SSM GETS A FACELIFT!

A much needed renovation has been completed at the Saskatchewan Seniors Mechanism Office. New Carpet, new paint and even new brochure racks and railing have been installed. Thanks to the volunteers who made this possible: Wayne Rutten, Don Bjerke and Alex Yakichuk of SaskTel Pioneers, Les Lye, SSM President. Thanks to our contractors who did an excellent job: Yarnton Decorating, JAS Floor Installations, CH Hauling and to Tim and Murray Couzens who bridged the gaps between the volunteers and contractors. (more pictures on page 19)

SSM & Philips Lifeline Celebrate 10 years of Partnership

Terri Berglund presented a plaque to Les Lye, SSM president, at the November Board Meeting to recognize 10 years of partnership. She also provided a cake that was enjoyed by all Board Members. This partnership has been beneficial to both SSM and Lifeline and we look forward to many more years.

Saskatchewan Seniors Mechanism was pleased to host their Christmas Come & Go Party on Dec 9, 2010. More than 70 guests had an opportunity to enjoy the afternoon as well as get a look at the renovations. Thanks to The Honourable Laura Ross, MLA Regina Qu’Appelle Valley, Ms. Judy Junor, MLA Saskatoon Eastview, and Mayor Pat Fiacco, City of Regina for bringing greetings. The party was a great success with opportunities to meet and greet and share in some outstanding food. Entertainment was provided by Ken Mitchell and Trevor Quinn. Door prizes were generously supplied by SaskTel

(Continued on page 18)
Editorial Committee
John Knight (Chair), Trevor Quinn, Shirley Lomheim, June Mitchell

Technical Support
Lynne Couzens

All editorial matter published in *Gray Matters* represents the opinions of the authors and not necessarily those of the publication’s editorial board or the S.S.M. Statements and opinions expressed do not represent the official policy of S.S.M. unless so stated.

Look for *Gray Matters* to be available quarterly: January, April, July, October.

Articles for consideration for publication are welcomed. Reports of past, present and future activities and programs associated with member organizations are also invited. Deadline for submissions is the first day of the month preceding publication.

Acceptance of advertising does not imply endorsement by *Gray Matters* or S.S.M. Information regarding rates and policy available on request.

*Saskatchewan Seniors Mechanism* is an umbrella organization that brings together groups of older adults who offer their wealth of experience, knowledge and time to work together in the interest of seniors in Saskatchewan. From a wide range of backgrounds, these groups work selflessly to better the life of older adults, whether advocating about issues of interest to seniors, providing specific types of programming, or sharing information to benefit seniors in our province.

‘Seniors Working Together’

Donations to SSM to support our seniors’ programs are gratefully accepted. Charitable receipts will be issued for gifts of $15.00 or more.

Organizations represented on the SSM Board are as follows:

- Canada Post Heritage Club—Golden Sheaf Chapter
- Catholic Family Services—Four Leaf Clover
- Fédération des aînés francophones
- Moose Jaw & District Seniors Association
- National Association of Federal Retirees
- Regina Senior Citizens Centre Inc.
- Saskatchewan Federation of Union Retirees
- Saskatchewan Retirees Association
- Saskatchewan Seniors Association Incorporated
- Saskatchewan Seniors Education Corporation
- Saskatchewan Senior Fitness Association
- Saskatoon Council on Aging
- SaskTel Pioneers Chapter 59
- Senior Power
- Superannuated Teachers of Saskatchewan
- Women of the Dawn

### Community Announcement Column

Please send event, place, date and contact info to:

ssm@skseniorsmechanism.ca

*info will be included in Gray Matters as space permits.*

---

**Between the Covers**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housing Needs</td>
<td>3</td>
</tr>
<tr>
<td>SSAI Newsletter</td>
<td>5-8</td>
</tr>
<tr>
<td>Crypto Corner</td>
<td>10</td>
</tr>
<tr>
<td>FRAUD CENT$</td>
<td>11, 14</td>
</tr>
<tr>
<td>Celebrating Seniors</td>
<td>12</td>
</tr>
<tr>
<td>Primary Health Care</td>
<td>16</td>
</tr>
<tr>
<td>Elder Abuse Network</td>
<td>16</td>
</tr>
<tr>
<td>Do You Agree??</td>
<td>17</td>
</tr>
<tr>
<td>Yeah But…</td>
<td>19</td>
</tr>
<tr>
<td>Philips Lifeline</td>
<td>20</td>
</tr>
<tr>
<td>SSM Member Profile</td>
<td>21</td>
</tr>
<tr>
<td>Century Club Corner</td>
<td>22</td>
</tr>
</tbody>
</table>
Housing Needs of Seniors in Saskatchewan

The Saskatchewan Seniors’ Mechanism (SSM) is looking into the Housing Needs of Seniors in the Province. Only after the organization has arrived at a good understanding of current and future needs, will it be in a position to determine what advocacy action, if any, is warranted. If you reside in Saskatchewan, you are invited to share information about your present housing situation and about how you would hope your future needs be addressed. Your name is not important for the purpose of this survey; however, it would be useful to know the community in which you reside.

1) I reside in the city/town of ___________________________; or I reside on a farm near ___________________________.

2) I belong to the following age bracket: □ 55-65 □ 65-75 □ 75-85 □ 85 and over

3) Indicate which of the following best represents your present housing situation:
   □ I own my house/condo unit.
   □ I rent my house/apartment.
   □ I live with immediate family.
   □ I reside in a government-subsidized rental unit.
   □ I reside in a co-op housing complex.
   □ I reside in a privately run assisted/retirement living complex.
   □ I reside in a personal care home.
   □ I reside in a special care home/long term care facility.

4) At present, what % of your income goes towards meeting your housing needs? ____________%

5) Are you happy with your current living situation? □ Yes □ No

6) Looking down the road, what would be the next change in your housing circumstances?
   □ Move into a condo unit.
   □ Move into a co-op housing complex.
   □ Move into a government-subsidized rental unit.
   □ Move into a privately run assisted/retirement living complex.
   □ Move in with my immediate family.
   □ Move into a personal care home.
   □ Move into a special care home/long term care facility.

7) Are there existing facilities in the community where you reside to allow you to make the move described above in #6? □ Yes □ No

8) If yes, could you afford the costs of your new housing situation? □ Yes □ No

9) At the time of the next change in your housing circumstances, how important will it be for you to remain in the community you now live in?
   □ very important □ somewhat important □ not important

10) As your health condition changes, so will your service needs. How important will it be for you to be living in facility where the level of service can be adapted to your needs without any further physical move?
    □ very important □ somewhat important □ not important

Definitions of some of the terms used are given on page 4.
Information on where to send survey on page 4.
Thank you for sharing this information with us. Once the questionnaire is completed, you can either return it by mail or hand deliver it to:

Saskatchewan Seniors Mechanism
112-2001 Cornwall Street
Regina, SK S4P 3X9
or fax it to the following number:
306-359-6922 by February 15, 2011.

If additional copies of the questionnaire are required, feel free to duplicate it.

Definitions:
Government-subsidized rental housing unit: These units are government-subsidized for low to moderate-income seniors in more than 280 communities across the province. Under the Social Housing Program, the rents are based on the tenant’s ability to pay; under the Affordable Housing Program, the rents are fixed at or below the private market level of rent.

Privately run Assisted/Retirement Living: Privately developed complexes where seniors live in individual suites, and which may include three meals per day, laundry and housekeeping services as part of the rent.

Personal Care Homes: Privately owned and operated licenced facilities offering assistance or supervision with personal care to adults who generally do not require health services.

Special Care Home/Long term care facility: Publicly subsidized special-care homes meet the needs of individuals with heavy care needs that cannot be met through home care, housing or community-based options. Individuals are admitted on the basis of assessed need and residents pay an income-tested charge based on annual income.
Having just returned from Ottawa, the nation's capital, where I attended the 66th convention of the National Pensioners and Senior Citizens Federation, I thought that this month’s letter could be filled with all the news from there. But the news from there is the same old news that we have heard before. There were 87 delegates present and the majority of them seemed to be union retirees which affected to a great extent what was going to be on the agenda. We listened to a lot of people talking about pensions. The Hon Judy Sgro, a liberal MP talked to us about the fact that our pensions, both CPP and Old Age Security, plus the Guaranteed Income Supplement were not keeping up with the rate of inflation. I didn’t have to travel all the way to Ottawa to learn that.

The Hon Diane Ablonczy, Minister of State in charge of seniors, said much the same thing to us, only she added that CPP was well funded for the next 70 years. Good news, now all we need is a little increase in the payout. Wayne Marston an NDP MP told us much the same but they all had the same thing in common, they all blamed each other for the sad state of affairs in respect to seniors and their pensions. The outcome of the convention is that we will all have to wait until all the Provincial Finance Ministers meet in November to decide whether or not seniors will get a much needed adjustment in their pensions.

I’m not too sure, when it was time to leave Ottawa what my feelings were. Was it hope that maybe something would be done to help seniors, or was it horror that seniors were living in utter poverty, with some living in cardboard boxes on the streets, when billions and billions of dollars were being spent on helicopters and planes? It’s all a little hard to understand, especially after the Canadian Armed Forces have publicly stated they want to go back to a peace keeping role in the world. Do they need all these brand new warlike planes and helicopters to do that?

At the convention there were obviously other matters of concern but over all it appears that pensions or the loss of pensions was going to be the over riding issue on the agenda.

SSAI has just completed its next brief to the Provincial Government asking once again for financial help for its 120 senior centers plus other items mainly dealing with health matters. An affordable vision, dental and hearing plan is one item of concern as is the cost of transportation when seniors are required to travel long distances to receive hospital treatment. The other major item is one that deals with the care and control of an individual’s medical records. There are some other items of a minor concern that we will be making the appropriate Government Ministers aware of but as in the past years, the major item will be the one of financial help for our centers.

Quite a few years ago, 2002 to be exact, a coalition of health critics issued some statistics on the costs associated with the construction and maintenance costs of long term care facilities. At that time the cost for a 50 bed unit was approximately $6,000,000 with the maintenance costs in excess of $110 per day. Those costs have obviously increased but at that time the cost was over $110,000 per bed. The coalition has not produced any more up to date statistics since that time but a person can guess. It’s not rocket science to know that it is very expensive.

SSAI are asking the Provincial Health Minister, who is also the Minister Responsible for Seniors, for financial assistance equivalent to just 3 long term care beds that would help those rural senior centers to remain open and active. These are centers where seniors go to be with each other, where they go to enjoy recreational activities and where they can meet and socialize with their peers. All this is done to keep them active both physically and emotionally, helping them to avoid becoming isolated in their community and falling victim to loneliness and depression.

The centers provide activities that help to delay the onset of illnesses, such as Alzheimer’s, which require a great deal of expensive long term care. Not only delaying that illness, but also delaying other illnesses where seniors may need a hospital bed or a long term care bed, both of which are extremely costly, according to the department of health spokespeople.

I believe that seniors all across this province support the Government in its stance regarding the
future of the Potash Corporation and we admire the resolve to ensure that the people of Saskatchewan remain in control of one of its major natural resources. We can only hope that the Government of Saskatchewan will also take that same resolve to support and help seniors to stay active and healthy within their local communities.

In the meantime keep active and healthy.

-Len Fallows, President SSAI

Club Benefits from Government Funding

- Compliments of “Fort Times.”

The Dysart Golden Years Club has taken on a new look following vital renovations to the building.

To celebrate the occasion, members of the club hosted a grand re-opening of the facility on Oct. 16 and welcomed Regina-Qu’Appelle MP Andrew Scheer and Last Mountain Touchwood MLA Glen Hart to join members of the community for celebratory cake, refreshments and entertainment.

As the building structure had deteriorated over the years and the furnace needed replacing, the Golden Years Committee were becoming increasingly concerned at the cost of carrying out renovations. It was then they applied for a federal government capital assistance grant and were awarded a sum which enabled the group to replace the furnace, replace bathroom fixtures, re-level the floor and install new carpeting.

“We saw a need and a group of citizens who contribute significantly to this village which in turn contributes to the well being of us all. This building is used not only for our seniors’ meeting but also for other village events which we all benefit from,” said grant applicant, Pat Zatylny.

President of the Dysart Golden Years Club, Ken Thomas said the building was now warm and comfortable due to the renovations.

“We don’t have a gap between the floor and the wall anymore and we now have a new energy efficient furnace as well as new carpeting and bathroom fixtures. We’re looking forward to being able to use this meeting place more in winter now,” he said.

“We know how important these facilities are for rural seniors and in order to help to keep these clubs going our government made funding available. I am proud to be able to support Dysart Golden Years Club,” said Scheer.

Dysart mayor, Brenda Macknak, paid tribute to the community members who had donated time and energy to make the facility a much newer, updated building.

“After many dollars and much hard work, this rejuvenated building will supply many happy hours of entertainment to the citizens of our village,” she said.

1st Vice President’s Report

Since our Convention in September the “Provincial Bowling Tournament” has received my attention, writing a letter to businesses here in Prince Albert, requesting donations for our Silent Auction and again Clara Allard has volunteered to see these are delivered.

I also wrote another letter to all Clubs requesting a donation and included this in the package with the bowling brochures.

Don Hlewko Jr. said he would mail all of these right after Remembrance Day, as he explained if that is done too early people tend to forget or procrastinate till its too late.

On October 19-24, 2010 I attended the National Pensioners and Senior Citizens Federation Convention, in Ottawa. There was a total of 52 resolutions debated. Then came elections and we now have a new president: Barry Thorsteinson, Art Kube stepped down due to health reasons. Len Fallows is SSAI representative to National Pensioners & Senior Citizens Federation and will have more information in his report.

November 5-11, 2010 is Veterans’ week, the theme “We Remember”. I did help in this regard as 26 schools in Prince Albert received visits from Veterans and members of the Royal Canadian Legion Branch #2, explaining the sacrifices made by women and men to preserve the peace and freedom we enjoy today.

Wishing everyone a Merry Christmas and a Bright New Year.

Sheila Righi
**S.S.A.I Lottery Winners**

*from Reg. B. District #5*

Sheila Righi, 1st VP, and Pat Milligan from Spruce Home Seniors with his cheque for $500. He was one of the lucky winners in the SSAI Lottery announced at our convention in June 2010.

August 10, 2010 Sheila Righi presented cheque to Joan Bowers from funds for SSAI tickets sold by P.A. Special Group.

August 11, 2010 Sheila Righi presenting Spruce Home Seniors President, Mo Dogniez, with $50.00 from funds discount on SSAI Lottery Tickets sold by Special Group.

President of Paddockwood Seniors Joan Bowers receiving $100.00 from Reg. Dir. Sheila Righi which was part of the rebate received by Reg. B from Lottery Tickets Sales Apr/May/2010.

**SASKATCHEWAN SENIORS ASSOCIATION INC.**
**PROVINCIAL BOWLING TOURNAMENT**

Minto Rec Centre, Prince Albert
March 6-7, 2011 (Sun./Mon.)

**PROVINCIAL PLAYDOWNS**

- 5 player team entries.
- Mixed teams but must have 2 members of SSAI on each team & at least 1 opposite sex player on each team.
- Team handicap based on 1000.
- Averages assigned non bowler 150.
- Bowlers use highest league average year previous or first 9 games of current year if not bowled year previous.
- Send entries to: Sheila Righi, 315 28th St. East, Prince Albert, Sask. S6V 1X4.
- $150.00 per team entry must accompany each entry form includes bowling & banquet.
- First 40 teams to register will be in Prov. Final. Entry deadline is Jan 31/11.
- 2-3 game blocks total 6 games per team.
- Banquet Sunday night.
- Medal presentations after last shift on Monday.

**HOTEL INFORMATION**

The SSAI have blocked 45 rooms at the Prince Albert Inn March 5-8, 2011. To reserve your room, call 1-800-922-5855 (use code 6749
when booking) before January 31, 2011. Rooms are $94.00 per night, this includes, 1-$10.00 coin voucher & 1-$5.00 match play voucher per person at The Northern Lights Casino. For further assistance please call Sheila Righi.

**COME JOIN IN THE FUN**

**Bowling Pictures from 2010 Tournament**

Crystal Trophy donated by: Ben’s Auto Glass, Prince Albert and it, along with the picture of the Gold Medal Winners each year, will be displayed at Ben’s. Winners’ names will also be engraved on the Trophy. Very Elegant.

Prince Albert #5 Team Gold Medal Winners

Prince Albert #3 Team Silver Medal Winners
Left to right: Don Hlewka, Sheila Righi, Clara Allard, Jane Kalyn, Pauline Bird, Bill Kalyn, Pal Wolkosky.

Bronze Medal Winners
Prince Albert #1 Team: Event Organizer Sheila Righi, Jeannine Halle, Edna Skalicky, Doreen Enberg, Carole Ring, Germaine Beaulieu.

Provincial Bowling SSAI 2010.
Don Hlewko Sr. owner of Minto Rec. Centre & Sheila Righi 1st VP Event Organizer.
Bayshore Home Health provides a wide range of personalized care services in Saskatoon and Regina:

- Cooking
- Cleaning
- Companionship
- Shopping/Driving
- Bathing/Dressing
- Administering medication
- Nursing

Bayshore in Regina 352-7144
Bayshore (Nightingale) in Saskatoon 652-3314

www.bayshore.ca

Get back in the game!

Hear the difference...

at Victoria Square Hearing! Not only can we offer you all the best services: products, prices, experience & professionalism, but we have one-of-a-kind staff that genuinely cares about your happiness.

Whether it’s the perfect fit or exact attention to detail, we appreciate your individuality.

306-525-9600

Victoria Square Hearing

A01 - 2223 Victoria Avenue East
(located at Victoria Square - Open Saturdays!)

www.victoriasquarehearing.ca

The perfect fit: Candace Fischer, Audiologist
Rachelle Frison-McIntyre, Audiologist

Life is too good to go without a smile.

Are Your Dentures?
- Loose?
- Cracked or Worn?
- Over 5 Years Old?
- In Your Pocket?
- Missing Teeth?
- Sore Gums?

Kerry Rodgers D.D.S.
Dewdney
&
Lewvan

Bayshore #12 new
Advanced denture—#13
same

Viictoria Square #14 new
Make sure there is a nice box around this to define it.

Candace Fischer,
Audiologist
A01 - 2223 Victoria Avenue East
(located at Victoria Square - Open Saturdays!)
306-525-9600
www.victoriasquarehearing.ca

Rachelle Frison-McIntyre,
Audiologist
The perfect fit
Planning your memorial now means they'll appreciate how you want to be remembered ... and you'll understand how they want to remember you. They'll know your wishes have been honoured ... and you'll know you've made things easier for them.

Find out what pre-planning can mean to you and your family.

Contact your Authorized Remco Memorial Counselor.

“Thank goodness we asked the questions when they were all there to answer.”

DISCOVER THE BEAUTY OF REMCO SUNSET CEMETERY
For your FREE consultation to learn more about the different options available.
Call Remco Sunset Cemetery at 1-306-692-8855

Professionalism at its finest.

Speers is thrilled to announce that Lorne Palmer has joined the team. Lorne brings with him over 40 years of dedicated experience and community involvement.

Welcome!

Celebrating lives well lived.

HUMBOLDT and REGINA

CAREER/VOLUNTEER OPPORTUNITIES FOR CANADIANS OVER 50 AT
thirdquarter.ca

Clue V=M
Thank you to our partners:

Thank you to our partners:

Celebrating Seniors 2011
October 2, 2011
TCU Place,
Saskatoon, SK

We know there are many senior volunteers in Saskatchewan!
We know every volunteer deserves recognition for their tireless dedication!
Nomination Packages are available!

Nominate a Volunteer Today!!
306-359-9956
www.skseniorsmechanism.ca

FRAUD CENT$ TOOLKIT for
SENIOIRS
“Helping Seniors Avoid Fraud”

We know there are many senior volunteers in Saskatchewan!
We know every volunteer deserves recognition for their tireless dedication!
Nomination Packages are available!

Nominate a Volunteer Today!!
306-359-9956
www.skseniorsmechanism.ca

TOOLKIT AVAILABLE SPRING 2011!

Order your FREE toolkit today!
306-757-1898
friend@skseniorsmechanism.ca
www.skseniorsmechanism.ca

FRAUD CENT$ TOOLKIT for
Organizations
Learn how to give anti-fraud presentations to your members.
Learn how to recruit, retain & train your volunteers.
Learn about the frauds & scams affecting seniors in your community.

FRAUD CENT$ TOOLKIT for
Individuals
Learn about the frauds & scams affecting seniors.
Learn how to deal with con-artists.
Learn all of this in a 50 page booklet!

FRAUD CENT$ TOOLKIT for
SENIOIRS
“Helping Seniors Avoid Fraud”

Trousse de sensibilisation à la fraude pour les aînés
“Protéger les aînés contre la fraude”

FRAUD CENT$ TOOLKIT for
SENIOIRS
“Helping Seniors Avoid Fraud”

Trousse de sensibilisation à la fraude pour les aînés
“Protéger les aînés contre la fraude”

FRAUD CENT$ TOOLKIT for
Organizations
Learn how to give anti-fraud presentations to your members.
Learn how to recruit, retain & train your volunteers.
Learn about the frauds & scams affecting seniors in your community.

FRAUD CENT$ TOOLKIT for
Individuals
Learn about the frauds & scams affecting seniors.
Learn how to deal with con-artists.
Learn all of this in a 50 page booklet!
On Sunday October 3rd the Saskatchewan Seniors Mechanism hosted Celebrating Seniors, the first provincial senior volunteer awards.

These awards celebrated the contributions seniors make to our society and provided an opportunity for people throughout Saskatchewan to be made aware of the volunteer contributions of seniors in all aspects of the life and work of our province.

The evening began with a reception during which each of the 46 nominees was presented with a pin by the Lieutenant Governor, the Honourable Dr. Gordon L. Barnhart, who is also the Honorary Patron for the event. In addition, each nominee received a corsage, a gift bag and a certificate.

After the reception, a piper led in the Lieutenant Governor. The MC for the evening, the Honourable Ralph Goodale, welcomed everyone to the event. Greetings were offered by the Honourable Laura Ross on behalf of the provincial government, Councillor Fred Clippash on behalf of the City of Regina, and Les Lye, the president of the Saskatchewan Seniors Mechanism. A message from the Honourable Dianne Ablonczy, Minister of State (seniors) was read.

Following a fine buffet supper, the Lieutenant Governor addressed the 300+ guests and nominees. The Awards were then presented by Les Lye, with the Centennial award presented by Bruce Lillie on behalf of the Platinum Sponsor All Seniors Care Living Centres.
On Sunday October 3rd the Saskatchewan Seniors Mechanism hosted Celebrating Seniors, the first provincial senior volunteer awards.

These awards celebrated the contributions seniors make to our society and provided an opportunity for people throughout Saskatchewan to be made aware of the volunteer contributions of seniors in all aspects of the life and work of our province.

The evening began with a reception during which each of the 46 nominees was presented with a pin by the Lieutenant Governor, the Honourable Dr. Gordon L. Barnhart, who is also the Honorary Patron for the event. In addition, each nominee received a corsage, a gift bag and a certificate.

After the reception, a piper led in the Lieutenant Governor. The MC for the evening, the Honourable Ralph Goodale, welcomed everyone to the event. Greetings were offered by the Honourable Laura Ross on behalf of the provincial government, Councillor Fred Clipsham on behalf of the City of Regina, and Les Lye, the president of the Saskatchewan Seniors Mechanism. A message from the Honourable Dianne Ablonczy, Minister of State (seniors) was read.

Following a fine buffet supper, the Lieutenant Governor addressed the 300+ guests and nominees. The Awards were then presented by Les Lye, with the Centennial award presented by Bruce Lillie on behalf of the Platinum Sponsor All Seniors Care Living Centres.
Celebrating Seniors 2011
October 2, 2011
TCU Place,
Saskatoon, SK

We know there are many senior volunteers in Saskatchewan!
We know every volunteer deserves recognition for their tireless dedication!

Nomination Packages are available!

Nominate a Volunteer Today!!
306-359-9956
www.skseniorsmechanism.ca

Thank you to our partners:

FRAUD CENT$ TOOLKIT
for SENIORS
“Helping Seniors Avoid Fraud”

Trousse de sensibilisation à la fraude pour les aînés
“Protéger les aînés contre la fraude”

Order your FREE toolkit today!
306-757-1898
friend@skseniorsmechanism.ca
www.skseniorsmechanism.ca

TOOLKIT AVAILABLE SPRING 2011!

FRAUD CENT$ TOOLKIT for Organizations
Learn how to give anti-fraud presentations to your members.
Learn how to recruit, retain & train your volunteers.
Learn about the frauds & scams affecting seniors in your community.

FRAUD CENT$ TOOLKIT for Individuals
Learn about the frauds & scams affecting seniors.
Learn how to deal with con-artists.
Learn all of this in a 50 page booklet!

FRAUD CENT$ TOOLKIT for SENIORS
“Helping Seniors Avoid Fraud”

Trousse de sensibilisation à la fraude pour les aînés
“Protéger les aînés contre la fraude”
Hey Buddy, this isn’t Alberta.
Crowns make us unique and set us apart from other provinces

Our Mandate

Educate our members and the public on the dangers of privatization and public-private partnerships (P3’s).

Demand accountability from the government by informing them that continuing to pursue P3’s and privatization of Crown Corporations will be a politically dangerous environment.

Remind Saskatchewan citizens of the benefits of public control and ownership of the Crowns including affordable utilities, accessible goods and services, and revenues which are re-invested in the province.

Create a representative and diverse Steering Committee to represent all Coalition Partners.

Grow the Saskatchewan economy while protecting our jobs and knowledge.

Our Mission

The SOS Crowns Coalition works to educate the people of Saskatchewan on the importance of preserving and growing the Crowns, by ensuring all aspects of the Crowns remain in the hands of the public.

Our Vision

The SOS Crowns Campaign is a leader in proactively supporting the growth and preservation of Saskatchewan Crown Corporation as publicly owned organizations.

A Foundation Built on Crowns

Established as early as 1901 and having evolved today into over 20 organizations, the operation of publicly owned enterprise is not a new concept in Saskatchewan. Crown Corporations improve the quality of life for the people of this province which can be seen in every major centre, town, village, hamlet, and First Nation or Métis community. We continue to see the unprecedented effects these organizations have on Saskatchewan communities through partnerships with local businesses, sponsorships and donations, and employment opportunities. We may take for granted the government mandates that assure we have services like clean water, reliable power and energy, communication services, and affordable insurance. As part of our Saskatchewan identity, Crown Corporations make us different – let’s keep it that way!

We’re fueled by your support & donations

Mailing Address
2365 - 13th Avenue
Regina, SK, Canada
S4P 0V8

Show your support for our cause at
www.SOSCrowns.ca
The seasons of life are like those of nature. There may be storms, but there are also many moments of warmth, beauty and joy.

On September 29 – 30, 2010 the Saskatchewan Ministry of Health held a planning session on the Future of Primary Health Care in Saskatchewan at the Ramada Hotel and Convention Centre in Regina. I attended on behalf of the Saskatchewan Seniors Mechanism.

The session had approximately 52 invited participants from around the Province. The session started in the afternoon of the 29th and into the evening and most of the day on the 30th.

At the beginning the participants were asked to think about an opening question: “Given the assumption that Primary Health Care is foundational to the health system, how do we transform Primary Health Care so it is sustainable, offers a superior patient experience and results in an exceptionally healthy Saskatchewan population?”

The session was facilitated by the Syntegrity Group which did an excellent thorough and professional job of facilitating. All of the participants were divided into groups. The group topics were Community Participation, Inter-professional Collaboration, Leadership and Accountability, Patient Experience, Sustainable and Stable Delivery and Underserved Populations. All of the group discussions were informative and lively. Every participant contributed and the sessions were exciting and at the same time exhausting.

As a result of the Planning Session it was identified that Community involvement must be a top priority.

The Ministry is continuing to work on what came out of the session and moving forward in a positive way to produce a new framework for Primary Healthcare.

I would like to thank the Seniors Mechanism for the opportunity to attend the sessions and look forward to continuing in my role as a representative of the Mechanism on health issues.

Betty Pickering
SSM 1st Vice President

Elder Abuse Prevention and Response Network

We held our second elder abuse prevention and response network roundtable meeting in Swift Current on November 16th. We worked with the Southwest Council on Aging to plan the event and draw up a list of people and agencies to invite. The gathering provided an opportunity for participants to network with other groups or organizations, reflect on what is happening in the area of elder abuse prevention and response in Swift Current and area, identify where there are gaps, and strategize about ways to network regarding elder abuse prevention, intervention and education. It was a very worthwhile day for everyone there and the group went away with plans to gather again and continue to network together.
We are approaching the end of another year! 2010 is almost over and we will soon be starting a new year.

All of us tend to use the New Year to make changes in our lives. We make resolutions to quit smoking, to lose weight, to become a better person. However, come the first month or so we have given up or forgot about the resolutions we made. As human beings it is easier to make resolutions than it is to keep them.

Maybe the best New Year’s resolution or change that we could all make is to learn to love more, to open our hearts to others, to become an example of love. However, we must first learn to love ourselves in order to love others. We as people control our own destiny and as we learn to love more and hate less, we will see the world around us change.

There is a story about a rabbi who went out to change the world. After a time he found that he wasn’t making much progress so he tried to change his country. That was also difficult so he tried to change his neighbourhood. When he did not have success there, he tried to change his family. Even that was easier said than done. So he tried to change himself.

An interesting thing happened when he changed himself, his family changed, his neighbourhood changed. When his neighbourhood changed, his country changed and when his country changed the world changed.

Mahatma Gandhi once said: “Be the change you want to see in the world”.

There is another saying that goes “Live everyday as if it were your last, because one day it will be”.

So maybe rather than making a lot of New Year’s resolutions that we will most likely break we should decide instead to change ourselves. We should decide to become a better person, to love more and hate less, and watch the world around us change.

John Knight
Pioneers Chapter 59, Phillips Lifeline, Leader Post, Fraud Cent$ Toolkit and SSM. We look forward to another great year of making a difference in the lives of seniors in Saskatchewan.

Christmas Party Photos

Now that the weather is getting colder, it’s time to enjoy the comforts of home. Sit back and relax in a lift/recline chair in your choice of style and colour and, when you’re ready, get to standing with the push of a button.

MEDIchair
the home medical equipment specialists

Regina: 3033 Saskatchewan Dr (306) 584-8456
Moose Jaw: 1240-9 Ave (306) 693-1878
Shop online by visiting our website www.medicair.com

March is Fraud Awareness Month

Saskatchewan Policy Agencies remind consumers March is Fraud Awareness Month. Watch for News Releases about topics such as Identity Theft, Power of Attorney Fraud and learning how to use Wire Transfers & Email Money Transfers with caution. For more info please see www.sacp.ca/fraudawareness/

Photo by Dale Williams

Photo by Dale Williams

Photo by Dale Williams

Photo by Dale Williams

Photo by Dale Williams
Yeah But……

As we look at life, we need to believe in the fact that we can change the world by changing ourselves.

Dr. Denis Waitley once said, ‘We are all born with the seeds of greatness’. Are we nurturing these or are we just letting them slip by?

I always think of the story of a man walking along the beach and seeing a young boy hopping along the beach and throwing something into the water. As he caught up with the young boy, he noticed that he was picking up starfish and throwing them into the water as the tide went out. He asked the boy what he was doing and the boy answered, “I am saving these starfish”. The man replied, “You can’t make a difference, there are miles of beach and you can’t save them all.” The boy looked at the man and threw another starfish in the water and said, “Yeah but it makes a difference to this one”.

‘Yeah but’, are we making a difference in people’s lives by doing the small things or are we standing by waiting for something big that may never happen. Be conscious of the small things and make a difference in someone’s life!

---

**Seventieth Anniversary**

Keith Foster

Last week my grandparents celebrated their seventieth wedding anniversary, and the media made quite a fuss over them. Reporters hounded them for their secret.

Grandma fielded all their questions. Gramps sat beside her, his mouth clamped shut, occasionally clicking his teeth.

One cub reporter, wanting a second opinion, directed her question straight at Gramps: “How does it feel to be married to the same woman for seventy years?”

Withering under the glare of the camera lights, Gramps replied, “It’s too early to say.”

---

**UPDATE YOUR DRIVING SKILLS**

Take a **55 ALIVE COURSE TODAY**

- Gain more confidence behind the wheel
- Improve awareness of traffic hazards
- Identify and correct bad driving habits
- Voice concerns in a relaxed environment
- Update your knowledge of traffic laws and technology

Contact the Saskatchewan Safety Council at (306) 757-3197.

If you have a group/club that is willing to provide a facility we will arrange the training in your town/city.
How would you get help at a moment like this?

Only one medical alert pendant can call for help even when you can’t.

Why Lifeline?

When you experience a fall, medical issue, or other emergency, every second counts. If you are alone, delayed medical care can jeopardize your recovery and your independence! The Philips Lifeline Medical Alert Service provides simple, fast access to help 24 hours a day, 365 days a year.

Lifeline, the #1 medical alert service:
- Is trusted by thousands of hospitals
- Is recommended by over 65,000 healthcare professionals
- Has helped provide more than 6 million people with the peace of mind and confidence to help maintain independent living

The Lifeline Difference

Our industry-leading, standard Lifeline Service provides fast access to highly trained, caring Response Associates at the push of a button, 24 hours a day, 365 days a year.

NEW! Our new Lifeline with AutoAlert® option also enables you to push the pendant-style button for help at any time. In addition, AutoAlert provides an added layer of protection by automatically placing a call for help if a fall is detected and you can’t push your button because you are disoriented, immobilized, or unconscious.

This enhanced service option can provide even greater peace of mind and confidence. Lifeline is the ONLY medical alert service provider that integrates this capability into a pendant-style Help Button.

Lifeline Saskatchewan in partnership with SK Seniors Mechanism 1-800-856-0599
Four Leaf Clover Seniors Independence Club

Four Leaf Clover Seniors Independence Club is a non-profit club created to provide services for seniors living on their own, who would benefit from support to help maintain their independence. The idea for the Four Leaf Clover Club originated after a number of people seeking services for their aging parents called David Sax, the executive director of Catholic Family Services (CFS). The concept grew after CFS did market research that identified transportation and lack of social contact as major concerns for many seniors.

Volunteers provide the services to members of the club. The basic services are assisted transportation, a companionship visiting program that matches seniors with volunteers for in-home visits, and reassurance calls where volunteers phone seniors to have a chat or just check in. The club also has a volunteer advisory council, which provides direction and assists with various club activities. There is an annual fee of $12 to become a member of the club. There is an additional fee for transportation services as there are driving expenses involved.

It is our aim to contribute to the quality of life for those seniors determined to maintain their independence. People trying to stay independent often just need a little bit of help. Seniors may not have family members close by who can help, or the family members who are in the same community are limited by their own work and family responsibilities. There is a real need out there for the services.

Club membership also provides opportunities for other activities. There is a community kitchen program so people can come and cook together, and then take home food that they can put in the freezer. There are also a few social events throughout the year, including a group of members and volunteers who get together for coffee once a month.

The club is open to individuals regardless of their beliefs or their social or economic circumstances. Currently, many seniors are on the waiting list for the companionship visiting program, and, of course, we always need more drivers. It’s a good feeling for volunteers because they know they’re helping someone out — and we’ve seen a lot of friendships form.

Anyone interested in volunteering or requesting services (Regina only) can contact Jennifer, Club Coordinator, at 502-0305.

*It is our aim to contribute to the quality of life for those seniors determined to maintain their independence.*
Today, preparing for the approach of winter is almost non-existent compared to when I was a kid. For my family, it was a gradual methodical procedure.

I guess it would start in the fall with a neighbourhood bee of sawing wood for both the heater and the cook stove. Usually after the snow came, Dad would make a trip to town for a load of coal, which was used mainly to hold some heat during the night. We surely appreciated the switch to briquettes as they were easier and cleaner to handle.

First came the taking off of the full length screens and replacing them with glassed storm windows. None of the windows were standard in size and so each window’s screen and storm was identified with a Roman numeral. This was the time when, if needed, glass had to be replaced and we girls became quite proficient in putting the glass pane. There were dozens of panes that had to be cleaned with a rag and a bar of Bon Ami. You know the one with a picture of a yellow chick and the inscription ‘hasn’t scratched yet’.

This was also the time for the putting up of the front room heater. It was moved from its summer location in a corner of the veranda. It sat in the middle of the archway between the front and dining rooms with a string of pipes going all away across to the chimney on the kitchen wall. Dad religiously cleaned these pipes at least once during the winter and we never had a chimney fire. I remember two heaters, one was the black four legged model with a round body shape, with several silver colored metal fixtures on the door aprons etc. It was fascinating to watch the flames through the mica covered openings in the door. There was a hinged dome affair on the top which could be swung out of the way and one could boil a kettle on it. The other was at brown steel enamelled oblong model. It was more streamlined and had no interesting features like silver aprons around the outside. It was flat on top and a kettle could be boiled on it too. However, there was little heat reaching the 2 bedrooms off to the one side and the cold bare floors in the morning sent one scurrying out to dress beside the heater.

Our kitchen was a lean-to on the west. It had a sloped roof and was by no means as well built as the rest of the house. Prior to each winter, a solid storm door would be attached to the outside of the kitchen door. The kitchen was heated only by a wood fired cook stove so one was warm only within a few feet of it. All perishable food as well as the ‘slop’ pail had to be moved to the front room each night to keep from freezing. Dad did bank the outside on 2 sides with straw and I guess it did help to keep the drafts out.

Come spring, it was the reverse procedure when things were dismantled and cleared away and put into storage until the approach of another winter.

I venture to say that only those who have experienced such rugged times can appreciate the insulated homes we now have with insulated windows, doors, walls and roofs. Electric furnaces with propane heat, water on tap, bathroom facilities, washers and dryers, fridges and no smell from the kerosene lamps that gave such a dim light are only a few of the modern conveniences we now enjoy and take for granted.

The good old days?? It depends on what is referred to.

-Doris Anderson
Grenfell

Thank you for sending in your memories! We will continue to collect them and include them in Gray Matters at the appropriate time of year. If you have a memory of ‘Christmas’ or ‘The One Room School House’, please forward them to us. We are pleased to receive memories on topics of your choice also. From a couple of paragraphs to 3/4 of a page would be great! These memories may be included in other SSM publications.
A VALENTINE’S MEMORY

In 1938 at Empire School, Moose Jaw, a new boy was enrolled in the grade seven class. He was older and taller than any of the other boys and he had a severe facial deformity that pulled his mouth downward on one side. As well, he had only one ear. Rumour spread that he had been recently released from a youth reformatory and he was currently staying with a retired minister and his family who were monitoring his behaviour. All of us were afraid of him, shunning him from all social interaction.

It was traditional at the school for each grade, at Valentine’s Day, to have a party where we distributed valentines to our friends. Each student vied with the others to receive the most cards in the class. A week before Valentine’s Day when the boys were out of the room for their Industrial Arts class, our vice-principal Carl Edy spoke to the girls. He said that he was aware of the rumour about John, assuring us that it was untrue and that John had been removed from his farm home where he had been abused. The minister was providing the boy with a safe home. He said that he hoped some of us would consider sending John a Valentine’s card. A day or two later, a parent told her son that while living on the farm, John had been forced to sleep in an unheated barn and had been permitted to attend school for only a few weeks each year. With that news and the talk by Mr. Edy, the entire class felt shamed that we had treated John so poorly.

On Valentine’s day, John received valentines from every student in the class. A parent who regularly had sent us each a cookie with our initials in red icing on each of them, sent John one with his entire name printed on it. All of us ate our cookie with the exception of John. Carefully wrapping his cookie in a piece of paper, he took it home. Our attitude towards John changed and he was welcomed into all our activities.

John did not return for grade eight but the minister where he had stayed brought to school a letter John had written. In it John thanked us for the best year of his life. It turned out to be a good year for all of us too.

-Shirley Lomheim
Saskatoon

Saskatchewan Seniors Mechanism has received a New Horizons Grant which will allow us to have four gatherings at different locations throughout the province where we will invite seniors 90+ (both from the Century Club and others) to come and share their stories with us. This will be happening in the Spring and Summer of 2011. We will then be using these stories as part of a book called A Century of Memories.
SSM Conference 2011

Speaker:
Dr. Michael Rachlis
Dr. Rachlis practices as a private consultant in health policy analysis.

May 17 & 18, 2011
Humboldt, Sk.
Plan to attend!!!

Theme:
Long term Care/Continuum of Care

Information will be posted on our website:
www.skseniorsmechanism.ca

Sponsorship applications being accepted
Contact us at info@skseniorsmechanism.ca

July 8-10, 2011

MEOTA
CENTENNIAL
CELEBRATION

Former residents and descendents of residents of Meota and area are invited to a weekend of entertainment, visiting and lots of plain old fun!

For information:
Judy 306-892-2105 or
Bob 306-892-2007 or
check out our website
www.meotacentennial.com

You are invited

PRECIOUS MEMORIES OF PRAIRIE WAR HEROES

The Saskatchewan Seniors Mechanism was delighted to publish a book honouring Saskatchewan and Alberta WWII Veterans. While this book is serious in nature, we have tried as well to incorporate a humorous, or light-hearted, side to better portray real-life situations encountered by those who served overseas.

We are pleased to offer ‘Precious Memories of Prairie War Heroes’ to you for $21.00 plus $3.00 for shipping & handling. Please send your cheque to:
Saskatchewan Seniors Mechanism
112-2001 Cornwall Street, Regina, SK S4P 3X9
Or check our website:
www.skseniorsmechanism.ca
Published in partnership with Canadian Heritage

Day Trips:
Casino Moose Jaw- Jan. 13th, 25th
Dakota Dunes- Saskatoon, SK- Jan. 17th
Painted Hand Casino- Yorkton, SK- Jan. 18th
Living Sky- Swift Current, SK- Jan. 20th

Moose Mountain Bus Lines
310 Hodsman Road
Regina, SK S4N 5X4
Toll Free: 1-800-463-4446
E-mail: mmb@accesscomm.ca