

GRAY MATTERS

Published by Saskatchewan Seniors Mechanism
Spring 2016

Seniors Working Together



CHRONIC DISEASES

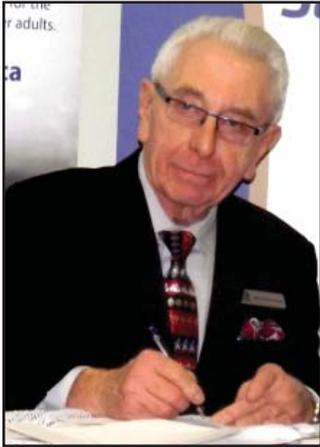
*simple changes in your life style can play
a big role in preventing chronic diseases*

SSM ANNUAL CONFERENCE

Alone? or Lonely?

Seniors & Isolation

Available on www.skseniormechanism.ca



Even though it's been a relatively mild winter, we look forward to the renewal that accompanies spring. Several meetings and events have kept SSM busy over the winter.

Our Research and Issues Committee felt it was important to raise awareness and engage seniors in the provincial election. A pamphlet outlining seniors' issues was produced and SSM hosted a provincial forum with representatives of all political parties invited. The Forum was held on March 17, 2016.

Since January 1, the Governance and Communications Committees have met. Grant reviews were conducted and six member organizations have applied for grants amounting to \$97,790. The Celebrating Seniors Committee furthered plans for the Upcoming 7th Annual Celebrating Seniors Awards to be held at the Conexus Arts Centre on September 25, 2016. Our first Board meetings for 2016 were held on February 10th and March 16th.

Age-Friendly presented to the town of Strasbourg and surrounding communities. As well, a cadre of consultants was trained to help the Age-Friendly Committee by being available to assist communities on their Age-Friendly journey.

SSM once again hosted an Age-Friendly Western Provinces Consultation. Representatives from the four western provinces met to provide updates and to share successes and challenges as they journey along the path of becoming more Age-Friendly. Also, SSM brought together representatives from the various Saskatchewan communities that are journeying toward becoming more Age-Friendly. The purpose of the gathering was to provide an opportunity to share experiences, to identify and explore successes and challenges, as well as to identify ways in which SSM can support the journeys of Age-Friendly communities.

Recently, SSM met with Ministry of Health officials to provide information on SSM initiatives. As always, this was a mutually beneficial exchange of ideas, issues and concerns.

Our Annual Conference, *Alone? or Lonely? Seniors and Isolation*, and AGM are slated for Yorkton on June 1, 2, 2016. See page 13 for more information.

May spring be a special joy to all!

Best wishes,
Robert Wuschenny

SSM AGM will be held on June 2 @ 1 p.m. at St. Mary's Ukrainian Catholic Parish Cultural Center, 240 Wellington Ave, Yorkton, SK. There are openings on the SSM Board so we invite nominations from across the province. Also a friendly reminder that it is time to formulate and submit resolutions for the AGM. Both nominations and resolutions are due in the SSM Office by April 30, 2016. Everyone Welcome!



Published by

Saskatchewan Seniors Mechanism

Seniors Working Together

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.

SSM Member Organizations are as follows:

Canada Post Heritage Club—Golden Sheaf Chapter
Fédération des aînés francsaskois
Lifelong Learning Centre
Moose Jaw & District Seniors Association
National Association of Federal Retirees
Power Pioneers Association of Saskatchewan Inc.
Regina Senior Citizens Centre Inc.
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Saskatchewan Seniors Association Incorporated
Saskatchewan Senior Fitness Association
Saskatoon Council on Aging
SaskTel Pioneers Chapter 59
Senior Power
Superannuated Teachers of Saskatchewan
Women of the Dawn

Supporters of SSM:

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

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TABLE OF CONTENTS

From the President's Desk.....	2
The Age-Friendly Journey.....	4
Do you Agree?.....	5
Celebrating Seniors Volunteer Awards.....	6
Tax Scams.....	8
World Elder Abuse Awareness Day.....	10
Crypto Corner.....	10
Yeah But.....	11
Let No One Be Alone.....	12
SSM Annual Conference.....	13
Chronic Diseases.....	14
Hearing Safety for Seniors (CAA).....	16
SCOA celebrates 25 years.....	19
Philips Lifeline.....	20
SSM Member Profile.....	21
Century Club Corner.....	22
SSAI Newsletter.....	24-27
Century of Memories.....	28

SENIORS INFO-LINE

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www.skseniormechanism.ca

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

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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 SSM. Statements and opinions expressed do not represent the official policy of SSM 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 SSM. 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 (306) 359 - 6922, e-mail: ssm@skseniormechanism.ca



THE AGE FRIENDLY JOURNEY

Do the words “Age-Friendly” mean something to you? I hope so! Not only because we all may have our own understandings about how individuals and communities can be age-friendly, but because readers of this magazine may be quite aware of how Saskatchewan Seniors Mechanism (SSM) has been leading the Age-Friendly (AF) initiative in Saskatchewan for several years.

Age-Friendly Communities is not a project to be completed. It is an ongoing process, a journey, that encourages communities to assess all aspects of everyday living by looking through the eyes of older adults. This creates

a journey, that encourages communities to assess all aspects of everyday living

awareness of the barriers that others might face, including those with physical, mental, visual, hearing challenges or who come from a variety of cultural backgrounds. Every community has gaps and barriers as well as positive aspects. Actually seeing and naming the possibilities for improvement allows planning and action to be implemented. Many improvements such as better communication or pro-actively including older adults in planning can be achieved with little or no financial cost. Improvements requiring financial and human resources can become part of community planning and budgeting for

short term or long term results.

The Age-Friendly Saskatchewan Committee sees more and more awareness of the Age-Friendly movement within the province and more and more interest from communities in being actively Age-Friendly. Currently, there are over 20 communities that are on the AF Journey (in a variety of stages).

The AF Saskatchewan Committee is working to expand our ability to respond to communities who need support on their individual journeys. In January we held a training event for a group of skilled people with much experience in working with groups. It was a great day of learning and exchange of ideas and experiences. As a result, we now have 10 AF Consultants who can be matched with a community when it asks for help and support. Most often the support will come from talking through problems, whether by phone or email. Sometimes an AF Consultant will help facilitate an important part of the AF process, such as the analysis of data gathered about the community and setting priorities.

On March 3rd, a Gathering of AF Communities was held in Regina with representa-

tives from seven communities and members of the AF Saskatchewan Committee. The framework for the day encouraged examination of the Milestones required to become a recognized AF Community. Everyone shared the positive experiences and the challenges of working on a particular milestone.



Later in the day, small groups shared ideas and strategies to address the challenges. Participants also took part in a fun and practical assessment of the ‘age-friendliness’ of the meeting site. Analysis showed how different outlooks will be revealed when looking at raw data, yet still give a sense of the most important priorities. As always, the most useful part of such a day was the

continued on page 18



Do You Agree?

- John Knight

I have been reading a book by Wayne Dyer called *Power of Intention*. In it he talks about 'intention' and what it means to us. We have all heard or had said to us, what are your intentions or I wonder what his or her intentions are. As I read this book the word 'intentions' became very clear to me and took on a new meaning. What our intentions are become our beliefs and thusly tend to make us become what our intentions are.

“Make giving a way of life. It is, after all, what Source and nature do eternally. I’ve heard it said about nature that trees bend low with ripened fruit; clouds hang down with gentle rain; noble men bow graciously.”

We need to make giving a way of life. We need to give what we can. It does not have to be great things. It can be a gentle smile, an honest hello, a friendly hand shake or a sincere “I love you”.

Wayne said, “The best thing to give your enemy is forgiveness: to an opponent, tolerance; to a friend, your heart; to your child, a good example; to your father, deference; to your mother, conduct that will make her proud of you; to your self, respect; to all men, charity.”

We need to ask ourselves, “What kind of intentions are driving our lives?” If we are intent on being happy, we need to ensure our intentions match that feeling.

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I also offer a **Special Seniors Marketing Plan and Promotion**. For more information please do not hesitate to contact me.



Celebrating Seniors Volunteer Awards

Do you know an outstanding senior volunteer? Someone whose volunteer contributions are impacting others lives!! Someone who is improving the quality of life in your community!! Honour this individual by nominating them for the Celebrating Seniors Volunteer Awards!!!!



The SSM Celebrating Seniors Volunteer Awards were initiated to honour the many outstanding senior volunteers (55+) in Saskatchewan who remain active and continue to consistently contribute to the overall quality of life in their communities. All nominees must: make an outstanding volunteer contribution in Saskatchewan either locally or provincially; be 55 years of age or older; be residents of Saskatchewan. Award recipients, in the 13 categories, will be announced and presented with their award at the *Celebrating Seniors Volunteer Awards Banquet on Sept 25, 2016* at the Conexus Arts Centre in Regina. Alvin Law will be the speaker at this event. **The Nomination Deadline for this year is June 1, 2016.** We are proud to have CAA Saskatchewan as this year's Platinum Sponsor.

Categories include: Teamwork, Centenarian, Advocacy, Fitness, Community Leadership (Rural), Community Leadership (Urban), Arts & Entertainment, Contribution to a First Nations or Métis Community, Intergenerational Award, Heritage & Culture, Education, Lifetime Achievement, Senior Friendly Business

Nomination packages and information are available at www.skseniorsmechanism.ca or by phone 306-359-9956.

Thank you to our **2015 Celebrating sponsors** SaskEnergy and Saskatchewan Ministry of Health. See Oct 2016 issue of Gray Matters for other sponsors.



Government
_____ of _____
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Proudly supporting the Seniors Mechanism and their volunteers who share their time, energy and spirit across Saskatchewan.



Champion of Volunteers

Beware of Fraudulent Communications that Appear to be from Canada Revenue Agency



Tax Scams

It is tax time again and fraudsters will use this opportunity to attempt to scam consumers and businesses out of their hard earned money.

Fraudsters impersonate the real Canada Revenue Agency (CRA) by telephone or by email. Fraudsters are either phishing for your



identification or asking that outstanding taxes be paid by a money service business or by pre-paid debit/credit cards.

There are two variations:

1. There is notification by phone or email from the "CRA" claiming there is a refund pending. In order for the recipient to receive the refund they must provide personal information.
2. Consumers and businesses receive a notification by phone or email that they owe "back taxes" as the result of an audit. The payment must be made immediately to avoid a fine or the recipient is told there is an outstanding warrant that can be

avoided if the payment is made promptly. In many cases, individuals are told they will be deported if the taxes are not paid right away.

Protect yourself

- Do not take immediate action. Verify that what you are being told is the truth.
- Ask yourself why the CRA would be asking for personal information over the phone or email that they likely already have on file for you as a taxpayer.
- Contact the CRA to confirm that you owe back taxes, or are entitled to a refund, before providing any personal or banking information.

reprinted from: <http://www.antifraudcentre-centreantifraude.ca/>

These types of communication are not from the CRA. When the CRA calls you, it has established procedures in place to make sure your personal information is protected. If you want to confirm the authenticity of a CRA telephone number, call the CRA by using the numbers on its Telephone numbers page. The number for business-related calls is 1-800-959-5525. The number for calls about individual concerns is 1-800-959-8281.

The CRA has strong practices to protect the confidentiality of taxpayer information. The confidence and trust that individuals and businesses have in the CRA is a cornerstone of Canada's tax system. For more information about the security of taxpayer information and other examples of fraudulent communications, go to www.cra.gc.ca/security.

Canadian Anti-Fraud Centre

For information on scams or to report deceptive telemarketing contact the Canadian Anti-Fraud Centre online at www.antifraudcentre-centreantifraude.ca or toll free at 1-888-495-8501. If you believe you may be the victim of fraud or have given personal or financial information unwittingly, contact your local police service.

reprinted from: <http://www.cra-arc.gc.ca/> For check lists regarding fraudulent communications go to <http://www.cra-arc.gc.ca/>



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*World Elder Abuse
Awareness Day*

WEAAD is marked each year on June 15 as an official United Nations International Day acknowledging the significance of elder abuse as a public health and human rights issue. Since 2006, communities throughout the country and around the world have used this day to raise the visibility of elder abuse by sharing information about abuse and neglect, and promoting resources and services that can help increase seniors' safety and well-being.

Ideas to Raise Awareness In the Community Activity Suggestions

- Wear purple
- Plan a walk
- Plant a tree
- Host a lecture, debate, presentation, or training
- Create awareness at work
- Purple lighting
- Intergenerational Day
- Host a "Fun Day"
- Organize a service project

To expand on these suggestion check out www.seniors.alberta.ca

CRYPTO CORNER

Clue -B = R

ENOY NP AJY ONEA HYCGRJAUFC KQBAE NP BYQLJGMR

OQAFBGAD QBY AJY OYONBGYE NP HQDE RNMY XD.

OQD DNF YMVND OQMD JQKKD NMYE!

Answer on page 19



FACEBOOK

**Saskatchewan Seniors Mechanism has a
Facebook page.
Please check us out!**



John Knight

Yeah But...

Fear less, hope more;
Eat less, chew more;
Whine less, breathe more;
Talk less, say more;
Hate less, love more;
and all good things are
yours

-Anonymous

We need to do less whin-
ing, fear less, talk less,
hate less. We need to hope
more, breathe more, say
more. Life is tough if we
live it in a negative way; if
all we concern ourselves
with is the things of life that
drag us down. Put yourself
in a positive frame of mind.
Good things will happen
like the old songs says,
“Live, love and be happy”.

The ‘Yeah but..’ to this is
when clouds move into our
lives, chase them out and
turn them into sunshine.



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Let No One Be Alone

For seniors in general, and particularly in rural areas, isolation is becoming more and more of a problem. It threatens the natural desire to age in place. Isolation needs to be – and can be – addressed, alleviated, and indeed, prevented.

A few years ago in Manitoba, a Seniors Resource Coordinator was inspired to start a program called *Let No One Be Alone* Week. Over 50 communities participated the first year, and it has continued to grow since then.

The premise is simple. As an article in Age-Friendly Manitoba News online describes it, it is “a week focused on increasing awareness about those who are alone and encouraging everyone to reach out to, visit, call and/or reconnect with someone who may be lonely.”

http://www.agefriendlymanitoba.ca/afm/news.cfm?news_id=343

There are many ways to do this, as the article goes on to say: phone a senior who lives alone, and just chat for a little while; have a tea or a potluck to gather people in the community (and be sure to offer rides to those who are isolated because they no longer drive); take someone out for a meal, or invite them into your home; bake a basket of goodies and take it to a lonely senior. **The possibilities are only limited by your imagination and ingenuity.**



There are many ways to do this.....The possibilities are only limited by your imagination and ingenuity.

This year, **Let No One Be Alone Week in Manitoba is May 1-7.** You can find out more about them at their Facebook page: <https://www.facebook.com/LetNoOneBeAlone/>

Next year, SSM is considering putting a *Let No One Be Alone* program in place here in Saskatchewan. In the meantime, why not encourage people in your local community to find ways to reach out to someone, or do something on your own?

Think about it. Reach out to someone. They may be very glad you did.

Saskatchewan Seniors Mechanism Annual Conference

ALONE? or LONELY? Seniors & Isolation

June 1 & 2, 2016
Yorkton.

Speakers

- Suzanne Allen, Employment and Social Development Canada – New Horizons for Seniors projects to reduce isolation of older adults
- Nuelle Novik, Research Faculty, SPHERU - Rural Older Adults & the Impacts of Social Isolation
- Canadian Red Cross – Friendly Visiting Program
- Joanne Bracken, Alzheimer Society of Saskatchewan – Dementia and Isolation
- Sharing from SSM's *Reducing Isolation of Rural Seniors Pilot Project communities* – Hanley, Strasbourg and Lumsden
- Saskatchewan Crime Stoppers

Saskatchewan Seniors Mechanism is part of a 2-year New Horizons Pilot Project aimed at reducing isolation of seniors in rural communities. We will be introducing a new resource we have developed which can be used by local volunteer seniors to make communities more aware of the isolation of older adults and offer ways to address that concern.

For info or to register for the conference
www.skseniormechanism.ca
or phone 306-359-9956



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Chronic Diseases

Heart Disease & Stroke

Did you know...

Researchers have found that being active can lower your resting heart rate and your blood pressure. That's good for a healthy heart.

Heart disease and strokes are primarily 'lifestyle diseases'. How we choose to live affects our heart health. If you choose to eat mostly junk food, smoke cigarettes, and sit all day, your heart has to work overtime. Eventually, this behaviour will cause some part of your heart to break down. But research shows those who exercise, live longer and develop heart disease less often. Studies also show that

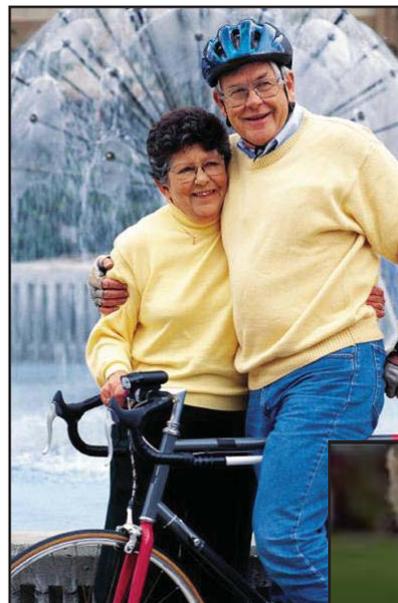
active men are less likely to have a stroke.

Diabetes

Much of the food we eat is broken down into glucose (sugar) which is used for energy. Diabetes is a disease that prevents the body from using glucose (sugar) properly. To use sugar, the body needs insulin, which is produced in the pancreas. With diabetes, the body does not produce enough insulin or has difficulty using the insulin it makes. Sugar builds up in the blood instead of being used as energy. If left untreated, high levels of blood sugar can slowly damage blood vessels and nerves. Complications may develop such as: loss of vision, cloudiness in the lens of the eye, kidney damage, nerve damage, increased risk of heart attack and stroke, high blood pressure, and impotence. However, if well managed, people can slow the progress of diabetes, and prevent or delay complications.

Did you know...Age is no barrier to a healthy, active lifestyle. Regular physical activity and healthy eating improves your general health and well being. It also helps prevent and control Type 2 diabetes.

Physical activity, healthy eating, and lifestyle can play a big role in preventing chronic diseases.



Cancer

Cancer mostly strikes older adults. Research shows that older women have the best protection from breast cancer if they have exercised regularly all of their lives. And, moderate exercise can help older women, even if they have never been physically active. Physical activity also reduces the chance of developing colon cancer. **To help prevent cancer, spend at least 30 minutes a day doing moderate physical activity. Exercise can make it less likely that a cancer will return. It can increase chances of survival.**

Alzheimer Disease

Alzheimer disease is not a normal part of aging. Research shows that physical activity helps to ward off mental decline as people age. It may even protect against this disease.

and some simple changes in your preventing chronic diseases.



Arthritis

Millions of older Canadians suffer from the pain, stiffness, and swelling caused by arthritis. Early diagnosis and treatment is important. Once you get the disease under control, you can start being more physically active. Research shows that maintaining a healthy weight and regular, appropriate, physical activity will not only make you stronger – it will also help you better manage the pain and stiffness. **Some people find it helps to apply heat or cold to an arthritic joint before or after exercise. If you are experiencing pain or swelling, avoid physical activity until the pain or swelling subsides.**

Osteoporosis

Osteoporosis is a disease that makes bones thin and weak. Weak bones can fracture when you lift, twist, or fall. To maintain healthy bones as we age eat a balanced diet that is low in sodium with adequate calcium, vitamin D and vitamin B12. To prevent bone loss try activities where you carry your full weight, for example — walk, climb stairs, or dance. Strength training exercises, like using free-weights or exercise bands, can increase bone mass in the spine and hip. Tai Chi helps to improve balance, which can help prevent falls. **Physical activity is important for people with osteoporosis.**

Did you know...

Physical activity is good for people with Alzheimer disease, as long as it is safe and not too tiring. Try to make physical activity fun and a part of a daily routine.

Adapted/Reprinted from: Your Personal Passport to Healthy Living - www.alcoa.ca

Saskatoon & District Safety Council's 55-ALIVE MATURE DRIVING COURSE

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Hearing Safety for Seniors

The Canadian Hearing Society (chs.ca) estimates that hearing loss is the third most prevalent chronic condition in older adults and the most widespread disability. Approximately 46% of people aged 45 to 87 have hearing loss.

According to the Hearing Care Professionals at Connect Hearing, hearing loss can present differently, depending on the individual, their lifestyle, and the situations in which they most often communicate.

The most common signs include:

- Difficulty hearing someone speaking in a group meeting or noisy room.
- People appear to mumble.
- Adult voices are easier to understand than children.
- Regularly having to ask people to repeat themselves.
- Hearing better in one ear than the other.
- Difficulty hearing the television or radio.

Hearing is also an important part of our ability to drive safely. If we can't hear another driver honking a warning about an imminent fender-bender, we might not react to the situation in time. CAA has a very

useful resource found at seniorsdriving.caa.ca that contains further information and tips to help keep mature drivers safe.

Still need more information? Take the online hearing test at connecthearing.ca/hearing-test/online.

Connect Hearing, a valued CAA Rewards® partner is offering Hearing Health Checks for CAA Members on June 9, 2016 in Regina, Moose Jaw and Yorkton. **To register please contact CAA Saskatchewan at caamarketing@caask.ca or 1-800-564-6222 ext. 0984.** CAA Members save up to 15% on all hearing aids and five years of free batteries with hearing aid purchase.

CAA Home Insurance will cover the replacement of lost hearing aids and devices.* CAA Members receive exclusive discounts on CAA Insurance. For more information call 1-800-564-6222 or visit a CAA Store.

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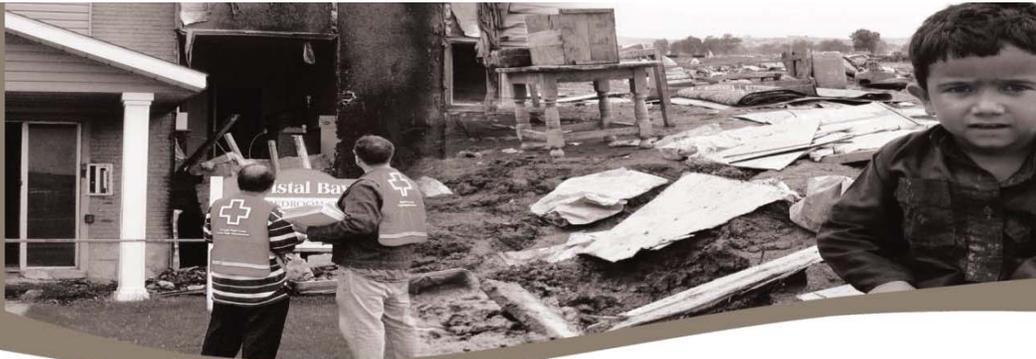
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robbie.gamble@redcross.ca www.redcross.ca/legacy

Safer Use of Wireless Technology

Scientists and health experts from around the world are raising the alarm about the dangers of microwave radiation emitted by wireless technology, especially for children and pregnant women. In 2015 the Canadian Medical Association Journal referred to Health Canada's safety guidelines for this microwave radiation as "outdated" and "a disaster to public health." It's time for Canada to join other countries such as France, Israel, Russia, and China and reduce public exposure to this microwave radiation.

In early 2015 Canada's Parliamentary Standing Committee on Health issued a report that strongly urged the federal government to revise its decades-old safety guidelines regarding microwave radiation from wireless devices (Safety Code 6) because they are not adequately protecting the health of Canadians. (Read the report at www.c4st.org)

Reducing public exposure can be as simple as removing the Wi-Fi in hospitals, libraries, and schools and returning to hard-wired Internet connections. Contact your MP, MLA, and City Councilor and ask them to push for legislation to protect public health.

For more information email safer.wireless.sask@gmail.com or visit www.c4st.org

Sponsored by Jennifer Berg, volunteer for Canadians for Safe Technology



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opportunity for participants to talk with one another at table groups and break times.



On March 2nd representatives from the four western provinces met together to discuss the work that each province is doing to encourage Age-Friendly Communities. BC, Alberta and Manitoba all are led through government initiative and support (as are the other Canadian provinces). The AF initiative in Saskatchewan is led by SSM.

SSM is in conversation with the SK government through the Ministry of Health asking them to officially commit to AF and to provide provincial recognition when communities accomplish the standards set down by the World Health Organization and the Public Health Agency of Canada. Manitoba has been promoting AF for over 10 years and provides inspiration for our work in Saskatchewan, especially because our geography and number of small rural communities are similar. Everyone was very positive about the value of meeting together to share strategies and results and have committed to meeting again next year.

Hearing and seeing what is happening in other provinces is inspiring and empowering as well as being proof that

a movement devoted to creating healthy, strong communities for people of all ages and abilities.

Age-Friendly is a movement -- a movement devoted to creating healthy, strong communities for people of all ages and abilities. This may happen slowly and in seemingly small increments but we were forcefully reminded by the representative from Edmonton that the Age-Friendly process itself makes a difference in people's lives and there are a multitude of stories that can be told. Let us listen for the stories and share them with one another as we continue on the AF Journey in Saskatchewan.

- Linda Anderson, SSM Vice-president & Member of the AF SK Committee

Regina Woodworking Show April 23rd & 24th at the Tartan Curling Club



Each year the artists of the Regina Whittlers and Woodcarvers and the South Saskatchewan Woodturners Guild combine their talents to put on a large display and sale of handcrafted wood art. Carvers and Turners often learned and began to practice their art in later life as

work hours slowed or they retired. There are many types and styles of woodcarving – animal sculpture to scale, caricature, relief, human portrait, etc. Turners begin with basic bowls emphasizing the beauty of the grain of the wood and then progress to other types of objects and the use of different finishes, including relief carving and woodburning.

Both groups welcome beginners and provide instruction and support.



The Show includes raffles, demonstrations, sales and an opportunity to chat with individual artists.



Saskatoon Council on Aging Celebrates 25 Years of Operations in 2016!

Past: During the 1980's a group of older adults envisioned a service where older adults could access information and address major issues such as elder abuse. The first board was elected in 1991 and a Resource Centre for Older Adults was launched!

Today: SCOA provides:

- A Positive Aging Resource Centre (information, programs and services)
- A Caregiver Information Service (education and support to caregivers)
- The Age-friendly Saskatoon Initiative (establish Saskatoon as an age-friendly city)
- Research and policy development on issues that affect older adults

Future: SCOA envisions an Age Friendly Saskatoon where:

- Older adults lead healthy independent lives and are active and engaged members of the community and people will have positive attitudes towards aging and older adults.

To celebrate this milestone, SCOA will hold a **25th Anniversary Luncheon** on Wednesday, **April 13th, 2016**, 11:30 a.m. to 2 p.m. at the Western Development Museum, Saskatoon.

Tickets \$20 - phone 306-652-2255.

Visit scoa.ca for more information.



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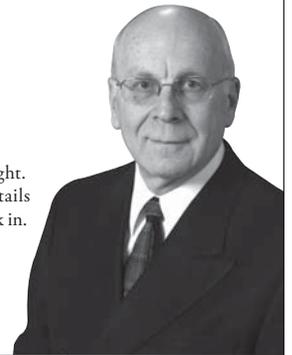
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CRYPTO CORNER

From page 10

ANSWER: Some of the most delightful parts of reaching maturity are the memories of days gone by. May you enjoy many happy ones!

Peace of mind anywhere with GoSafe

In the fall of 2015, Philips Lifeline launched their newest service: **GoSafe**. The revolutionary new mobile GoSafe service lets you take Lifeline's 24/7 security with you anywhere, anytime so you can get access to help at home and on the go.¹

GoSafe has made all the difference in the world. To know that help is just a press button away allows me the freedom to maintain my active lifestyle outside the home without making compromises fueled by fear.

– Ruth, Subscriber

GoSafe combines the AutoAlert feature that can automatically call for help if it detects a fall², with a mobile help button that you can speak into to communicate with the Lifeline Response Centre. It's the only mobile system with up to six advanced location technologies designed to help find you in an emergency.

With GoSafe, you can now be as active as you want to be and go wherever you wish without worrying about how you will get help in an emergency.



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

¹ Coverage outside the home provided with sufficient access to/coverage by the applicable third party wireless network. Certain limitations subject to third party cellular provider availability and coverage. Signal range may vary.

² Not all falls may be detected. Users should always press their button if able.

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Saskatchewan Senior Fitness Association

The Saskatchewan Senior Fitness Association Inc. (SSFA) is a volunteer non-profit, non-government, charitable organization formed on December 7, 1984 in response to the needs of people 50 years of age and older. The SSFA is directed by a dedicated volunteer Board of Directors who represents eight active SSFA districts in Saskatchewan.

The **Mission Statement** of the Saskatchewan Senior Fitness Association is to improve the total well-being of Saskatchewan seniors through participation in physical, cultural, social and intellectual activities.

Goal: To improve the quality of life of seniors who are 55+ years by providing physical, social, intellectual and cultural activities through participation in the 55+ Games.

How do you get involved?

The SSFA Provincial 55+ Games are being held in the Battlefords, July 5, 6 & 7, 2016. The Districts hold their competitions in April and May to determine eligibility to compete at the Provincial Games.

You must be 55+ years of age and be a member of the SSFA organization to participate. Visit the SSFA website, www.ssfa.ca for a district map and the name and phone number of your representative.

What events are available to participate in?

The theme of the 2016 games is "Live Long – Live Strong". Participants who are interested in Poetry and Short Story Writing have the opportunity to express their writing skills using this theme. Participants can take part in an event of their interest that includes: 8-Ball, contract bridge, cribbage, five pin bowling, golf, Kaiser, scrabble, bank shuffleboard, pickleball, poetry and short story writing, slo-pitch, swimming, track & field, whist, tennis, and bocce.

What Next?

You also have the opportunity to test your skills at the Canada 55+ Games. These games are held every two years and are held in Brampton, Ontario from August 16 to 19, 2016. You can visit the SSFA website – www.ssfa.ca for more information.

An older adult as a role model – being active and fully engaged is truly inspirational to all and does much to dispel negative stereotyping of aging in our society.



Regina Century Club



Christmas Event

The silvery tones of the Regina Symphony Orchestra players rang forth in celebration of Christmas for the Century Club who participated in a joint session with the clients at William Booth Special Care Home in December. The delightful musical interlude and sing-along was followed by Ken Mitchell reciting Christmas poems. Thank you to our host, William Booth Special Care Home who provided delicious refreshments. The Saskatchewan Seniors Mechanism (SSM) provided treats for those in attendance. Appreciation is expressed to the Harbour Landing Bulk Barn for their donations of Christmas candy canes which added to the festivities.

-Jeanne Alexander



Ken Mitchell

Saskatchewan Century Club

The SSM has received requests for information as to how to organize a Century Club group, a testament to its popularity. Presently, the Saskatchewan Century Club has a rural branch, a branch in Saskatoon, as well as the Regina branch. Contact Saskatoon Council On Aging (306-652-2255) for information if you live in the Saskatoon area and are 90 years of age and over or if you know someone of that age who would be interested. In Regina or rural Saskatchewan, contact the SSM office at 306-359-9956. We are in the process of organizing a Century Club in Moose Jaw. Organizational meetings will begin in April 2016. If your group/center has an interest in establishing a Century Club in your area, please contact Rosemary at the SSM Office (306-757-1898).

The SSM is publishing a book of memories (A Century of Memories) submitted by those 90+ from across Saskatchewan. See back cover for details. Also, Ken Mitchell has helped several individuals aged 100 write their life stories.

Celebrating the People's Poet Day

A big thank you to Wintergreene Estates who once again hosted the annual Century Club Robbie Burns Event on Wednesday, January 20, 2016.

Approximately 75 individuals age 90+ gathered to drink a toast and eat haggis, tatties and neeps in honour of the only poet to have a day designated as his, the bard, Robbie Burns. Don Mitchell piped in the 'Ceremonial Haggis' and Ken Mitchell recited the *Ode to a Haggis* which was followed by a toast to the memory of Robbie Burns.



Ken Mitchell & Don Mitchell



Jean Thomas provided musical entertainment and accompaniment for *Flow Gently Sweet Afton* and for the closing ritual singing of *Auld Lang Syne*. Trevor Quinn, Ken Mitchell, Rosemary Flaman and emcee, Jeanne Alexander, regaled the audience with humorous tales.

-Jeanne Alexander

Jean Thomas



Jeanne Alexander

Saskatchewan Century Club

The Century Club is

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

You may join the Century Club by calling:



Toll free 1-888-823-2211
or 359-9956 (Regina)
or send a note to:
Saskatchewan Seniors Mechanism
112-2001 Cornwall Street,
Regina, SK S4P 3X9.

If you live in Saskatoon, please call Saskatoon Council on Aging (306-652-2255) to register.

SASKATCHEWAN SENIORS ASSOCIATION INC.

NEWSLETTER

Please send all your news and comments about the SSAI newsletter to:

Fern Haight, Box 393, Hanley, SK.

Fax: 544-2757, Email: fern.h@sasktel.net

President's Message - Fern Haight

OLDER PERSONS – SPEAK OUT – BE HEARD

Governments are promoting programs for seniors with little consideration given to the contributions older persons have made to their societies. Governments attempt to plan FOR seniors, instead of planning WITH seniors. The true needs of seniors are often ignored. Our societies are changing. There is an increasing number and proportion of older persons in the world today. These older persons need to be recognized, appreciated and HEARD. Opportunities must be provided for willing and capable older persons to participate and contribute to the ongoing activities of their societies. Governments need to plan WITH older persons. Older persons need to voice their opinions and encourage the government to incorporate principles for older persons into their various national programs.

Principles for Older Persons

Interdependence

1. Older persons should have access to adequate food, water, shelter, clothing and health care through the provision of income, family and community support and self-help.
2. Older persons should have the opportunity to work or to have access to other income – generating opportunities.
3. Older persons should be able to participate in determining when and at what pace withdrawal from the labour force takes place.
4. Older persons should have access to appropriate educational and training programs.
5. Older persons should be able to live in environments that are safe and adaptable to personal preferences and changing capacities.

6. Older persons should be able to reside at home for as long as possible.

Participation

7. Older persons should remain integrated in society, participate actively in the formulation and implementation of policies that directly affect their well-being and share their knowledge and skills with younger generations.
8. Older persons should be able to seek and develop opportunities for service to the community and to serve as volunteers in positions appropriate to their interests and capabilities.
9. Older persons should be able to form movements or associations of older persons.

Care

10. Older persons should benefit from family and community care and protection in accordance with each society's system of cultural values.
11. Older persons should have access to health care to help them to maintain or regain the optimum level of physical, mental and emotional wellbeing and to prevent or delay the onset of illness.
12. Older persons should have access to social and legal services to enhance their autonomy, protection and care.
13. Older persons should be able to utilize appropriate levels of institutional care providing protection, rehabilitation, and social and mental stimulation in a humane and secure environment.
14. Older persons should be able to enjoy human rights and fundamental freedoms when residing in any shelter, care or treatment facility, including full respect for their dignity, beliefs, needs and privacy and for the right to make decisions about their care and the quality of their lives.

Self-fulfillment

15. Older persons should be able to pursue opportunities for the full development of their potential.
16. Older persons should have access to the educational, cultural, spiritual and recreational resources of society.

Dignity

17. Older persons should be able to live in dignity and security and be free of exploitation and physical or mental abuse.
18. Older persons should be treated fairly regardless of age, gender, racial or ethnic background, disability or other status, and be valued independently for their economic contribution.

*Adopted by the General Assembly resolution.
December 16, 1991*

1st Vice President's Report

Lorna Weldon

Seniors that receive only OAS and CPP are very concerned if they will have enough money for rent, food, medications, leaving nothing extra. The cheques don't keep up with the cost of living.

We are told to eat healthy but with the rising food costs, especially fresh fruit and veggies, it is hard to do.

Low income housing for some seniors is too costly as you need the first month's rent and deposit before you can move in.

Senior centres are very important when you live in small towns, as they keep seniors physically and mentally healthy. It would be nice if we could get help to keep them operating.

Some seniors worry about funeral expenses and wonder if the death benefit could be higher.

When in rural communities it is very hard to get to appointments in the city unless you have family to take you.

In final years seniors hope they can die with dignity.

Seniors think a Seniors Bill of Rights would be helpful.

Lastly we hope the government doesn't plan for seniors but will plan with seniors.

DIRECTORS' OPINIONS

Don't Plan For Seniors – Plan with Seniors – Transportation

Mike Kaminski – SSAI Director

Saskatchewan has definitely changed over the past few years. Theoretically, we have become a `Have` province. If this were totally true, then we should be the envy of most other Canadian provinces. However, the vast expanse of Saskatchewan has experienced some very significant demographic changes that have created challenges for the seniors` sector of the population. The centralization of medical services, along with an increased demand, has resulted in situations whereby many seniors, especially in rural areas, cannot readily access them. Seniors are feeling that they are living in a `Have Not` province when it comes to accessing essential medical services.

If we were to flush out all the items that are used to disguise the real problem in regards to accessing medical services, we would be left with one single area to focus on – transportation. As seniors, we've covered the whole spectrum of mobility and the modes of transportation. Our parents carried us, we learned to crawl, then walk and run; most of us mastered riding bicycles; some of us learned to swim. As young adults we continued to use many of these modes of mobility and added others such as driving vehicles, boats and even flying airplanes.

As seniors we've added other devices to assist with mobility – canes, walkers, wheelchairs and yes – even stretchers. As this transition occurred many of the initial means of mobility were removed or simply not available any longer. Most seniors are lucky to be able to walk or use assistive devices to move. The vehicle has become the main means of transportation. However, even these had to be modified to enable us to be able to access medical and health services. The paratransit bus and the ambulance have become the main means of mobility for most seniors with disabilities. It was nice to see this year's SUMA convention pass the resolution which would provide TAPD (Transit Assistance for People with Disabilities)

funding for all municipalities. Hopefully the government will expand the program to end discrimination against the elderly and disabled people living in all the rural municipalities, In addition, it would be nice to see our `Have Province` provide additional funds to ensure that ambulance services for seniors would be made more affordable. Some provinces do not charge seniors for ambulance services; many provinces do not charge seniors for transfers between medical facilities.

In order to maintain some dignity and quality of life as seniors in rural Saskatchewan, we`ve had to improvise our transportation strategies. The family network, along with friends, has become our main transportation system. However, some seniors do not have family, or family in close proximity to provide this service. The network of friends in a community works in some situations, but not always. Insurance coverage becomes a factor. Costs are also significant and Health Insurance (MSI, GMS, Blue Cross) doesn`t cover these costs due to a clause in the Ambulance Act. Some Health Regions provide insurance coverage for drivers, but this is not easily accessed. Since the government is removing STC bus service from a number of communities in rural Saskatchewan, some communities are attempting to set up their own community club transportation systems. Again, legalities and costs are the restricting factors for seniors who are attempting to access centralized medical services.

Isn`t it ironic that in a `Have Province` which is attempting to introduce the concept of being AGE Friendly, that essential programs to enable seniors to live with dignity and quality of life are not! Hopefully the candidates in the provincial election will make an effort to become fully aware of Seniors Issues and be prepared to make a sincere effort to address them if they are successful. Your voice . . Seniors` Voice needs to be heard!

Please send me your club news so I can put it in Gray Matters. The theme for the July issue will be Seniors & Isolation.

Thank you Fern Haight

ODDS and ENDS

Shuffleboard Tournament at Meota

Eighteen club members and friends gathered at the Do Drop In on Sat., Jan. 23, for a shuffleboard tournament. It was a really good day, with lots of visiting, a truly scrumptious lunch and a good deal of hilarity.

Those who were not actively playing 'THE GAME' indulged in sessions of 'Chit Chat' and visiting friends. Tournaments are held monthly. Please check next date with your club.

These are open to anyone who wishes to play but try to get your name in the day before so the roster can be made up and playing ready to go for 10 a.m.



In the picture are left to right – Maurice Bru, Joyce Antoine, Sven Christiansen, Bill Jamroziak, Jack Stewart, Cora Christiansen, Arlene Walker, Gail Halderman, Louise Haubold, Albert Huys, Carol Huys, Yvette Lessard, Linda Ard, Muriel Tebay, Ken Tucker, Eric Callbeck.

-sent by Linda Ard.

**SASKATCHEWAN SENIORS
ASSOCIATION INC CONVENTION
HERITAGE INN, SASKATOON**

JUNE 7, 8, & 9th, 2016.

Register with Isabel Fowler, Box 759, Esterhazy, Sk. S0A 0X0, (\$75.00). isobelf@sasktel.net

Tentative Speakers: Premier Brad Wall, Minister Dustin Duncan, President Herb John (National Pensioners Federation), Windsor, Ontario.

Submit resolutions to: Mike Kaminski at (306-593-2222), as soon as possible. aekam@sasktel.net.

Whole Wheat Web DESIGN



Shannon Wright

I have been asked to work on and maintain the website for the Saskatchewan Seniors Association. I look forward to working with your board of directors on this project. A website is always a work in progress. It is necessary to keep the information relevant and up-to-date. I believe that a website is only as good as its content. A stylish design or professional looking layout looks empty without quality information and images. As an outsider, I can't come up with this information on my own and so I rely on the members of your group to be able to provide me with club reports, upcoming events, pictures, etc. to fill the pages of your website. Your feedback is also very helpful... if there is something that you don't like about the website, constructive criticism can certainly trigger improvements. If there are features on other websites that you like, just let me know and we can work at incorporating new elements into your website project.

The SaskSeniors website will be a useful tool in assisting with your goals of "publicity and promotions" and can help "to provide an organized forum for all seniors". I encourage you to submit information and pictures to be added to the website regularly. Give people a reason to visit saskseniors.com!

Please send information and pictures to the following address: fern.h@sasktel.net

A little bit about me...

I grew up in a small town near Regina and graduated from the University of Regina in 1999 with a Bachelor of Science degree in Biochemistry. During my studies, I enjoyed taking Computer Science and French classes as electives. After graduation, I married Mr. Wright and moved to Saskatoon. I studied Alzheimer's disease at the University of Saskatchewan completing a Master of Science degree in Neuropsychiatry Research in 2003. My husband, Glenn, and I have 3 children. We eventually moved from Saskatoon to an acreage in the R.M. of Vanscoy.

I enjoy life in the country. I like to plant flowers and a big garden and I enjoy harvesting the fruits and vegetables. I grind our own home-grown wheat to make bread each week. We also raise our own chickens. As a family, we enjoy camping, canoeing, cycling, and cross-country skiing. We are actively involved in our community and with the Vanscoy Multiple 4-H Club. I volunteered to work on my first website in 2000 for the annual conference for the Canadian Association of Law Libraries. In 2001, I was hired as the webmaster for the Virtual College of Biotechnology at the U of S. As a stay-at-home mom, I started my own home-based business, "Whole Wheat Web DESIGN", in October of 2005. It was the perfect job that allowed me to work from home and be able to spend time with my kids. Now that they are older, I work full-time from home, but still enjoy the flexibility of being able to set my own hours around a busy family life. I have worked on more than one hundred website projects in the first 10 years of being in business. Technology has changed a lot in this time and I continue to learn and grow with each new challenge.

Whole Wheat Web DESIGN



Shannon Wright

P.O. Box 455, Vanscoy, SK S0L 3J0
 Phone: 493-3023 Cell: 493-7999
 mail@wholewheatwebdesign.ca
 www.wholewheatwebdesign.ca



SSM is excited to announce
A Century of Memories
will be available for purchase in
late April for \$20.00 plus shipping

This book is full of true stories about real people who pioneered the province of Saskatchewan. It brings to life the good times, bad times and just the regular snippets of the life of those who are presently 90+. It is entertaining as well as historical.

Thank you to each of you who submitted memories. We have included as many as possible. We endeavoured to leave the stories in their original form as much as possible.

We hope you will enjoy this book as much as we have. It is a great present for Mother's or Father's Day, as well as just a good read for people of all ages.

To purchase a book:

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

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