SASKATCHEWAN GRAY MATTERS Seniors MECHANISM

VOLUME 11, ISSUE 4 Spring 2007

ENTITLED TO A SONG

Happiness Is The Green Green Grass of Home
(Yes, Green is the Colour)
Where there's a Country Road and Cool Water
With Time On My Hands, All I Have To Do Is Dream.



In The Early Morning Rain, or under the Moon Glow,
Whether A Poor Poor Farmer, or The Great Pretender,
We all have Precious Memories.



Whether Walking In The Rain on Blueberry Hill.
Or walking After Midnight, Singing The Blues,
As Time Goes By, these will be Moments To Remember.

Remember The Church In The Wildwood?
The Honeysuckle Rose On The Street Where You Live?
The String Of Pearls Among My Souvenirs?
But Don't Let The Sun Catch You Crying
Cause Memories Are Made Of This.

We'll Meet Again On The Sunny Side Of The Street,
In Blue Hawaii, or in The Sweet By And By.
Just Wish Me Luck As You Wave Me Goodbye.
And Thanks For The Memories.

Ivan Millard
Creative Writing Class
Seniors Education Centre
University of Regina

Saskatchewan Seniors Mechanism Conference & AGM

May 30 & 31, 2007 @ Delta Regina

Theme: LIMITED INCOME RESTRICTS SENIORS ACCESS TO SERVICES

(For more information see page 12)

GRAY MATTERS Seniors

Editors
John Knight (Chair), Margaret Thomas, Trevor Quinn, Shirley Lomheim
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. *Gray Matters* can be contacted at #112 - 2001 Cornwall St., Regina, Sask., S4P 3X9. Phone (306) 359 - 9956; fax 359 - 6922, e-mail: ssm@skseniorsmechanism.ca

Between The Covers

Seniors Chat	**3**
SSAI Newsletter	**5-8**
Yeah But..	**9**
Issues	**10**
COSTCO	**10**
Cliff Bailey Celebrates	**10**
Drug Plan	**11**
SSM Conference & AGM	**12**
SSM Member Profile	**13**
Do You Agree??	**14**
Lifeline	**15**
Dare To Be Senior	**16**
Century Club	**18**

Publication Mail Agreement 1540750
Undeliverable Copies to:
Saskatchewan Seniors Mechanism
#112-2001 Cornwall Street,
Regina, SK S4P 3X9



The loss of a loved one can occur at any time. When you need us, we'll be there.

SPEERS
FUNERAL & CREMATION SERVICES
2136 College Ave • Regina
(306) 522-3232
www.speersfuneralchapel.com
©Adfinity

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.

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:

Seniors Working Together

Saskatchewan Government Superannuates Association
Saskatchewan Senior Fitness Association
Saskatchewan Seniors Education Corp.
Saskatoon Council on Aging
Fédération des Aînés Fransaskois
Senior Power
Regina Senior Citizens Centre Inc.
Superannuated Teachers of Saskatchewan
Federal Superannuates National Assoc.
Saskatchewan Seniors Association Incorporated
Saskatchewan Federation of Union Retirees
HAD Allen Life Member Club (SaskTel Pioneers)

SENIORS HOTLINE 1 – 888 – 823 – 2211
OR CHECK OUR WEBSITE
www.skseniorsmechanism.ca

Seniors' Chat

Keeping and attracting health workers



Hon. Graham Addley

Our government recognizes that Saskatchewan has experienced shortages in some health professions – much like many other jurisdictions across Canada and around the world. Certainly, keeping and attracting health care professionals is a top priority of this NDP government. As Minister Responsible for Seniors, I would like to provide you with some recent successful developments in our ongoing efforts to retain and recruit health care workers.

This success is largely possible due to our nationally recognized *Saskatchewan's Health Workforce Action Plan*, which we introduced in December 2005. Developed in consultation with those involved with the delivery of health care in this province, the plan is designed to improve health care in Saskatchewan by keeping and attracting health care professionals.

Since the plan was released, many new projects have been implemented. Some very recent highlights include:

- Launching a provincial recruitment agency and website (healthcareersinsask.ca) to help the province attract hard-to-recruit professionals and locate professionals in hard-to-recruit-to areas.
- Announcing a $25 million fund to retain and recruit health professionals over the next three years. Initiatives under this fund include:
  - $6 million for recruitment and relocation for rural, northern and hard-to-recruit areas;
  - $6 million for a retention program targeted to help employees, employers and provincial organizations develop and implement programs focused on keeping health providers.

Since introducing these initiatives, we've seen more health care workers choose Saskatchewan. For instance, 32 per cent of new recruitment grant applicants are health professionals coming from Alberta to Saskatchewan, and 38 per cent are new Saskatchewan graduates choosing to stay and take a job in our province. This is exciting news for Saskatchewan's health system.

With the *Health Workforce Action Plan* as our guide, our government will continue to follow through on our commitment to ensure the province has the right number of health care workers to meet the needs of all our residents.

If you have any ideas or concerns about issues relating to seniors, please feel free to write to me at Room 345, Legislative Building, Regina, S4S 0B3, e-mail me at ministerhl@health.gov.sk.ca, or phone my office at (306) 787-4983. Your comments are always welcome, and I look forward to hearing from you.

Graham Addley

The Honourable Graham Addley
Minister of Healthy Living Services
and Minister Responsible for Seniors

Government of Saskatchewan

Respite/Convalescent Care

Are you or someone you know in need of temporary respite/convalescent care? Will you be having surgery in the near future and will need help recovering? If so, let Wintergreene Estates help. We have respite suites available within our luxurious retirement residence.

For only $85/day, you receive:

- All meals
- Room service
- Weekly wellness assessment
- Morning check-ins
- 24-hour staffing
- Emergency response system
- Weekly housekeeping
- Concierge service

Also available at additional cost:

- Assistance with medications
- Assistance with morning and bedtime routines
- Assistance with showers in suite
- Bath assistance in the Spa

Wintergreene Estates

"Regina's Premier Retirement Community"

WINTERGREENE

The freedom to build your lifestyle, your way.

Quality care without the institutional feel

Please call to arrange for a free consultation with our Resident Services Manager
*Some conditions apply

(306) 585-7100

4950 Pasqua Street

www.wintergreene.ca

Identity theft is a serious concern? How about scams & frauds, do you know what they are and how to protect yourself? We provide free presentations to any group +45.

For more information call Kathy @ 757-1898 or e-mail abcsoffraud@sasktel.net

ABCs of FRAUD

Sponsored By: Scotiabank

Tygre Travel Inc.
Saskatoon, SK
Bus Tours

BRANSON, MO & MEMPHIS, TN

13 days/12 nites Nov 12-24/07
Tour Elivis's Graceland. Daniel O'Donnell, 12 Irish Tenors, (Mel Tillis & Connie Smith) & 5 more shows in Branson and much, much more.

WINNIPEG, CANADA

Pickups Saskatoon & Regina
May 27 & June 24, 2007
4 days/3 nites $170 pp/dbl & GST
Saskatoon & Yorkton Pickups

DEADWOOD, S.D.

@ Club Regent $90 cash back & meal coupons
Pickups Sasktoon & #16 Hwy East
May 13– 16, 2007 and Oct 21 & Nov 16, 2007
4 days/3 nites $180.00 Optional side trip to

4 BEARS CASINO & HOTEL

Crazy Horse, Mt. Rushmore & Rapid City Mall.
Pickups Saskatoon & Regina
3 days/2 nites June 19/07

MINOT, ND

$200 at par & coupons $140 pp/dbl
Pickups Saskatoon & Regina

Please Book All Tours
Minimum of 4 weeks in advance

Call Toll Free 1-866-477-3259
Phone (306) 477-3259 Saskatoon

CANADA Purple Shield™

FAMILYSIDE™

Pre-planning Your Final Expenses:
A Gift to those you love.

013007-4318

For a free information and a funeral planning guide call:

1-800-661-8959

Website: www.purpleshieldsk.ca Plans underwritten by ALC

SASKATCHEWAN SENIORS ASSOCIATION INC.
NEWSLETTER

Please send all your news and comments about the newsletter to:
Fern Haight, Box 393, Hanley, SK., Fax: 544-2757, E-mail: fern.h@sasktel.net

Presidents Message

Hi Everyone! Spring is here! Hurrah!!! Space is scarce so I'll just put in a few reminders.

- April 15, 16, 2007 SSAI Provincial Bowling Tournament at Minto Bowl in Prince Albert. (anyone may enter for $5.00 per person) Contact treasurer, Joan Morrison 987-0297
- Please send all resolutions to George Piett, Box 305, Eston, SK., S0L 1A0
- 2007 convention will be in Shaunavon June 6, 7, 2007 (watch for all information in the March mail out to all clubs)
- It is time to have your annual meetings and to send your membership dues to the SSAI treasurer, as well as your executive list for 2007

I look forward to seeing you at our June convention.

Respectfully submitted,
Fern Haight, president

1st Vice President's Report

The fall and winter months have not been as busy as I would have liked. The weather and various health related issues sure have curtailed club visitations but there were a few things I could take part in since my last report. I attended a two day conference of the Stops to Violence organization which deals with all types of violence and abuse that happens to children, adults and seniors alike. It's surprising what's out there that never gets publicized. I also attended meetings of the Federal Superannuates National Assoc. chapter for the Saskatoon area. I spoke about our organization and what we are about and what we hope to achieve for the Seniors of Saskatchewan. Their views are similar to ours so hopefully some form of a partnership could be formed with them. Their membership is around a thousand members. Some of their members could also be potential members of SSAI.

During this period Region E, (which I am also the Director), gained a club from Lucky Lake but we lost a club, (St. Georges in Saskatoon). I understand that Lucky Lake were former members of SSAI years ago. I welcomed them back into the fold.

As the representative to the Senior Mechanism I chair their Issues committee. A "Flagship" theme was developed and was made up, in part, from some of our concerns for seniors which I contributed on behalf of SSAI. So we are, I think, making inroads by getting our thoughts out there as to what problems seniors of Saskatchewan are facing today. We really need the help of our clubs to send us resolutions or letters about concerns that you have in your area.

"Seniors helping Seniors"

Regards,
Al Morrison, SSAI, 1st Vice Pres.

Treasurer's Report

Hi there everyone. Just thought I would put in my two cents for the Gray Matters this time. By now everyone has received their membership cards for the new year of 2007-08. I am sad to say we have lost a few clubs this year due to lost members. Not being able to meet upkeep of their buildings or towns closing down buildings, seniors moving to larger centers, etc. Most of these clubs have been very active in their time and have donated their time and voice to Saskatchewan Seniors Association Inc.

SSAI NEWSLETTER

over the years. I hope they realize how much we will miss their input.

This year our convention, as you have all heard by now, is being held in Shaunavon. I am particularly happy about the location as there are so many clubs down south, and although we try to keep in contact with everyone it is harder when there are no Regional Directors and/or Co-coordinators. Maybe with it being held down south we will get to meet a few of you from down that way and hopefully someone will step up to the plate and offer to be a Director or Co-coordinator for the area. It's really not all that difficult. Just to keep clubs notified of what is going on and to encourage everyone to help us keep battling for the good things for us seniors. In the four years I have been treasurer I have talked to and met some wonderful people, ate some wonderful potlucks (as the waist will contend to) and heard some very interesting stories about the different areas.

Don't let up on your dedication now. Get your resolutions in. If we keep repeating ourselves, maybe someone will finally listen. Please remember to send in the names of your new executives and submit dues before the convention.

Have a Great Year.
Joan Morrison,
Treasurer

Winter Games Schedule
District 19, 2007

Allan	Apr 10	Kaiser Bowling
Watrous	Apr 12	Bridge Trump Whist

Grand Finale Allan, April 17 at 12:30

District 19, Spring meeting – Colonsay
April 18 at 1:30

SSAI Provincial Bowling – Prince Albert
April 15 & 16, 2007

100th Birthday
Isla Eugenie Windsor



Isla Eugenie Windsor, oldest daughter of Herb and Jen Wilkinson, was born Feb. 14th 1907 in Everet, Ontario.

The family moved to the farm at Edam, Saskatchewan when she was five.

Jean attended Normal School and taught at Blackfoot, Rabbit Lake and Eagle Hills schools.

She married Archie Windsor on Jan 27th 1932. They lived in the Blackfoot District until 1949 where they raised six sons. The family moved to a farm 1 mile east of Mervin until 1977. Jean then moved to Mervin and on to Turtleriver Lodge where she now resides.

She is a proud Grandmother to 15, Great Grandmother to 22 and Great Great Grandmother to 4.

Jean attended the senior functions in Mervin where her sense of humor was so appreciated. Not too long ago a gentleman told her she would live to 102. He would bet her $10. She replied "Put the $10 on the table because I'm not going to dig you up to get it."

What A Great Lady!

Yes, I did get to Germany
By: Tom Breckner

Yes, I did shoot a wild boar in the Black Forest.

We landed in Frankfurt, then flew to Berlin (4 million people in Berlin). One thing they don't have in Berlin is parking meters.

We toured Red Square, Hitler's head quarters. Then on to our friends place. Coffee, beer schnapps are plentiful. Beer is only 40 cents a bottle and water $1.29 a bottle. You can drink anywhere but DO NOT DRINK AND DRIVE. I was in Germany for three weeks and never saw anyone drunk. Drinking beer is like having a coke in Canada and is everywhere – gas stations, every store, etc.

I saw lots of forts and churches. One was dated 1215. The question I asked is what kind of marble or cement did they use that is still as good now as back in 1215.

I sat in a chair with "1704" carved on the back.

I also saw the Berlin Wall.

Some of our friends would not drive the Autobahn. You have to go 200K plus or you get run over.

We took the train back to Frankfurt and our speed was 248K per hr.

I hope I can go back again someday.

Thanks to Adolf Kaul for traveling with me.

Caribbean Cruise and Tour to the Amazon River

January 15 to February 1, 2007

By: Edith Kotzer

During the Cruise, we stopped at the islands of Tortola, one of the British Virgin Islands, and Dominica, which received its independence from Britain in 1978. On this island we saw a school bus donated by Canada crushed under a huge tree that was blown down by a hurricane in 1980. The next island was St. Vincent, where we visited Fort Charlotte, named after King George III's wife in 1806. The fort is 636 feet above sea level and the huge cannons are all facing inland instead of out to sea. In their Botanical Garden we saw the breadfruit tree that was brought here by Captain Bligh of the Bounty. Then we were at Grenada, the spice island. They export ginger, cloves, cocoa, cinnamon, nutmeg, and mace. We saw the nutmeg tree whose seed makes the nutmeg and the outer covering makes the mace. We saw tree trunks standing whose tops were sheared off by Hurricane David in 2004. It devastated the island. We also visited Trinidad and Tobago and here we had our first glimpse of people sleeping in the streets. This island is only 7 miles from Venezuela. We were treated to a colorful cultural show of singing and dancing. Next we took a ship's tender to see Royale Island. Along with Devil's Island and St. Joseph, these were the three French penal islands. There is no dock with deep enough water to accommodate our large ship. Over 80,000 prisoners were sent to these islands to labour and finally die. Only one prisoner is said to have escaped as the waters around the islands are shark infested.

There were only 2 days were spent entirely at sea, Jan 22nd and 24th. On the 24th we crossed the equator and saw the brown water from the Amazon merging with the blue water of the Atlantic.

On the 25th we stopped at Santarem, Brazil on the Amazon River. On a tour we saw the Brazil nut tree and how they crack the pod (about the size of a coconut) to get the Brazil nuts inside. They also have the cashew nut tree. We were taken to see the processing of the manioc (cassava) root into flour and tapioca.

We sailed up the very wide Amazon 1000 miles to Manaus, a city of over a million people. We went to see the Opera House built by rubber barons with material from all over the world. I particularly remember the red carpet, the original that had come from Russia. We visited the zoo and found it strange that it was run by the army. There were guards with guns on duty.

We left the Cruise ship, the Regal Princess, at Manaus and went by boat another 60 kilometers to Ariau Towers. What adventures we had here!!! Ariau Towers is a site to behold. There are 8 round towers 5 and 6 stories high built high on a network of stilts and connected with catwalks up in the trees also on stilts. There are smaller tree houses that families can rent called Tarzan's apartments. We traveled everywhere by water. We were told that the water will rise another 30 meters hence the tall stilts. They had a platform, souvenir shops, a pool, and an area for sitting under umbrellas. They had huge stoves, fed with briquettes in the eating area for keeping the food warm. Since the temperature was between +38 and +40 the stoves were not appreciated. We were 3 degrees south of the equator and it was always very hot. In the summer it reaches 52 degrees. There was some air conditioning in our rooms and a fan which helped ward off the heat.

We traveled everywhere by boat, as do the natives that live there. Our first adventure was piranha fishing. We were given long thin poles and small chunks of meat for bait and tried to catch a

SSAINEWSLETTER

piranha. One fellow caught 8 while most of the others caught 1 or 2. I only fed the piranha with my bait they didn't want the hook. The piranhas were from 2 to 8 inches long and the larger ones were cooked up for us to taste at supper. While we were fishing, a Cayman (a relative of the alligator) about 3 or 4 meters long, watched us from the other side of the waterway. Our guide threw him the smaller piranha to lure him closer to the boat for pictures. He came closer too.

The next adventure was Cayman hunting at night in the dark with a spotlight. After rather a long time of hunting, we finally heard a loud splash and found out our motorboat driver, a young lady, had leapt into the water and came up with a Cayman about 2 ½ feet long. We all had a good look at it and got some good pictures.

We visited a native village and also a native family. These people rely on the rainforest for their food, drugs, building material and everything they need. They do not have gardens, they pick their fruit and nuts off the trees. They had metal pots and pans and the house we visited had a propane stove.

This was one of the most interesting tours I have taken, especially the last portion.

ELDER ABUSE

Just recently the topic of 'Elder Abuse' has been front and foremost in the minds of a lot of people in the Prince Albert area. A young man by the name of Chad Nilson who works with the Prince Albert Housing Authority in the area of Communities against Family Violence and is probably responsible for a lot of good research on this topic, has been giving seminars and presentations to various groups in the community. In this letter I want to refer directly to his comments in his paper entitled "The Aging Silent: A Preliminary Analysis into the Kinds, Consequences and Causes of Elderly Abuse." Since the 1960's, Governments have addressed the problems of child abuse, and in the 1970's developed programs to deal with the abuse of women. It was not until the 1980's that abuse of the elderly was recognized. What is Elder Abuse? Some say it is intentional harm caused to seniors and others say it can be intentional or unintentional harm caused to seniors. Other people have other views. However it is generally agreed that first and foremost "Elderly" means those people over the age of 65. Abuse is defined as any action or inaction which jeopardizes the health, well being, or assets of an adult. Knowing the definition of what constitutes elder abuse does not bring answers, as there are more components that make it different from any other abuse. Elderly abuse comes in many shapes and forms and so varied are they that the perpetrators of elder abuse do not realize they are doing it. The very fact of being old and vulnerable makes the elderly easy targets of abuse. The definition of abuse states that it is something done or not done that may prove to be harmful and it is important to remember this. Chad states that the abuser comes from a position of trust that they have with the victim, that is, family or friends or trusted advisers, and in the majority of cases this proves to be so true. For who else is in that position to know how vulnerable and open to abuse that elderly person is? How many of those elderly who suffer abuse are going to be reporting their family member or friends to any one in authority? There is a great deal of shame and embarrassment along with any physical pain that victims suffer. The after-effects of abuse are long and lasting with pre physical ailments becoming worse and depression being a common complaint as a result of isolation, loneliness and neglect.

As older persons, we have a double jeopardy strike against us to start with. Not only our age but the very fact we grew up in a time where it was the norm to trust those close to us. An age where doors were not locked tight, windows were not shuttered and blinds not drawn in case some one saw you alone and an age where neighbors were actually friends and not just people living next to you. Living that kind of 'normal' life has made us vulnerable to all kinds of abuse and in consequence we are rapidly learning not to trust anyone. What a sad state of affairs.

It underlines the need to be our brother's keeper, as it were so that we may become more aware of the quality of life of those who we are in close contact with on a day to day basis and be available to assist in whatever way we can.

Len Fallaws.
2nd Vice Pres., SSAI

Happy 100th Birthday to **VERNA CAUNTER** of Regina, SK – celebrated Jan 20, 2007

Yeah But….

If you kick the person responsible for most of your problems, you won't be able to sit down for six months.

Isn't this the truth? Even though we create most of our own problems we tend to want to blame others for them rather than look at ourselves and say "Yeah But I should not have done that" or "Yeah But if the circumstances had been different."

We need to stop blaming others for our problems and start to look at them and say, "Yeah But I can change that" or "Yeah But it's not his or her fault, it's mine!"

-John Knight

Victoria Park
PERSONAL CARE COMMUNITY

PHONE: (306) 522-4300

Independent to Assisted Living
Spacious Suites – all utilities included (except phone)
Three Chef prepared meals a day
Health Services Staff on duty 24 hours a day

www.seniorlivinginstyle.com

Annual DCA Dinner

The 23rd Annual Distinguished Canadian Award Dinner will be held at the Delta Hotel, Regina on 30 May 2007.
This year's recipient is:

Dr. Lynda Haverstock.

For tickets phone: 585-5816

SGI
Take care out there.

CARP
CANADA'S ASSOCIATION FOR THE 50 PLUS
YOU'VE GOT THE POWER

To obtain CARP membership and benefit information please call 1-800-363-9736

116 Shannon Road
Regina, Saskatchewan S4S 5B1

G. "FRED" SILZER, B.ED
Prairie Region Representative

Telephone (306) 586-0989

e-mail: gottsilzer@sasktel.net
website: www.carp.ca

canadian eldercare services inc.

Providing physiotherapy, occupational therapy and massage therapy services in the comfort & convenience of your home.

2073 Park Street
Regina, Saskatchewan
S4N 6S2
dbojic@cbi.ca

Tel 306 522 8797
Fax 306 522 8268
Cell 306 596 8797
www.elderserve.ca

A division of CBI Health

ISSUES COMMITTEE REPORT

Health is one of the most serious problems we face in our aging years. Access to what we need in order to lead a healthy life is unfortunately made very difficult in many seniors' lives. Most of us need prescriptions for a wide variety of health problems as we get older. A lot of these prescriptions, especially heart related ones, are very expensive. There are no generic brands available, for one reason or another, for some of these very necessary medications. Many seniors have trouble affording prescription drugs. This brings to the forefront the need to reduce the health expense burden on seniors and their families. The next step would be introducing a 'made in Saskatchewan drug plan' that is affordable so seniors can have access to the drugs they need. We understand the need for patents, but the manufacturing and use of generic drugs within the Canada Health Act must be a part of this plan.

This health issue not only affects seniors. Everyone has a need for a universal health care that is affordable. We do not want anyone to be left in a position of having to choose between buying food or the medications that they require. We have been trying to communicate to the government the importance of making prescription drugs affordable before it's too late. Some of SSM's member organizations have put forth very strong requests to senior levels of government to act on this as soon as possible. Some of these concepts were presented in a brief to Premier Calvert by one of our members, the Saskatchewan Federation of Union Retirees.

Al Morrison – Issues Chair

Editor's Note: As we go to print on March 22nd, the provincial budget has been unveiled, and we see that our requests, in part, have been heard!

COSTCO – In the recent past, Steve Wilson, a reporter for Channel 7 News in Detroit, did a story on generic drug prices. In this investigation, he found some drugs were marked up as much as 3000%. Often, the drug companies are blamed for high prices but in this case the pharmacies were the ones making the extra profit. For example, if you had to buy a prescription drug, and bought the name brand, you might pay $100 for 100 pills. However if you bought a generic brand, you might pay $80, a savings of $20. What the pharmacist is not telling you, is that the 100 generic pills may have only cost him $10.

At the end of the report, Mr. Wilson was asked whether or not there were any pharmacies that did not adhere to this practice, and he said that COSTCO consistently charged little over their cost for the generic drugs. COSTCO is a "membership" store. However, you do NOT need to be a member to have access to their pharmacy.

Many people prefer to use their local drug store because of convenience – location & delivery. However, pharmacies such as COSTCO may be less expensive, so it pays to shop around.

CLIFF BAILEY CELEBRATES 104 YEARS

On February 6, 2007, Cliff Bailey celebrated his 104th birthday with his wife, Hazel, by his side. A special afternoon was held for Cliff by Moose Jaw & District Seniors (T. Eaton's) where he is a member and regularly plays cards.



March 22, 2007

SASKATCHEWAN CUTS DRUG COSTS FOR SENIORS

Seniors in this province will pay no more than $15 per prescription for drugs listed under the Saskatchewan Formulary. That is the guarantee of the Government of Saskatchewan's new multi-million dollar enhancement to the Seniors' Drug Plan.

"My government is providing the most significant expansion of health services for seniors in a generation," Premier Lorne Calvert said. "We recognize the important role seniors play in Saskatchewan and it is vital that we help make sure their healthcare is affordable at a time when prescription drug costs are quickly and constantly increasing."

Under the Seniors' Drug Plan, all Saskatchewan residents 65 years of age and older are eligible. Seniors will be automatically covered based on Health Registration Card information; no application is required.

"It is clear that seniors, on average, rely more on prescription drugs than non-seniors," Health Minister Len Taylor said. "With 115,000 seniors saving an average of $400 per year, we think this program will play a role in building a better future for Saskatchewan families."

The program goes into effect July 1 at a cost of $35.7 million in 2007. The annual cost of the Seniors' Drug Plan is estimated at $53.1 million.

"We have heard from seniors who say that the rising cost of prescription drugs is having a direct impact on the quality of their life," Minister Responsible for Seniors Graham Addley said. "The new Seniors' Drug Plan recognizes the important contributions that seniors have made in our province and ensures that cost is not a barrier to seniors accessing prescription drugs."

Low-income seniors receiving the Guaranteed Income Supplement, Saskatchewan Income Plan or Special Support coverage who currently pay less than $15 per prescription will continue to do so. Palliative care patients and those covered by Saskatchewan Aids to Independent Living (SAIL) will continue to receive Saskatchewan Formulary drugs at no cost.

Additional information on the Seniors' Drug Plan will be provided to Saskatchewan seniors in June, prior to program implementation. For program details, contact the Saskatchewan Drug Plan at 1-800-667-7581.

Article courtesy of the Government of Saskatchewan web site

Saskatchewan Seniors Mechanism

2007 ANNUAL CONFERENCE

May 30 – 31, 2007

The Saskatchewan Seniors Mechanism's Organizing Committee is pleased to announce this year's theme:

"Limited Income Restricts Seniors Access to Services"

The 2006 Strategic Plan of the Saskatchewan Seniors Mechanism identified a common thread among the many challenges older adults face in Saskatchewan, and is reflected in our conference theme.

Older adults are often forced to make hard choices about services they need to maintain quality of life. Many options exist to enhance day-to-day living, and dignity in life, but unfortunately many seniors cannot afford them. Drug plans have their limits, assisted living facilities are a significant expense for some, many seniors do not qualify for housing renovation subsidies, and remaining active through community activities may not be an option because of cost.

We will host three workshops on Wednesday, May 30th:

1) **Panel Discussion** - Medical Services Choices for Older Adults

2) **Workshop** - Accessibility and Affordability of Home Care and Seniors Housing Options

3) **Workshop** – "The Cost of Remaining Active in the Community": Lifestyle Choices for Seniors

Dignitaries from municipal and provincial governments, gerontology academia, policy makers and champions of seniors' issues will be in attendance. The exchange of knowledge and ideas to address these challenges will be our focus.

Registration Fee: $45.00
Registration Deadline: Friday, May 25, 2007
For registration form please call: 1-888-823-2211
Conference Venue: **Umbria Room, Delta Hotel, Regina, SK**

On Thursday, May 31st, we will be holding our **Annual General Meeting (AGM)**. We anticipate receiving many resolutions related to our conference theme. Resolutions passed at our AGM will be brought forward to the appropriate decision makers.

We hope to see you there!

SSM MEMBER PROFILE

Superannuated Teachers of Saskatchewan

The Superannuated Teachers of Saskatchewan is a body of retired teachers whose aims are:

- To promote the interests of the members of the STS
- To establish and maintain a working relationship with the Saskatchewan Teachers Federation.
- To establish and maintain a working relationship with other organizations whose interests are similar to those of the STS.
- To promote the formation of local STS Chapters in appropriate centres.
- To maintain a continuing and supportive interest in education and the education of its members.
- To provide leadership in matters that pertain to the welfare of members of STS

The Provincial Executive takes responsibility for coordinating a Group Health Benefits Plan and a Dental Plan for all Members of the STS.

The STS communicates regularly with members through a publication, ***Outreach,*** that provides information on all aspects of its activities, including:

- Retirement Lifestyle Planning Sessions for perspective retirees
- Provincial recreation events
- Updates on Group Health Benefits Plan
- Information regarding Support Services (STS website) at sts@stf.sk.ca
- Inviting all Local Chapter Presidents to meet with the Provincial Executive to improve two-way communication and support
- Information resulting from regular Provincial Executive Meetings as well as the Annual General Meeting.

The local chapters are independently active and meet on a regular basis. Some chapter meetings are informational, educational and often just very interesting. Some chapters have an STS choir and various sporting events over the course of the year. I would encourage superannuated teachers to contact their local chapters and become involved in them. There is an STS website listing the existing Chapters that you might find helpful in regard to names and activities that have been organized for your benefit.

CRYPTO CORNER

(answer on page 17)

G Q J V J G T K F H T S O V Q Y K I Y O O W H Y K I

Y V L J P N O S O G J K V V T F J K Z N J K F O Y K I

X Y P N R S R R X Y K I R H T T P T H R Y H F O T K G Y K I.

Do You Agree??

FAITH, HOPE AND CHARITY THAT'S THE WAY TO LIVE SUCCESSFULLY, HOW DO I KNOW? THE BIBLE TELLS ME SO!

These are words that we have all been taught since we were very young. Each of the principles has very different meanings in our lives. For today lets just look at hope. Hope is a principle that as we get older, I feel becomes more important to each of us. For life without hope is like a world without love.

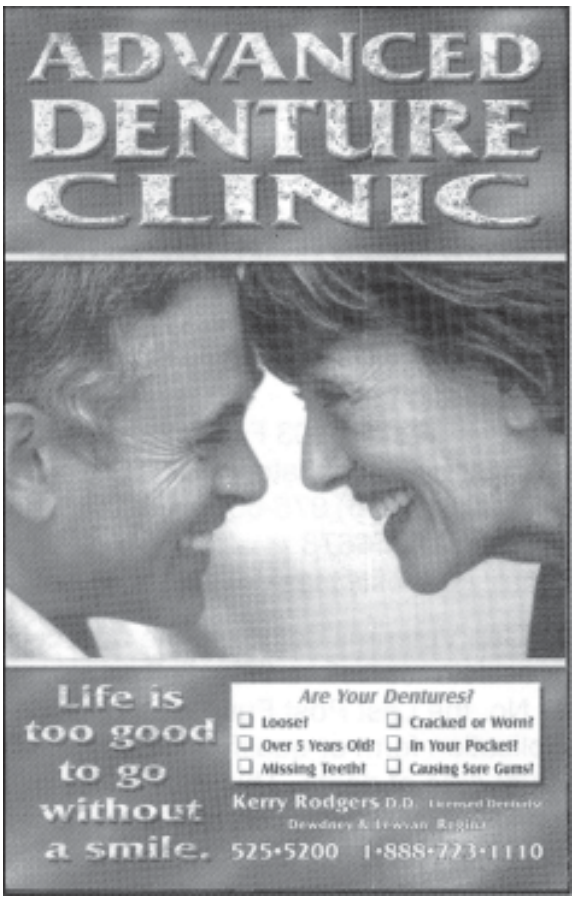
Dr. Henry Viscarid said, "To live gloriously we need hope, not security; the freedom not only to succeed, but to fail and come back. The tragedy of life lies not in failing to reach your goals but having no hope and thus no goals to reach." Sometimes, as we age, we lose sight of goals and hope in our lives. We feel as if life has passed us by. Live with hope in your life and love in your heart. Even when we face some of the darkest times in our lives, we need to always believe in ourselves and have hope.

The Ten-Point Plan to turn hope into reality:

- Find a trust-worthy person – people need people
- Find a place for reflection that is all your own – a quiet space for you alone
- Learn how to let go – there are some things you should not hope for anymore
- Refuse to be a victim – victims don't give, they always receive. People who give have power.
- Take a first step – in other words do something
- Look ahead! It's not the end – the only thing we have to fear, is fear itself.
- Find the proper goal to hope for - live for your dreams
- Don't let anyone take hope away from you – stay away from negative people
- Make trouble work for you – we all have adversity in our lives
- After you have tried trust – have faith

Hope is all we have. Live your life with a strong sense of hope and faith!

-John Knight





Are You at Risk for a Fall:
Self- Assessment

Falls are the leading cause of injury among Canadian seniors and they can have a devastating impact on your overall health and independence. With a Lifeline medical alarm you will be protected from an unexpected fall.

Answer the following questions to see if you are at risk:

QUESTIONS:	YES	NO
Do you have a history of falling?	☐	☐
Do you experience dizziness and/or have trouble keeping your balance?	☐	☐
Is walking difficult due to muscle weakness, stiff joints, or foot problems?	☐	☐
Are you on more than three medications?	☐	☐
Do you have problems with your vision?	☐	☐
Do you make frequent or hurried trips to the bathroom?	☐	☐
Have you put off dealing with household hazards, such as poor lighting, slippery floors, throw rugs, lack of grab-bars, etc?	☐	☐
Is fear of falling making you less physically active and reducing your social activity?	☐	☐
Are you experiencing problems with concentration, depression, or isolation?	☐	☐
Do you consume alcohol more than occasionally?	☐	☐
If you were to fall, would you be alone and possibly unable to summon help?	☐	☐

Your risk for falling increases significantly every time you answer "yes" to any of the above questions.

You can't always prevent a fall, but you can always be prepared for one. Lifeline provides peace of mind and safety for thousands of Canadians because help is always available at the push of a button. Lifeline's medical alarm service is also a vital component of an effective falls management program.

Protect Yourself Today - Call Lifeline
***and Receive* 1 FREE MONTH OF SERVICE**



Call 1-800-543-3546 / 1-800-LIFELINE

Please quote the code below to receive this discount

Quote this code: XX202 *Coupon valid until:* December 31, 2007

www.lifeline.ca

Available at locally participating programs only.
Not to be combined with any other offer. A minimum three month commitment is required.

PHILIPS
Lifeline

DARE TO BE SENIOR
Regina Seniors Citizen's Centre Inc.

The mission of Regina Senior Citizens' Centre Inc. is to foster, develop and deliver programs and services that encourage and facilitate people fifty-five years of age and over to sustain independent, healthy and active life-styles and to strive to enhance their interest and participation in community activities. RSCC provides a holistic response to the needs of seniors by offering a broad range of services at affordable prices.

The RSCC operates two facilities, the Winnipeg Centre, 2134 Winnipeg Street and the Elphinstone Centre, 2404 Elphinstone Street in or through which currently 870 members have access to the following programs and services:

- **Home help service**
  RSCC offers a range of home help services which include housekeeping and home and yard maintenance. The fees for these services are based on clients' income. Many seniors are on supplements so fees and charges vary.

  Home help services are available to seniors who have chronic health conditions, who are convalescing after discharge from hospital or who have limited mobility and are therefore unable to safely do household chores.

  Housekeeping services include tasks such as household cleaning, changing beds, laundry, helping with bills and other small tasks. Home maintenance services include tasks such as snow removal, grass cutting, cleaning eaves troughs, refuse removal, recycling, changing light bulbs, putting salt in water softeners, and moving heavy items.

  Call Cathy 306-525-2154 or email:cathyrscc@accesscomm.ca

- **Noon meal service**
  A noon meal is served at the Winnipeg Centre five days a week by Street Culture Kidz. This provides an opportunity for seniors to enjoy a nutritious meal in the company of others and to take out food for the evening meal.

- **Wellness clinics**
  Wellness clinics are organized by RSCC to provide a convenient and supportive environment for seniors to access preventative health care services. A free blood pressure clinic is provided by a volunteer retired registered nurse and the Regina-Qu'Appelle Health Region kick off their 'flu clinic' at the RSCC each year.

- **Life skills seminars**
  An array of education workshops are offered through the Centre by a number of agencies such as the Regina-Qu'Appelle Health Region, the Heart and Stroke, Diabetes, and Alzheimer's Societies, the Canada Customs and Revenue Agency.

- **Computer literacy training**
  RSCC offers computer literacy training in a 12-workstation computer lab (donated by the SaskTel Pioneers) located at the Winnipeg Street Centre. Two levels of classes are provided; beginner and intermediate. Break free from the techno millstone and learn how to email your

family. Classes are taught by Student Connections (University of Regina) as well as two in-house instructors.

- **Recreation and Social Activities**
  RSCC provides a broad range of programming geared specifically to seniors needs with attention to and accommodation for their varying levels of physical and mental abilities. Their desire for achievement is satisfied in part by individual selection of activities, both competitive and non-competitive, in which there is personal enjoyment and opportunities to experience a degree of success. Creative arts, crafts, drama and hobby activities provide for self-expression and social involvement.
  - **Activities:** Exercise classes, afternoon dances, cycling, creative writing, preserving old music, drama, choir, painting for pleasure and quilting.
  - **Classes and Programs:** Three semesters of classes are offered at both locations They include oil painting, watercolors, paper-tole, lapidary, ceramics, ballroom dancing, stained glass, pen and ink sketching and computers for pleasure.
  - **Sports & activities:** Floor curling, snooker, shuffleboard, bridge, whist, cribbage, and Texas Hold'em.
  - **Special Events:** Special events provide opportunities for the community to participate in RSCC activities. On average, 36 special events are held each year. Special events include; Buffalo Days, Christmas concerts, craft and bake sales, Cup of Diamonds, United Way Day of Caring, flea markets, floor curling bonspiels, Mothers' Day events, New Year's Eve Blast, pie socials, Remembrance Day, Senior Games Opening, Saint Patrick's Day, and many more.

For more program information for the Winnipeg location call Sandra 306-525-2154 or email: sandrarscc@accesscomm.ca
For more information on the Elphinstone location call Brad 306-359-3847 or email: bradrscc@sasktel.net

Supporting Retirement

Supporting retirement is a project of the Regina Residential Services Co-Management Committee (RRSCC). The goal of Supporting Retirement i*s to increase the participation and facilitate inclusions in community-based programs for seniors with intellectual disabilities.*

The Regina Senior Citizens invites all Seniors to come down to one of our beautiful facilities and discover what is great about being Senior.
View our website: www.reginaseniorcitizenscentre.ca

Ask us about rental opportunities at both locations.

Dates to remember, June 14 & 15

18th Annual Sask. Pattern Dance Jamboree
@ Danceland Pavilion, Manitou Beach, SK.
Must be old enough to dance and willing to have fun.
Interested? Then call for more info:
Mildred: 948 2913, Adrian: 948 5291, Bill: 893 4078

CRYPTO CORNER

What a wondrous thing is spring
It makes me want to dance and sing
Like bubbling brook or birds on wing.

Century Club Corner

GLADYS FLEMING



(conclusion of story in Jan edition)

"One spring when we were in Florida, Cliff got a call from his garage in Weyburn. There were some trucks at the Ford plant in Oakville they wanted driven back to Saskatchewan. Did he think he could do it? He turned and looked at me. 'Sure, we can do it.'

"On our way home, we stopped to get these trucks at Oakville. He would drive one, with the other two riding sort of piggy-back on it – if I could drive the car. I'd never driven distances like that, especially on freeways like the 401, but I agreed to take a shot at it. It was some adventure!

"Before we started, he left some notes in the car, messages on where he'd be stopping along the way, in case we got separated. All along those eight-lane highways, I was hugging the back of the trucks, trying to stay close. And we did get separated going north from Wawa. Cliff had given me a credit card for gas, but when I filled up, I discovered it was the wrong credit card, and I had no money to pay for it. This caused a problem. Finally I persuaded the service station to take a cheque, but I ended up a long way behind Cliff, and driving through this very isolated section of the Trans-Canada. It was also snowing. I started to panic when I couldn't catch up to him, and kept wondering if I'd missed him somehow. I couldn't get that poem of Frost's out of my head – I'd been teaching it for years – 'Stopping by woods on a snowy evening' 'And many miles to go before I sleep.'

"I finally caught up after he stopped outside of Marathon – he was worried I'd gotten lost and decided to wait for me. We had planned to stop at Marathon, but all the motels were 'no vacancy', so we had to keep going to the next town. It was a very long way, and we arrived there after midnight. I was exhausted, but at least I knew I could do it.

"The next day, we drove even further. We planned to overnight in Souris, Manitoba, but when we got there and had supper, he said what do you think? We both wanted to get home, so we decided to go all the way. Two days from Oakville to Weyburn. It must be over 1500 miles in total. Well after that, I could go anywhere – and we did.

"When Cliff was still working, we took up duplicate bridge, and played in bridge tournaments all over the place. Mostly Saskatchewan, but also in the States. After Cliff retired, we spent every winter in Fort Myers, Florida – a smaller community than most of the vacation spots, so a little more comfortable. After a few years, we started going to Arlington, Texas, and grew to like that even more. In fact, it became a new home for us. We stayed at the same place every year, a two-room suite at the Judy-Lynn Motel. We made a lot of friends there, mostly from Canada but a few from the U.S. We played bridge, went to Texas Ranger baseball games, sat around the pool every afternoon at happy hour with all the other snowbirds.

"This went on till Cliff passed away in 1979. That was a big shock – the worst trauma I ever had to endure. He died suddenly of a ruptured aneurysm in Prince Albert. We were up there playing at another bridge tournament, when he suddenly became sick and died that night in a hospital.

"It took me a while to recover from that, but I still kept up my traveling. I started going out to Victoria in the winter with my brother Mel and his wife Eileen. Until Mel died, also from an aneurysm, in 1998. Now, I don't go on trips, cruises, and so on, any more. It's just too tiring. Not the trip itself, which would be fine, but getting ready for it is just too difficult.

"Maybe my favourite trip, at least the most

adventurous, in recent years, was a tour I took to Cuba a few years ago with my old friend Gene Hayward, the one I went to Europe with 'way back when. After Cliff passed away, she and I took a lot of folklore trips all over Saskatchewan, to various historical sites. One day she said, 'How about going to Cuba this January?'

"I said, 'No, I don't want to go.' 'You sure?' 'I'm absolutely sure.' But after she went away, I thought, 'Why did I say that? It wouldn't be so bad going to Cuba. It might be as interesting as Europe.' I was around 85 at the time.

"Well, a couple of weeks later, another friend of mine called from Lang and said, Gladys, do you want to go to Cuba?' 'Why?' 'Well, I bought a ticket on a tour, but then I broke my leg and can't go. Are you interested?' 'Sure – why not?'

"It seemed like fate. I paid her the $1400 for the ticket, and went off with Genevra, who decided to tag along. Actually, six of us went together. It was a lot of fun, and turned out to be very adventurous, even though it was mostly at the resort in Veradero. Gene suggested that we go across the island to the Bay of Pigs, where the American invasion had happened [in 1960]. We decided to go with two other ladies, so Gene rented a car with the help of a young man who spoke Spanish.

"But after taking it, we discovered that it had a manual gear shift, when all we'd ever driven was automatic – it was one of those old Cuban cars. Gene insisted she could handle it. After a while, a rattled developed in it, and got worse. Then as we were driving through a little village in the midst of nowhere, a back wheel fell off the car!

"A big crowd of people suddenly appeared, all talking at us in Spanish. I guess they were offering advice, but we had no idea. Finally a policeman came by. He discovered that the wheel bolts had come loose, so we walked back along the road and found some of them – kind of bent and broken. This policeman was so helpful. He found a person who could speak English, and they got the wheel back on, by taking a bolt from each of the other three wheels. Then he told us to drive back to Veradero – but to drive slowly and safely. It was a wonderful outcome, though we didn't get to the Bay of Pigs that day. We took a bus down the following day.

"Of course, I don't do as many things any more, though Gene is always proposing little ventures. She's a very interesting person, goes to the symphony, the Globe Theatre.

"Contract bridge is my still favourite pastime. I try to go to the annual bridge tournament in Weyburn. I love Weyburn for that kind of thing – I still think of it as my hometown. I have a lot of good friends there. The tournament only costs $10, which includes lunch. I like to go to three tournaments every year: in Weyburn, Fillmore and Yellowgrass.

"I've no idea why I've lived so long, in good health. But I am very thankful. I broke a hip about ten years ago in Weyburn. It took a long time to recover, two weeks in hospital. The doctor wanted me to move into the Souris Valley Hospital, a nursing home, and I just refused to go. I had to get home care help, and use a walker for a while, but I went back to my house. And I recovered most of my mobility. I had to work on it.

"My eyes bother me a bit – the doctor says I have macular degeneration. But I still see well enough to play cards and read books. I've never needed hearing aids.

"I don't have a special diet. I eat everything. Well, I don't care for spices, really, and I've never liked milk. I eat a lot of vegetables, that's only common sense. My only real health problem is anemia – I've had two blood transfusions since I moved here – but that is something I've had since I was a child."

Arlaine now lives in Saskatoon but travels regularly to Regina to visit. Eileen Nurse, Gladys's sister-in-law, had moved into Marian Gardens when it first opened, and persuaded Gladys to come up from Weyburn and check out the apartments in 2004. She found a vacant apartment and moved in.

"I do exercises at the morning workout every day at 10 o'clock, if I've finished breakfast by then. I walk a lot – up and down the hallways, if I can't go outside. My longevity? I can't explain it beyond good luck and keeping active. Maybe it's God's blessing.

-Ken Mitchell

SASKATCHEWAN CENTURY CLUB

If you've reached the age of 90 and are interested in becoming a part of the Saskatchewan Century Club, give SSM a call (Toll Free – 1-888-823-2211, Local Number 359-9956) 3X9. If you live in Saskatoon, please call Saskatoon Council on Aging (306-652-2255) to register. There is no membership fee.





Safe and sound

SaskTel Prepaid Cell Service gives you the freedom and security of a cell phone without any commitments.

- Be available without being tied down
- You choose how much you want to spend and when
- Talk for as low as 5¢ per minute*

No monthly bill and no contract.
Nothing to limit your independence.

*Rate varies depending on when a call is made. Long distance and roaming charges are extra. A monthly 911 fee of 49¢ applies per phone. Some conditions apply. Please visit sasktel.com for details.

See a SaskTel Authorized Dealer or SaskTel Store
www.sasktel.com | 1-800-667-2355

You can be free

SaskTel

Printed by: Administration Centre Printing Services
111 - 2001 Cornwall Street, Regina, SK S4P 3X9

Saskatchewan LOTTERIES