GRAY MATTERS

Published by Saskatchewan Seniors Mechanism
Fall 2016
Seniors Working Together

AGEISM & MEDIA

Available on www.skseniorsmechanism.ca
Sometimes services that benefit the general public can be a well kept secret. medSask, a medication information service, providing information on drug therapy to Saskatchewan health care professionals and to the general public seems to be a case in point. Since 1974, the Colleges of Pharmacy and Medicine at the University of Saskatchewan have joined together to provide dial up access information on drug therapy. medSask licensed staff research and respond to requests for information via two separate toll-free telephone lines available to health care callers and to consumers 365 days a year. As well, medSask staff provide lectures, tutorials and assist with training opportunities for College of Pharmacy and Nutrition students. They also help with professional development programs for practising pharmacists and healthcare providers.

In the past year, the medSask professional line received 3049 queries about drugs from pharmacists, nurses, nurse practitioners and physicians whereas the number of calls from consumers in the past year was 4844. Calls were received from over 100 different communities across Saskatchewan. Questions ranged from those on administration/dosage and therapeutic use, to drug interaction and adverse reactions.

What a beneficial source of information and support is provided by medSask! More information on medSask is available on their website http://medsask.usask.ca. If you have questions pertaining to medications, it’s worth checking the website and/or calling.

Sincerely,
Robert Wuschenny

medSask Advisory Board Meeting, August 26, 2016
SSM Member Organizations are as follows:
Canada Post Heritage Club—Golden Sheaf Chapter
Fédération des aînés fransaskois
Lifelong Learning Centre
Moose Jaw & District Seniors Association
National Association of Federal Retirees
Power Pioneers Association of Saskatchewan Inc.
Regina Senior Citizens Centre Inc.
Saskatchewan Union Retirees Federation
Saskatchewan Seniors Association Inc.
Saskatchewan Senior Fitness Association
Saskatoon Council on Aging
SaskTel Pioneers Chapter 59
Senior Power
Superannuated Teachers of Saskatchewan
Women of the Dawn

Supporters of SSM:
Eden Care Communities, Regina
Prince Albert Seniors Advocacy Centre
Saskatchewan Association of Nurse Practitioners
Saskatchewan Association of Rural Municipalities
Saskatchewan Registered Nurses Association

Partner:
Saskatchewan Urban Municipalities Association
Providing hope for the future.....

Ask someone to describe what hope looks like and their answer may surprise you. For Donald Allan Elliott, in 1941, hope looked an awful lot like sixteen ounces of milk powder, some butter, cheese, corned beef, sardines, dried apples, prunes, sugar, jam, a couple of biscuits, some chocolate, salt and pepper, tea and a bar of soap. That and just a few other items made up the parcels that the International Federation of Red Cross and Red Crescent Societies distributed to prisoners of war during World War II.

Don was a 21 year-old bank teller from Saskatchewan when he joined the war effort in the spring of 1940, and was in England, trained and ready to navigate Wellington bombers.

On July 8, 1941, the plane Don sat navigating was hit by a German shell. The crew was ordered to bail out. All six members landed safely in a farmer’s field. Unfortunately, that field was right next to a German-occupied field. “For you, the war is over,” Don was told by the German soldier who captured him. He spent the next two years moving from prison camp to prison camp – six in total.

In April of 1943, Don was moved to his final camp, the East Compound of Stalag Luft III, at Sagan in Southern Germany. Rooms were equipped with four double bunks, a table, wooden benches and a coal stove, and each prisoner was given a woolen Red Cross blanket.

“My blanket was so necessary to my comfort that it was the only thing I brought home with me. I made sure that my three children slept under it – for good luck – and I still have it.”

In Don’s final year, he wrote a touching letter to the Canadian Red Cross to thank us for providing hope during his time as a Prisoner of War. To ensure we can continue to provide assistance to future generations, Don decided to leave a Gift in his Will to the Canadian Red Cross.

For more information on how you can provide hope, by helping the Canadian Red Cross carry on its humanitarian work, contact Robbie Gamble, Manager of Gift Planning Saskatchewan 1-306-692-9779 or email robbie.gamble@redcross.ca

FACEBOOK

Saskatchewan Seniors Mechanism has a Facebook page. Please check us out!
Having problems with a provincial or municipal government service? **Maybe we can help.**

If you have tried to resolve the issue, but think the result is unfair, contact us. We may be able to help resolve the problem informally or investigate and make recommendations when appropriate. We are independent and impartial, and our services are free.

www.ombudsman.sk.ca
1-800-667-9787

**Senior`s Health Care Round Table**

**Tuesday October 11, 2016**
**1:00pm**
**YWCA Studio**
**510 25th St E, Saskatoon**

Sheri Benson
MEMBER OF PARLIAMENT
SASKATOON WEST
306-975-6555
SheriBenson.ndp.ca
Sheri.Benson@parl.gc.ca

**PUBLIC TOWN HALL**

Topic: **How the Canada Health Accord relates to older adult issues**

November 9, 2016
2:00 - 4:00 p.m.
Wesley United Church
3913 Hillsdale St.
Regina, SK

Sponsored by:
National Association of Federal Retirees
Canadian Medical Association
Saskatchewan Union Retirees Federation
Superannuated Teachers of Saskatchewan, Regina Chapter
Saskatchewan Seniors Mechanism

As more details become available they will be posted on the SSM website:
www.skseniorsmechanism.ca
On Sept 25, 2016 Saskatchewan Seniors Mechanism hosted the 7th successful Celebrating Seniors Volunteer Awards at the Conexus Arts Centre in Regina. We were pleased to receive 31 nominees in 12 categories. These outstanding senior volunteers were honoured throughout the evening for their outstanding volunteer contributions. Thank you to guest speaker, Alvin Law, for his encouraging words. Also a big thank you to our sponsors!

The following people were the award recipients:

**Advocacy:** Anne Chase
**Centenarian:** Herbert Duncan
**Community Leadership (Urban):** Joan Lidington
**Community Leadership (Rural):** Annette Labelle
**Education:** Jean Kurbis
**Arts & Entertainment:** Shirley Arnold
**Intergenerational:** Saskatoon Council on Aging
**Fitness:** Betty Blair
**Heritage & Culture:** Amber MacLeod
**Lifetime Achievement:** Om Kochar
**Teamwork:** Regina Lutheran Home Ladies Auxiliary
**Senior Friendly Business:** Medicine Shoppe on 33rd

Watch for the January issue of Gray Matters for more details.

*Platinum Sponsor: CAA Saskatchewan*
It’s time to book your winter vacation

Fall is upon us and that means another Saskatchewan winter is just around the corner. If you’re taking a break from the cold and snow, let the CAA Travel experts plan your perfect getaway. They’ll help with everything including: flights, accommodations, activities and tours, travel insurance for illness/injury, trip cancellation and interruption.

*CAA Members save 10% on travel insurance until October 30, 2016.*

Here are a few important travel tips to help you stay safe:

- Make photocopies or an electronic scan of your travel documents, passport and identification. Leave copies at home with a family member or a friend. Perhaps take snapshots of your documents with your mobile phone camera.
- Pack your own bags and know the contents. Never leave purses, bags or back packs unattended.
- Always know where your credit cards and passport are at all times. Never let vendors take your credit card or passport and walk away with it.
- It’s best not to travel with all your money and credit cards on you. Keep some cash and one credit or debit card with you. Use the hotel safe but set a unique code on your hotel room’s safety box that only you know.
- Travel in a group or with a group. Be alert of the people around you and your surroundings at all times.

Book your trip with a CAA Travel Consultant early to take advantage of our great offers.

1-800-564-6222   caask.ca/travel

P.S.: Read *A Field Guide to Snowbirding* in the fall issue of CAA Saskatchewan Magazine, caask.ca/caamagazine

Good Luck, Rosemary!

*We are very sad to see Rosemary move to Alberta!*

She has been Program Coordinator at SSM for the last 3 years. Rosemary has been a joy to work with! Her commitment to SSM and the work we do has been outstanding - always going the extra mile.

We have tried different tactics to keep her here like suggesting that she commute. This does not seem to be an acceptable option.

Rosemary we wish you all the best as you relocate!
What is financial abuse?

Financial abuse is the most common type of abuse that people may experience in later life. This type of abuse accounts for over a half of elder abuse situations reported. Financial abuse means using a person's money or property without permission or in a fraudulent manner. Financial abuse can take away or limit an older person's resources, choices, and options.

Financial abuse typically involves a family member or another person whom the older adult trusts. Financial abuse can occur when a family member or friend takes over financial decisions and control of the older adult's money. Financial neglect occurs if a family member, friend or power of attorney controls the money and misuses the money or the power of attorney.

Financial abuse and neglect negatively impact the trust among family members. Adult children may not consider or realize that their actions are financially abusive or neglectful toward their parent(s).

Common examples of financial abuse include:
- A family member who repeatedly pressures a parent for money or borrows money, but never repays it.
- A family member who sells a parent's house or other property and then uses the money for their own benefit.
- Adult children who use a parent's pension and then make the parent ask them for money.
- A person who misuses a power of attorney.

Financial abuse may involve any amount of money or any size of property. Some forms of financial abuse involve theft or fraud, and these are considered crimes.

Who can experience financial abuse?

Both older men and older women can experience financial abuse. Women tend to experience financial abuse more often than men. Some women may not have experience with finances or managing money, especially if they have not worked outside the home. Older women also may have fewer resources, and they tend to live longer than men.

Why does financial abuse occur?

Financial abuse occurs when a person's sense of need, entitlement, or greed for the money is greater than their ability to remain fair, honest and caring with a parent or other older adult.

In some cultures, there are expectations and assumptions about who will inherit parents' money or property.

Older parents and their grown children may use banking machines or joint accounts together, but they may not recognize the risk in doing so.

Financial abuse is more likely to occur during an older adult's health crisis or after a major change in health. Some older adults become vulnerable to financial abuse when their spouse, partner or close friend dies. They are grieving, and they have many decisions to make.
What are the health effects of financial abuse on older adults?

Financial abuse hurts older adults in many ways. Financial abuse seldom stops by itself. Many financial abuse situations involve lies, threats or intimidation, which are forms of emotional abuse. These situations can lead to ongoing stress and financial strain for an older adult.

An older adult may feel very hurt by the person and abusive behaviour, but they may not ask for the money or talk about the situation. The situation can become worse over time and sometimes lead to physical abuse.

Financial abuse can take away or limit parents’ or older adults’ finances or money and their ability to take care of themselves. It can negatively impact their health by reducing the resources available for proper housing, good nutrition, medication, and healthy activities.

How can abuse and neglect be prevented?

You can consider options such as having the bank automatically pay your bills if you depend on someone to do the banking, especially if your health changes or you need to go to the hospital or into a care facility.

If you lend money, write down the amount, the person’s name and the date you loaned it. This can help you remember the amount of money given as a loan or gift. It is important for both parents and children to understand that this is the parent’s money.

by the BC Centre for Elder Advocacy and Support

(Reprinted with permission)
Let’s Get Active

Approximately 500 participants converged in the Battlefords for the 2016 SSFA Provincial 55+ Games. The spirit of competition was high and role modelling of older adults fully engaged and active was inspirational. The three day event, themed “Live Long – Live Strong”, determined that the 151 participants would represent Saskatchewan at the Canada 55+ Games in Brampton in August.

In addition to being an exceptional multi-faceted event, the 55+ Games exhibited the community’s volunteer dedication and community cooperation. One of the goals of the SSFA 55+ Games is for communities to provide an opportunity for older adults 55+ to compete in a structured competitive format and for celebration of active lifestyles for older adults.

Those participating ranged in age from 55 to well into their 90’s. This year the oldest female was from Rosetown, SK. Edna Foster, 97, who won Gold in the Bowling Singles at the Canada Games and Silver in the Provincial Games. Over the years she has participated in many of the Games. She is a shining example of someone who is choosing to remain active. Paul Hack, 90, from Saskatoon won a bronze medal for Bowling Singles at both Games.

These two older adults serve as role models to all of us and inspire us to remember that life’s activities do not need to end when we come to retirement age. Being active is a choice! Let’s all follow their example and continue to participate in whatever way we are able!

Congratulations to everyone who chose to participate in the games. Saskatchewan ranked 4th in medals won.

SPIRIT OF THE GAMES AWARD

Saskatchewan received the Spirit of the Games Award for the second time. This Award is presented to the member Province/Territory which demonstrates the most positive attitude reflecting the spirit of the Games through positive attitude, interaction and good sportsmanship.
Role modelling of older adults fully engaged and active was inspirational.

For more information about SSFA: www.ssfa.ca or call Margaret Gailing @ 1-306-539-8195.
As the recently appointed Minister of Health, I want to take this opportunity to introduce myself and express my enthusiasm at being given the privilege to work for the people of Saskatchewan in this new capacity.

I have always felt a strong desire to make a difference in my community, which led me to seek public office. I have served in a number of different roles in the government over the last nine years, including as Minister of Highways and Minister of Government Relations, as well as Minister responsible for several of our province’s Crown Corporations, such as Saskatchewan Transportation Company, SaskEnergy and SaskTel. I enjoyed my time working in these portfolios and I am very excited to take on the new role of Minister of Health.

The health and well-being of Saskatchewan’s citizens is a priority for our government. With one in seven residents over the age of 65, I recognize the importance of ensuring high quality, accessible health services for our aging population.

Our government is committed to providing quality health services to support the needs of seniors across the province. Whether they choose to receive care in their homes or in a healthcare facility, it’s essential that seniors have quality living conditions that provide them with a feeling of community. We believe that all seniors deserve to be treated with respect and live in a safe environment.

Our government also acknowledges the good work that the Saskatchewan Seniors Mechanism is doing to advocate for seniors issues. These efforts are important in helping us to connect with seniors in our province. Together, we are able to better protect and promote the health, well-being and dignity of our valued seniors.

I look forward to working with and for the seniors of this great province, to assist them in living their best lives.
Too Fit to Fall or Fracture

Osteoporosis Canada & the Regina Chapter invite you to an Osteoporosis Forum Too Fit to Fall or Fracture.

Special speakers include Dr. Shanthi Johnson and Peggy Forsberg.

This event will take place on Sunday, October 16, 2016 at 1:30 at the Wasca-na Rehabilitation Centre. The cost is $5.00.

For more information 306-757-2663
Recently SSM received a Pan-Canadian grant from New Horizons for Seniors in order to work towards reducing isolation for seniors (isolation being a foundational factor in elder abuse and elder health challenges). SSM is working with the Alzheimer Society, the Red Cross, Saskatchewan Population Health and Evaluation Research Unit (SPHERU), the Fédération des aînés Fransaskois and the Regina Lifelong Learning Centre on a 3 year plan for Creating a Culture of Inclusion.

As part of the overall plan for creating a culture of inclusion, I am excited about coordinating the Media and Ageism Project. Older adults receive messages conveyed by society in many ways, including the news media. These messages reveal societal attitudes that have an effect on how older adults perceive themselves and their value within their communities. Positive perceptions tend to encourage people to be active and to lessen chances for being isolated. The Media and Ageism Project will use most of the first year organizing and conducting Media Monitoring that will gather data about the reality of messages received through Saskatchewan’s commonly used news media: newspapers, radio and television. The results will be analyzed and we will then use that data to plan ways to influence media – both systematically and professionally – to be aware of their attitudes towards older adults and to reduce the use of negative stereotypes and assumptions.

Based on personal experience I predict that there will be data gathered that illustrates an abundance of overt and subliminal messages about seniors/older adults – that they are needy, frail, costly, clogging the health systems, basically a problem for society rather than being vibrant, knowledgeable, energetic, wise assets to society (and who happen to have realistic needs and problems that can be addressed). However, we won’t know for sure what the data shows until we have gone through the objective Media Monitoring.

What messages do you receive from media about older adults?
Are older adults described as valuable and vital?
Are older adults portrayed as needy and costly?

These messages reveal societal attitudes that have an effect on how older adults perceive themselves and their value within their communities.
How Media Monitoring Works

Individuals and small groups of volunteers agree to intensively monitor the news sources they can access – local newspaper and/or Saskatoon or Regina newspapers; local and/or provincial radio news broadcasts; local television news broadcasts (rather than national news broadcasts). The monitoring takes place on a specific date. I expect that we will ask volunteers to monitor one weekday and one Saturday, probably in November. It is fascinating to see how local or provincial news stories about older adults or referring to older adults are treated by the different media sources.

Each Media Monitor volunteer will have common response forms to use as they collect data about the numbers of stories that are about older adults or that refer to older adults as well as how they are placed in importance in the different media. The quality of the stories will be monitored with reference to how journalists may reinforce or challenge ageist stereotypes. Monitors will also be asked to assess the messages they receive from the news stories, including subliminal messages and feelings that are invoked by the stories. Media Monitors will receive very clear directions, training and support leading up to the Media Watch days.

Linda Anderson
Media and Ageism Project Coordinator

You could be a Media Monitor!
If you are interested in exploring the possibility of taking part in our Media Watch later on this fall, please contact Linda Anderson at the SSM office.

Ageis@skseniorsmechanism.ca

SSM 112-2001 Cornwall St., Regina,
What can you or your community work on to ingrain age-friendliness into the very fabric of your community?

Have we taken the time to think about what age-friendly means to each community member, regardless of age, culture or physical abilities? What do we need to age in place?

There are many aspects to age-friendly. If we dig deeper into the EIGHT domains or focus areas as set out by the World Health Organization there are many dimensions that connect the puzzle of age-friendly communities. These are just a mere sampling of the dimensions to the puzzle of creating age-friendly inclusive communities:

- Safety in the Home
- Future Planning
- Socialization - Intergenerational
- Education - Lifelong Learning
- Inclusiveness - i.e. isolated individuals, dementia friendly, multi-cultural, etc
- Healthy Active Living
- Accessible, Affordable Services
- Household Maintenance
- Signage
- Mobility

Look at the environment around you at any given moment (home, work, business, hotel, airport, outside, etc.) and think about, ‘Could this be better if the “Age-Friendly lens” was applied’? What can I do to impact change for the betterment of individuals and the community?

Creating Age-Friendly Inclusive Communities produces positive results that benefit everyone

If your community would like to find out more information about the Age-Friendly Saskatchewan initiative or hold an Age-Friendly Workshop to find out how you can impact change in your community, contact: Saskatchewan Seniors Mechanism, Age-Friendly Inclusive Communities Team 306-757-1898

Visit the Age-Friendly Saskatchewan website: www.agefriendlysk.ca
Think Age-Friendly
in your home,
place of work,
place of service,
place of activity and fun

Warren Steinley, MLA
Regina Walsh Acres

6845 Rochdale Blvd.
Regina SK, S4X 2Z2
Phone: 306-565-3881

walshacresmla@sasktel.net
www.warrensteinley.ca

At Victoria Park, all of our amenities are included in one reasonable monthly rent – there are never any hidden costs or fees. We offer additional personal services, and because we focus on individual needs and preferences, you only pay for the services you need. We also take care of the cooking, housekeeping and local transportation, leaving you time to enjoy life more and spend extra time with friends and family.

It’s All Included:
• In-House doctor and nurses on staff
• Three chef-prepared meals served daily
• Caring on-site staff available 24 hours a day
• Scheduled local transportation
• Planned activities, outings & special events
• Weekly housekeeping & linen service
• All utilities paid [except telephone]
• Monthly rent, no buy-in fees or leases
• And so much more!
Zoomer Idol 2016
Saskatoon’s own Ed Sullivan Variety Show
Gala Fundraiser for the Saskatoon Council on Aging

A showcase of talented older adult singers, dancers and more!
Vote for your favourite performer.
Find out who will be Saskatoon’s newest Zoomer Idol!

Thursday, Oct 27, 2016
TCU Place, Saskatoon
5pm - 9 pm
Tickets: $100 (partial tax receipt available)

For Tickets or more info: 306-652-2255 or www.scoa.ca

Presenting sponsor: Crossmount Community Village
A Week Dedicated to Fraud Awareness, Detection & Prevention

Fraud costs organizations worldwide an estimated 5 percent of their annual revenues, according to a study conducted by the Association of Certified Fraud Examiners (ACFE). The ACFE’s 2016 Report to the Nations on Occupational Fraud and Abuse analyzed 2,410 occupational fraud cases that caused a total loss of more than $6.3 billion. (quoted from http://www.fraudweek.com/)

Saskatchewan Seniors Mechanism, Better Business Bureau of Saskatchewan, Saskatchewan Crime Stoppers, Regina Crime Stoppers, Regina City Police, RCMP, Saskatchewan Safety Council and The Finance & Consumer Affairs Authority (Government of Saskatchewan) have partnered to publish a handbook Fraud Prevention and Safety for Individuals. This handbook will be available to the public in November 2016. Please contact SSM to receive your FREE copy.

This Handbook is an easy read and covers topics from Types of Scams/Frauds to Red Flags and Keywords. It also covers ways to protect yourself and who to call.

Education is an important part of Fraud Awareness and Fraud Prevention. International Fraud Awareness Week is a reminder that each of us needs to be more knowledgeable and vigilant when it comes to protecting ourselves from frauds and scams.
“When you love someone, you take care of them. Let Philips Lifeline help you do that.”

“No one should be in a position where they live in fear, not knowing if they can get help when they need it. We have been real customers for years and we’re sharing our story. Of all the medical alert services out there, I chose Philips Lifeline for my father because they were first in the category and they’re still the leader. I am so happy we convinced my dad to subscribe to Philips Lifeline. Now he feels smart, safe, and strong, and I don’t worry. I couldn’t imagine not having him here and am so grateful that Phillips Lifeline gave Daddy a second chance at life.”

– Leeza Gibbons, TV host and caregiver

Being prepared in case of a fall both at home and on the go*

GoSafe combines the AutoAlert feature that can automatically call for help if it detects a fall**, with a mobile help button that you can speak into to communicate with the Lifeline Response Centre. It’s the only mobile system with up to six advanced location technologies designed to help find you in an emergency.

To find out more, call Lifeline Saskatchewan in partnership with Saskatchewan Seniors Mechanism at 1-800-856-0599 or visit www.lifeline.ca.

* Certain limitations subject to third party cellular provider availability and coverage. Signal range may vary.
** Not all falls may be detected. Users should always press their button if able.

It’s never too early to protect yourself or a loved one

Call today and receive

ONE FREE MONTH OF SERVICE

1-800-856-0599

Quote this code: XX502

Coupon valid until: March 31, 2017

www.lifeline.ca

Offer available at locally participating programs and valid for new activations of HomeSafe and HomeSafe with AutoAlert services only. Not to be combined with any other offer. Additional charges may apply for out of area installations. Discounts not available on GoSafe.
Will the New Health Accord Address Home Care Concerns?

- **Clients don’t always have the same person as a care provider on a consistent basis**
- **Not enough services are included – e.g. not everyone has access to Home Care to assist with housekeeping or yard maintenance**
- **There aren’t always enough workers to adequately meet the needs of clients**

The mandate letter from Prime Minister Justin Trudeau to Health Minister Jane Philpott includes developing a new multi-year Health Accord. One aspect of this work is to look at ways to “support the delivery of more and better home care services. This includes more access to high-quality in-home caregivers, financial supports for family care, and, when necessary, palliative care.”

In a recent article in The Lobby Monitor, Lisa Ashley, senior nurse advisor at the Canadian Nurses Association (CNA), explains the current situation saying “There are no national standards at the moment. Provinces and territories can define what services they want to offer because it’s not planned in the Canada Health Act”.

The Canadian Home Care Association (CHCA), the Canadian Nurses Association (CNA) and the College of Family Physicians of Canada (CFPC) are working together on Better Home Care: A National Action Plan. Their goal, found on their website at www.thehomecareplan.ca, is “to recommend ways to enhance home care and respond to the changing health needs of Canadians and advances in health technology”. This goal arises from their belief “that home not hospital or residential care, is one of the best places to recover from an illness or injury, manage long-term conditions and live out final days”.

Their work will be part of the discussions by federal, provincial and territorial governments on the new multi-year Health Accord. They believe it will show the way to:
- “Make home care more available and accessible
- Achieve better health outcomes and quality of care
- Improve the experiences of individuals receiving health care and support”

The Saskatchewan Seniors Mechanism believes that Home Care should be covered as part of the Canada Health Act. As Saskatchewan seeks to create Age-Friendly Communities, Home Care can play a key role in providing a wide variety of services to enable older adults to live safely and independently at home as long as possible with appropriate community and individual supports.

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**Saskatchewan Registered Nurses Association** is a Supporter of SSM. SSM Supporter Organizations are groups or organizations whose membership is interested in supporting and advancing the interests of seniors. SRNA regulates the profession of registered nurses in Saskatchewan. They are leaders in contributing to a healthier population in Saskatchewan.
I would like to take my hat off to my parents and all the parents that raised large families through the ‘Dirty 30s’.

There wasn’t any free hospitalization or free doctor care. My parents nursed us through measles, mumps, chickenpox, whooping cough and scarlet fever. Where did these diseases come from?

Back in the 20s and 30s, especially in winter, we were never far from home, and we never ate in restaurants. We were never in enclosed hockey rinks where moist air and Zamboni exhaust permeated the air.

We walked to school, breathing clean frosty air. We didn’t ride in stuffy school buses. All our food was home grown and home cooked.

One ‘motto’ in our household, (which was handed down from our Scottish grandparents) was ‘cleanliness is next to godliness’.

There were no fertilizers or sprays back then. We had never heard of holes in the ozone layer.

In summer, the darker the tan we got, the better, as by spring it was sure to be gone.

We didn’t have inside toilets or running water. We melted snow or blocks of ice in winter. In summer we depended on rainfall. Both rain and snow were scarce in the 30s.

There were a lot of home remedies back then, and most of them worked. There was a lot of use made of sulphur, ginger, mustard, vinegar, coal oil and skunk oil.

There were a couple of times us children came home from school with head lice. Poor Mom, she was devastated; and I, like my Mom, had a phobia about anything crawly or wigglily. We were kept far away from the younger children until Dad combed every strand of hair with a fine tooth comb and caught the culprits. Men were always brave when it came to a situation like that – a little tiny louse didn’t scare them!

Mom kept a jar of water with a bar of soap shavings, which made shampoo; much like the liquid soap you can buy today. A vigorous shampooing of one tablespoon of shampoo, one tablespoon of coal oil, a good rinse, got rid of Mr. Louse, Mrs. Louse and any would be little lice!

Another time, six of us contracted impetigo. You itch like crazy. The more you scratch, the more it spreads. The druggist advised Dad that a tin of black, tarry-smelling salve would be a sure cure. We had to be bathed every night in a full length, tin bathtub that was hauled in from the porch and thawed out in front of the open oven door of the kitchen range. After, we would be smeared with black, smelly salve and put into clean pyjamas.

In the morning, we had to have fresh-laundered underclothes. All this bathing and laundry meant a lot of gathering and melting of snow.

I often wonder now how Dad and Mom ever got through these bad times. The tin of smelly salve, as large as it was, didn’t last long. Dad got out his doctor books and sure enough, found a mixture of one cup of lard mixed with five tablespoons of sulphur, which worked equally as well. It was less than half the price of the smelly stuff.
John Edward Hnatiuk

I loved peanuts! At the store there was a burlap bag of peanuts, and I used to sneak one or two after school. A brown paper bag of peanuts cost ten cents, which I didn’t have. I saw there were chicken eggs in a nest under a log building, and I thought I could crawl under the building to retrieve them, take them to the store and get a bag of peanuts since the eggs sold for ten cents a dozen. So after my parents left for church, I waited a while just in case they returned for something and then I crawled under the log granary. I moved the eggs, twelve exactly, closer to the logs so that I would be able to reach them when I crawled out. The floor of the granary was so low that I had to pull myself forward flat on my chest and belly. When I tried to get out I couldn’t do it. I tried and tried, but no way! Whenever someone went by with a team of horses, I called and shouted, but it was hopeless. I shouted so much that my voice became hoarse and not very loud.

At that time the church service in Ukrainian churches lasted two hours. When my parents arrived home I called, but no one heard me. My voice was gone. I panicked. Finally one of my family members heard my faint voice and my back heels kicking the granary floor. There wasn’t much room to raise my feet.

My father gave my brother Mike, who was only five years old, a long rope to tie around my feet and so pull me out. Every time they pulled the rope it slipped off my feet. That happened a number of times. Finally Mother told my father to tie the rope onto her feet to show Mike how to do it. Mike practiced a few times on her feet and finally they pulled me out. That was quite an experience. Since then, and even now, I have claustrophobia. I feel very uncomfortable in a small crowded room or space.

Jack Stilborn

One day, in our little one room school, one of the boys had called in at one of the local grocery stores to purchase a treat of a nickel’s worth of jellybeans. He told us the store owner had much difficulty in balancing the scale at the exact point of the right weight for 5 cents worth of jellybeans. Being an honest and fair man, finally in frustration, he bit one jellybean in half, dropped one half in the bag and threw the other half back in the bin. Precision Personified!!!

Saskatchewan Century Club

The Century Club is

• A province wide association of Seniors who have reached the age of 90 years and beyond
• And are determined to live in as full and active a style as possible to the age of 100 and beyond
• Pursuing physical activity, mental agility, social and spiritual creativity
• There is no membership fee

You may join the Century Club by calling:
Toll free 1-888-823-2211 or 359-9956 (Regina)
or send a note to:
Saskatchewan Seniors Mechanism
112-2001 Cornwall Street, Regina, SK S4P 3X9.
If you live in Saskatoon, please call Saskatoon Council on Aging (306-652-2255) to register.
August is gone now and we are into Fall. Grain harvesting, vegetable and fruit preserving are filling the days for many people, especially in the rural areas of our province. As we approach fall, new programs will be offered, more resolutions will be dealt with, and again we will be planning for a new winter season.

Have you thought about how you can or should fit in to program plans such as SSAI? (Saskatchewan Seniors Association Incorporated)

I think that we should all pause for a moment and ask ourselves, “What can I do for my community and my province?”, and not so much, “What can my community and my province do for me?”

As your new president of SSAI, my goal is to physically reach out to all areas of our province, communicate with our membership, keep ALL seniors in our province aware of the issues affecting our lives. Most of all, I want the seniors of this province to believe in SSAI and understand why it is critical that for a very small yearly membership, you can be a part of our organization. On the surface there may not be too much that shows, but behind the scenes, your membership fee helps our executive to meet with politicians, travel to your club’s special events, meet at our yearly conventions to thresh out the needs of seniors, and spend a great deal of time working through our umbrella group SSM (Saskatchewan Seniors Mechanism) to influence government decisions.

(If you would like a list of our accomplishments through the years, contact me.)

I am asking you to consider making your voice stronger through a membership in SSAI.

- Pat Trask (pattrask@sasktel.net)

Our convention is over for another year. There have been some changes made to the executive as you will notice in this edition of Gray Matters.

I extend my thanks to you all for the cooperation I received from everyone during my many years of service given to SSAI.

SSAI is a great seniors’ organization dedicated to seniors of Saskatchewan. Hours are devoted by the Board to try and help give quality of life to the many seniors throughout the province. The senior population is increasing and so we must try our best to give tender, loving care to this ageing group of people.

How is this possible? Working together, having one strong voice, joining the SSAI organization. The membership fee is very low, $5.00 per person, per year. With a large membership the government would have to listen to our concerns. Numbers are very important when it comes to decision making. One can do a lot, but MANY can do a whole lot more.

Best wishes to you all throughout the year that lies ahead. May health and happiness abound.

Please send me your club news so I can put it in Gray Matters. Thank you.

Fern Haight
We must try to find ways to improve our clubs and SSAI.

We should interact with other clubs in our region. Just talking to other members and visiting their centres might give you new ideas.

- We should welcome and include everyone.
- Could invite non-members to go with you to your centre.
- Make sure you are open to new ideas to keep everyone interested.
- Involve all members. Make them feel like they belong.
- To improve SSAI we need to have a director in each region and a co-ordinator in each district.
- Need to make co-ordinators feel they are helping.
- It would really help if we could afford to have our president or member of executive travel to visit clubs that are having problems.
- We must all work together to have a strong organization.

Together we can do great things.

Seniors have to get more engaged in their own communities in order to stay healthy, active and ensure a decent quality of life. Communities that once had packed arenas and curling rinks as activity centres are finding that these are now vacant for most of the year. The place where seniors can socialize, interact, have activity games, enjoy entertainment and meet for birthdays, meetings, prayers, health programs, etc. is the Senior’s Centre.

While this all sounds good, the succession problem needs to be addressed. The quality of life for seniors in a community depends on all the programs that are organized and delivered at the Seniors’ Centres. Active aging eliminates problems such as isolation, elder abuse, and communities that are not age-friendly. Senior volunteers are needed, are important, and are precious as leaders to help ensure that this feature is sustained in each community.

What is required is that seniors need to get involved with their clubs. Membership is open to anyone 50 years of age and older. However, younger people who wish to join are also welcome. Joining a Seniors’ Club provides many benefits for the individuals as well as the community. It provides an environment for seniors to maintain a quality of life while interacting with all other age groups in the community.

With this in mind, we are seriously inviting you to consider joining the senior’s club in your community. You are invited to join, to come to our programs, to come play some pool, shuffleboard, cards or carpet bowling. Talk to a member, sit in on a meeting, take part in an activity, learn about seniors’ issues, take out a membership!

The membership fee is minimal while the benefits are limitless.

Mike Kaminski – SSAI 2nd Vice President

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EACH ACTIVE SENIOR MAKES A DIFFERENCE

Dear Potential Member,

One of the main problems facing seniors’ clubs across Saskatchewan is that of succession planning. What this means is recruiting more, newer, younger members to take on leadership positions in their clubs. The seniors’ centres are becoming vital centres in rural Saskatchewan.

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SAKatchewan—Did you know? The Frenchman River, sourced in the Cypress Hills, empties into The Gulf of Mexico.
Another successful year!
You walked 26,272 miles.
Clubs 25.
Walkers 291.

Did you know your body craves exercise?
Be smart when you exercise.
1. Keep it simple
2. Measureable
3. Achievable
4. Be realistic
5. Set a time goal.

Now the results of all the work
1. Highest average miles walked per walker—Loon Lake Seniors, 291 miles, Region A
2. Highest average miles per club member—Chitek Lake Sunshine Group, 105 miles, Region B
3. Highest percentage of club members walked—Quinton Seniors, 56%, Region G
4. Honourable mention, personal achievement—Louise Matzmer, 422 miles, Chitek Lake Sunshine Group, Region B

Submitted by: Marie Ange Rancourt

S.S.A.I. Lottery Winners

- Stella Cambell, $500.00
- Joyce Hawson, $500.00
- Thereas Keklish, $500.00
- Helen Thompson, $500.00

Newly Elected Officers for SSAI for the following year:

President – Pat Trask
1st Vice President – Lorna Weldon
2nd Vice President – Mike Kaminski
Past President – Fern Haight
Secretary – Betsy Redstone
Treasurer – Shannon Wright

2016 Resolutions have been sent to the following departments:

DISPOSITION OF 2016 RESOLUTIONS, By Resolution #/Topic

GOVERNMENT
Ministry of Health/Premier
1. Dispensing Fees Resolution
2. Deprescribing Drugs Resolution
3. SENIOR BILL OF RIGHTS Resolution
4. Health Care Resolution
5. Special Care Homes Resolution
6. Shingles Vaccine Resolution
7. Prescription Fee Increase in 2016 Budget Resolution

Minister of Justice/Premier
3. Legal Status of SSAI Clubs Resolution
11. Assessment of Property – Seniors’ Centres Resolution
12. Assessment of Seniors’ Centres Resolution – Changing Commercial to Recreation
13. Assessment of Seniors’ Centres Resolution – Changing Commercial to Recreational

ODDS & ENDS

S.S.A.I. Lottery Winners

- Ray Steward, $1000.00
- Ingreid Comuay, $500.00
- Mae Luna, $500.00
- Pan Stan, $500.00
- Ron Folk, $500.00
Happy Memories

Love to all who shared these happy memories and this era.

My mom used to cut chicken, chop eggs and spread butter on bread on the same cutting board with the same knife and no bleach, but we didn’t seem to get food poisoning.

Our school sandwiches were wrapped in wax paper in a brown paper bag, Not in ice pack coolers, but I can’t remember getting E.coli.

Almost all of us would have rather gone swimming in the lake or at the beach instead of a pristine pool (talk about boring), no beach closures then.

We all took PE and risked permanent injury with a pair of tennis shoes. Instead of having cross-training athletic shoes with air cushion soles and built in light reflectors that cost as much as a small car.

I can’t recall any injuries but they must have happened because they tell us how much safer we are now. We got the strap for doing something wrong at school, they used to call it discipline yet we all grew up to accept the rules and to honor & respect those older than us.

We had 30+ kids in our class and we all learned to read and write, do math and spell almost all the words needed to write a grammatically correct letter.

We all said prayers in school and sang the national anthem, and staying in detention after school caught all sorts of negative attention.

**Saskatchewan-Did you know?**

- The South West corner of the Province was a part of the Louisiana Purchase.
- Dad’s Cookies were once made at the former roller skating rink in White City.
- Danceland, at Lake Manitou near Watrous is the world’s only horse hair padded dance floor.
Saskatchewan Seniors Mechanism recently published a book. Those 90+ in our province sent in their memories and we were excited to compile them into a book. A Century of Memories includes true stories about real people who pioneered the province of Saskatchewan. The stories on pages 22 & 23 are included in this 367 page book.

Purchase options:
Paypal: www.skseniorsmechanism.ca or send a cheque to: Saskatchewan Seniors Mechanism 112-2001 Cornwall Street, Regina, SK S4P 3X9

Shipping:
1-3 books - $12.00 total
4-5 books - $14.00 total
more than 5 books please inquire