help of volunteer Nadia Willigar.

2019 Provincial General Election

Election day is Tuesday, April 16th

If you are unable to vote on April 16, the advance polls are open on:

- Tuesday, April 9
- Wednesday, April 10
- Thursday, April 11
- Friday, April 12
- Saturday, April 13

Please note: New boundaries were drawn for the 2019 election, so you may not be voting in the same riding as you did in the 2015 provincial election. The 2019 Boundary Maps can be found online at www.elections.ab.ca/resources/2019-boundary-maps/

For voter information call 1.877.422.8683



Donations

Donations help Alberta Council on Aging meet its mission of working to improve the quality of life for older persons. Thank you so much!

- Albert McNeil
- Anton and Carol Prybysh
- Colleen Dennehy
- Donna Martyn
- Elaine and Gene Dextrase
- George and Esther Orescan
- Katharina and Siegfried Loffelbein
- Marie Gallant
- Mary Stoltz-Jones
- Patricia and Donald McIntyre
- Anonymous donors

[Recipe]

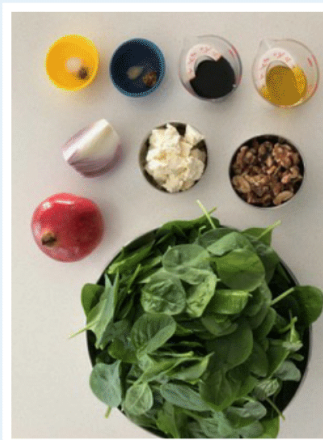
Eye Healthy POMEGRANATE SPINACH SALAD

SERVES 4



FEATURING

Spinach and pomegranate are high in the antioxidants lutein, zeaxanthin, and beta-carotene. These antioxidants enhance vision and prevent age related macular degeneration.



INGREDIENTS

- 1 pomegranate, peeled and seeded*
- 10 oz spinach, prewashed or washed and prepped
- $\frac{1}{8}$ red onion, sliced finely
- $\frac{1}{2}$ cup walnuts pieces or halves
- $\frac{1}{2}$ cup crumbled feta cheese
- 1 portion of balsamic vinaigrette

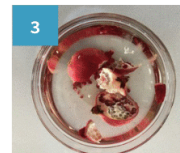
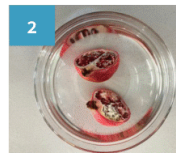
BALSAMIC VINAIGRETTE

- 2 tbsp balsamic vinegar
- 2 tbsp extra virgin olive oil
- $\frac{1}{4}$ tsp grainy mustard
- $\frac{1}{4}$ tsp honey
- Pinch of salt
- Pinch of freshly ground pepper



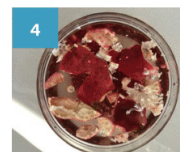
METHOD

1. Combine ingredients for balsamic vinaigrette into a jar or other container that can be sealed. Shake well.
2. Place spinach in a salad bowl. Top with red onion, walnuts, feta, and pomegranate seeds. Drizzle with the balsamic vinaigrette.



TIPS FOR PEELING AND SEEDING POMEGRANATE

Cut the pomegranate in half and submerge in a bowl of water. Gently nudge the seeds out of the peel. The seeds will sink to the bottom and the peel will float to the top where it can be easily poured off. Or Kids love peeling pomegranate!



NOTE

Pomegranate may stain so have your children change into clothes that can get messy. Cut the pomegranate in half. Provide your child with a bowl for the seeds and let them separate the seeds from the peel with their little fingers.

[Membership Form]

**Ensure you receive the next issue of ACA News
by renewing your membership for 2019!**

Alberta Council on Aging Membership Form

Membership Type

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

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

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☐ Check here if you wish to receive occasional electronic communications, including your membership receipt and communications about events in your region

Newsletter

Donations

<input type="checkbox"/>	Electronic Newsletter	<input type="checkbox"/>	Hardcopy Newsletter	<input type="checkbox"/>	Name Published	<input type="checkbox"/>	Anonymous
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