

Alberta Council on Aging

working to improve the quality of life for seniors

Old Trees Just Grow Stronger

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What do You Think of the New Campaign Logo?



Farewell and thanks to:



Dr. Sheree Kwong See finishes up her contract as Alberta's Seniors Advocate. See Annual Report 2018 Executive Summary page 20

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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We value your **membership!**
Please join or renew for 2020

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President's Report

I hope everyone had a good, if somewhat short, summer. One of my golf buddies said summer was on a Tuesday in July this year. He may be right!

But now we're into fall – back to school and back to work for ACA directors. With the approval of our Strategic Plan 2019-2024, we have started to review bylaws and policies and procedures, to bring them up to date and in line with the Strategic Plan. Our goal is to have everything completed for presentation at the next annual general meeting, June 2020.

Congratulations to everyone who participated in programs celebrating International Day of Older Persons on October 1. Check page 7 for the list of communities that joined in the celebration. Very impressive!

The Seniors Strategic Planning Branch with the Ministry of Seniors and Housing has just confirmed they will continue to honour the commitments that were made through the original Aging Well in Community grant funding. All multi-year grants will continue as planned.

This news is timely for ACA as the project Let's Stop Ageism is an integral part of our strategic direction and outreach program.

In closing, I wish to thank the board members, regional executives and support team for their efforts, patience and guidance – it's very much appreciated.

Respectfully submitted,
Ron Rose



Dolores Ast and Ron Rose at the Seniors Information Fair at the Collicutt Centre in Red Deer

Executive Director's Report: Networks and Connections

Senior serving organizations were pleased yet cautious with the 2016 announcement of the Seniors Advocate Office. Although many would prefer arms length representation, the council and broader community was ready to work with Dr. Sheree Kwong See and her staff.

How did we work together? Some calls we received were intended for the Advocates Office and were direct referrals. Some issues we encountered required expert discussion and research. Kwong See spoke at many public engagements of which we shared. The Advocates Office provided insights, findings and resources. They quickly became central to the networks of senior serving organizations both by connecting them to resources and possible solutions and by hearing and tracking the concerns of individuals.

Three years later, as Dr. Sheree Kwong See finishes up her contract with the provincial government, we share out her freshly minted annual report, page 18. We know we will continue to utilize Kwong See's research and expertise.

We hope she considers us a friend and grassroots advocate for older people. We hope to stay connected as we are the benefactors of her guidance and leadership.

"It has been my pleasure to serve as the Alberta Seniors Advocate since September 1, 2016. As my term winds down, I sincerely thank all who have reached out to share experiences and feedback that has guided our advocacy efforts. I am proud to have established for you an office of individuals committed to advocacy for seniors and seniors issues into the future. We listen and strive to be your voice." Sheree Kwong See, Seniors Advocate

Sheree influenced our rationale for taking on the Let's Stop Ageism campaign. This summer, as she discussed her research and thoughts on aging with our Edmonton group, she shared "It is the old who are strong. They are the survivors." This reminded me of a photo of an old willow tree (placed on the front cover). The networks and connections of trees are intricate and sophisticated. The health of one tree is nearly always linked to the well being of another. An older tree is nourishing and being nourished by the others.

This is a great metaphor for the continuation of the Seniors Advocate Office as well as the third chapter of a person's life. Like the older trees in the forest, older adults have value and are valuable to society. And our networks and connections absolutely help us gain and maintain this strength. Please join us in thanking Dr. Sheree Kwong See for her huge contribution on behalf of older persons and please join us on the Let's Stop Ageism Campaign. **Help shift attitudes!** Stay connected! Donna Durand

[International Day of Older Persons (IDOP)]

Day of Older Persons Alberta

“ The United Nation’s 2019 theme (for IDOP) is The Journey to Age Equality.

We all know that inequalities exist.

It is our job as seniors and the organizations that serve seniors to help bring awareness to these issues and work to address and prevent them. Through events like this, we can ignite change.



Donna Durand on behalf of Alberta Council on Aging

For over 52 years, Alberta Council on Aging has been working to improve the quality of life for older people through education, advocacy and inclusion. Under the Alberta Human Rights act, age is a ground that is protected from discrimination. Marking this day highlights this right and also brings awareness to positive age. Together, government and senior serving organizations committedly support equality across the ages through their leadership on age and dementia friendly initiatives and communities.”

-excerpt Emcee IDOP speech October 1, 2019

Alberta Day of Older Persons Flag Raising Ceremony , Federal Building Edmonton Alberta

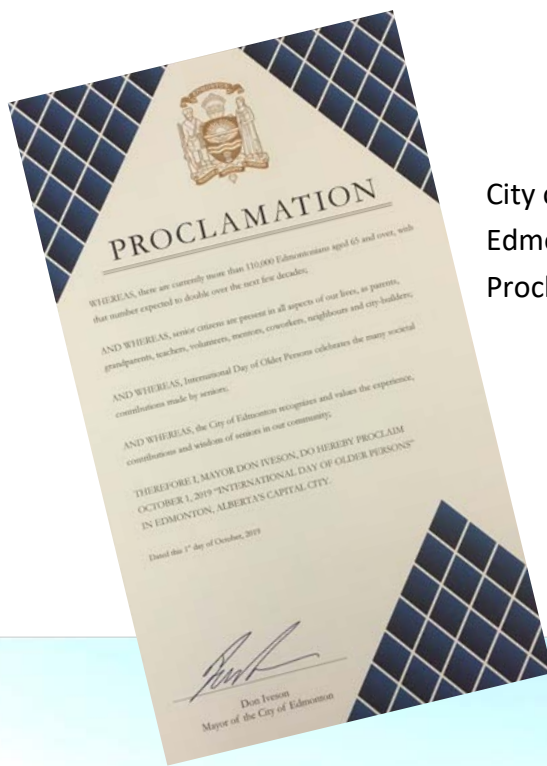
Let's Stop Ageism Campaign Update

By ACA Support Team

Alberta Council on Aging celebrated International Day of Older Persons along with 16 municipalities across the province! To have communities more widely acknowledge and celebrate this day was a focused aim of the campaign.

The United Nations declared International Day of Older Persons in 1990 and the Province of Alberta formally recognized this day in 2017, first as a ministerial order. This year marked the second flag raising ceremony in honour of International Day of Older Persons.

Alberta Council on Aging was invited to take part in the Flag Raising Celebration at the Federal Building. The ministry is committed to raising awareness about the interests of older Albertans including healthy aging, aging in one's chosen community, elder abuse, social isolation, and ageism. This celebration provided an opportunity to reflect on the contributions seniors make as well as their needs and rights.



City of
Edmonton
Proclamation





Edmonton – Sage Seniors Association celebrated with a party called “Seniors From Around the World.” Becca Barrington brought greetings on behalf of Alberta Council on Aging .

Medicine Hat – Chinook Village welcomed 175 people at their International Day of Older Persons celebration. Mayor Ted Clugston was in attendance to sign the proclamation.

Red Deer – Mayor Veer made an official proclamation. Representatives attended and distributed Let’s Stop Ageism program materials and resources at the inaugural Seniors Information Fair at the Collicutt Centre.



Lac la Biche – Diane Stonehocker spoke about ageism at a presentation at McArthur Place. Photos of seniors and youth depicting their feelings about aging were on display. The display has since been moved to the Bold Centre, Lac la Biche.

“Know that you are the perfect age.
Each year is special and precious,
for you shall only live it once.”

Communities that Declared International Day of Older Persons

Province of Alberta

Region 1

Sexsmith

Grande Prairie

Region 2

Bonnyville

St. Paul

Lac la Biche

Region 3

Legal

Barrhead

Drayton Valley

Calmar

Region 4

Edmonton—Sage Seniors

Association

Region 5

Ponoka

Red Deer

Region 6

Calgary

Okotoks

Region 8

Medicine Hat—Chinook

Village

Region 9

Bruderheim

Travel Vaccinations: Staying Healthy While Abroad

Johnson Inc.

No matter your reason for travel, it's important not to forget about protecting your health when getting ready to go. It's understandable if you assume you only need vaccinations for travel to remote or exotic locations, but you might be surprised how many well-travelled destinations also recommend vaccinations for safe travel.

5 steps to make sure you're covered

1. No matter where you're travelling, check the websites for Canada's Public Health Agency (PHAC) and the U.S. Centers for Disease Control and Prevention (CDC). Both have alert sections and health information searchable by country. You may not think it's necessary for your destination, but even a mumps advisory is worth checking against your vaccination records.
2. Check with the consulate or embassy of your destination country to confirm if they have any vaccination/proof of vaccination requirements, or any other information.
3. Talk to your doctor about your destination and review your immunization records as soon as possible. Plan on getting vaccinations or booster shots at least six weeks before travel. Your doctor may be able to administer the vaccines, but not have them on hand. Even through a travel vaccination clinic, you may need several weeks' notice.
4. Plan to take immunization records with you. Some countries may actually require you to show proof of immunization. In fact, even countries where yellow fever is not a risk may require proof of immunization if you are entering from or connected through a country that has yellow fever alerts.

5. Pack insect repellent. Mosquitoes aren't just a nuisance. They can also be carriers of disease, some of which have no vaccines.



Is your destination a hot-spot?

The Caribbean, Latin America, Asia, and Africa are amongst the top destinations for travel volunteer opportunities. You may not have considered getting vaccinations for these destinations, but they are advised by both PHAC and CDC.

Thanks to the vast databases of information provided by PHAC and CDC, it only takes a moment to search the health risks for your area of travel. A little advance preparation can help you bring back only great travel memories, not illnesses, from your volunteer experience abroad.

Lest We Forget

Remembrance Day November 11

Poem from CanTeach Elementary resources

Poppy



Poppy we are but children small,
We are too little to do it all.

Children you may do your part.
Love each other is how you start.
Play without fighting.
Share your games and toys.
Be kind and thoughtful,
To all girls and boys.



Going Digital

Seniors Benefits Go Online!

On October 1, the Provincial Government announced that seniors will now be able to apply for and manage their provincial financial benefits online.

The move toward "digitization" comes as part of a push to make life easier for seniors, their caregivers, and senior-serving organizations. Government proponents hope the move saves seniors time, energy, and money by doing away with printing, faxing, and mailing documents.

Seniors who prefer to mail, fax, or drop off their documents may continue to do so, however, the digital platform offers an option for seniors who prefer communicating online.

Associate Minister of Red Tape Reduction Grant Hunter announced the program to save seniors time, energy and money by increasing their options for submitting receipts and other documentation for their financial benefit claims.

For more information:

1-877-644-9992

www.seniors-housing.alberta.ca/submit-documents/

Access Your Health Records Online

Did you know you now have access to your personal health record? MyHealth Records is an online tool that lets adult Albertans see some of their health information from Alberta Netcare, the provincial electronic health record. MyHealth Records also lets you keep better track of your health in one secure place. You can get, store, and manage your personal health information.

When you sign up for MyHealth Records, you'll be able to:

- see the medicines you've had from community pharmacies for the past 18 months
- see most immunizations you've had in Alberta
- add other immunizations (this information won't be transferred into Alberta Netcare or the Pharmacy Information Network)
- see most common lab test results from the past 18 months
- keep journals to track your mood, sleep, weight, and fitness goals
- upload and track information from your personal health devices, including blood pressure monitors, blood glucose meters, and fitness trackers that are supported by MyHealth Records
- print out reports to share with your healthcare providers

Visit <https://myhealth.alberta.ca/myhealthrecords> or call the support line at 1.844.401.4016.

Fostering Age Friendly/ Dementia Friendly Communities

Let's Talk Dementia: Age Friendly/Dementia Friendly Communities

Many people think dementia is the same as Alzheimer's disease; however, Alzheimer's disease is just one form of dementia. Learn about what dementia is, what an age friendly/dementia friendly community looks like, and how to enhance quality of life for people living with dementia.

For more information on free community presentations and resources,
contact Laureen Gulbrandsen, Community Outreach Coordinator:
1.888.423.9666 office@acaging.ca

Congratulations to Brenda Strafford Foundation on the launch of A Guide for Creating Dementia Friendly Communities in Alberta!

Becoming a Dementia Friendly Community takes the support of many partners—whether you are a government or municipal service, not-for-profit or social service agency, business, community centre, faith centre, school or youth group. There is an opportunity for everyone to play an important role in creating a community that supports people living with or impacted by dementia to remain safe, valued, active and engaged.

Download the Guide at
www.dementiafriendlyalberta.ca.



What Have We Been Up To?



July 19—Let's Stop Ageism Presentation at Rosealta Lodge, Camrose

Through the use of story and song, we explored the topic of ageism. Together, we dispelled myths, stereotypes and language in relation to ageism.

July 31—Meet and Greet with Minister of Seniors and Housing

Many of the invitees spoke of issues with navigation of services for seniors. Our contribution was to bring emphasis to systemic problems such as ageism and the disconnects between the various ministries that impact on seniors' wellbeing. Minister Pon challenged organizations within communities to partner and collaborate in order to better meet the needs of seniors.

August 28—Let's Stop Ageism Presentation at Auburn Heights Retirement Residence, Calgary

Lauren Guldbrandsen presented the Let's Stop Ageism presentation to an engaged group of residents and staff.

September 11, October 8, October 16—Let's Stop Ageism Advisory Committee Meetings

The ACA support team met with three groups of interested parties across the province to discuss the Let's Stop Ageism campaign, potential collaborations and next steps.



September 12—Lifestyle Options Retirement Community Schonsee Grand Opening

The celebration offered a tour of the purpose built dementia care facility. They have eliminated the need for traditional locked doors and secured units. Congratulations were offered on this important initiative!

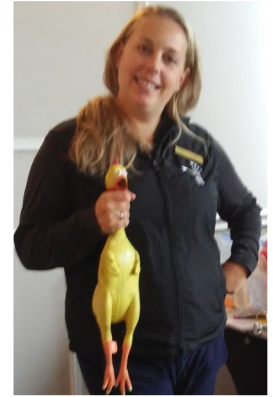




September 14-15—HIGH FIVE—Principles of Healthy Aging Training

The ACA support team, along with Sue Lafferty and Nick Chrapko, took a two day workshop to become High Five Trainers. This course is rich with interactive learning games and we will be integrating some of these into ACA learning materials. The High Five Principles of Healthy Aging has a section on ageism and bullying that is an

excellent resource to incorporate into the Let's Stop Ageism campaign .



September 17—On the Edge: Fostering Age Friendly Communities

This presentation at the Millwoods Public Library, Edmonton focused on Dr. Kyle Whitfield's research on planning for an aging population. It considered age friendly communities as one approach to such plans. Discussion amongst participants was encouraged

September 18—Having Your Affairs in Order: Co-Creating a Public Action Plan for Alberta

Advance Care Planning Alberta hosted a meeting for 80 Alberta stakeholders in advance care planning (ACP) to create a public action plan. The topic focused on answering how we can ensure:



Albertans have someone to speak for them if they can't speak for themselves

- Advance Care Planning is integrated throughout life events
- Albertans are aware of the need for a Personal Directive, Goals of Care Designation order, Enduring Power of Attorney, and Will

October 1—International Day of Older Persons

Staff and volunteers celebrated International Day of Older Persons across the province of Alberta.



October 16—Let's Talk Dementia presentation at AgeCare Midnapore, Calgary

We used stories and song to discuss promising practices in dementia care. We talked about what dementia is and how we can include people living with dementia.

Age Friendly Community of Practice Meetings by Teleconference

[Around the Province]

Region 1

Greeting from Region One – Our Annual General Meeting was held on April 29, 2019, with twenty faithful ACA members attending. Our executive had one member resigning and a new member joining. Our guest speaker was from the AB Health Services Adult Day Care Program. The information shared reaffirmed how important it is to keep seniors engaged with both physical and mental activities.

Seniors Week in June began with a community fair highlighting resources for seniors as well as the Rotary BBQ lunch. This year the event was held at Revolution Place – a much larger facility. The new venue allowed more space and we received lots of positive feedback.

ACA held our third annual Picnic in the Park, in partnership with the retired teacher's group. The theme was "wellness" and seniors had the opportunity to attend a wellness clinic, go for a hike as well as participate in games.

I attended the ACA General Meeting hosted in Red Deer on June 27. Dr. Kevin Hesteman spoke to us about Eye Health and we had Gail Foreman from AB health services present information on Cannabis.

Region 1 ACA has joined a senior community networking group – Studio 50+ and we are embarking on a new adventure, setting up a Reader's Theater group. This group has met a few times and are making plans to involve seniors in different aspects of the endeavor. We hope to visit seniors in homes as well as investigate intergenerational opportunities.

We will be holding an information meeting on October 28 with Laureen Guldbrandsen presenting Let's Stop Ageism. We wish everyone a bountiful autumn harvest.

Respectfully submitted,
Jennifer Wrzosek

Region 2

Most years, the months of June, July and August are free from a heavy schedule of events for Region 2. While no projects or events were projected for this time period, the Board were kept busier than ever.

Several of the Board participated in meetings and webinars initiated by groups trying to develop position papers primarily aimed at the Federal parties going into the Federal election to be held in October. In St. Paul we took part in a seminar sponsored by The Alberta Gerontology Association. We also participated in a webinar, "Dignity in Death", hosted by a group of speakers from Sherwood Care which was sponsored by Remedy's RX Specialty Pharmacy. Much time was spent on preparing an application for funding to lead a Knowledge Hub for Dementia Community Investment on to be rejected because this funding is aimed at communities with populations of 120,000 or more.

Region 2 welcomes Orest Sereda to its Board. Orest, a retired teacher from the Elk Point area, was elected to the position at our AGM. We would like to thank publicly Gabe Bayduza for her many dedicated years in this position.

Our revenues from a casino event we have every 40+ months, are very limited. But we have been able to use these funds to assist numerous groups of our seniors enhance the activities which promote seniors in action in a variety of ways, from personal health to more social events.

Respectfully submitted,
Paul E Boisvert

Region 4

The Alberta Council on Aging continues to be involved in the Seniors Task Force coordinated by Public Interest Alberta.

Topics of specific interest to us are:

- the role and effectiveness of the Seniors advocate position
- shortage of long term care spaces which results in use of hospital beds for long term care
- prescription coverage-which will be reopened after the Federal Election
- Alberta Gerontology Symposium
- Research Round Table on Seniors Care

The next meeting of the Seniors Task Force is set for October 11.

Respectfully submitted,
Gary Pool

Region 5

The last major function since the last report for Region 5 was the hosting of the Provincial Alberta Council on Aging Annual General Meeting in June. The success of this event was possible with the excellent cooperation of the Region 5 Board, the Provincial Executive Staff and the staff of the Golden Circle.

The Board of Directors for Region 5 met the first of September to look at possibilities of programs to raise awareness of members and the public for the coming year as well who would be continuing to work on the fourteen-member Board. Jane Grenier-Frank, president for the last two years and active in programing for number of years, will be leaving the Board. A big thankyou to Jane for her great leadership given during her tenure on the Board. Also, thanks to Shirley Thomas and Jim Saltvold who have indicated they will be leaving the Board after several years of making great contributions which helped with the success of Region 5.

Respectfully submitted,
Keith Sterling

Region 7

I am enjoying my time on the Alberta Council on Aging. I am pleased to have participated in the By-Laws review on Oct. 7th and 8th.

I am also pleased to announce the upcoming presentation of the Let's Stop Ageism Program at Nord-Bridge Seniors on Thursday Nov. 21st. I look forward to welcoming anyone interested in this presentation.

We hope to be hosting the 2020 AGM in Lethbridge on Thursday June 18th.

Thank you for your trust in letting me represent Region 7.

Respectfully submitted,

Pat Santa

Region 8

Since our spring report, seniors in the southeast corner have enjoyed some very busy and exciting times.

For the celebration of Seniors' Week (June 2nd – 8th), the Veiner Centre was a beehive of activity. Medicine Hat was chosen this year to be the official provincial launch location for Seniors' Week. The week began with a pancake breakfast. This was followed by a visit from our Minister of Seniors and Housing, Josephine Pon, who officially proclaimed Senior's Week in Alberta. There were numerous other activities and presentations including a delightful Thursday BBQ.

On June 6th, Chinook Village hosted their annual Seniors' Conference. Keynote speaker, Phil Callaway, kept the packed house in stitches with his message to seniors.

I attended the ACA Annual General Meeting held at the Golden Circle Seniors Resource Centre in Red Deer on June 27th. It was encouraging to see a good attendance and valuable to hear thoughts and concerns expressed during the afternoon.

Medicine Hat hosted the 2019 Alberta 55+ Summer Games July 4th – 7th. There were about 850 participants who not only competed but enjoyed the opportunity to have fun and build new relationships. Many of the 350 volunteers I directed were seniors who contributed to the success of the games.

On September 23rd our Alberta Seniors Advocate, Sheree Kwong See, visited the Veiner Centre. Her term as our Seniors Advocate ends at the end of December 2019 so she wanted the opportunity to share with the community the accomplishments of her office during the past three years and also receive input as to what people believe should be the future direction of the Seniors' Advocate office.

Representing Alberta Council on Aging, I partnered with Chinook Village to celebrate International Day of Older Persons on October 1st. This exciting event was held at Chinook Village with 175 Seniors in attendance. Medicine Hat mayor, Ted Clugston was on hand to sign the proclamation of the day. Also attending were our federal and provincial representatives. The program included musical presentations from the Chinook Village Choir and Mother Nature's Preschool children as well as a slide video sharing success stories and the vibrant

lifestyles many of our seniors are enjoying today, including an eighty year young man skydiving. There was also a display of numerous craft works that seniors enjoy doing in their daily lives.

I am pleased that the Alberta Council on Aging is becoming more visible in our community and, as always, I welcome any conversation, questions or concerns relative to the well- being of our Seniors.

Respectfully submitted,
Gordon Nott



The Board of Directors welcomes
John Feddema as Region 9 (East
Central) Director!

Many Thanks!

Keith Sterling, director for Region 5, (Red Deer and area) resigned from the board and from the regional executive. Keith had much to contribute through the strategic planning process. Thank you for your enthusiasm!

Becca Barrington, resigned after several months as Let's Stop Ageism campaign coordinator. Thank you for helping us meet our target for International Day of Older Persons!

Let's Stop Ageism Postcard Campaign

The postcard campaign is a personal sharing of how one sees their future self and captures their philosophy on aging.



You are invited to submit your picture and statement on positive aging for possible publication— Editor

What do some of our Directors have to say about age?

Age is...

Still striving for the perfect drive.
Ron Rose

Something to enjoy.
Pat Santa

Thumbs up, thumps up!
John Feddema

Being surrounded by young people keeps me young.
Gordon Nott



My precious grandchildren.
Rita Loken

Guess who pictures themselves:

Surrounded by young people? Briskly walking? Teeing off? Has a signature greeting while working at farmer's markets? Cheering on the grandchildren's baseball team?

Congratulations!

to Patricia and Denzal Lobo, winners of 2 tickets to a January 2020 Oilers Game – all for taking the time to complete the Aging Attitudes Quiz.

Thanks to Johnson Inc for providing the fabulous prize!

#LetsStopAgeism

Office of the **Seniors Advocate Alberta**

Annual Report 2018

Executive Summary

This is the third annual report submitted by the Alberta Seniors Advocate, Dr. Sheree Kwong See. During the fiscal year the Office was challenged by the Advocate being absent for six months for cancer treatment. A focus of this year was to sustain and expand the impact of the Office by establishing an informal advisory of senior community informants, advocating with an informal network of other provincial advocates (Alberta, British Columbia, New Brunswick, Newfoundland and Labrador) at the federal level and by continued public engagement activities (35 meetings and sessions).

To meet our mandate to provide information and resolution support to senior Albertans and their families, the Office:

- Opened 1,217 new client cases and closed 1,247 cases (some carried over from last fiscal)
- Engaged in 5,961 contacts with clients and/or external agencies to close cases
- Supported resolution primarily by facilitating self-advocacy and making referrals.

Albertans contacted the Office for information and referral about:

- Income and financial supports (25%)
- House and home supports (21%)
- Social supports (26%)
- Health care and supports (28%).

To meet our mandate to identify trends and issues impacting seniors, the Office:

- Analyzed issues raised during resolution support activities and feedback from public engagement activities, and
- Identified areas Albertans had difficulty finding, accessing and utilizing government or government funded programs and services in each of the four categories above (income and financial supports, house and home supports, social supports and health care and supports).

To meet our mandate to make recommendations and provide advice to government for improvements to programs and services, based on analyzed issues, the Office put forward recommendations:

- To review and streamline appeal processes for benefit programs in the Ministry of Seniors and Housing
- To review and update some publicly available Protection for Persons in Care program documentation.

The Office worked on a report aimed at making recommendations about the Protection for Persons in Care Act administration and purpose for submission in the 2019-2020 fiscal year.

To provide advice and bring the seniors perspective, the Office:

- Provided input to nine government initiatives
- Participated in four government committees and Minister's stakeholder forums
- Provided input to six government-funded community program initiatives and
- Provided input to two other senior services related committees/organizations.

Generally the Office met the goals outlined in last year's annual report by sustaining its level of resolution support activity (individual advocacy) and began an evaluation of its resolution support services, with positive results. For issues advocacy, the Office put forward new recommendations and continues to track progress made on previous recommendations.

The Office, under the current Advocate and Ministerial Order, has been operational since September 2016. This coming year the Office will consult with seniors and stakeholders and make recommendations about the Alberta Office of the Seniors Advocate itself.

Contact the Office of the Seniors Advocate Alberta for a copy of the full report:

Toll Free: 1-844-644-0682

Email: seniors.advocate@gov.ab.ca

[Recipe]

Banana Chocolate Chip Muffins



Ingredients:

- 2 eggs OR 2 Tbsp ground flax seed and 6 Tbsp water (soak 5 minutes)
- 2 medium ripe bananas - mashed
- 1/2 cup maple syrup
- 1/2 cup olive oil
- 1 tsp vanilla
- 1 1/2 cups flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 cup chocolate chips

Directions:

1. Preheat oven to 400*.
2. Add bananas, syrup, oil and vanilla to the eggs. Beat until smooth.
3. Stir in flour, baking soda and salt. Mix well.
4. Add chocolate chips.
5. Fill paper muffin cups 3/4 full. Bake 18-20 minutes.
6. Cool in pan 10 minutes before removing.
7. Ice with cream cheese or butter cream if desired.

CELEBRATE AND BE MERRY! Happy Holidays!

Share the joy of the season by making a donation to Alberta Council on Aging in someone else's name, or gift someone an annual membership!



[Membership Form]

Have you renewed your membership?

Membership year is Jan 1 to Dec 31.

Please note: If you are actively enrolled with MEDOC Travel Insurance your annual membership fee will automatically renew and will be collected through the MEDOC Travel Insurance plan administrator, Johnson Inc.

Alberta Council on Aging Membership Form

Membership Type

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<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

Name/s: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: _____

Email: _____

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

Newsletter

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Alberta Council on Aging
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NO PURCHASE NECESSARY. Open January 1, 2019 - April 30, 2020 to legal residents of Canada (excluding NJ) who have reached the age of majority in their jurisdiction of residence and are a member of a recognized group of JI with whom JI has an insurance agreement. One (1) available prize of \$25,000 CAD. Odds of winning depend on the number of eligible entries received. Math skill test required. Rules: www1.johnson.ca/cash2019