



Coming of Age

A publication of the Saskatoon Council on Aging

Winter 2021

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**NEW: Winter 2021
Classes! ... 13 - 16**

Happy Holidays Merry Christmas



“Hope is being able to see that there is light despite all of the darkness.”

Desmond Tutu

Age-Friendly: Communication & Information

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President's Message

Mercedes Montgomery

“Hope smiles from the threshold of the year to come, whispering it will be happier ...” Alfred Lord Tennyson

As we approach the end of the year, most of us are more than ready to put 2020 behind us. It’s been a tough year but we are encouraged by the news that a vaccine is imminent which means the end of the pandemic may be in sight.

We **hope** that the public health measures in place will bide us over until then and that we do what we can to make it so. This issue of Coming of Age was planned to reach you before the holidays so we could greet you, our members and friends, in the holiday spirit.

We chose **hope** as our holiday theme for this is the time of year when **hope** is abundant, ours for the taking and we feel hopeful that all will be well.

One author writes: *“Hope is being able to imagine another future and begin moving towards it. It is the opposite of giving up.”**

Far from giving up and despite a year of challenges, SCOA can report many accomplishments.

From the beginning of the pandemic, SCOA has offered up-to-date information about COVID-19 to our members and the public, mostly on social media, while embracing alternate ways of communicating. Largely due to the resilience of staff and volunteers and their interest in learning new technology including the popular ZOOM, SCOA is almost totally virtual – for now.

In-person programs are not scheduled at this time but virtual programs to be offered this winter are listed in this newsletter. Have a look and sign up! Also, watch for webinars on timely topics.

In September we welcomed five new members to our Board. High on the priority list at present is strategic planning as the Board sets a renewed direction for SCOA.

Thank you to our donors. Your generous support helps us maintain our programs and services.

If you have questions, or must find a service, call us at 306 652 2255.

Happy Holidays! Merry Christmas! We wish you all good things, especially HOPE!

**<https://cmha.ca/blogs/inspiring-hope-in-an-age-of-uncertainty-top-10-moments-of-the-5th-annual-mental-health-for-all-conference>*

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SCOA is a non-profit organization dedicated to promoting the dignity, health and independence of older adults through programs, services, education and advocacy.

Coming of Age

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Mercedes Montgomery | Jane Richardson | Candace Skrapek

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Meet with people who have
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JOIN SCOA ON SOCIAL MEDIA

If you would like assistance
to join us on social media
contact Virginia at
306.652.0149 or email
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there!**

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LET US WELCOME YOU HOME



Image taken prior to COVID

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WALK THE GREAT TRAIL



Come Explore our Great Backyard!

From January - April 2021



STROLL OR ROLL
HIKE OR BIKE
SWIM OR GYM



SCOA GLOBE WALK 2021

For Teams or Individuals 50+ years



SCOA Globe Walk:
An initiative of the Saskatoon Council on Aging

This winter let's keep our goal to be more active. Be part of the Globe Walk for success!



REGISTER YOUR 2021 GLOBE WALK TEAM NOW!

For More Information visit
Our Website: www.scoaglobewalk.net
Or Call: (306) 652-2255

SOPHIE'S STORY

Sophie Foster, who turned 106 on October 29, 2020, learned to use technology to enrich her own life and the lives of others. An active member of the Saskatoon Council on Aging Century Club, Sophie is committed to education and lifelong learning. In the mid-1990s, she was introduced to the world of computers by her grandchildren. Sophie began her technology journey with a second hand computer and moved up to an Apple iPad that she could take with her. She tried out many different things with her device, including downloading audio books from the library. She also transitioned from typing letters to sending emails. Email remains her means of communication with family members.



Sophie Foster

Sophie's advice to older adults about technology:

“What I would say to seniors just starting to use their iPads - the iPad is a good place to start to replace your handwritten letters, also to learn how to find information using Google and reading up-to-date news.”

“Keep up with your teenagers. Use new techniques. Be patient, learn to practice until you feel confident that you have mastered it.”

“Never hesitate to stop a teacher to ask questions and get answers. This makes you feel like you are in control of the situation.

CONNECTION BUILDS HOPE: During the COVID-19 pandemic, technology is a lifeline for older adults. They learn new things, socialize with others and visit with loved ones. This connection reduces social isolation and promotes health and wellness.

Your donations make a difference - You can help SCOA provide technology training for older adults to help them stay active, engaged and informed.

To donate, visit our website scoa.ca or phone 306.652.2255.

**A big welcome to Sophie Foster,
Ambassador for the
8th Annual SCOA Globe Walk**

Hope in the time of COVID-19

By Ginnie Hartley, Retired Speech-Language Pathologist

Dear Granny. I hope you are well.

That's how I used to start my letters to my grandmother. As a child, it was just a way to begin. But what was I really saying to her? And what IS hope?

Hope is the rational belief that things will work out, especially when it seems otherwise. It helps us stay calm and peaceful when something less than desirable happens. Hope believes we will get through it. Hope remembers the times we did make it through. It's something we all need in these challenging times of COVID-19.

I asked a friend the other day what she thought hope was. She can remember the Great Depression and World War II when things seemed pretty hopeless. She reminded me about the Spanish flu in the early twentieth century when the world was also dealing with the aftermath of World War

I. And then she reminded me about how far we have come in terms of medical knowledge and public education since those tragic times, and how at the age of 87, she remains hopeful about the future.



There's a potential vaccine

and medical research is learning everyday about how to keep us safe. New information is easily put in the public domain on social media and TV. And yet the survivors of the Spanish flu, WWI and WWII and the Great Depression managed to come through without the almost instant information we have today. Was it hope that got them through?

What can we do to keep hopeful these days? Research tells us that the more hopeful and positive we are, the healthier in mind, body and spirit.

*To take care of our minds, we can do puzzles, read, play cards, paint. We need to have a regular routine to keep ourselves on track. And we can accept that we may not be able to change things outside ourselves, but we can try to maintain a positive outlook.

*For our bodies, we can exercise (even if we can't go outside) and make sure we eat well and regularly.

*For the spirit, we can maintain relationships with family and friends by phone, FaceTime or Zoom. There are opportunities for those with limited relationships to receive friendly phone calls from volunteers (who also receive emotional rewards from these interactions).

So, Granny, if I were to write to you today, I would again hope that you are well in mind, body and spirit, and I would tell you that I love you and hope to see you again soon.



L to R. Jennifer White, Dick Strayer, Audrey Gullickson, Pat Turner, Shelley Peacock, Lorraine Holtslander

20th Anniversary of the Caregiver Information & Support Centre

by Richard Strayer (founding committee member)

Late 1997, the Saskatoon Council on Aging (SCOA) hosted a gathering of interested people to determine whether a support program for seniors, who were caregivers, should be inaugurated. The conclusion was a resounding “Yes!”; so in early 1998 a committee was assembled to plan and develop such a program.

Initially caregivers, including those on the committee, were asked about the kinds of problems caregivers faced. It was obvious from their feedback that the majority of senior caregivers had been thrust into the roll with no warning (generally because of the sudden occurrence of a major health issue of a loved one). To address this need, in 2000, the Caregiver Information Centre was created to provide caregiver’s support, information about services, and to assist caregivers in their new caregiving roles. Throughout the years, the Caregiver Information & Support Centre has grown to include an annual Forum, workshops, website (www.saskatooncaregiver.ca) direct phone line (306-652-4411) and a published Caregiver Resource Guide (French and English).

The Caregiver Committee and SCOA would like to take this opportunity to thank all of the volunteers that have worked on the Caregiver committee during these 20 years, as well as, all the partners and sponsors who have supported this important program. During this time of COVID 19, please feel free to contact us at any time. Other important contact information includes the **Saskatchewan Health Authority “Caregiver Support Group” (306-655-3400) and Client Patient Access Services (CPAS) at 306-655-4346. Remember, you are not alone.**



Date: Jan 25, 2021 at 1 p.m.

Join us online for a conversation with Sask Geriatric EM Physician Dr. Brittany Ellis and geriatrician Dr. Krista Lagimodiere. To register, [CLICK HERE](#) visit our website scoa.ca or phone 306.652.2255, Thank you to grantor: New Horizons for Seniors Program, Government of Canada

Need Help getting on line to see our presentations?

Dr. Megan O'Connell and her team at the U. of S. will be pleased to help you. Phone **306.966.2496** or email megan.oconnell@usask.ca.



Need Help Using Your iPad or cell phone?

A social work student at SCOA can help you with that! Call Betty at 306-652-2255 to register. Spots are open for January.



Saskatoon Transit & Bus Buddy Joint Presentation - Jan 27, 2021 2 pm.

Want to learn more about taking the bus? Join SCOA online. Topics covered: fares, trip planning, transit app and trips and tricks along the way. Sign up in advance to receive a digital workbook so you can follow along during the presentation. At the end, if you want to be paired with a SCOA Bus Buddy for your first bus trips we can accommodate that too. Email Betty betty@scoa.ca or call **306.652.2255** for more information and to sign up.



Need Someone to Chat with? Call Betty at 306-652-2255 to find out more!

You are not alone! Many older adults are isolated during the pandemic and would like to visit over the phone. We have partnered with the Saskatoon Open Door Society, Saskatoon Public library and the University of Saskatchewan to continue offering a Telephone Buddy program for older adults. Thank you to our grantor: Emergency Community Support Fund – United Way.

Importance of Balance of Challenges Throughout Your Day

Kimberly Willison, Senior Recreation Therapist, Community Older Adult team

We all know our balance is important but we often don't think about it until we find it's not as good as it used to be. Our balance is challenged frequently throughout our day. You may be washing windows and feel unsteady as you reach up for that top corner. Do you find yourself balancing on one foot while putting on your shoes or boots when there isn't a chair available? In the winter you will often find your balance working overtime when trying to get around on icy ground or high snow banks.

Balance exercises to improve your balance can be added in just a few minutes a day. Sneak it in while you are waiting for your coffee to perk or your water to boil. Like to listen to the morning news? Then add a few while you are listening. Here are some ways you can work on your balance. Remember to always have a chair or countertop nearby for support in case you need it.

*Include a tree pose into your day. Start by just barely lifting one foot off the ground. Second, bring that foot to the inside of the supporting leg's ankle. Once you've got that mastered bring that foot to just below your supporting leg's knee. Hold for 5-10 seconds and work your way up to 15 seconds.

*Pretend you have a tight rope on your floor and walk the line. Start with feet a little farther apart and work your way to feet one in front of each other. Then finally progress to walking heel to toe touching. This can be done walking forward and backward. This is great to do along a countertop for support.

*Practice reaching to the side as far as you can. You will notice your opposite leg will rise to counter balance you. Repeat this 5-10 times each side.

Here is a [quick 2 minute YouTube video](#) with a few leg strength and balance exercises demonstrated while I wait for my tea kettle to boil.

Our [Forever in Motion Facebook page](#) is another great place to see an entire Forever...in motion class that works your endurance, strength, balance and flexibility.



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The Social Dilemma: A Cautionary Tale

by Virginia Dakinewich, SCOA Fund Development & Communication Coordinator

Ever feel you are being watched online? According to the Netflix documentary *The Social Dilemma*, you probably are.

Former employees of Facebook, Google, Twitter and other platforms reveal disturbing details about how tech giants operate. "At what point does technology overwhelm human weakness?" is the question behind this documentary. The Social Dilemma calls this "the problem that has no name."

Jaren Lanier, author of *Ten Arguments for Deleting Your Social Media Accounts Right Now*, theorizes that social platforms sell users and advertisers are the customers. The product, according to Lanier, is the gradual imperceptible shift in behaviour. Social platforms change what you do and what you think.

What emerges is a new business model known as surveillance capitalism. Everything we do online is monitored, tracked and recorded. Data is fed into systems to build models that predict actions in line with goals that are powered by algorithms. Algorithms are "opinions embedded in code" says data scientist Cathy O'Neill and are optimized for a definition of success such as profit. They decide what we see. While processing power has increased a trillion times, human brain hardware is millions of years old. In other words, humans don't stand a chance against Artificial Intelligence (AI).

Human beings have a basic need to connect with other people. The technology exploits this need by providing unlimited reinforcement similar to Las Vegas slot machines. Growth hacking "hacks" our psychology for massive growth to manipulate users. ("We're all lab rats now.")

The Social Dilemma outlines how social media as a persuasion tool is especially insidious when it is weaponized to spread manipulative public narrative. For countries that hold democratic elections, this has vast implications. Social media has inherent bias for bad news or false information. False information and hearsay is amplified until we don't know what is true anymore.

If we can't agree on what is true, then we can't solve the problem. We have created digital Frankensteins to cause outrage, alienation, polarization, and distraction from what is really happening.

"Any sufficiently advanced technology is indistinguishable from magic."

Arthur C. Clarke

The documentary issues dire warnings that if we continue at this rate, in 20 years we will probably destroy any chances to deal with climate change or steward the global economy. These models of "surveillance capitalism" or "attention extraction" exploit human weakness but we "can't put the genie back

into the bottle". While the documentary offers no real solutions, it emphasizes that we can change technology and demand that corporations not treat us as commodities. Spokespeople admit that any solution has to align with financial incentives.

The Social Dilemma explores the dark side of technology but what about the bright side? Social media was created to make our lives better. It can connect us with friends and family, teach us skills, solve problems and maybe even save lives.

Like it or not, social media is here to stay. The key is to practice caution and common sense. Limit your screen time, turn off notifications and stay busy outside of technology. Above all - question everything you see - fact check before sharing anything online.



HELP US BUILD A BETTER FUTURE WITH OLDER ADULTS

Be a member of the Saskatoon Council on Aging

- You access learning, social and fitness opportunities
- You get coupons with our partners
- And much more ...

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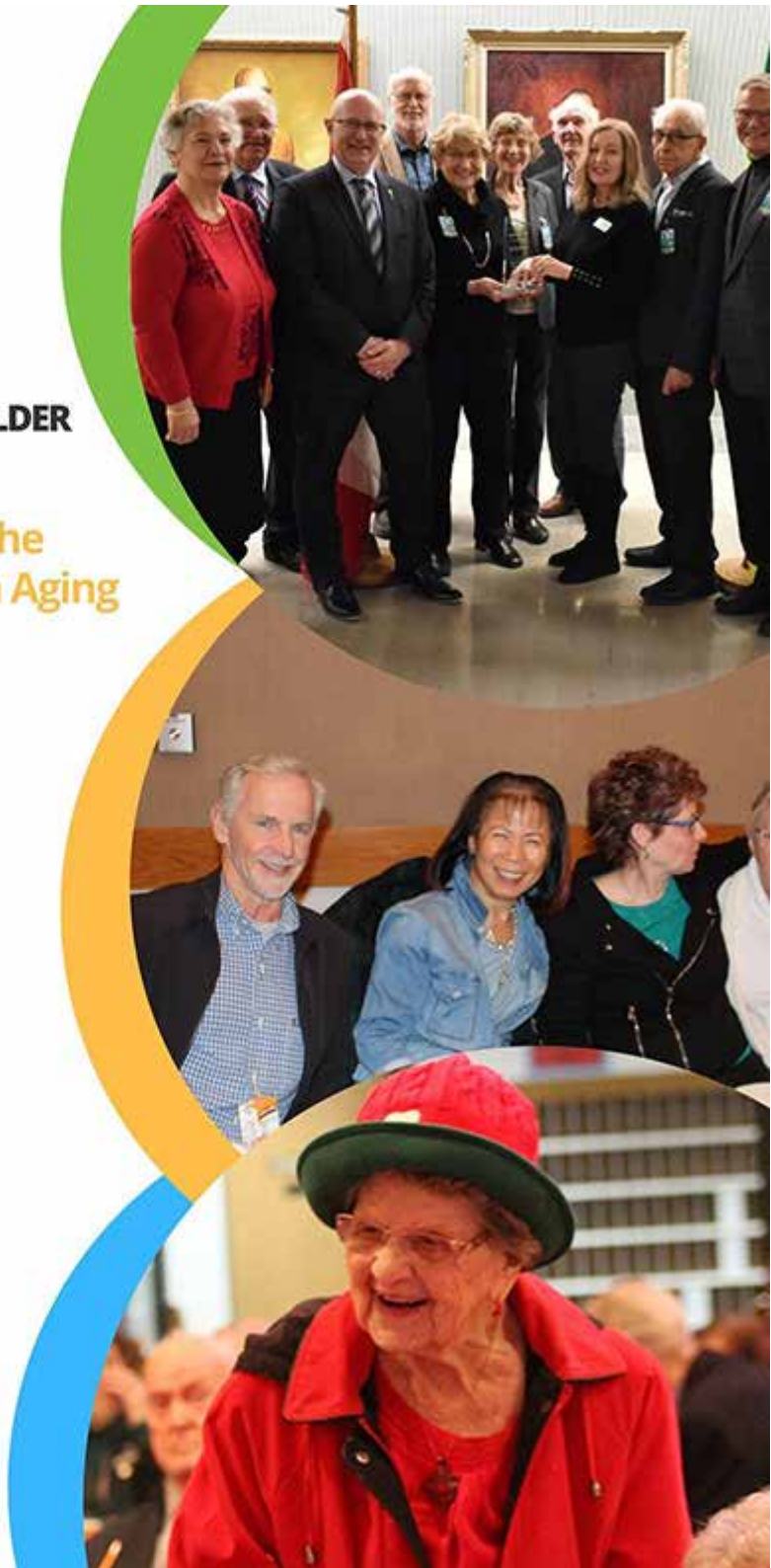
PH 306.652.2255

Visit scoa.ca or
stop by our Resource
Centre located in the
Saskatoon Field
House 2020 College
Drive.

@scoa3



@scoa25



Single Membership - \$25

Couples - \$35

Non-profit - \$25

Corporate/Business - \$250

Memberships run from April 1 to March 31.

Phone 306.652.2255 or visit scoa.ca to renew or purchase today!

Give the gift of
membership!



Seniors Neighbourhood Hub Clubs:
An initiative of the Saskatoon Council on Aging

SENIORS NEIGHBOURHOOD HUB CLUBS



Seniors Neighbourhood Hub Clubs are an age-friendly initiative of the Saskatoon Council on Aging (SCOA). The Hub Clubs promote social participation, a key aspect of an age-friendly city. Join us for free programming open to all seniors.



Mayfair Seniors Neighbourhood Hub Club (1pm-2pm)
ONLINE Zoom monthly programming the 3rd Thursday of each month
Technical log-on assistance available for every presentation!
Visit the SCOA website for invite links at www.scoa.ca and for tech support information

(Mayfair programming online only)

Jan 21

Giddy up LINE DANCING with Mimi Lodoen, Healthy Educator, (SHA)/and SCOA Globewalk rep

Feb 18

LIVE Zoo Animal session with a Saskatoon Zoo Society Educator

Mar 18

From Baba With Love: Easter Paska Bread Making with UWAC, Hanka Romanchych Branch Ladies

April 15

Container Gardening World with Jacqueline Bantle, Horticulturist, (U of S)

**Thank you to our sponsors and grantors: Community Initiatives Fund,
Dakota Dunes Community Development Corporation, Sask Lotteries,
The Medicine Shoppe and Primrose Chateau.**

Please note that due to COVID 19, **programming for the Eastview and St. Martin's Hub Clubs has been suspended.**
Silverwood Hub Clubs will continue to provide programming, check for updates contact programming@silverwoodcommunity.org or visit the SCOA website www.scoa.ca.



Winter 2021 Classes & Programs

All Classes held online via ZOOM

To register: Phone 306.652.2255 pay by credit card

Send cheques to SCOA 2020 College Dr. Saskatoon, S7N 0W4

Note: Class fees must be paid in advance.

TECHNOLOGY ONLINE Classes with Brian McSheffrey (1:30pm - 3pm)

Apple iPad/iPhone only. Must have Apple ID and be able to download apps.

Jan 19 IOS 14 update

Cost: \$25

All about the update, widgets, APP store & gallery, TOUCH Screen navigation, SOS setup, settings intro.



Feb 2 iCloud

Cost: \$25

What is it? What does it cost? Storage space? Different types: iCloud, Google photos, Google Drive, OneDrive and DropBox

Feb 16 Photography Intro Cost: \$25

Camera app: still pictures, video and how do I see pictures and thumbnails

Mar 2 Photography advanced Cost:\$25

Camera app editing: adjust, filters, crop, mark-up. Photo app: library arrangement, featured photos, albums





Winter 2021 Classes & Programs

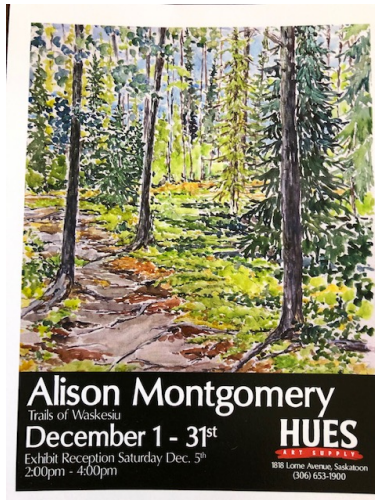
All Classes held online via ZOOM

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Send cheques to SCOA 2020 College Dr. Saskatoon, S7N 0W4

Note: Class fees must be paid in advance.

ART CLASS



Introduction to Watercolour **ONLINE ONLY (1-3pm) Cost:\$60**

Feb 1 Alison R. Montgomery

Alison has been painting in watercolour for over 30 years and she is currently an instructor at the University of Saskatchewan College of Arts and Sciences Community Arts program, and at Hues Art Supply. In this class, become familiar with watercolour materials and techniques while creating a painting of a simple subject. This introduction also includes an overview of watercolour paint, brushes and paper, colour theory and some fundamentals of drawing and

composition. Supplies not included, contact SCOA to register and for a supply list with the artist's statement at 306-652-2255. You may also audit the class if you do not wish to purchase supplies.

Lifeskills Series: **Online** Finance & End of Life Planning Let's Start the Conversation

Mar 9 1 pm to 2 pm

Kevin Maynard, Canadian Foundation for Economic Education (CFEE) takes us on a journey to plan for our future as we face life events. The workshop will focus on "end of life planning" with an emphasis on: adjusting plans as we are faced with life events, dealing with illness and remaining in control, Power of Attorney, making estate arrangements including your will and arranging funerals.



To register call SCOA at 306-652-2255. No cost.

Virtual Learning for Older Adults programs are supported by the Government of Canada's Emergency Community Support Fund and Saskatoon Community Foundation.



Winter 2021 Classes & Programs

All Classes held online via ZOOM

To register: Phone 306.652.2255 pay by credit card

Send cheques to SCOA 2020 College Dr. Saskatoon, S7N 0W4

Note: Class fees must be paid in advance.

COOKING CLASSES

D'reen's Catering Cooking Class ONLINE ONLY (1pm-2:30pm)

D'reen has been creating fine cuisine as a caterer and restaurateur in Saskatoon for over 31 years. Her cooking classes have reached thousands of adults and kids since 2004, and she is looking forward to sharing her culinary wizardry and tips in this new virtual environment.

Feb 10 Celebrate Valentine's Day with a little Bite! Cost: \$45

D'reen will step you through a series of delicious appetizers that will impress your friends and loved ones. *Good things come in small packages [or bites!]*

To register and obtain a class supplies list contact SCOA 306-652-2255



Feb 24 Get a Bang for your Buck! Cost: \$45

D'reen will step you through three incredibly scrumptious meals, all made from one chicken!

Now that's one thrifty chick!

To register and obtain a class supplies list contact SCOA 306-652-2255

Virtual Learning for Older Adults programs are supported by the Government of Canada's Emergency Community Support Fund and Saskatoon Community Foundation.