



# ACA News

**Vol. 45 No. 3**

**Serving Alberta's Seniors since 1967**

**Fall 2012**

**Alberta Council  
on Aging  
helps Alberta  
become  
Age Friendly  
through  
Senior Friendly™  
Tool**

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Photo: Bruce White

Hikers on Parker Ridge, Banff National Park

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# ACA News

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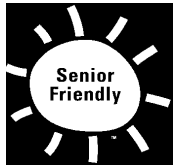
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# ACA News

Published by the Alberta Council on Aging

Fall 2012

## A year of big changes invigorates our organization

New director, website upgrade will have positive impact

There have been a lot of changes for ACA over the past year. The office staff (all hired in the previous year) made major improvement in office operation. This allowed us to concentrate more on making existing programs more effective and allowed us time to start developing other programs.

From my perspective, the most gratifying change has been an effort by ACA and many other groups dealing with issues we jointly agree are important for Seniors in the province of Alberta (and in many cases elsewhere in Canada). I will return to these issues in a moment.

But first I would like to highlight a change that I believe will have a major impact on the upcoming year. In March 2012 the ACA hired a new Executive Director, Donna Durand. As one of her initial activities, she was heavily involved in the Annual General Meeting. Donna came on board in mid-April 2012 and I expect will be a driving force for continuing to increase ACA activity over the rest of 2012 and future years.

I will spend a few minutes highlighting some of the programs we were active in during the past 12 months and provide some thoughts as to how these programs will proceed. The programs I will refer to are:

- Senior Friendly™
- Elder abuse prevention
- Seniors Task Force of Public Interest Alberta
- Supporting George and Betty: An Integrated Management Strategy for Seniors Supports, Housing and Care in Alberta

Fifteen years ago, ACA did groundbreaking work on developing tools for use in assessing groups and businesses and then helping them understand changes that could help them deal more effectively with customers or clients who were aging.



Because of difficulties caused by a shortage of funds, many of these tools have been underutilized over the past five years. It has taken us about 18 months to get the ACA Senior Friendly™ program reinvigorated. We presently have several training sessions set, some around the AGM, and another as a part of a provincial “Grey Matters 2012” conference to be held in Edmonton in September. As an

aside, I would like to recognize Kathie Neu Organ for all her efforts to get Senior Friendly™ back up and running.

Over the past three years, ACA has had an active elder abuse awareness program (Preventing Elder Abuse Through Education). While the program is still active, the grant under which it was initiated ended in November of 2011. We continue to see elder abuse awareness as a major issue and will be looking for additional sources of funds to continue to expand the program.

(Continued on page 4)

# Continuing care remains hot topic

(Continued from page 3)

The Senior Task Force of Public Interest Alberta provided a forum for Seniors Organizations and some Seniors' service organizations to look for, raise and discuss common issues. The most recent issue developed was concern with continuing care. This resulted in a conference "Beyond Acute Care" which was held in Edmonton in late February. ACA was one of the groups that sponsored this conference. Among other things, the conference highlighted that problems we are seeing with continuing care management are similar in other jurisdictions in Canada as well as other countries and every jurisdiction is struggling to develop effective solutions.

The fourth ongoing activity runs under the title of: "Supporting George and Betty: An Integrated Management Strategy for Seniors Supports, Housing and Care in Alberta." In addition to the ACA, this activity is supported by 13 groups that include Seniors Centres in both Calgary and Edmonton, Seniors United Now (SUN) and other Seniors' services organization. The intent of this effort is to develop three pilot projects (metro, small urban, rural community) to provide a single point contact for Seniors' support housing (covering everything from lodges to long-term care).

A joint proposal has been reviewed with the provincial Seniors department (as it was prior to the election). We

are now awaiting a response from the new amalgamated department.

We have also done a lot of work to get our membership information up to date. One of the surprises from this was finding that we have over 700 out-of-province members. This means that about 20% of our members reside outside the province of Alberta.

Last but not least, we are in the process of upgrading our website. Once this work is completed, we will have update control of the website in the ACA office. Our hope is that we will be able to get out current information a lot faster using the new website and will have a more streamlined way of dealing with renewals and new memberships.

In closing, I would again like to remind you that the 50th anniversary of the ACA is fast approaching. We appreciate any suggestions to help us in planning for this celebration.

On behalf of the Board of Directors, I would like to thank everyone who has contributed to ACA's work in Senior-related matters, be it your gift of money or your generous gift of time.

Thank you very much for your commitment and ongoing support.

Respectfully submitted,  
Gary Pool

## Many thanks to our volunteers

Kathleen Coulter: guest speaker during Seniors Week

Wayne and Larry: office cleanup

Mary Durand: pre-website edits

Yvonne Dickson: Senior Friendly™ training in Grande Prairie

Bev Hanes: Fraud Awareness Presentations, Red Deer and Strathmore

Thank you to Norm Bezanson and Edith Read for their tremendous efforts on behalf of ACA.

More on Edith and Norm, next issue.



### COMING SOON:

Volunteer opportunity: Edmonton Casino Workers

Feb.12 and 13. Interested? We could sure use your help!

## Words to Age By

Advice is what we ask for when we already know the answer but wish we didn't.

—Erica Jong

An eye for an eye makes the whole world blind.

—Mahatma Gandhi

Always and never are two words you should always remember never to use.

—Wendell Johnson

You are never too old to set another goal or to dream a new dream.

—C.S. Lewis

## EXECUTIVE DIRECTOR'S REPORT

# As numbers grow in society, Seniors' voices getting stronger

I have a running joke I like to tell. I think I was born a Senior. I am getting closer to making that a reality as I am a baby boomer. I have seen some publications refer to a new group — pre-Seniors commencing at 49! Senior citizens have always been “my people” and my guess is I was off to a good start having really wonderful grandparents.

I am quietly optimistic about the ACA membership in terms of the sheer numbers in the face of the growing issues around Seniors and society at large. Having nearly 4,000 members has the potential for a good strong voice:

- A voice of reason
- A voice of challenge
- A voice of solutions
- A voice of the past, sharing our family and community history
- A voice to guide us in to the future

I very much appreciate ACA's goal: “Working to improve the quality of life for Seniors.”

I am curious to know from our readership, what does quality of life mean TO YOU? Please write a short paragraph on this for our research as well as for this publication.

Are you excited to be part of the fastest growing population group in the world? Let's make this work for us. ACA has a strong foundation, excellent programs and you!

Thank you for being a part of ACA.

Stay well,  
Donna Durand



Edna Nelson,  
my Grandmother  
Why I do what I do

## Government changes help Alberta residents

### • The Government of Alberta adjusts income exemption and thresholds for Alberta Seniors Benefit

Low-income Alberta Seniors will continue to have access to monthly income support through the Alberta Seniors Benefit program. The Alberta government is raising the qualifying thresholds under the program to ensure provincial Seniors' benefits are not negatively affected because federal Seniors' benefits went up.

Effective July 1, qualifying income thresholds in Alberta will increase \$500 to \$25,100 for a single Senior and \$800 for Senior couples to \$40,800.

Seniors received a letter in July advising them of their new eligibility for the 2012/2013 benefit year.

For more information on the Alberta Seniors Benefit program, visit the Alberta Health website at [www.health.alberta.ca](http://www.health.alberta.ca) or call the Alberta Supports Contact Centre toll free in Alberta 1-877-644-9992, or in the Edmonton area call 780-644-9992.

### • Alberta: Seniors' Property Tax Deferral program available in 2013

New Seniors' Property Tax Deferral Act has passed into law, in time for the 2013 property tax season. Seniors who own their homes will have the option to defer all or part of their property taxes, through a new provincial program. This program will allow Seniors to use their home equity to stay in their homes longer. With this new law, Seniors have the choice to redirect equity they already have toward current priorities.

The Seniors' Property Tax Deferral program will be a voluntary program, giving Seniors the option of deferring all or part of their property taxes as long as they own and live in their own home. The deferred taxes will be paid back to the government, with interest, when the Senior sells the home.

For more details about the program, including eligibility and interest rates, please check [www.assembly.ab.ca](http://www.assembly.ab.ca) as these details will come forward later this year.



## 'IT'S ALL ABOUT ATTITUDE'

# Get with the program — learn about Senior Friendly!

By Donna Durand

This spring, the Government of Alberta hosted a number of workshops to discuss rolling out the plan of building age-friendly communities. Many ACA directors from across the province attended these workshops and announced, "We have the tool! It is called Senior Friendly™ and it was developed by Seniors in Alberta in 1997."

Gary Pool and I met with the workshop committee following the session in Camrose and were assured our information and resource will be referenced and a link to our website will be on the Government of Alberta website.

Many of you are aware of the Senior Friendly™ program and have commented on how much you like it. We are well positioned to be of help in realizing the vision of our federal and provincial governments.

We are grateful for the work of all those before us, and we are thankful for the grace and patience many have extended to us while waiting for the program to get back on the rails. Thank you — you are demonstrating a characteristic of being Senior Friendly™!

The community of Bridgewater Nova Scotia has successfully implemented change utilizing the Senior Friendly™ tool, under the kind leadership of Beth George. We commend you! The City of Edmonton is also making great strides with Betty Loree as the master trainer.



### What are the Components of our Senior Friendly™ Program?

- Senior Friendly™ Grocery Store Guidelines — how to make your store friendly to Seniors
- Senior Friendly™ Pharmacy Tips for Seniors — to promote better service and safer use of medications
- Senior Friendly™ Training Program — to train staff and volunteers who work with Seniors
- Linking the Generations — intergenerational activities and lessons

### Training on Site

- Senior Friendly™ Business Designation Program - audit your facility to have your business designated as Senior Friendly™
- Learn how to become "age friendly" by working with your entire organization and a trainer

### Trainer Recruitment

Are you interested in seeing Senior citizens return to their rightful place as community leaders?

We will train you to become an agent of change in your community!

Contact the Alberta Council on Aging office for more information.

## Would you like to receive your ACA News via email?

If you would like to receive the newsletter electronically, please send us an email: [info@acaging.ca](mailto:info@acaging.ca).

Your email address is kept in our database for this communication only.

**Phrase of the Day: It is better to be kind than right.**



presented by the Alberta Motor Association 

**When:** September 13-14, 2012      **To register and for information**  
**Where:** Edmonton AB      **www.seniorscouncil.net**  
 Fantasyland Hotel  
**Cost:** \$200 Earlybird until July 31      \*Category "A" credits available.  
 \$250 Aug 1 - Sept 7

### **Keynote Speaker-Ruth Finkelstein, ScD**

Senior Vice President for Policy and Planning at  
The New York Academy of Medicine

Dr. Ruth Finkelstein currently directs the Age-Friendly NYC Initiative and is the Director of the World Health Organization's Collaborating Centre on Aging, Globalization and Urbanization.



### **Featured Speakers**

#### **Judy Brownoff**

Age-friendly: A Canadian Perspective-Spotlight on the District of Saanich and British Columbia.

#### **Phil Callaway**

Award winning author, international speaker and humorist,



Calgary Family Services, provider #1114, is approved as a provider for Social Work Continuing Education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the approved Continuing Education (ACE) Program. Calgary Family Services maintains responsibility for the program.



## AGM REGIONAL REPORTS

### Region 1

#### Seniors from many communities welcomed at AGM

This past year has seen Region 1 reorganizing and becoming more engaged with dispensing information of interest to Seniors in this area. There have been two meetings in Grande Prairie, and one in Rycroft, with another scheduled for Rycroft this fall. Subjects covered have included palliative care, Medi-Magnet, as well as a Palliative Care Resource nurse presentation.

Region 1 hosted the 45th Annual General Meeting of ACA during Seniors Week in Grande Prairie and enjoyed welcoming Directors and Seniors from all different communities throughout the province.

On June 4, ACA offered a display table at the Grande Prairie Council on Aging Senior Trade Fair. This fair is always well attended, and is followed up with a complimentary barbecue sponsored by the Grande Prairie Rotary Club.

A Senior Friendly™ training followed the AGM. This is the first Senior Friendly™ training offered in Grande Prairie. The aim of the training is to engage enthused participants who will leave with a positive outlook in serving Seniors in their establishments in their own communities.

Respectfully submitted,  
Yvonne Dickson, Director Region 1

### Region 2

#### Casino, Grandparents Day Walk upcoming fundraisers

Region 2 has had another busy year. For our next event we will be co-hosting with St. Paul and District Elder Safety and Rights Team. On June 15th, Elder Abuse Awareness Day, we planned a walk from Sunnyside Manor Seniors Lodge to the St. Paul Senior Citizens Centre at 10 a.m. Because purple is the colour for this event residents were asked to tie them onto trees on their property. We also ran a purple flower bed contest.

We are planning to be involved with the annual Grandparents Day Walk in Elk Point in September. All monies raised from this walk will be divided into three

equal parts: the African Grandmothers Project, the Elk Point Senior Centre, and the Elk Point Handivan. This walk usually generates a great deal of money. It is an opportunity for Seniors to meet and interact with the community. This walk is always popular.

Our next casino is Nov. 8 and 9 at the Camrose Resort Casino. Anyone interested in helping with this event should contact me. The proceeds will allow us to continue to travel throughout our vast region.

It is my intention to step down as President of Region 2. After five years, I feel it is time for new blood and fresh ideas. I encourage members from our region to consider serving on our executive. It is very fulfilling to travel throughout the region and to meet with our Seniors. Thanks to our casino proceeds, all expenses related to travel costs will be covered.

There are many issues for Seniors that need to be addressed. Our recent election saw the Conservative government re-elected but the issues remain and must continue to be brought to the attention of our elected officials. The Ministry of Seniors has been abolished and we are now lumped in with Alberta Health with an associate minister for Seniors. There are concerns that Seniors issues will be overshadowed by the multitude of issues facing Alberta Health. We can and must continue to speak up for ourselves.

As Seniors we are the fastest growing segment in society and our concerns must be addressed. There is no better way to do this than personal communication with your MLA and by participating in the Alberta Council on Aging. It has been a pleasure and an honour for me to represent the Seniors of northeast Alberta.

Respectfully submitted,  
Edith Read, Director Region 2

### Region 3

#### Group raises funds through thrift store

Since I have moved to Sunnybrook last year, I had the opportunity to visit and talk with many Seniors and Seniors organizations within our region. I attended some of the groups' lunch and supper meetings. One group prepares lunch once a month for the entire Seniors' village and averages about 50 people each time. The money they take in helps to run their centre. Another group has



## AGM REGIONAL REPORTS

just opened a thrift store to help make money towards its goal of getting a new building.

Meanwhile, I have distributed our Fraud Prevention booklets, *Helping Hands*, *A Seniors Guide to Fraud Prevention* and the *Multicultural Sensitivity Guide* to different FCSS offices and centres. I am planning a district meeting in the fall. There doesn't appear to be much of a connection between any of the groups in this region and I am hoping to improve this over time. I have learned that most of the Senior centres are only open for a few hours during the week. I will continue conversation with them over the next few months.

Respectfully submitted,  
Diane Walker, Director, Region 3

### Region 4

As per President's report

### Region 5

#### Diverse topics keep central Seniors busy through the year

Central Alberta Council on Aging (CACA) meetings are currently held at the Golden Circle Seniors Centre in Red Deer on the first Tuesday morning in October, December, February, April and June.

At our first meeting in the fall, members and guests watched the documentary film *The Remaining Light*, a Canadian Centre of Policy Alternatives film about how we care for Seniors. A discussion followed facilitated by Dr. Padmaja Genesh, a board member at the Golden Circle and a speaker who knows the subject of Seniors' care extremely well.

On Dec. 6, we had a presentation from Dr. Evan Lundall, Medical Director and Zone Executive Leader for Alberta Health Services, Central Zone. Among other topics, he explained how serious the situation is with regard to the significant number of physicians in Central Alberta who will be retiring in the next few years. Many questions were asked including concern over the long-term care situation and the future of LTC in our area, the problems in finding a new physician and the co-ordination of medical files when one is forced to use a walk-in clinic. These issues continue with no solution in sight.



ACA  
Regions

At our February meeting, we were educated by nutritionist Jennifer Sundberg on the Myths and Facts about what we eat. Some excellent information on label reading was given – especially regarding sodium content. We learned that we never seem to know all there is about the foods we eat.

The April 3rd meeting was an election forum and it went quite well, although we would have liked more specific answers to some questions. If any other regions would like information on how we conduct our forums, just contact us at any time, as this was the second one we have hosted.

Our June meeting always occurs during Seniors Week. Last year, we encouraged our members to join in the games day at the Golden Circle. This year, we offered to look after their pancake breakfast.

## AGM REGIONAL REPORTS

To encourage our members to socialize at the start of meetings and just for interest or curiosity, we are providing educational and entertaining sheets entitled “Did You Know?” on the tables at each meeting. Our board members have been very creative putting these together. The last one explained the difference between the flu and a cold, provided information about the Regional Hospital’s ACE team (which assesses Seniors), included an item on Eat Less Meat, and an article about cleaning the lint filter in the dryer. Not to be forgotten, there was also a joke about government at work.

CACA had a committee studying home care; we are still waiting for a full reply from AHS. One fact is that the amount budgeted for 2010 is less than the actual amount spent for 2009. We would like AHS to advise why this is so, as they keep saying that “it is important to help Seniors stay in their own homes.” We now would like to know more about the role, scope etc. of the Family Clinics mentioned during the election; where do they fit into the Alberta medical care system?

Co-ordinating with the Friends of Medicare Red Deer Chapter, a pamphlet was developed on *Multi-tier privatized health care is wrong for Albertans; why is it right for Alberta Seniors?* It advises readers ways to get involved petitioning against the loss of universal health care and how to contact government officials.

In the fall I attended the Elder Abuse Conference and in February, the Beyond Acute Care Conference (covering Seniors and the disabled under the Medicare umbrella) in Edmonton. I spoke during one of the panels on my personal experience caring for my parents and on the situation in Red Deer regarding the severe lack of gerontologists and the loss of our public nursing homes. The conference was well attended with over 500 registered to hear Ralph Nader talk about the health care situation in the United States. Various panel presentations included:

- Probing the Pitfalls of Privatization – Around the World in 80 minutes
- The Good, The Bad and The Ugly: Assessing Trends in the Delivery of Care in Alberta
- Big Ideas that make Sense
- Pushing Back — Moving Forward to Expand the Medicare Umbrella

The closing speaker was Maude Barlow, National Chairperson for the Council of Canadians.

Despite the heaviest snowfall of the winter, registrants made efforts to attend the sessions. Bill Moore-Kilgannon

of Public Interest Alberta (PIA) did his best to keep speakers within allotted times. For details on the presentations, go to the internet: [www.beyondacutecare.ca](http://www.beyondacutecare.ca)

Along with ACA President Gary Pool and our Executive Director Donna Durand, I took part in the PIA annual conference held in April at the Chateau Louis in Edmonton. John Ralston Saul was the keynote speaker. My session topics were Seniors, Action on health care and Disability Action. The latter discussion highlighted how poor Albertans with disabilities are being treated by the government.

Balancing the discouraging problems were the invigorating panel speakers and it was very encouraging to hear the younger activists talk about their advocacy work dealing with democracy, environmental issues and changing the medical system. An excellent speaker, Jill Crop Eared Wolf, explained the problems with fracking, oil and gas exploration on a reserve near Calgary. Chief Allan Adam of the Athabasca Chipewyan First Nation talked about the impact of the oilsands on their water and health.

Overall our board of 12 dedicated members work diligently at keeping current on Seniors’ issues. We hope the new ACA website will help in getting this information out to all members.

Respectfully submitted,  
Bev Hanes, Director Region 5

### Region 6

Activity in Region 6 continues to be limited. New members have been enlisted. Distribution of Elder Abuse materials has slowed but interest in them remains high. Most recently materials have been provided to two-day support programs. Representation on, and participation in, the Alberta Council on Aging Board of Directors and some Board related activities has been the primary focus for our regional representative. Materials were made available for a door prize at the AGM.

Respectfully submitted,  
Frank Hoebarth, Director Region 6

### Region 7

Region 7 had a relatively quiet summer. There were once again complaints heard in Care Facilities about the quality of the food. In the fall, several meetings were

## AGM REGIONAL REPORTS

scheduled for surrounding areas. Region 7 will continue communicating and visiting Senior Centres and Seniors organizations and distribute ACA's "Fraud Prevention" program materials. Over the last few months, 39 households from Region 7 became new ACA members.

Respectfully submitted,  
Murray Campbell, Director Region 7

### Region 8 Medicine Hat Seniors identify top areas of concern

Although there is no official chapter of ACA in Region 8, several Seniors organizations are active. As a representative to the Board of Directors for ACA, I attended several meetings on Seniors' issues. The Medicine Hat Senior Services Strategic Planning Process Committee held meetings in May, June, and September, 2011, which I attended as one of 30-plus interested stakeholders. This was an interesting process, which identified many issues that Seniors in Medicine Hat have regarding housing, health care, recreation, finances; where we are now and where we want to be. The final report is anticipated.

I continue to be a member of the Medicine Hat Community Response to Abuse/Neglect of Elders (CRANE) which has formed partnerships with the local Food Bank, and the Caregiver Coalition, which includes Canadian Cancer Society and Age Care to address abuse issues. At a recent CRANE meeting, the Provincial Elder Abuse Prevention Co-ordinator, Lori Therrien, spoke of the plans the Province has to raise awareness of elder abuse issues and to provide standardized training in this field for service providers such as law enforcement and health care.

Our work on the Senior Friendly™ Committee continues. Kathie Neu Organ has put much time and effort into this project and exciting things are beginning to happen. The Train the Trainer sessions, well-coordinated for the AGM by Yvonne Dickson and the Grande Prairie group, will be an exciting part of the AGM. The coming year will surely be an eventful one for the Senior Friendly™ program!

The Prevention of Elder Abuse Through Education program, although officially ended, continues with the distribution of materials. In the fall, I visited the Bow Island Golden Circle to distribute the Seniors Guide to

Fraud Prevention package.

In the coming year, I look forward to maintaining and initiating contact with the Seniors groups in this region.

Respectfully submitted,  
Beth Turner, Director Region 8

### Region 9 Focus on rebuilding after loss of ACA past-president Floyd Sweet

The Region's year was one of rebuilding and organization. September was our worst month, with the passing of our Director and ACA past-president Floyd Sweet. Floyd was the energy that drove Region 9 and his passing on Sept. 30, 2011, was a great loss.

At our semi-annual meeting in Daysland on Oct. 12, ACA president Gary Pool was the guest speaker. He outlined the direction and function of ACA for the 35 members present. Donna Coombs of SOS Camrose gave a presentation on Seniors' benefits, both federal and provincial. During the business portion of the meeting, Fred Olsen volunteered to sit as the interim Director for Region 9 until a suitable Director is recruited.

There were three active Chapters reporting. It was determined that bylaws and terms of reference for the various executive need to be created. Peter McArthur of Viking reported he had information on the forming of Region 9 and its bylaws and would bring these documents to Fred Olsen to assist in the creation of bylaws.

The Interim Director spent the winter months attending meetings and teleconferences with other executive of ACA. A list was compiled of the Seniors Centres in the Region. A letter will be sent to each introducing the new Director and inviting the Centres to invite the Director to inform their memberships of the benefits of ACA involvement.

The regional Annual Meeting was held in Viking on April 18. At this meeting, Fred Olsen was elected as the Director for Region 9.

Peter McArthur gave a presentation on the organization of Region 9 from Rural 4 ACA. Other presentations were made by the President on the Senior Friendly™ program and Personal Directives.

Respectfully submitted,  
Fred Olsen, Director Region 9



# Grande Prairie hosts Annual General Meeting June 5, 2012



Participants gather for lunch and an enjoyable time of conversing.



Treasurer Bev Hanes



The Golden Circle Seniors Centre in Grande Prairie was the location of the AGM.

Councillor Helen A. Rice brought greetings from the City of Grande Prairie. Laura Hancharuk, Sherry Dennis and Shannon Patershuk were guest speakers.



ACA Executive Director Donna Durand



Cliff and Joyce Mitchell hosted a Sunday evening barbecue for the travellers.



ACA President Gary Pool chats with Shannon Patershuk of Johnson Inc.



Above, Director Alex Herdman  
Top left: Joyce, Daniel, Cliff Mitchell  
Left, lower: Paul Lemay, Gary Pool



Directors Yvonne Dickson  
and Frank Hoebarth.  
Below, Senior Friendly™ training  
underway



Director Fred Olsen, Selma Clayton, Region 1  
President Cliff Mitchell.  
At left, Myrna and Paul Lemay, Bev Hanes  
Below, Selma Clayton, Reverend Pool





In keeping our members informed of ACA's financial status, the ACA Board has elected to publish our auditor's report, completed by Hawkings Epp Dumont LLP, chartered accountants from Edmonton.

## Hawkings Epp Dumont LLP

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[www.hawkings.com](http://www.hawkings.com)

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### INDEPENDENT AUDITORS' REPORT

To the Board of the Alberta Council On Aging  
Edmonton, Alberta

We have audited the accompanying financial statements of the Alberta Council on Aging, which comprise the statement of financial position as at March 31, 2012, and the statements of operations, changes in net assets and cash flows for the year then ended, and a summary of significant accounting policies and other explanatory information.

#### *Management's Responsibility for the Financial Statements*

Management is responsible for the preparation and fair presentation of these financial statements in accordance with Canadian generally accepted accounting principles, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

#### *Auditors' Responsibility*

Our responsibility is to express an opinion on these financial statements based on our audit. We conducted our audit in accordance with Canadian generally accepted auditing standards. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditors' judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by management, as well as evaluating the overall presentation of the financial statements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

#### *Opinion*

In our opinion, the financial statements present fairly, in all material respects, the financial position of the Alberta Council on Aging as at March 31, 2012, and the results of its operations and its cash flows for the year then ended in accordance with Canadian generally accepted accounting principles.



Edmonton, Alberta  
June 4, 2012

HAWKINGS EPP DUMONT LLP  
Chartered Accountants

**ALBERTA COUNCIL ON AGING**  
**STATEMENT OF FINANCIAL POSITION**  
**AS AT MARCH 31, 2012**

	<u>2012</u>	<u>2011</u>
<u><b>ASSETS</b></u>		
Current Assets		
Cash	\$ 86,779	\$ 85,345
Accounts receivable	2,436	2,575
Prepaid expenses	<u>3,461</u>	<u>3,461</u>
	92,676	91,381
Restricted Cash (Note 3)	<u>119,748</u>	<u>135,043</u>
	<u>\$ 212,424</u>	<u>\$ 226,424</u>
<u><b>LIABILITIES AND NET ASSETS</b></u>		
Current Liabilities		
Accounts payable and accrued liabilities	\$ 6,147	\$ 9,446
Deferred contributions (Note 4)	<u>119,748</u>	<u>135,043</u>
	125,895	144,489
Net Assets		
Unrestricted	<u>86,529</u>	<u>81,935</u>
	<u>\$ 212,424</u>	<u>\$ 226,424</u>

**ALBERTA COUNCIL ON AGING**  
**STATEMENT OF OPERATIONS**  
**FOR THE YEAR ENDED MARCH 31, 2012**

	<u>2012</u> Regular Operations	<u>2012</u> PEATE Program	<u>2012</u> Total	<u>2011</u> Total
Revenue				
Grants	\$ 38,026	\$ 25,190	\$ 63,216	\$ 79,052
Memberships	54,061	-	54,061	40,731
Casino	44,915	-	44,915	20,197
Sponsorships	40,897	-	40,897	32,929
Donations	18,604	-	18,604	11,506
Other	6,435	-	6,435	5,123
Program	<u>-</u>	<u>-</u>	<u>-</u>	<u>90</u>
	<u>202,938</u>	<u>25,190</u>	<u>228,128</u>	<u>189,628</u>
Expenses				
Salaries and benefits	95,558	10,693	106,251	56,687
Office	45,786	11,867	57,653	61,057
Member services	31,234	1,093	32,327	26,305
Occupancy	17,782	1,527	19,309	22,346
Travel	6,260	-	6,260	9,898
Program	1,724	10	1,734	11,290
Other	<u>-</u>	<u>-</u>	<u>-</u>	<u>(17,578)</u>
	<u>198,344</u>	<u>25,190</u>	<u>223,534</u>	<u>170,005</u>
Excess of Revenue over Expenses	<u>\$ 4,594</u>	<u>\$ -</u>	<u>\$ 4,594</u>	<u>\$ 19,623</u>

**ALBERTA COUNCIL ON AGING**  
**STATEMENT OF CHANGES IN NET ASSETS**  
**FOR THE YEAR ENDED MARCH 31, 2012**

	<u>2012</u>	<u>2011</u>
Balance, Beginning of Year	\$ 81,935	\$ 62,312
Excess of Revenue over Expenses	<u>4,594</u>	<u>19,623</u>
Balance, End of Year	<u>\$ 86,529</u>	<u>\$ 81,935</u>

**ALBERTA COUNCIL ON AGING**  
**STATEMENT OF CASH FLOWS**  
**FOR THE YEAR ENDED MARCH 31, 2012**

	<u>2012</u>	<u>2011</u>
Operating Activities		
Cash from operations		
Excess of revenue over expenses	\$ 4,594	\$ 19,623
Change in non-cash working capital balances related to operations:		
Accounts receivable	139	24,400
Prepaid expenses and deposits	-	(3,461)
Accounts payable and accrued liabilities	(3,299)	6,305
Deferred contributions	<u>(15,295)</u>	<u>42,636</u>
Change in Cash During the Year	(13,861)	89,503
Cash, Beginning of Year	<u>220,388</u>	<u>130,885</u>
Cash, End of Year	<u>\$ 206,527</u>	<u>\$ 220,388</u>

**ALBERTA COUNCIL ON AGING**  
**NOTES TO FINANCIAL STATEMENTS**  
**MARCH 31, 2012**

**1. PURPOSE OF ASSOCIATION**

Alberta Council on Aging is a non-profit society incorporated under the *Societies Act* of Alberta. The Council provides support for seniors and their concerns in both rural and urban communities across the province of Alberta.

**2. SIGNIFICANT ACCOUNTING POLICIES**

The financial statements have been prepared by management in accordance with Canadian generally accepted accounting principles. The precise determination of many assets and liabilities is dependent on future events. As a result, the preparation of financial statements for a period involves the use of estimates and approximations which have been made using careful judgment. Actual results could differ from those estimates and approximations. The financial statements have, in management's opinion, been properly prepared within reasonable limits of materiality and within the framework of the accounting policies summarized below:

**(a) Revenue Recognition**

The Council follows the deferral method of accounting for contributions. Restricted contributions are recognized as revenue in the year in which the related expenses are incurred. Unrestricted contributions are recognized as revenue when received or receivable if the amount to be received can be reasonably estimated and collection is reasonably assured.

Membership and other program related fees are recognized as received.

**(b) Contributed Services**

Volunteers donate services throughout the year to assist the Council in carrying out its activities. Due to the difficulty of determining their fair value, contributed services are not recorded in the financial statements.

**3. RESTRICTED CASH**

Restricted cash balances consist of unspent casino funding and Community Initiatives Program grant funding.



## ALBERTA COUNCIL ON AGING

## NOTES TO FINANCIAL STATEMENTS (CONT'D)

MARCH 31, 2012**4. DEFERRED CONTRIBUTIONS**

Deferred contributions represent restricted operating funding received or receivable in the current year for which the corresponding expenses have not yet been incurred. Changes in the deferred contributions balance are as follows:

	<u>2012</u>	<u>2011</u>
Balance, Beginning of Year	\$ <u>135,043</u>	\$ <u>92,407</u>
Add: Casino Contributions	74,269	-
Grant Funding Received	56,979	130,424
Less: Grant Funding Returned to Province	(38,402)	-
Grants Recognized as Revenue	<u>(108,141)</u>	<u>(87,788)</u>
Balance, End of Year	\$ <u>119,748</u>	\$ <u>135,043</u>
Comprised of:		
Casino	\$ 78,465	\$ 49,121
Community Initiatives Program Grant	41,283	63,998
HRSDC/NHSP Grant	<u>-</u>	<u>21,924</u>
	\$ <u>119,748</u>	\$ <u>135,043</u>

**5. COMMITMENTS**

The Council leases office space with annual lease payments and operating costs of approximately \$20,000. The current lease expires on November 30, 2015.

**6. FINANCIAL INSTRUMENTS**

The Council's financial instruments consist of cash, accounts receivable, and accounts payable and accrued liabilities. It is management's opinion that the Council is not exposed to significant interest, currency or credit risk arising from these financial instruments. Unless otherwise noted, the fair values of these financial instruments approximate their carrying values.

## PROUD TO SUPPORT THE ALBERTA COUNCIL ON AGING



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Sshh....Thanks also to the many generous donors who prefer to remain anonymous!

## Thank you for your support

Alberta Council on Aging extends appreciation to its funders for their ongoing support!

- Government of Alberta – Community Spirit Program and Community Initiatives Program
- Alberta Gaming and Liquor Commission
  - Union 52 Benevolent Society

### AGM sponsors:

- Pomeroy Group  
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- Edmonton Office (bronze)

### AGM Donors:

- Canada Safeway Limited (Southview) Grande Prairie
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Nor-Lan Chrysler, Grande Prairie
- Philips Home Healthcare Solutions (Lifeline)
- Grande Prairie ACA Region Board of Directors

## ACA Membership Form

New ☐ Renewal ☐ Donation ☐

### Membership type:

- ☐ Household: \$22 (include both names)
- ☐ Life Membership: \$250
- ☐ Organizational membership: \$60
- ☐ Corporate Membership: \$200

Would you like to add a donation?

Amount: \_\_\_\_\_ (Thank you!)

(Tax receipts are issued for donations of \$10 or more)

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\* Please mail a cheque payable to Alberta Council on Aging

**Mail or fax to:** ACA, Box 9 — 11808 St. Albert Trail, Edmonton AB, T5L 4G4  
 Fax: 780-425-9246

# Warning signs: It is time to give up the keys

By Donna Durand

People who are pro-active about their health and realistic about life changes may stop driving due to their own insight.

Sometimes the very people who need to stop driving due to a medical condition or adverse effects of specific medications are also unable to make sense of the need to stop. Driving means freedom, independence, and mobility. If a person has a disease that is affecting cognition, the ability to drive is compromised. The ability to reason may also be affected.

Driving is a privilege and it is far better to end a driving career on a high note than to hurt someone or yourself. Encouraging someone else to stop driving can be very challenging. In caring for others, think about safety first and decisions will be less emotional and more pragmatic.



Older drivers: how do they decide when to stop driving?

## Supports, Resources and References

Education Services, Glenrose Rehabilitation Hospital

[www.caregivercollege.ca](http://www.caregivercollege.ca)

Phone: 780.735.7912

Alzheimer Society of Canada: Resource paper: Tough Issues: Driving

[www.alzheimer.ca](http://www.alzheimer.ca) Phone: 1.800.616.8816

Edmonton Seniors Coordinating

Council "Transportation Tool" [www.edmonton.ca](http://www.edmonton.ca)

Phone: 780-423-5635

*Next issue: Broaching the subject of what to say to a friend or family member when driving skills appear to be less than adequate*

## Warning signs that driving needs to be assessed

- Having difficulty merging or changing lanes
- Drifting into other lanes
- Stopping in traffic for no apparent reason
- Driving on the wrong side of the road
- Driving too slowly
- Confusing the gas and the brake pedal
- Being unaware of vehicles, bicycles, or pedestrians
- Easily distracted while driving
- Being honked at by others
- Getting lost while driving (even in familiar locations)
- Delayed response to unexpected events
- Having accidents, near misses, fender benders, getting tickets
- Getting small scrapes on their vehicle or garage

## 2017 – 50 years of ACA

In 2017, the Alberta Council on Aging will be celebrating its 50th anniversary. Today, we are asking our members for their input and help.

Do you have stories about ACA's early years?

Do you have pictures from early events you would like to share?

Please give us a call, email, fax or write to us with your stories. Looking forward to hearing from you. Thank you.

## Do you have a photo to share?

ACA News welcomes photographs or paintings from members for publication.

We also need photos for our new website. Photos of family events and activities are welcome.

Individuals whose photographs or paintings are used for our front cover will receive an Alberta Council on Aging T-Shirt and a certificate of appreciation.

## TALES FROM THE KOFFEE KLATCH

By Colsen

*The intent of this little column is to inform. I have no interest in disrespecting the provincial government or its ministries. I am using these anecdotes to show that these glitches occur in our systems. Some are hilarious, others are sad, but most can be avoided with prior knowledge.*

*I hope this little column finds an audience. The stories are all true. I have changed names and some minor details to protect the persons involved.*

### Lina's Licence

Poor Lina. She had a fall you know. Yep, she tumbled in her kitchen. Well poor Larry almost had kittens (or was it puppies?) He found her there, giggling like a schoolgirl. Then she passed out on him.

Larry called 911 and stayed with his Lina until the EMS came. They took her to hospital. She spent three days there, but that is for another story.

The doctors could find nothing wrong and scheduled a series of tests in the city. Several trips later, Lina had an appointment with the geriatric nurse. This occurred in their own home. Shortly after, Lina and Larry had to go visit the doctor and the nurse. At this meeting, it was explained that Lina had dementia. It was early enough that medicine would help.

Not the best news. Then a strange thing happened. The doctor suggested that Lina take more tests to check her driving ability. Larry thought this was a good idea. Then they would know exactly where they were at. Boy, oh boy, was he ever wrong. Nothing was explained to them, just that Lina should have this test. Not compulsory, but it would help.

Two weeks later, Lina got a letter from Department of Transportation, Driver Fitness and Monitoring. Yep, you guessed it. Her licence was being revoked in a couple of weeks. That was unless she completed the test first. The non-compulsory test that was going to ease their mind about her ability to drive. Try getting a doctor's appointment in two weeks. Not happening. The doctor's office called Licensing and got an extension. Lina got an early appointment and passed the (required now) DriveABLE test.

She took the form and went to the Licence office.

"Sorry," the lady said. "This form is incomplete." Too late to get back to the doctor's office. So they went home.

Next day, a new appointment was made for the completion of the form. An extension was granted to Lina's driver's licence, again. All seemed OK. When the day came, Lina went and "Oh My Goodness!" — she had to take the driving test again. She passed and when she went to the licence office, she was told she now had to take a road test. A road test! No one had mentioned a road test before this.

Now here is where the story gets interesting.

Lina is in her mid-70s. When she was a girl, she went to the local office and got a driver's licence for the asking. She drove herself and her siblings to school, using a grain truck. No written test, no road test. She has never taken a driving test in her life. She was terrified. She has determined not to take the test. "Too expensive," she says. (It costs nothing, in these cases.)

So Lina gives up her driving privileges after 50-plus years of driving. She drove a semi with her husband. She operated a dray service when she was younger. And she never took a test for any licence.

Total time that has passed from her fall until this decision..... Eight months. Her dementia?? Well, it is still there. In fact, her cognition is getting better with medication. She smiles and says if Larry had kept his mouth shut none of this would have happened. (Well, words to that effect.)

The truth is if they had been totally informed of what would be required, they may have decided differently. Is driving with dementia a good thing? Personal choice perhaps. But it is allowed with annual testing. A driver's licence is a prized possession when you live in a rural area.

What do you think?

Maybe if they had been told what was in store, Larry might have stayed quiet. Those that know him doubt that!

See ya around. Have a good one, eh.

*I intend to add a story with each issue of the Newsletter. If you have a story, sad or otherwise, that involves a Senior and bureaucracy, please send it along to the ACA Office and it will find its way into my files.*

**"A driver's licence is a prized possession when you live in a rural area."**



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