

# Alberta Council on Aging

An Independent Non-Profit Charitable Organization Since 1967

## Annual Report 2020



working to improve the quality of life for older persons

# About Alberta Council on Aging

Alberta Council on Aging, for over 53 years, advises local to federal government about matters relating to the opportunity for full and equal participation of older persons living in Alberta and Canada.

The council, comprised of regional representatives, engages with older adults; communicates their ideas, opinions and concerns to government and the broader community; and works toward solutions.

Alberta Council on Aging develops programs and publications aligned with age friendly initiatives with the goal to eliminate ageism and promote inclusiveness of older persons.

We engage and partner with agencies and institutions, with the same aim, who are conducting research and developing policy and programs.

Together we promote positive age.



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# Message from Minister of Seniors and Housing



## Alberta Council on Aging - AGM

On behalf of the Government of Alberta, I would like to thank the Alberta Council on Aging for its contributions to our province's seniors.

Over the years, the Alberta Council on Aging has been a constant champion of seniors. The council's work has reduced barriers, helped seniors connect to their communities and created a safe space for seniors to be heard. We know that having a voice, connecting with others and accessing supports are so important to the well-being of seniors.

During the COVID-19 pandemic, seniors face additional challenges; connecting with and supporting them is now more crucial than ever. For many of us, this has meant changing how we do routine tasks, shifting priorities, constantly adapting and finding new ways to address challenges. Throughout the pandemic, I have been impressed to see how the Alberta Council on Aging's excellent work continues. By engaging with seniors, sharing resources, and lending support, this organization is making a great difference in the lives of Alberta's seniors during a time of need.

More than 640,000 seniors live in Alberta, and that population is growing. As we work to support our increasing number of seniors, the Alberta Council on Aging's service and dedication remains vital. Our government will continue working alongside the council to support the wellbeing of seniors in our province.

I say it all the time – seniors are the strength of Alberta.

Thank you.

Josephine Poa  
Minister of Seniors and Housing

June 2020

# Board of Directors 2020

## Executive

President: Ron Rose  
Vice President: Pat Santa  
Treasurer/Secretary: Sue Lafferty

## Directors

Region 1 (Northwest): Jennifer Wrzosek  
Region 2 (Northeast): Paul Boisvert  
Region 4 (Edmonton area): Sue Lafferty  
Nick Chrapko  
Region 7 (Southwest): Pat Santa  
Region 8 (Southeast): Gordon Nott  
Region 9 (East central): John Feddema

**Executive Director:** Donna Durand

## Farewell and Thanks

Keith Sterling director region 5  
Rita Loken director region 4 and treasurer  
Becca Barrington, campaign coordinator  
Lauren Guldbrandsen, outreach coordinator

## Alberta Council on Aging

### 52nd Annual General Meeting

June 27, 2019 1:00 PM—4:30 P.M.

Golden Circle Seniors Resource Centre

4620 47A Ave, Red Deer

#### **Business Meeting**

Ron Rose Chair/Sue Lafferty (for Jennifer Wrzosek) recorder

1. Call to order. Determine quorum  
The meeting was called to order by Ron Rose at 1:50pm. Quorum confirmed. Directors introduced.
2. Standing orders for 52nd Annual General Meeting  
Roberts Rules of Order
3. Presentation of Minutes from 50th Annual General Meeting  
Minutes from 50<sup>th</sup> annual General Meeting held June 19, 2017 presented. Motion to approve: Margaret Day/  
Gail Hiller. Carried
4. Financial Report
  - i. Audited Financial Statement for April 1st 2018 to March 31st 2019  
Motion to approve: Rita Loken/Gord Nott. Carried
  - ii. Budget 2019-2020  
Budget circulated and presented for information. Discussion regarding 2019-2020 Budget  
included concerns about equitability of rebates province-wide. Board to discuss concerns at  
September 2020 Board Meeting.
  - iii. Affirm auditor for 2019-2020  
Motion to affirm Metric Group LLP as auditor: Rita Loken/Jane Grenier-Frank. Carried.
5. President and Executive Director Report -included in Annual General Report.
6. Election of Officers  
Motion to confirm Sue Lafferty and Pat Santa as Directors for Regions 4 and 7 respectively and Rita Loken as  
treasurer: Gary Pool/Gord Nott. Carried  
Motion to elect Rita Loken as Treasurer: Gary Pool/Gail Hiller. Carried  
Nominations not taken at this time for vice-president.
7. Open Forum  
Discussion followed regarding numbering vs naming of regions: Can this be changed to incorporate names of  
regions? This will be looked at as part of review of bylaws. There is a map indicating names and numbers of  
regions on ACA website to assist.  
Query regarding how bylaws are being written. Alberta Government guidelines are followed. Suggestion from  
Paul Boisvert for ACA to explore aligning with Alberta Association of Gerontology.
8. Adjournment  
The meeting was adjourned at 2:45 pm.

## Alberta Council on Aging

### 53<sup>rd</sup> Annual General Meeting

June 18, 2020 10 A.M. by Teleconference

#### Agenda

Chair: Ron Rose

Recorder: Sue Lafferty

1. Call to Order and Confirmation of Quorum
2. Standing Orders for 53<sup>rd</sup> Annual General Meeting
3. Presentation of minutes of 52<sup>nd</sup> Annual General Meeting
4. Financial Report
  - i. Audited Financial Statement for April 1<sup>st</sup> 2019 to March 31<sup>st</sup> 2020
  - ii. Presentation of Budget for 2020–2021 (review only)
  - iii. Reaffirm Auditor for 2020-2021
5. Reports
  - i. President/Executive Director
  - ii. Regional Reports
6. Confirmation of elected Directors and Alternates, Election of Officers
7. Objects/bylaws
8. Members Forum

ALBERTA COUNCIL ON AGING  
STATEMENT OF FINANCIAL POSITION  
AS AT MARCH 31, 2020

	<u>2020</u>	<u>2019</u>
<b><u>ASSETS</u></b>		
Current Assets		
Cash and cash equivalents (Note 3)	\$ 80,256	\$ 161,886
Accounts receivable	47	532
Goods and Services Tax receivable	<u>439</u>	<u>273</u>
	<b><u>\$ 80,742</u></b>	<b><u>\$ 162,691</u></b>
<b><u>LIABILITIES AND NET ASSETS</u></b>		
Current Liabilities		
Accounts payable and accrued liabilities	\$ 8,089	\$ 29,561
Deferred contributions - operating (Note 4)	<u>22,007</u>	<u>92,892</u>
	<b>30,096</b>	122,453
Net Assets		
Unrestricted	<u>50,646</u>	<u>40,238</u>
	<b><u>\$ 80,742</u></b>	<b><u>\$ 162,691</u></b>



**ALBERTA COUNCIL ON AGING**  
**STATEMENT OF OPERATIONS**  
**FOR THE YEAR ENDED MARCH 31, 2020**

	<u>2020</u>	<u>2019</u>
<b>Revenue</b>		
Casino	\$ 36,661	\$ 53,353
Grants	34,224	-
Sponsorships	34,175	40,328
Memberships	26,431	29,398
Donations	4,145	5,891
Other	<u>4,110</u>	<u>3,147</u>
	<u>139,746</u>	<u>132,117</u>
<b>Expenses</b>		
Salaries and benefits	102,724	106,676
Office	21,992	21,167
Travel	12,708	7,213
Member services	12,543	11,949
Program (Aging Well)	6,360	-
Regional support	<u>(26,989)</u>	<u>1,019</u>
	<u>129,338</u>	<u>148,024</u>
<b>Excess (Deficiency) of Revenue over Expenses</b>	<u>\$ 10,408</u>	<u>\$ (15,907)</u>

# Message from the President and Executive Director

Alberta Council on Aging Strategic Plan 2019- 2024 continues to guide our efforts. We revisit it periodically to track events and accomplishments to ensure we are meeting our goals. This year the board of directors passed a motion to expand the Talking Points to include support of the development of a universal pharmacare program and a statement on ageism.

We have updated the bylaws and are pleased to present them to the members for the 53<sup>rd</sup> Annual General Meeting. Review of the policies and procedures will follow.

We had representation at community information fairs, government meetings, advisory meetings on [CBSS \(Community- Based Seniors Serving\) sector CORE](#), Primary Health Care Integration Network, and provided community presentations on Let's Stop Ageism, Recognizing Fraud, Living Stronger Longer, Age friendly, dementia friendly Communities.

As we had a change in provincial government last spring, we reached out to the Minister of Seniors and Housing to get to know one another. To kick off Seniors Week, Minister Josephine Pon made a special appearance at the pancake breakfast hosted by Region 5 and the Golden Circle Senior Resource Centre, Red Deer. The Ministry invited us to emcee the declaration and flag raising celebration at the legislature to honour Alberta Day of Older Persons (International Day of Older Persons, October 1). We were a featured speaker at the [THIRDACTION Film festival](#) in Calgary, also held during Seniors Week.

The Aging Well in Community (AWIC) grant provided support to hire a part time coordinator for the [Let's Stop Ageism](#) campaign. We created marketing materials, programs, presentations, a manual and directed much effort toward encouraging municipalities to declare International Day of Older Persons. There was a lot of engagement throughout the province, at events and through the media. Later in the fall, we were excited to present Let's Stop Ageism programs in Lethbridge, hosted by Region 7 director Pat Santa. On that trip, we connected with new member [Age friendly Lethbridge](#) lead and town councillor Rob Miyashiro regarding sharing out of [Age friendly/Senior friendly Business Quicklist](#).

The last event associated with the AWIC year 1 grant took place in early March, just prior to Covid19 crisis. We held the Dash Between project event which was a wonderful experience for all. Shortly after the event, we were notified by government all activity relative to the grant would cease. We were told in order to be eligible for year two funding, we would need to re-purpose the grant activities to directly address and respond to the pandemic. We were successful in our plan to re-purpose the grant to focus on volunteer development and online programs and resources for members and the general public.

As with many non-profits and small businesses affected by the COVID- 19 crisis restrictions, activities and revenue streams ceased or were at risk. Initially we did not know if we would receive the year two grant monies, we did know however, we would not be able to take part in casinos as scheduled. These two things combined meant a loss of \$100,000 projected revenue for 2020/2021 budget.

We reached out to all our members by letter as to how we will help in this time:

Excerpt from Letter from the President:

By now everyone is saturated with news of the COVID-19 pandemic and responding in various ways, whether through self-isolation, mandatory isolation and or physical distancing. We want to touch base with our members and member organizations through the internet and telephone. How are you doing? How can we support you? What is Alberta Council on Aging doing right now to maintain and improve your quality of life? The virtual office is running. Staff and volunteers are receiving your communications and are reaching out. Please continue to keep us advised as to concerns and successes as we are;

- meeting frequently by teleconference with Seniors and Housing Ministry stakeholders group to discuss what it is we are hearing from the public as well as how government and the senior serving sector is mobilizing to support older adults;
- ensuring information regarding services for seniors and service providers is shared out and easy to access;
- compiling and widely sharing out information on current frauds and scams;
- exploring ways to offer existing learning programs and materials through online technology.

As older adults, we are being faced with some tough issues, from an awareness of our vulnerability to uncertainty as to how we will be supported should we become ill. Alberta Council on Aging remains an advocate for all older persons, advising local to federal government about matters relating to the opportunity for our full and equal participation in Alberta and Canada.

In closing, we had a successful year, although plans took an abrupt shift in March. We are confident through resilience and collaboration we will continue to meet our mandate. We have heard from many members they appreciate the work being done and want us to continue to be a strong voice on matters concerning the human rights and well being of older adults.

Respectfully submitted,

Ron Rose  
President

Donna Durand  
Executive Director

# Around the Province

## North

**Region 1** held their Annual General Meeting on April 23, 2019. Our region is still working to attract new members. Our executive added one new member and had one member resign.

Seniors Week began with our Senior's information fair held at a larger community venue followed by the annual Rotary BBQ lunch. The larger facility added more space and was a welcome, safe change. During Seniors Week, we held our 3<sup>rd</sup> annual Picnic in the Park in partnership with NWARDA (the North West Retired Teacher's group). As Director, I attended the ACA General Meeting in Red Deer on June 27. It is always interesting to meet and share with other regions in our province.

Our involvement with the Studio 50+ group continues to be a very positive opportunity to network with other groups offering services to seniors. Studio50+ has a very active Facebook page with relevant information for seniors. The newly formed Reader's Theater has successfully connected seniors in a unique way by sharing stories and memories. This is a great initiative of seniors helping seniors.

With the arrival of the novel corona virus, all face-to-face meetings have been suspended. We are trying to stay connected through social media. We are especially thankful to the ACA Provincial office for their continued flow of information. Stay Safe and Healthy!

Respectively submitted,

Jennifer Wrzosek -Director Region 1 Northwest

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In continuation with its commitment to confer to the MLA's whose constituencies are co-terminus with the **Region 2** of ACA, we were able to meet with David Hanson MLA for the Constituency of Bonnyville/Cold Lake/St. Paul on February 28th at the Glendon Senior Centre. The brief that Region 2 had been working on since June 2019, was presented. Submissions and comments from some 200 seniors from across the region were used in putting the brief together. Unfortunately, the dates for meeting other MLAs were scuttled by the COVID-19 restrictions. We had planned to invite the other five MLA's to our AGM at which time we would speak to the brief we had presented to MLA Hanson. At this time it appears that this may only come about in September 2020. In addition to our ongoing concerns about health care for seniors in our rural settings, the brief once again raised the issues of AHS's (meaning the government) failure to act on two long-standing issues, the availability to seniors at no cost the Shingrix and Pneumonia vaccines. The COVID-19 pandemic has demonstrated that many of the concerns raised in our brief have been substantiated. And new concerns have arisen. Region 2 normally has its AGM by the end of May, at which time the elections for our Board take place. However, given the current situation, the AGM date remains in limbo as does the very continuation of the Region itself. Region 2 placed an ad in Lakeland Today to recognize the sacrifice of our health care and essential service personnel in these most difficult times.

Respectfully submitted,

Paul Boisvert,-Director Region 2 Northeast

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

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

Early in March, ACA shifted its focus to support members during the pandemic to include phone support, letter to members from the board, and electronic postings of information and services available to older adults and the senior serving sector.

Respectfully submitted,

Sue Lafferty— Director Region 4 Edmonton and Area

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My activities as an ACA volunteer and now as director for **Region 4**, beside exploring my new community, took me to a number of meetings and events of interest. I am the key representative of ACA for Age friendly Edmonton initiatives which support older adults to age gracefully and to be in the know. The monthly Stewardship Round Table meetings have shown me that there is good, caring support for seniors and hopefully not too many of us will fall through the cracks when it comes to needing support. The City Hall meetings, mostly through the Urban Planning Committee addressed: bus route re-design, residential speed limits, looking ahead 5 years for needs of seniors, what a city of two million people will be like for older adults. I attended the Friends of Medicare town hall meeting where there was discussion around physician care and billing. The Edmonton chapter of Dying with Dignity hold meetings to inform and advocate for the public re MAID, of which I was able to attend. They emphasize the importance of Advance Care Planning. I believe this group is providing a wonderful service for the public. I am looking forward to this year and will continue to reach out to members and older adults with the intention to hear different perspectives as to share information.

Respectfully submitted,

Nick Chrapko—Director Region 4 Edmonton and Area

## South

Here in **Region 7**, as I think about the year that has passed since our 2019 AGM at the Golden Circle Senior Resource Centre in Red Deer, I am aware of the trials we have endured. The board of directors re-worked our bylaws and will review Policies and Procedures once the bylaws are approved.

The pandemic has weighed heavily in my thoughts, as well as everyone else's. It is an unprecedented concern. Communication will remain to be a challenge for us and many other groups and organizations. It is challenging to plan ahead in these times. It is difficult for individuals to maintain ties with family and friends. I look forward to talking with members at the virtual Annual General Meeting on June 18. Until then, wishing everyone good health!

Respectfully submitted,

Pat Santa– Director Region 7 Southwest

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Seniors in **Region 8 Medicine Hat and area** have been actively involved in many events and celebrations this past year.

As Medicine Hat was chosen the official launch location for Senior's Week, Minister Josephine Pon visited the Veiner Centre in June to officially declare the week in Alberta. As a part of the weeks many activities, Chinook Village hosted their annual senior's conference featuring guest speaker Phil Callaway.

The Alberta 55+ Summer Games were hosted by Medicine Hat the first week of July. Seniors were the majority of the 350 volunteers I recruited who committed their time and energy as true ambassadors for our community.

With a great two year success rating, the intergenerational PenPal program began again in September, connecting Grade Three students with seniors in order to provide a very rewarding opportunity to share life values and many memories.

Representing Alberta Council on Aging, I partnered with Chinook Village to celebrate the International Day of Older Persons on October 1<sup>st</sup> at a gathering of 175 persons. Federal and provincial dignitaries attended as did Mayor Ted Clugston who signed the official declaration on behalf of the City of Medicine Hat.

Participating in a Resource Fair held at the Veiner Centre in October provided me with an excellent opportunity to promote our latest and greatest ACA initiative "Let's Stop Ageism". Many folks agreed that dealing with the issue of ageism is long overdue.

Of great concern is the fact that the position of Elder Abuse Prevention Coordinator in Medicine Hat has been eliminated due to funding cuts. The Senior Citizens Advisory Committee presented the matter to Medicine Hat City Council with a result that they will assist in advocating for appropriate provincial support and resources to respond to our local increasing elder abuse issues.

As we continue to deal with the impact of COVID-19, it is amazing to see the endless support and caring for our aging population. I encourage one and all to stay healthy and safe. Supporting and caring for others is key to our survival.

Respectfully submitted,

# Central

The first quarter of 2020 was the beginning to mark what will be known as the historical COVID-19 pandemic touching the entire human race so no need to call that a regional event.

However, in terms of **Region 9** right after the new year I had the “Lets Stop Agism” banner put up in Camrose at the Smith Clinic ( a heavy flow of traffic there). On enquiring with Camrose residents I received favorable and impressive comments. My wife Irene and I escaped a bit of winter, spending a couple months in Texas where our youngest son is a partner in the oil business there. We returned just as COVID-19 was evolving. We got back none to soon.

I contacted our local MLA Jackie Lovely and had a brief conversation. She very willing to meet and asked to arrange an appointment. Next day I stopped at the office and was put her list only to find out the following day that there would be no more personal appointments as the pandemic was declared.

On March 26th I took part in the ACA board emergency conference call. The rest of the first quarter has been quiet.

Bring retired at a Senior Lodge in Alberta meant following the chief medical officer Dr Hinshaw recommendations of physical distancing to a T.

Seniors as well as all age demographics are searching for ingenious ways to keep their sanity and stay positive (good to see some of the humor in it all).

Respectfully submitted,

John Feddema– Director Region 9 East Central



## Communities that declared October 1 International Day of Older Persons: The Journey to Age Equality

### Province of Alberta

#### **Region 1**

Sexsmith  
Grande Prairie

#### **Region 2**

Bonnyville  
St. Paul  
Lac la Biche

#### **Region 3**

Legal  
Barrhead  
Drayton Valley

#### **Region 4**

Edmonton—Sage Seniors  
Association

#### **Region 5**

Ponoka  
Red Deer

#### **Region 6**

Calgary  
Okotoks

#### **Region 8**

Medicine Hat—Chinook  
Village

#### **Region 9**

Bruderheim





## What is Ageism?

Ageism is the prejudice or discrimination against a particular age-group ...especially older adults although this includes all age groups

Prejudice is how we feel. Discrimination is how we act. Stereotypes are what we say.

## Vision

All seniors enjoy a high quality of life

## Mission

Encourage and enable seniors' full participation in all aspects of community through inclusion, education and advocacy

## Goals

- Build awareness and capacity
- Align organizational structure to ensure viability and relevancy
- Promote alliances with other senior serving organizations in Alberta
- Provide and promote educational programs and services to seniors throughout the province

## Outcomes

- Public knows who Alberta Council on Aging (ACA) is and how to engage
- Effective representation and structure
- Improved member and regions support
- Increased alliances with other organizations and agencies
- Positive communication with members and regions
- Value/benefits of membership in ACA identified
- Improved learning materials and increased opportunities for seniors' engagement
- Improved mechanisms in place to ensure seniors are heard and represented

## Housing

- seniors desire to reside in a place appropriate to their circumstances
- living environments such as outdoor spaces and buildings must support seniors to maintain themselves in the community

## Finances

- seniors need to have adequate financial resources to meet their needs
- current supports for seniors are often based on a means tests which looks at income but fails to consider other expenses that may be incurred
  - recommendation: needs testing be used to complement current means tests and be related to individual needs and circumstances

## Continuing Care

- continuing care services often impose significant costs, however, these services need to be affordable for all seniors
  - recommendation: support efforts to make continuing care services clearly and consistently defined

## Transportation

- seniors require equal access to services wherever they live
  - recommendation: provincial government continue to review as to how transportation for seniors can be improved

## Health

- seniors require equal access to emergency care, surgery, hospitalization and treatment such as rehabilitation and medications
- seamless delivery of publicly funded and delivered programs and services
- clear standards and eligibility for programs and services
- expanded legislation for Protection for Persons in Care
- Support development of a universal pharma care plan

## Elder Abuse

- envision a world free of abuse
- work toward this aim through developing community partnerships
- make appropriate referrals for reporting and receiving help
- influence legislations which protect older persons

## Ageism

Definition - Prejudice or discrimination against an age-group ...especially seniors

To address this ACA will:

- align with age friendly initiatives with the aim to eliminate ageism
- promote inclusiveness of older persons

**Alberta Council on Aging**

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**#LetsStopAgeism together. Now.**



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