What Our Political Parties Have To Say!

The Saskatchewan Seniors Mechanism sent out a letter on August 22, 2011 to all political parties with candidates running as of that date asking them three questions that we felt are relevant to Saskatchewan seniors. These questions were: 1. How do you plan to provide comprehensive health care for seniors in rural Saskatchewan? 2. In what ways do you plan to provide affordable housing for seniors at all stages along the continuum of care? 3. What is your overall plan to identify and address seniors’ issues and get seniors’ input into policies affecting them?

Their responses are as follows:

Saskatchewan Party:
- submitted by Brad Wall

The Saskatchewan Party will release its election platform to the public during the Fall provincial election campaign. However, in regards to your specific inquiries, our government stands by its record.

Health care in Saskatchewan is a priority of our government. We are committed to providing all Saskatchewan citizens with access to a comprehensive, publicly-funded and publicly-administered health care system that ensures access to core health programs, including the drug plan and extended benefits plans.

Our government’s ambitious goal is to reduce surgical wait times to no more than three months by 2014. Third-party delivery of surgical services is being introduced under the Saskatchewan Surgical Initiative as a way to shorten patients’ wait times and help eliminate the backlog of people on the surgical wait list.

Our government values the contributions of our senior citizens and we are committed to ensuring that their health, dignity and well-being is protected and promoted.

Since being elected, our government has introduced a number of initiatives to benefit seniors. We have approved the construction of 13 new long-term care homes in communities across Saskatchewan and we hope to announce more projects in the future. We have expanded support for low-income seniors under the Seniors Income Plan (SIP), doubling the number of Saskatchewan seniors eligible for income support and supplementary health care services from approximately 10,000 to 20,000. The maximum benefit amounts have also been increased significantly.

Please be assured, the provincial government is working hard to build a better life for everyone in our province, which includes individuals and
Gray Matters

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. 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

---

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 fransaskois
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
Saskatchewan Senior Fitness Association
Saskatoon Council on Aging
SaskTel Pioneers Chapter 59
Senior Power
Superannuated Teachers of Saskatchewan
Women of the Dawn

www.skseniorsmechanism.ca

---

SENIIORS INFO-LINE
1-888-823-2211

A special thanks to our advertisers who make this publication possible! Inclusion of any advertisement does not indicate endorsement of the product or services by Saskatchewan Seniors Mechanism.
Fraud Cent$ Toolkit – The Toolkit has now been translated into French and printed. We have continued to send out English Toolkits and Handbooks. We are hoping to translate 3-4 pages of the handbook (the part that gives general information on what to look out for) into Plains Cree. There are a number of requests for presentations which we are arranging for. The project officially ends on October 31st, but we will still have Toolkits and Handbooks available and will be able to do some presentations after that date.

Elder Abuse Prevention Network – We sent out our 1st Elder Abuse Prevention and Response Newsletter this summer and are making plans for more roundtable gatherings this fall and winter. We have received word from New Horizons that this two year project has been extended for a third year, so it will continue until March 31, 2013.

Housing Task Group – We sent out a questionnaire asking about current and future housing needs of seniors. One version of the questionnaire was for individuals or couples to fill out and another was sent to communities. We received 234 responses to the questionnaire from individuals/ couples and 45 responses to the one for communities.

Century of Memories – We continue to collect stories/memories from anyone 90 years of age or older with the intention of publishing them in a book. We held a gathering in Moose Jaw in August to introduce the project and share stories. Advertisements promoting the project will be appearing in newspapers throughout the province in late September or early October.

Moving Beyond the Gap – We are in the planning stage of this conference on fitness for older adults with special health considerations. The event will be held in February or March of 2012.

Putting Your Wisdom to Work – We are offering two programs, one in Regina and one in La Ronge, which are intended to provide people who are 50+ with an opportunity to update their job search skills. We are partnering with Dimension 11 on this.

CRYPTO

Clue I = S

H B T C B I T B H H C O L B Z E G K X P Z Y C K I R Y C I
- G C G V Y B C I T Y V G O K P I Q V X C F P -
K M Z B J B Z B C I V T Z E C O K P - O Y C K G I
Lester never finished school, but he learned a lot mopping classroom floors. “You kids can be anything you want,” he’d say. Lester wasn’t rich, but because he included a gift to support the school’s tutoring program in his Will, things will add up for a few more students.

Include your favourite cause in your Will or estate plan. Contact a charitable organization, lawyer, financial advisor or visit the local LEAVE A LEGACY™ Program website to learn how.

For more information visit: www.leavealegacysouthsask.com
Some of the latest news for a great many seniors will be coming from the 2011 convention and it comes from decisions made by the delegates to that convention. The first decision was made to increase the ANNUAL dues for each member by $1, yes, one dollar. As I reported in an earlier newsletter we had discussions with the Minister responsible for seniors, and I must say that most often I do not agree with what he says in regards to seniors, but I had to agree with him on this particular item. He told us that since SSAI was there asking for financial assistance for a large number of their centers he thought it only fair to say that the members of SSAI were not paying sufficient money to belong to SSAI. In effect it is none of his business what members pay but he does have a point. From the comments I have received both verbal and non verbal it would appear that the opinion is very much for the increase. In any case, the convention approved that particular item. As from March 31st 2012 the annual dues paid to SSAI will be $5 and not $4.

The second item was that the registration fee for the convention be increased by $25. I know that this could mean fewer members from smaller centers attending conventions but there may be a light at the end of this tunnel. We received a very nice donation from some businesses in Saskatoon and I have reason to believe that there will be more donations from more businesses in Saskatchewan in the future which will help with the convention costs.

This would be an appropriate time for me to suggest that if there are any businesses out there who may read this letter they should feel free, if they so wish, to make a donation to SSAI. We welcome each and every dollar. Conventions for SSAI members are very important in that members from all areas of the province come together to discuss and debate matters of concern to all seniors. From that convention resolutions in the form of a brief are presented to both the Provincial and Federal governments so that they can be made aware of the problems that seniors face in their day to day lives. When some determination is achieved from the presentations of the brief then not only present day seniors benefit but every one who is approaching their senior years can benefit in the future.

The topic of financial support from the provincial government to assist those senior centers who are experiencing difficulty in coping with the ever increasing costs to keep their doors open will continue to be one of great concern to SSAI. The Health Minister and the Finance Minister along with the Premier of this "have" province should not allow themselves to think for one moment that SSAI has given up the fight to obtain the financial help that in many cases is urgently needed. We will be back in your offices, in your hallways and on your phones and computers to ensure that our message is still there, loud and clear. Laughing at our requests will not keep us away. We will be talking to as many of the candidates for the upcoming provincial election as possible, making them aware of the importance of seniors and their centers.

Many seniors throughout their lives were accustomed to facing losses and hardship because of their poor financial circumstances but they coped with it. They brought up their families, they educated their children and they paid their taxes and they did all that while they were continuing to make this province a place to be proud of. They volunteered for any and every thing and still had time to help their neighbours. Weddings, birthdays, anniversaries, Canada Day, Thanksgiving and a lot of other times were celebrated the best way they could despite the hardships surrounding them. It would be nice to think that the hard times were all behind them now that we have a "have" province but in lots of instances they aren’t. Pensions lag way behind the rising real cost of living and affordable seniors housing still remains a problem with no real viable solution on the horizon.

However seniors are a tough bunch of people and their ability to rise above the many problems
that plague them is amazing. The problems that some seniors face on a day to day basis would cause many of the present day younger generation to cry foul. So because of their upbeat attitude and their never say die feelings, this seniors association will continue to carry the message to both the Provincial and Federal governments that seniors must not be forgotten when it comes time to share the budget pie. Free fishing and free entrance to provincial parks is all well and good but it does not put food on the table and it does not pay the power and energy bills.

"Yesterday is gone and we should learn from it. Tomorrow is yet to come and we should plan for it. Today however is the life we have to live."

Keep active and stay healthy.

Respectfully,

Len Fallows
President SSAI

---

"1st Vice President’s Report - Sheila Righi"

As the song lyrics read, “Summer Is Gone and Winter is Coming On,” which is very true, but we do have to give, ‘thanks’ for the lovely warm days of August. I for one truly enjoy the warm sun.

Since our Convention, I accompanied our President to the town of Biggar, Saskatchewan who was celebrating 100 years. We were invited to attend the ‘Centennial Tea’, honouring their Centenarians. There were 43 names called with 39 of those in attendance, excellent turnout.

The ‘Hon. Gordon Barnhart’ attended and delivered an interesting message to all concerned and congratulated the citizens on maintaining their town for 100 years, he also presented each guest with a certificate honouring their 100 years of dedication to their town and province.

On August 10 I attended a ‘Pot Luck Dinner’ at Spruce Home Seniors and presented the ‘President Moe Dagneiy’ with the ‘Walk-A-Thon Plaque’, for the highest percentage of members walking. Congratulations ‘Spruce Home’, well done. I was late doing this as I was away in July when they met.

On August 17, 2011 I had the pleasure of joining ‘Parkland Seniors Club’, at ‘Smitty’s Restaurant’, here in Prince Albert, for dinner which was an opportunity for me to meet new members on their executive and a visit with others. There were 20 in attendance which was excellent for a small club.

August 18, 2011 ‘S.S.A. #4 Prince Albert’ held a day of activities, bridge, kaiser, at 1:00 p.m., dancing at 3:00 p.m. and B.B.Q. at 5:00 p.m. with approximately 150-170 members in attendance. The charge was $1.00 each for cards and $1.00 each for the meal which consisted of a hamburger and bun or hot dog and bun, potato salad, pork and beans, sliced cucumbers, cheese slices and all condiments, pickles, dessert, tea, coffee or juice. The music for dancing was donated. President Bill Norman announced there would be one more B.B.Q. in early October. What a nice afternoon and meal for $2.00 per person.

The Heritage Centre that is located in the Margo Fournier Centre is owned and operated by the city of Prince Albert. S.S.A. #4 seniors do not have to pay anything for the use of it. They maintain the kitchen to their specifications and purchase their food. This is where the difference comes in for the rural senior centres. They are an essential part of life for their ‘Seniors’, as they are a place where they can socialize and partake in recreational activities which contribute to keeping them physically and emotionally active, which staves off loneliness and depression, helps delay illness such as ‘Alzheimers’. All of these issues requires long term care whether in a long-term care bed or a hospital bed. Our elected ‘Government’ needs to pay more attention to keeping our seniors active and healthy within their own community. SSAI has made requests in this regard before and will be working towards that again. Everything worth working for takes patience and we will keep striving with one good in mind, of helping our seniors, the people who built this good province.

Stay Active, Healthy and Be Happy.

Respectfully, Sheila Righi
Hi, I’m Lorna Weldon, director of Region H and co-ordinator of District 22.

At the convention, I was elected 2nd vice president. I will do my best at this position.

I thought we had a very productive convention. Most resolutions were passed. Now we must work on them.

I finally got a co-ordinator for District 23. We had been without one for awhile. I would like to thank Mike Kaminski for taking on the responsibility. I know he will do a terrific job. Already he is having Invermay host a meeting with Joy Bateman inviting all his clubs in the district. I also will attend.

We finally got some nice weather and I plan on going to the lake to relax.

Submitted by
Lorna Weldon
2nd Vice President
S.S.A.I.

News from the Davidson Seniors Club

The Pensioners and Senior Citizens (Senior Club) of Davidson are aware and supportive of local community endeavours.

Our town holds an annual Old Fashioned Saturday Night. It includes a ball tournament, parade, fish fry and other events. The stores stay open in the evening. This year it was held on July 23rd. Our Club enthusiastically joined in with the community in supporting this event. The Club’s singers entered a colourful, musical float in the afternoon parade. Later in the day, the Centre became a beehive of activity when the doors were opened to the public. For the price of $4.00, pie, ice cream and coffee could be purchased (a really old fashioned price). Seventy-two pies were donated by members and six gallons of ice cream were used. As this event is the major fundraiser for our Club, the members are grateful for the support of the community. All members participated in one way or another—organizing, baking, decorating, shift work, serving customers, collecting at the door and of course, clean up.

A wonderful spin-off from this event is the feeling of success, accomplishment and camaraderie that ensued.

Club Reporter, Joyce Doyle

FUN DAY at SPALDING SENIORS

The Spalding Seniors Fun Day was held at the Spalding Hall on April 30th with many neighbouring Seniors attending. President, Betty Martin, welcomed everyone after the registration at 9:30. At 10:30 a loonie auction was held, which was a huge success. It was a lot of fun to see if your number got drawn to win the item that was bid on for a loonie. At noon a delicious dinner was served by the local ladies, after table grace was sung. There were many door prizes, 7 food hampers and a 50-50 draw. The lucky winner was Pearl Smith. Tables of canasta, crib and smear were played in the hall and bingo was played in the Senior Center in the afternoon.

It was a great day of fun and visiting with people from Melfort, Naicam, Archerwell, Quill Lake and Rose Valley attending.

Lunch and coffee was served at 3:00 ending another successful fun day. Hope to see everyone again next year.

Submitted by
Iris Kaminskas

Gainsborough Happy Hour Club

On Nov. 22, 2010 Hiram Trimble turned 100 years young. Hiram has always taken an active part in the Gainsborough community. He has been a member of the senior club serving as secretary/treasurer for 13 years and a director for 22 years.

Elsie Dunster turned 101 years young on Oct 15, 2010. Elsie has always been a member of the seniors club and continues to be a member, helping when needed.

Thanks,
Stella C. Slade
Secretary, Happy Hours Club
Gainsborough, SK.
Hi, Everyone

You are all looking in great form from up here. That’s what exercises will do to you. “Looking Good”.

We had another very successful walkathon again this year. Thank you to all the clubs that took the time to send in your reports and I am hoping to get more next year.

We had 45 clubs participating, with from one walker to 19 walkers. There were 363 members walking – walking 39,129.55 miles.

To the clubs that said they were glad we added the Nintendo Wii games, we felt this was a way of including our members that could no longer walk or bowl, etc.

Here are some examples of how we have great participation:

<table>
<thead>
<tr>
<th>Club</th>
<th>Miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Naicam Senior Club</td>
<td>101</td>
</tr>
<tr>
<td>Central Butte Club</td>
<td></td>
</tr>
<tr>
<td>Carrot River Club</td>
<td></td>
</tr>
<tr>
<td>Ogema Dew Drop-in</td>
<td></td>
</tr>
<tr>
<td>Melfort Senior Club</td>
<td></td>
</tr>
<tr>
<td>Shell Lake Plus 50 Club</td>
<td></td>
</tr>
<tr>
<td>Spalding New Horizon Club</td>
<td>200</td>
</tr>
<tr>
<td>St. Louis Senior Club</td>
<td></td>
</tr>
<tr>
<td>Shell Lake Plus 50 Club</td>
<td></td>
</tr>
<tr>
<td>Big River Senior Assoc</td>
<td></td>
</tr>
<tr>
<td>Prince Albert SSAI #4</td>
<td></td>
</tr>
<tr>
<td>Spalding New Horizon Club</td>
<td>220</td>
</tr>
<tr>
<td>Stewart Valley Club</td>
<td></td>
</tr>
<tr>
<td>Prince Albert SSAI #4</td>
<td></td>
</tr>
<tr>
<td>Central Butte Club</td>
<td></td>
</tr>
<tr>
<td>Sylvia Lindquist</td>
<td>111.38</td>
</tr>
<tr>
<td>Joan Trites</td>
<td>151</td>
</tr>
<tr>
<td>Isabelle Frank</td>
<td>172</td>
</tr>
<tr>
<td>Bill Van Der Byl</td>
<td>197</td>
</tr>
<tr>
<td>Diana Ehman</td>
<td>200</td>
</tr>
<tr>
<td>Arnold Matchet</td>
<td>200</td>
</tr>
<tr>
<td>Jean Hoffman</td>
<td>220</td>
</tr>
<tr>
<td>Kris Davis</td>
<td>220</td>
</tr>
<tr>
<td>Roy Richard</td>
<td>220</td>
</tr>
<tr>
<td>Gayle Stevens</td>
<td>229</td>
</tr>
<tr>
<td>Leonard Young</td>
<td>270</td>
</tr>
<tr>
<td>Mary Norman</td>
<td>344</td>
</tr>
<tr>
<td>Helen Beasley</td>
<td>348</td>
</tr>
<tr>
<td>Mary Norman</td>
<td>344</td>
</tr>
<tr>
<td>Murray Reimer</td>
<td>369</td>
</tr>
<tr>
<td>Pat Balon</td>
<td>516.6</td>
</tr>
<tr>
<td>Lorne Lindquist</td>
<td>582.5</td>
</tr>
</tbody>
</table>

Isn’t that just great!

Now we’ll get down to business at hand. My helper is Clarice Mears co-ordinator district 17 region F.

1. For the highest average miles per club walker with 2,847 miles – Prince Albert SSAI #4 Inc. Region B Director Sheila Righi.
2. For the highest average miles walked per club member with 65.4 miles – Spruce Home Senior Club Region B Director Sheila Righi.
3. For the highest percentage for members walking with 63% - Melfort Senior Citizen Club Region C Director Blanche Kyler.

Thank you to each and everyone for taking part. Let’s make it bigger next year.

Submitted by
Marie-Ange Rancourt
Chair of SSAI Walkathon

---

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

Fern Haight

---

Happiness keeps you sweet
Trials keep you strong
Sorrow keeps you human
Failure keeps you humble
Success keeps you glowing
But only “FRIENDS” keep you going.
When you are diagnosed with cancer, you are often faced with many decisions. You may also need to draw on a whole range of resources, including the public health care system, benefits from employment, private insurance or other financial plans, and government services. When you are dealing with so many different people and organizations, problems can happen. Most people can resolve issues and draw on their resources, but sometimes people need extra help.

With your agreement, the client advocate can act as your agent to interact with various officials, health care personnel or organizations. The advocate will talk with you about steps you have taken, possible solutions and will keep in touch with you each step along the way so that you know what we can do on your behalf.

If you are having issues relating to your cancer diagnosis that you are unable to resolve on your own, we invite you to call us at 1 888 939-3333 and speak with our Client Advocate.
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

TRANSITIONS
ESTATE SERVICES

easing you through life’s changes

Having to dispose of a loved one’s estate can be emotionally stressful and time-consuming. Transitions is here to help you liquidate the estate quickly and efficiently, while respecting your needs in a compassionate manner.

Moving from a house into an apartment or condo? Moving your elderly loved ones into a senior’s complex or care facility? Transitions provides a downsizing service for those who don’t have the time, manpower or ability to manage such a project themselves.

Living in constant clutter is stressful and non-productive. Transitions will sort your belongings, remove the garbage, clean items to be sold and organized and sort those items which must be kept.

306-535-3990:
www.transitionsestateservices.com

Professionalism at its finest.

Kelsi Kenny, Funeral Service Professional. Kelsi has a natural gift of making lasting impressions on families with her kindness, professionalism and calm ability to take charge in difficult situations.

Celebrating lives well lived.

Alzheimer Society SASKATCHEWAN

Are you caring for a family member with dementia?
Call us for information or to register for classes.

1-800-263-3367
www.alzheimer.ca/sk

Gray Matters—Fall 2011  Page 10
families on low or fixed incomes. We also recognize that our seniors have played a significant role in shaping this province, and will continue to work on addressing their unique needs. The sacrifice and hard work of our seniors is appreciated and respected by all.

**The New Democratic Party:**

- submitted by Dwain Lingenfelter

1. **How do you plan to provide comprehensive health care for seniors in rural Saskatchewan?**

   Comprehensive health care for seniors in rural Saskatchewan is largely an issue of access. While the NDP is committed to seeing more doctors in rural Saskatchewan, we are also looking towards innovative and practical solutions that meet real needs. To this end the NDP promises the development of Community Access Hospitals, led by Nurse Practitioners with other health care professionals to provide Emergency Services and basic acute care. Nurse Practitioners will have access to Doctors for consultation but will be able to diagnose, prescribe, admit to hospital or transfer to another facility as the situation requires. I refer you to the press release and media coverage of our recent announcements on Community Access Hospitals which my colleague, Judy Junor and I made recently in Wakaw.

2. **In what ways do you plan to provide affordable housing for seniors at all stages along the continuum of care?**

   Our platform will include changes to tax treatment for seniors specifically designed to benefit those at lower income levels. We discuss housing solutions for seniors along the continuum of care in our policy document, “A Rooted and Growing Vision.” One of our plans is to introduce a system of rent controls to ensure that seniors can live independently without depleting their financial resources. We are also planning to invest in the quality and availability of home care, which would include support for family care givers and improved respite care. We are making a commitment to substantially increase the availability of subsidized affordable assisted living units in communities throughout Saskatchewan. We will also include measures to provide more comprehensive oversight of personal care homes through improvements to regulatory standards.

3. **What is your overall plan to identify and address seniors’ issues and get seniors’ input into policies affecting them?**

   The NDP knows that recognizing seniors’ issues and receiving their input regarding our policy-making is essential for effective government. Once again, in lieu of our official platform, we would direct attention to our policy document where we address the idea of a Seniors’ Secretariat mandated to improve the quality of life of seniors. The mandate would be directed by a legislated Seniors’ Bill of Rights, which would recognize rights such as independence, access to affordable public services and information on all benefits available to seniors, and protection from exploitation.

**The Green Party of Saskatchewan:**

- submitted by Brendan Cross

1. **How do you plan to provide comprehensive health care for seniors in rural Saskatchewan?**

   The Green Party supports the 5 principles of Medicare: Public Administration, Comprehensiveness, Universality, Portability and Accessibility. To ensure accessibility, The Green Party would invest in new forms of rural emergency health care such as helicopter ambulances. We will support the introduction of more community health centres, pharmacare, alternative medicine, dental care and home care. We also support the reestablishment of the Provincial Dietician position which was abolished by the NDP government. With regards to dietary and diabetic needs, The Green Party would provide insulin to diabetics at $2.00 a vial and also provide free chemical strips and swabs. An effective health system requires that healthy air, water and food is available to all Saskatchewan citizens.

   (Continued on page 17)
Canadian Snowbird Association

The Canadian Snowbird Association is a national non-profit organization dedicated to actively defending and improving the rights and privileges of traveling Canadians.

We meet with federal and provincial governments on many issues pertaining to traveling Canadians.

We offer suggestions on trip planning, safety issues for Canadians, cross border suggestions.

Call 1-800-265-3200 for your Free Snowbird Retirement Kit. www.snowbirds.org

Seasonal Influenza: It is Serious

Don’t forget: The Seasonal Influenza Campaign will start in October, 2011. It is very important to be immunized. Protect yourself and your loved ones! For general information regarding influenza disease and clinic schedules call HealthLine at 1-877-800-0002. Watch your local newspaper or call your local public health office for information on dates, times and clinic sites.

Yeah But…….

Love one another! Care about people!

We have all heard these statements since we were babies but somehow it only applies to others. I am sorry but it applies to all of us.

When it comes to these statements most of us justify not following them by saying: “Yeah But’ if she or he did that to you, you would not be as forgiving” or “Yeah But’ it is okay for you to say that, it did not happen to you.”

Would it not be better for us to say: “Yeah But’ it’s okay” and try to help these people in whatever situation might have caused them to see a different way. Things are not always black and white. As individuals, we all look at things differently. Let’s try not to judge until we know the facts!

- John Knight

Smiling

Smiling is infectious, You catch it like the “flu”. When someone smiled at me today, I started smiling too.

I passed around the corner, And someone saw my grin. When he smiled, I realized, I’d passed it on to him.

If you feel a smile begin, Don’t leave it undetected. Let’s start an epidemic, And get the world infected!

This anonymous poem was submitted by: Louise Nichol, Public Health Nurse, Seniors’ Healthy Living Program, RQHR

Put a hearing test at the top of your to-do list today.

Hearing Awareness

Health care is vital, and an important part of your health is hearing. Experts agree a hearing evaluation should be part of everyone’s annual health care routine. The certified hearing practitioners at Beltone Hearing Center, will evaluate your hearing, explain your results and provide you straightforward answers and options.

Book your Complimentary Hearing Evaluation today.

Beltone Hearing Center (Saskatoon)
314 2nd Avenue North, Saskatoon, SK S7K 2B9
Tel: (306) 244-1336
Toll Free: 1-800-667-6964
www.beltonehearingsaskatoon.com
It was with great pleasure Saskatchewan Seniors Mechanism hosted the 2nd Annual Celebrating Seniors Awards at TCU Place in Saskatoon on Oct 2, 2011. We would like to congratulate each of the nominees and award recipients in the 10 categories.

Special thanks to His Honour the Honourable Gordon L. Barnhart, Lieutenant Governor of Saskatchewan the Honourary Patron for this annual event, to Senator Pamela Wallin who was the guest speaker for the evening, to Master of Ceremonies, Mr. Lorne Calvert and to the Saskatoon Symphony for providing entertainment.

The following is a list of all the Nominees and the Award Recipients:

<table>
<thead>
<tr>
<th>Education</th>
<th>Fitness and Healthy Lifestyle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Award Recipient—George James, Saskatoon</td>
<td>Award Recipient—Isabella Frank, Ogema</td>
</tr>
<tr>
<td></td>
<td>Audrey Atchison, Saskatoon</td>
</tr>
<tr>
<td></td>
<td>Peter G. Geres, Saskatoon</td>
</tr>
<tr>
<td>Advocacy</td>
<td></td>
</tr>
<tr>
<td>Award Recipient—Elliot PausJenssen, Saskatoon</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Contribution to a First Nations or Métis Community</td>
<td>Teamwork</td>
</tr>
<tr>
<td>Award Recipient—Julie Pitzel, Prince Albert</td>
<td>Award Recipient—Founding Members of Saskatoon Council on Aging</td>
</tr>
<tr>
<td></td>
<td>Churchbridge in Bloom Committee</td>
</tr>
<tr>
<td>Community Leadership (Rural)</td>
<td>Heritage and Culture</td>
</tr>
<tr>
<td>Award Recipient—Patricia Cooley, Rosthern Reuben Andres, Saskatoon</td>
<td>Award Recipient—Lorraine Iversen, Ogema</td>
</tr>
<tr>
<td></td>
<td>Jim Coulter, Watrous</td>
</tr>
<tr>
<td></td>
<td>Lucie de Montarnal, Debden</td>
</tr>
<tr>
<td></td>
<td>Harry Drader, Cudworth</td>
</tr>
<tr>
<td></td>
<td>Brian Knight, Stewart Valley</td>
</tr>
<tr>
<td></td>
<td>Beatrice Struthers, Ogema</td>
</tr>
<tr>
<td></td>
<td>William Wardill, Eatonia</td>
</tr>
<tr>
<td></td>
<td>Fay M. Willcox, Sifton</td>
</tr>
<tr>
<td></td>
<td>Marian Zsombor, Pilot Butte</td>
</tr>
<tr>
<td>Community Leadership (Urban)</td>
<td>Centenarian</td>
</tr>
<tr>
<td>Award Recipient—Kurt Holstein, Regina Muriel Baxter, Saskatoon</td>
<td>Award Recipient—Jack Rennie, Regina</td>
</tr>
<tr>
<td></td>
<td>Sheldon Kraus, Saskatoon</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lifetime Achievement</td>
</tr>
<tr>
<td></td>
<td>Award Recipient—Mary Ballantyne, Saskatoon Rose M. Miller, Regina</td>
</tr>
<tr>
<td></td>
<td>Viola Painter, Humboldt</td>
</tr>
<tr>
<td></td>
<td>Phyllis Pearson, Regina</td>
</tr>
<tr>
<td></td>
<td>Geraldine Peppler, Yorkton</td>
</tr>
<tr>
<td></td>
<td>Dorothy Zuk, Yorkton</td>
</tr>
</tbody>
</table>

The following logos are from All Seniors Care, Saskatchewan Ministry of Health, University of Saskatchewan, and others.
Do You Agree??

It seems that in this age of electronics, cell phones and social media that we live in, that courtesy and caring have gone by the wayside.

You have only to drive down the street these days and people will move around you to speed past you and in some cases give you the finger even though you are going the speed limit. People will also speed by you or pass you in school zones.

What about cell phones? Since the new law about using cell phones while driving has gone into place, it seems more people are defying the law.

We hold doors open for people and we get ‘the look’ instead of ‘thank you’. Most men don’t take their hats off in public places especially restaurants.

I have to wonder what has happened to common courtesy, to caring about others! What does social media mean? Does it mean we only need to be social when using electronic equipment? That it is okay to be unsocial when we deal with people on a face-to-face basis? We need to look around and start to relearn courtesy and caring for people.

Learn to say thank you! Men, take your hats off! Learn to be patient with people and to become a more caring person!

As citizens of this great country, we need to develop the attitude of caring. The old saying “no one cares how much you know until they know how much you care” is true.

We live in the downtown core and there is not a night goes by that someone, late at night, goes by our house either squealing their tires, loud muffler, motorbikes or stereo blaring. Just people who don’t care about anybody but themselves!

The list goes on and I am sure you can add many more things to this list. Let’s learn to care about people! Let’s learn to be more courteous in our lives! Let’s learn to care! Let’s learn to bring courtesy back into our lives! Let’s become social people again!

-John Knight
Get all the facts! Let us educate you on how to prevent becoming a victim of frauds and scams. You’ll learn:

- About frauds and scams in your city/town;
- What to look for if you think you are being scammed;
- What you should do if you think you are being scammed;
- What to do if you are a victim of fraud.

Saskatchewan Seniors Mechanism
112-2001 Cornwall Street
REGINA, SK S4P 3X9
Phone 306-359-9956
www.skseniorsmechanism.ca
Email: ssm@skseniorsmechanism.ca
Surprise!

It isn’t your Grandfather’s hearing aid.

Technology AND lifestyle have changed over the years. Experience the ultimate in performance, comfort and design. And, with the best anti-whistle program on the market, the only squealing will be your squeals of delight.

See The Winning Team at Victoria Square Hearing.

10th Gerontology Institute
Thursday, November 24
8:30 am - 4:30 pm
Regina Inn
Call 585.5816 to Register or for information
Details will also be on our website
www.uregina.ca/cce/lifelong

Gray Matters—Fall 2011  Page 16
Anonymous quote:
“He enjoys much who is thankful for little; a grateful mind is both a great and happy mind.”

Happy Thanksgiving to Everyone!

(Continued from page 11, What our Political Parties Have to Say)

2. In what ways do you plan to provide affordable housing for seniors at all stages along the continuum of care?

The Green Party supports the establishment and development of Saskatchewan housing cooperatives, alternative housing, community organizations & community-based businesses, and life-long education centres. The Green Party supports raising social assistance rates by twenty-five percent toward meeting basic needs, with money being used to build up publicly-controlled, not-for-profit rental units, encouraging recipients to make down payments on their own homes. We believe pension & social assistance money should not be exclusively targeted towards supporting Saskatchewan based private landlords and care-homes.

3. What is your overall plan to identify and address seniors’ issues and get seniors’ input into policies affecting them?

The Green Party will create a democratic participatory process for effective community voices in determining health policy at local levels. We believe in greater involvement of people dealing with personal mental health issues in decision-making for policies that affect their lives and communities. A Health Care & Mental Health Care commission could take feedback from the public so that opinions and complaints are on the record.

We would like to thank each of the political parties for taking time to respond to the questions we presented to them. These are important and relevant topics to the seniors of Saskatchewan.
Hey Brad, Stop Privatizing OUR Crowns!

SaskTel (DirectWest Canada, AgDealer, and Hospitality Network)
SaskEnergy (Heritage Gas)
SGI (General License Plates)
SCN (Saskatchewan Communications Network)
SaskPower (Northland Power Purchase Agreement)

What’s Next?

www.SOSCrowns.ca

Ad paid for by SOS Crowns
The Biggar New Horizons hosted a Century Club Celebration Tea held on Friday, May 20, 2011 to help celebrate the contributions the seniors 90 years and older have made to our community. Approximately 250 people attended.

The Master of Ceremonies for the afternoon was Don Sinclair and Geoff Cooke read the names of the seniors in our community who are 90 years and older. Don Swyryda thanked everyone for attending and those who volunteered many hours to make the afternoon possible.

The Lieutenant Governor of Saskatchewan, Dr. Gordon Barnhart, was our honoured guest who spoke very sincerely about the important contributions seniors have made to the success of our community and the province of Saskatchewan. Dr. Barnhart presented a certificate, a Town of Biggar and RM of Biggar Centennial pin as well as the Saskatchewan Lieutenant Governor’s pin to each of the honorees.

Mayor Ray Sadler brought greetings from the Town of Biggar and congratulated the seniors on their achievements and their commitment to our community.

The Diamond Lodge Nursing Home used the Town of Biggar handy van to bring their residents to the celebration. A special thanks to the four employees who assisted with the preparations at the community hall.

The seniors honored were: Helen Affleck, Myrtle Althouse, Hilda Anderson, Linda Arnold, Marjorie Augustin, Gwen Blackmur, Richard Boisvert, Vera Booth, Isabelle Dirks, Martha Domes, Elma Doucette, Hilda Dugan, Alice Ellis, Kate Ermolenko, Jeanetta Evans, Doris Gartner, Gabrielle Halliday, Abby Hammond, Vernon Hammond, Martha Hoppe, Mary Johns, Lydia Kirilenko, Theresa Kobelsky, Marvin Ledding, Margaret Lindgren, Lily Lungul, Alex Phillips, Helen Poitras, Ivy Pollock, Agnes Rea, Ruby Robbie, Jim & Verna Russell, Jean Scheer, Alex & Helen Serack, Margaret Smith, Ray Souillet, Eliza Stagg, Fred Surik, Grace Switzer, Irene Wardrop, Matt Webster, Doris Wilderman, Dorothy Wirachowsky, Pat Wright, Pearl Zagoruy and Nettie Zidkovich.

Everyone was treated to a piece of angel food cake, strawberry topping and ice cream for lunch. Many ladies from the community kindly provided the angel food cakes.

The SSFA 55+ Provincial Games will be held in Saskatoon on July 3, 4 & 5. The Organizing Committee led by Ariane Zerr is responsible for organizing and delivering the games.

The events will be held at various sites throughout the city. To be eligible to participate, residents of Saskatchewan must be 55 years of age as of December 31, 2012.

For more information, you may contact Ariane Zerr at (306)382-4699.

If you are interested in volunteering, call Lester Hunt at (306)374-1028 to register. You may also view the SSFA website at www.ssfa.ca.

The Canada 55+ games will be held in Sydney, Nova Scotia from August 29 to September 1, 2012. Registration will commence on August 28th. For more information regarding these games, please call Margaret Gailing-Stepp, SSFA Provincial President at (306)842-4807.
Avoid falls with facts about medication

Medications play an important role in the health of most older adults. They help control many diseases and conditions, such as arthritis, diabetes, high blood pressure, and heart disease.

Prescription drugs can only be taken under a doctor's supervision; over-the-counter medicines are available without a prescription. Both types need to be used properly. If you have a combination of conditions or diseases, which require the use of several different medications, take extra caution with your medications.

Here are some important reminders to help you manage your medications:

• Take each medication only as directed. A regular routine can help you remember to take medications as prescribed.
• Take prescribed medications for the full course, even if you feel better. Your condition may continue to exist, and it could worsen if you stop taking the medication.
• Keep your medications in their original containers, labelled clearly.
• Make a list of all your medicines. Include prescriptions, over the counter medicines (such as aspirin), herbs (such as echinacea) and supplements (such as calcium). Share the list with your physician, nurse or pharmacist.

Remember, the use of certain medications can increase your risk for falling. Philips Lifeline, a medical alert service offered by Saskatchewan Seniors Mechanism, is designed to reduce the risk of living alone. Lifeline provides fast access to highly trained, caring Response Associates at the push of a button. The Lifeline with AutoAlert option provides an added layer of protection by automatically placing a call for help if a fall is detected and you or your loved one can’t push your button.*

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

*AutoAlert cannot detect 100% of falls. If able, you should always press your button.
MOOSE JAW & DISTRICT SENIORS ASSOCIATION INC.

HISTORY - Then

Moose Jaw & District Seniors Association was started in 1989 after working with the City of Moose Jaw, Moose Jaw Housing and Senior Citizens Action Now. We then amalgamated with the XYZ Society and negotiations began. The City of Moose Jaw rented us the old Eaton’s Building for $1.00 a year for the main floor and basement and Moose Jaw Housing took the top 2 floors to house 26 seniors’ suites. With raffles, fundraising, donations, grants and the City of Moose Jaw’s help, we opened our doors.

Now

Since then, our basement is now our “Sports Level” with an indoor walking track, workout equipment, carpet bowling and table tennis. We have a large auditorium (XYZ Auditorium) for rentals, banquets, dances etc. along with our small hall (Card Room) and Timothy Eaton Café – serving breakfasts, lunches & catering to Seniors and the Community. We have sublet in order to have an on site day spa (Avanti) owned and operated by Vicki Wadsworth as well as an on site Pharmacy (Main Street Pharmacy) owned and operated by Brina Mark. Moose Jaw & District Seniors offers a multitude of programs from Art Classes, Cards, Billiards (4 pool tables), Ceramic Classes, Fitness Classes, Golden Voices Choir, Floor Shuffleboard and Jam sessions, just to name a few. If you are ever in the area…pop in and see us and how fabulous our facility is!

Mission Statement

Moose Jaw & District Seniors Assoc. is a non profit organization dedicated to the social, physical and mental well being of our community’s seniors, aged 55 and over.

Goals

Moose Jaw & District Seniors Assoc. main goal is to help improve the quality of life of seniors aged 55 and over in our city and surrounding area by providing a Seniors Centre with a multitude of programs, functions, services and friendship. We intend to stay involved with our community and Saskatchewan to keep abreast of any/all things to help seniors in all aspects.

To learn more about Moose Jaw & District Seniors Assoc. Inc. or to come & visit while you are in the area, go to

510 Main St. N. (Timothy Eaton Garden)
Tel: 694-4223 Sports Level: 694-0023 Fax: 694-1991
Email: mjsenior@sasktel.net
The Hired Girl
As told to Sherrie Tutt

In the early years of the twentieth century, hired girls played an important role in the farm economy. The work of farm wives already struggling to care for often large families with few conveniences and handle the responsibilities of gardening, feeding poultry, and sometimes milking cows and tending other farm animals was markedly increased by having to care for the many hired men needed to tend the heavy horses, till the land and harvest the grain. The farm wife needed help. Times were tough. Few jobs were open to women. Girls were considered unable to perform the heavy tasks of farming therefore farm families were unable to support daughters. Enter the hired girl. These were farm girls who helped farm wives in exchange for room and board and small wages. Peggy was one such hired girl. This is her story:

I was born in 1914 on a farm near Tugaske, the third in a family of four girls. We all worked as hired girls. I finished Grade 8 in 1928 and got my first job shortly afterward. I was 14 years old.

The farmer had to borrow a car to come and get me because he didn’t have a car of his own. His wife had something wrong with her leg so couldn’t get out of bed. They had three children, one just starting school, another about three years old, and a baby. The house had two rooms and a pantry. The man slept with the children on a chesterfield in the front room. I slept with his wife. I looked after the house, the children and the wife.

I had never used a washing machine, because we didn’t have one at home. A neighbor came over to show me how to use it. I don’t remember doing much cooking except peeling potatoes. I do remember changing the dressing on the woman’s leg.

A couple of times the man asked me help him outside. Once a horse had something wrong with his leg. The man had a stick attached to a rope. He pushed the stick under the horse’s upper lip and told me if the horse started to move around to put pressure on the stick, so I did. I guess it hurt the horse just enough to take his mind of what the man was doing to his leg (see note). Another time the farmer asked me to help a cow who was having trouble delivering a calf. He handed me a rope and told me to pull while he grabbed the calf. That is the only time I ever saw a calf born.

I stayed there about two weeks. When I left I had a little money, I don’t remember how much, but when Dad saw it he said, “We should buy paint for the house.” Mother said “Peggy should at least have enough money for a dress”, so we went to town and bought enough material for a dress. It was deep blue muslin. I didn’t know anything about cutting out or sewing but mother helped me and together we made a nice little dress. It had a collar like a scarf, attached to the neck of the dress at the back. The ends of the scarf came together in the front, going through two holes that formed a loop, leaving the ends loose. That was my only good dress for many years. I was still wearing it when I went to work for Mrs. A. in 1935. She was a very fussy woman and did not like my blue dress.

No matter where my sisters and I were working, my father insisted we come home for Christmas. Of course we did all the baking and other preparations for Christmas where we were working before going home. In those days every school had a Christmas Concert. When I put on my best blue dress to go to the Christmas concert, Mrs. A. said, “Don’t you have anything to wear except that thing?” I didn’t. I wore the blue dress but kept my coat on all evening.
My older sister was the first of us to work at Rouleau. The jeweler there offered to have her come to work and go to school. She would start the washing in the morning before going to school then go back at recess to hang the clothes on the line. She stayed there five years, long enough to finish high school.

I went from working for Mrs. A. to help Mrs. D.. She had three children, a boy and girl and a new baby. Mr. D. was no use at all to help around the house or with the kids. He was an awful man with the women and bothered me all the time I worked there. I didn’t know anything about things like that. Our mother taught us nothing. I was there five years and he bothered me all that time. His wife knew but didn’t seem able to do anything about it. I’ve never told that to anyone before. I stayed because I didn’t know what else to do. They didn’t have any money to pay me, but I did get food to eat and a bed of my own. Finally I had enough. I told them I would stay over Christmas then left and never went back.

I went back to Tugaske and worked there for a while. By then it was the war years. My younger sister, Bella, was working for Mr. T., cooking for his outfit while they built an airport in Gimli, Manitoba. She asked me to come help her. I had to borrow $20.00 from mother to take the train. That was a lot of money in those days. I don’t know how she came to have that much. I sent her $20.00 out of my first pay check with a letter but she never did get it. Someone in the post office must have stolen it.

It turned out I didn’t help Bella much. When I got to Gimli the plans changed. The outfit was packing up to move home. Mrs. T. drove her two children, my sister and I back to Rouleau. On the way we stopped at Kenossee Lake. Mrs. T. and her children went in the lake to cool off but my sister and I had never been swimming so didn’t have any bathing suits.

We also stopped at Rocanville to visit Mrs. T’s brothers, Lorne, who lived in her old farm home, and Leslie, a widower with three small children who lived in a small house just down the road. We stopped at Leslie’s first. He was just coming out of the house with a milk pail. Mrs. T. introduced us. I got that, you know, “Mmm” feeling right away. It was Friday night. Mrs. T. wanted to see the kids so we stayed the weekend between Lorne’s and Leslie’s. Monday we drove to Regina, taking Les’s daughter with us.

By that time my father had died. Mother and one of my sisters were living in Moose Jaw in a little house in the valley. I went to live with them and worked with my sister at Eaton’s. It was a long walk to work every day.

After that I worked for a Mrs. Mac. She was the oldest woman I ever worked for. She lived on the farm just outside of Moose Jaw. Her daughters were all married and away from home. She wanted to visit them. She didn’t need help with housework so much as someone to drive her. I had my driver’s license. Her son took me driving once to see how I would do then I was on my own. I went there in the winter and stayed for the summer, then her son got married and she had to leave the farm. I went back to Moose Jaw. That’s where I was when Mrs. T’s brother, Leslie, wrote to ask me to come work for him. I went to work for him in 1945. His children were eight, nine and ten. They had been without a mother for seven years. Their father came in at night, tired and hungry from working all day. The hired girls they’d had before me told him everything the children had done wrong during the day. All their father knew to do was get out the strap. The children liked me better because I never tattled on them. That was my last job as a hired girl. I married Leslie in 1947.

Post Script.
Peggy, now 96, went on to have two sons of her own and is now the proud grandmother of 12 and great grandmother of 16, with another expected soon.

Note: Controlling a horse with a rope and stick inserted under the upper lip was a common, effective practice known as twitching.
Neptune Krill oil (NKO®) is a patented marine oil that has scientifically proven to be a superior source of omega-3s. It contains abundant, highly bioavailable omega-3s (EPA and DHA), phospholipids and antioxidants, astaxanthin, as well as vitamins A and E.

Scientifically Proven Lowering Effect on Cholesterol

- Helps to maintain cardiovascular health
- Helps to reduce serum triglycerides/triacylglycerols (in conjunction with conventional statin therapy)
- Helps to reduce the levels of LDL cholesterol (in conjunction with conventional statin therapy)
- Helps to increase the levels of HDL cholesterol (in conjunction with conventional statin therapy)
- Helps to relieve symptoms of dysmenorrhea and premenstrual syndrome (PMS)
- Helps to reduce pain associated with osteoarthritis
- Helps to reduce blood C-reactive protein levels, a clinical marker of inflammation

DHA is the omega-3 we recommend for seniors because it maximizes brain health and helps prevent heart disease. DHA is beneficial for:

- General well-being
- Heart health
- Cognitive health and reduced risk of Alzheimer’s and dementia

It’s what’s inside that matters.