

Alberta Council on Aging

An Independent Non-Profit Charitable Organization Since 1967

Annual Report 2021



working to improve the quality of life for older persons

Board of Directors 2020-2021

Executive

President: Ron Rose
Vice President:
Treasurer: Gail Hiller
Secretary: Sue Lafferty
Past president: Gary Pool

Farewell and Thanks

Sue Lafferty, Region 4
Secretary
Secretary/treasurer
Director

Directors

Region 1 (Northwest): Jennifer Wrzosek
Region 4 (Edmonton and area): Nick Chrapko
Region 6 (Calgary and area): Linda McFarlane
Region 7 (Southwest): Pat Santa
Region 8 (Southeast): Gordon Nott
Region 9 (East central): John Feddema

Staff

Executive Director: Donna Durand
Contractors: Caroline Bowler, Bookkeeping services
Jessica Kinsella, Programs– Volunteer management
Maureen Bracke– Living Strong Coordinator
Laureen Guldbrandsen, Admin and Programs support

About Us

Alberta Council on Aging, for over 54 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 and the protection of human rights of older adults.

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“Start where you are. Use what you
have. Do what you can.”

– Arthur Ashe, Jr.

Minutes of AGM 2020

53rd Annual General Meeting

June 18, 2020 10:00 am

Virtual Meeting by Teleconference

Business Meeting

Ron Rose Chair/Sue Lafferty recorder

1. Call to order. Determine quorum.

The meeting was called to order by Ron Rose at 10:00 am. Quorum confirmed.

2. Standing orders for 53rd Annual General Meeting.

Donna Durand provided rules of virtual meeting etiquette. Roberts Rules of Order to be followed for meeting.

3. Presentation of Minutes from 52nd Annual General Meeting.

Motion to approve minutes of 52nd Annual General Meeting: Pat Santa/Gord Nott. Motion carried.

4. Financial Report

i. Audited Financial Statement for April 1st, 2019 to March 31st, 2020.

Motion by Gary Pool/Sue Lafferty: To approve auditor's report for the year ended March 31, 2020 subject to further clarification of Regional Support (26,989) line item. Motion not approved by Frank Hoebarth and Susan Barry. Motion passed.

ii. Budget 2020-2021

Discussion of 2020-21 Budget.

iii. Reaffirm auditor for 2020-2021

Motion by Sue Lafferty/Sheron Pickard: To approve Metrix Group LLP as auditor. Motion passed.

5. Reports

i. President/Executive Director

Circulated with Meeting Package

ii. Regional Reports

Circulated with Meeting Package

6. Confirmation of Elected Directors and Alternates, Election of Officers

Directors and Alternates confirmed. No Officers to be elected at this time.

7. Objects/Bylaws

ACA Objects and Bylaws reviewed by Gord Nott, Board of Directors member.

8. Adjournment

Thank you to sponsors Johnson Inc. and Lethbridge Hearing.

Draw from attendees for 2 ACA memberships.

Meeting adjourned by Ron Rose at 11:02 am.

Agenda and Program for AGM 2021

54th Annual General Meeting June 24, 2020 10 A.M. by Zoom

Agenda

10:00 A.M.

Business Meeting

Chair: Ron Rose

Moderator: Laureen Guldbrandsen

Recorder: Donna Durand, Executive Director

1. Call to Order, Introduction of Directors and Special Guests
 2. Greetings to the membership from Honorable Josephine Pon
 3. Standing Orders for 54th Annual General Meeting
 4. Confirmation of Quorum
 5. Minutes of 53^d Annual General Meeting
 - Motion to accept minutes
 6. Financial Report
 - i. Audited Financial Statement for April 1st 2020 to March 31st 2021-Auditor Curtis Friesen, Metrix Group LLP
 - Motion to accept audited financial statements
 - ii. Presentation of Budget for 2021–2022 (review only)- Gail Hiller
 - iii. Reaffirm Auditor for 2021-2022-Ron Rose
 - Motion to appoint auditor
 7. President/Executive Director Report-Ron Rose
 8. Confirmation of elected Directors and Alternates, Election of Officers– Gary Pool
 9. Questions
- Adjournment of Members Meeting
- Motion to adjourn

11:00 A.M.

Program

Guest Speakers:

Barbara Cavers, Good News About Growing Old

Jessica Simpson, Update from Johnson Inc.

Door prizes

12:00 P.M.

Closing comments– Ron Rose

Message from Minister of Seniors and Housing



ALBERTA
SENIORS AND HOUSING

*Office of the Minister
MLA, Calgary-Beddington*



Message from Honourable Josephine Pon

Minister of Seniors and Housing

On behalf of the Government of Alberta, I would like to extend my respect and thanks to the Alberta Council on Aging for its ongoing contributions to seniors in our province.

For many years, the Council has been a vigorous champion for seniors. Your work has reduced barriers, helped seniors connect to their communities, and created a safe space for seniors to be heard. The Council has been a strong advocate to raise awareness and address the issue of ageism in Alberta, which is a much needed area of focus.

Over the last year and more of the COVID-19 pandemic, I have so appreciated the efforts of the Council to engage with seniors, share resources, and lend support. Your organization has made a great difference in the lives of Alberta's seniors during a time of need.

I am heartened to see increasing optimism in June 2021. Many seniors have been vaccinated, and we are moving forward with our responsible Open for Summer plan.

I know you will join me in applauding the incredible resilience of seniors. During the pandemic, they came together to support each other, their families, and their communities.

With the end of the pandemic becoming a reality, we should salute so many seniors who have endured this difficult time with grace and fortitude. We are also mindful of the impact of the pandemic on seniors, caregivers, and others who work with seniors.

This summer, my ministry will host a seniors mental health webinar series. Subjects will range from managing social isolation, grief and loss, re-establishing social and community interactions, and will provide a roadmap to help seniors transition to a new post-pandemic world. The first session is on June 30 and more information is available at alberta.ca

As we support seniors to re-connect and re-enter a changed world, I know the Alberta Council on Aging will remain a valued and trusted partner. Your service and dedication remains vital, and Alberta's government will continue working alongside the Council to support the well-being of seniors in our province

Josephine Pon
Minister of Seniors and Housing
June 2020

Message from the President and Executive Director

It should come as no surprise that the previous fiscal year April 1 2020 to March 31 2021 has been anything but ordinary for Alberta Council on Aging. COVID-19 has had a major impact on every aspect of our operations.

Our longstanding sponsorship with Johnson Inc. was significantly reduced due to travel restrictions. Membership renewals and insurance plans linked with this program dropped significantly as well. Our donors continued to share generously and this is much appreciated. Fortunately, we received two small grants in this period that helped us to maintain our contact with members and the general public as well as maintain our focus to ensure older adults were living a good quality of life. The board of directors determined we will not partake in casinos as a fundraiser until the pandemic is over. We continue to explore grant and sponsorship opportunities.

The federal **New Horizons Grant**, which funded a peer support program *Living Well in Spite of COVID-19*, ended on March 31. The grant allowed us to hire Maureen Bracke to revise the Senior Friendly™ program *Living Stronger Longer* and to serve as a coach to participants.

We received year two of the provincial **Aging Well in Communities** grant, which has been repurposed to enhance volunteer management and website development.

By spring 2020 the devastation in long term care from Covid-19 was both shocking and predictable. The board of directors decided to create a position paper and align with the many coalitions that were forming.

We brought attention to International Day of Older Persons, October 1 and are pleased to report 17 municipalities took part in making a proclamation. By early 2021 we began to offer programs and learning sessions by Zoom. Together we learned about yin yoga, cannabis and older adults, recognizing fraud, living strong, deprescribing medications, eye health, Grande Prairie Reading Theatre, etc. We had representation at online conferences, webinars, government meetings, the Primary Health Care Integration Network and Age friendly Edmonton community hubs and Healthy Aging CORE. We took part in the Alberta Health review on [Improving Quality of Life for Residents in Facility-Based Continuing Care](#) (publication). To understand the experience of older adults we created the Quality of Life Amidst Pandemic Survey which is online through www.acaging.ca and hosted on the Healthy Aging CORE platform.

In closing, we transitioned through uncertainty to a successful year. We are confident with continued resilience, creativity and collaboration we will continue to meet our mandate, predominantly as a volunteer-run organization.

Our Strategic Plan 2019-2024 continues to guide our efforts. 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, quality of life and well being of older adults.

Sincerely,

Ron Rose, President

Donna Durand, Executive Director

ALBERTA COUNCIL ON AGING

STATEMENT OF OPERATIONS


FOR THE YEAR ENDED MARCH 31, 2021


	<u>2021</u>	<u>2020</u>
Revenue		
Grants	\$ 56,946	\$ 34,224
Sponsorships	33,700	34,175
Casino	19,831	36,661
Memberships	14,637	26,431
Donations	5,824	4,145
Other	<u>2,700</u>	<u>4,110</u>
	<u>133,638</u>	<u>139,746</u>
Expenses		
Salaries and benefits	78,007	102,724
Program (New Horizon)	25,000	-
Office	11,696	21,992
Program (Aging Well)	9,784	6,360
Member services	5,591	12,543
Travel	-	12,708
Regional support	<u>(3,060)</u>	<u>(26,989)</u>
	<u>127,018</u>	<u>129,338</u>
Excess of Revenue over Expenses	<u>\$ 6,620</u>	<u>\$ 10,408</u>

ALBERTA COUNCIL ON AGING
STATEMENT OF FINANCIAL POSITION
AS AT MARCH 31, 2021

	<u>2021</u>	<u>2020</u>
<u>ASSETS</u>		
Current Assets		
Cash and cash equivalents (Note 3)	\$ 73,737	\$ 80,256
Accounts receivable	1,148	47
Goods and Services Tax receivable	<u>479</u>	<u>439</u>
	<u>\$ 75,364</u>	<u>\$ 80,742</u>
<u>LIABILITIES AND NET ASSETS</u>		
Current Liabilities		
Accounts payable and accrued liabilities	\$ 13,968	\$ 8,089
Deferred contributions - operating (Note 4)	<u>4,130</u>	<u>22,007</u>
	18,098	30,096
Net Assets		
Unrestricted	<u>57,266</u>	<u>50,646</u>
	<u>\$ 75,364</u>	<u>\$ 80,742</u>

ON BEHALF OF THE BOARD:

 Director

 Director

Notes

3. CASH AND CASH EQUIVALENTS Cash and cash equivalents includes restricted funds of \$4,130 (2020 - \$22,007). These funds are derived from casino and grant funding programs which are restricted in their use, subject to the terms and conditions of the Organization's casino license and grant funding program agreements.

4. DEFERRED CONTRIBUTIONS - OPERATING 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: 2021 2020 Balance, Beginning of Year \$ 22,007 \$ 92,892 Add: Grant Funding Received 61,076 - Less: Amounts Recognized as Revenue (78,953) (70,885) Balance, End of Year \$ 4,130 \$ 22,007 Comprised of: Aging Well in Community Grant Program \$ 4,130 \$ 2,176 Casino - 19,831 \$ 4,130 \$ 22,007

Around the Province

“Our main activity in Region 1 has been our involvement in the Seniors’ Reading Theatre and preparing a presentation hosted by ACA. It was held on January 27 by Zoom. This has involved many virtual meetings and video taping of seniors as we continue our work on the Mary Nutting Project. Mary was a retired teacher who wrote a book, “A Grande Education” that features schools in the Peace Country from 1910-1960. The next phase of the project is to connect with and interview seniors who attended the different schools.”

-Jennifer Wrzosek, Region 1



“I participated in a number of virtual activities that are offered, by various organizations, to older adults and even though the attendance is not overwhelmingly high, people are finding these programs a real benefit in helping them with loneliness etc.”

-Nick Chrapko, Region 4



“I participated in work around areas of interest, including involvement in a focus group for the Alberta Continuing Care Review and contributing to the Continuing Care Legislative Review.”

-Linda McFarlane, Region 6



“I am volunteering at the Nord-Bridge Tax Program and as a result I have had conversations with many Lethbridge residents.”

- Pat Santa, Region 7



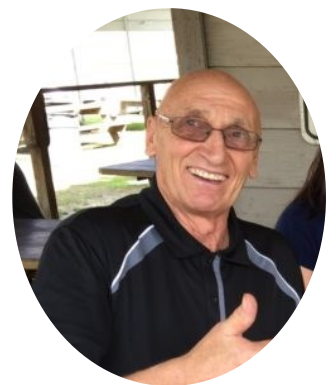
“For many Medicine Hat Seniors a concern is the future operation of our Seniors Centre (Veiner Centre). As with everything else, the Centre has been closed for the past 10 months and all programming has ceased due to COVID. In the fall of 2020, City administration released a RFP seeking interest from the private sector to manage and operate the Veiner Centre. It is currently municipally administered. The applications have been reviewed by City administration and a recommendation for approval was presented to Medicine Hat City Council on February 1st. “

-Gordon Nott, Region 8



“In February and March...we got our education on modern technology to get up to speed with social media. I am referring to ... getting involved with todays ways, that is Zoom meetings. By taking part in the ... Living Strong workshops [presented by Alberta Council on Aging] we heard from and talked to new acquaintances. That program sure was an opportunity to think about where you are in life and spend some time to make changes where necessary to live a higher quality life.”

-John Feddema, Region 9



Learning with Future Geriatricians



Peter



Krista



Lauren



Kim

We are honoured to have an ongoing column in the ACA quarterly newsletter! Our names are Krista, Kim, Peter, Lauren and Lee and we are medical residents in Calgary who love Geriatric Medicine and want to be Geriatricians in the near future. Let us know what you want to hear about. We will do our best to answer your question and we welcome your comments. Send questions and comments in care of: info@acaging.ca

Aging Well in Communities Grant Year Two

On re-purposing the grant from Let's Stop Ageism Campaign to Volunteer Services

By the third week of March of 2020, we became more focused on the overall wellbeing of older adults in Alberta. Older adults were given strict public health guidelines and recommendations to follow. This impacted many aspects of wellbeing including physical, social, emotional and mental wellbeing as part of the health order was to self-isolate. Older adults utilizing the continuing care system experienced huge disruptions, as did their care partners. We knew it was important to engage with our members as well as respond to general public's requests for information and support, to disseminate information regarding COVID-19 response and resources, offer referral services, create engaging and informative online programs for volunteers to deliver. We are learning how to thrive within this new environment through attending government stakeholder meetings, webinars, offering programs such as telephone mentoring (volunteers) sharing programs and information with other agencies, etc. Alberta Council on Aging reached out to membership and friends with an online (1600) and hard copy letter (420) regarding the pandemic and how to get immediate help if needed. We compiled and shared out a useful resource list.

Coordinators and volunteers placed phone calls to members to encourage wellbeing at the start and throughout pandemic. The summer issue of the organization's magazine contained important information regarding the pandemic and enjoyed a cross Canada media push (10,000 readers) through Carolyn Tapp-McDougall, publisher of BCSS Group. All communities in Alberta were encouraged to acknowledge all older adults and declare International Day of Older Persons on October 1, 2020. As we have been creating and delivering a program around this prior to LetsStopAgeism campaign (year 1 AWIC grant) we kept on this as a general awareness and outreach to our partnering communities, agencies and friends. We have raised awareness around IDOP and celebrated with municipalities and provincial government four consecutive years.

We had a simple aim for IDOP- to increase number of participating municipalities. 2019 (3) communities had declarations, in 2020 (17) communities participated in IDOP

Edmonton Transit Services Training Update

This workshop was designed to update the existing Alberta Council on Aging Senior Friendly™ program being used in the training of the Edmonton transit operators. Thanks to ETS!



"Sharing the age friendly community program has been well received by instructors and students."

-Kerry

Age friendly Community Program



Learning About Older Adults



ETS Edmonton Transit Service



Nick



Donna

Quality of Life Amidst Pandemic Survey

The Quality of Life Amidst Pandemic survey was first published in the Summer 2020 issue of ACA New, and continues to run through the pandemic. It has provided the opportunity for individuals to let us know if they need a friendly visitor or referral. This survey is the basis of research to better understand how people coped through the pandemic.

<https://acaging.ca/covid-19-survey/>

How it started:

The federal **New Horizons for Seniors Grant**, which funded our peer support online program *Living Well in Spite of COVID-19* ended on March 31. The grant allowed us to hire a part-time coordinator to revise the Senior Friendly™ program *Living Stronger Longer* and serve as a coach to participants.

What do we mean by Living Strong?

...living a high quality life, being in control of our life and decisions and willing to make changes when necessary. In order to live a long, happy, healthy and fulfilled life, we learn about how to keep our body, mind, and spirit healthy.

What services were offered throughout the pilot?

- ☐ Living Strong booklet for personal learning and goal setting
- ☐ Join or host the Living Strong program, online or via telephone
- ☐ Have a conversation with the Wellbeing Coach
- ☐ Volunteer to be a friendly caller or to receive a check-in call yourself
- ☐ Sign on for peer support - bring a friend, meet a friend - support a friend
- ☐ Receive weekly tips for overall wellbeing
- ☐ One-hour workshops, online or by telephone

METRICS

Assessment of existing and development of new materials
volunteers-6

Evaluation

Online participation in sessions-220

Trainers Session - 7 agencies represented across the province

Distribution of booklets- 1000+

Friendly phone calls -200+

Workshop presenters –9

How it's going:

Program volunteer, Barbara Cavers, an educator and inspirational speaker is further adapting the pilot program. The expanded Living Strong program offers six sessions that cover a range of topics- from sleep and nutrition, to social relationships, lifelong learning opportunities and dealing with important paperwork.

Under development... an online interactive learning webinar and booklet to be launched fall 2021



All About Age

The Aging Well in Community grant was originally assigned to Let's Stop Ageism campaign and was repurposed to further develop and support volunteers of which our grassroots organization is founded upon. Key volunteers expressed an interest to continue to focus on positive age as well as ageism.



The Global report on ageism was developed for the campaign by WHO, the Office of the High Commissioner of Human Rights, the United Nations (UN) Department of Economic and Social Affairs and the United Nations Population Fund. It is directed at policymakers, practitioners, researchers, development agencies and members of the private sector and civil society. This report, after defining the nature of ageism, summarizes the best evidence about the scale, the impacts and the determinants of ageism and the most effective strategies to reduce it. It concludes with three recommendations for action, informed by the evidence, to create a world for all ages.

[Download the report](#)

[For campaign toolkit and resources click here](#)

Many of us signed on and woke up early to attend the very first world wide report and session on ageism. It was quite moving to take part!

Positive Age and Let's Stop Ageism Talking Groups

An informal monthly meeting by Zoom to hold respectful inclusive discussion on shifting a negative culture of age to a positive one. The group is predominantly focused on education from large campaigns to influencing provincial education curriculum.

<https://acaging.ca/lets-stop-ageism/>

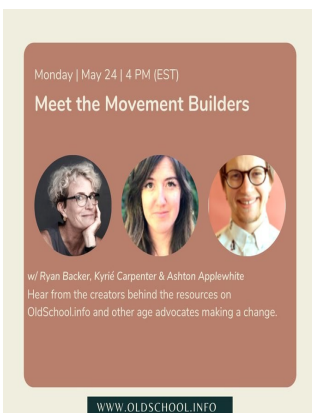
#letsstopageism



Old School Anti-ageism Clearing House

Many of us also took part in an amazing session (March and April) hosted by Old School. This was a follow-up to the WHO report and an opportunity to meet others all over the world to discuss our individual and collective strategies.

<https://oldschool.info/>



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

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

PO Box 62099

Edmonton, Alberta

T5M 4B5

Phone 780.423.7781

Toll free 1.888.423.9666

info@acaging.ca www.acaging.ca

#LetsStopAgeism together. Now.



Aging Well in Community Grant



New Horizon For Seniors Program