

# Coming of Age

## CMHA Mental Health Week

May 6 to 12, 2024

*A Call to be Kind*



### RESOURCES

- HealthLine 8-1-1
  - Saskatchewan Health Authority Community Adult Mental Health Services - 306.655.7777
  - Canadian Mental Health Association - Saskatoon Branch Main Office - 306.384.9333
  - Canadian Mental Health Association - Saskatchewan Division - 1.800.461.5483
  - Wellness Together Canada - 1-866-585-0445
- Crisis Lines
- Saskatoon Crisis Intervention Service - 306.933.6200
  - If you or someone you know is in immediate danger or needs urgent medical support, call 9-1-1.

SPRING 2024

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- and much more**

### SCOA

2020 College Drive,  
Saskatoon, SK S7L 0H7

Find us on Facebook @scoa25

Follow us on X @scoa3

Instagram howoldwouldub

*SCOA acknowledges that the land on which we gather is Treaty 6 territory, the traditional territory of the First Nations, and the homeland of the Métis.*



Joan Cochrane  
SCOA President

## PRESIDENT & EXECUTIVE DIRECTOR MESSAGE



June Gawdun  
Executive Director

As we enter a new season, I am happy to share the latest updates from SCOA. Our commitment to positive aging remains steadfast, and it's with gratitude that I extend a heartfelt thank you to our dedicated volunteers, staff, and partners. Your collective efforts in creating a diverse array of programs and services are commendable. I would also like to sincerely thank all who have renewed their memberships and generously donated to SCOA. Your contributions are instrumental in enabling us to continue offering programs and services to older adults in our community, ensuring they have access to the support they need.

We have a brand new website, a hub of information where you can explore upcoming events and classes. Additionally, I am delighted to announce that our Board members and staff have created a comprehensive 5-year strategic plan, soon to be available on our website.

As we bid farewell to Joan Cochrane, who has served as President of our Board, we express our gratitude for her dedication. We are delighted that Joan will continue her valuable contributions as a volunteer on our Communication Committee.

Join us in extending a warm welcome to Sharon Dixon, our incoming President, whose leadership we eagerly anticipate. Mark your calendars for our Annual General Meeting on June 6, 2024, where we will introduce Sharon Dixon and present our latest initiative, the Ageism Campaign.

In reflecting on the past, we thank Cynthia Johnston, our Positive Aging Coordinator, who bid us farewell in December after five years of exceptional service. We extend a warm welcome to our new staff members, Susan Mulligan, Positive Aging Coordinator and Tammy Arnason, Resource Centre Coordinator. Their expertise and enthusiasm are sure to enrich our endeavours.

As we embrace the opportunities and challenges that lie ahead, together we can make a meaningful difference in the lives of older adults.

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### Coming of Age

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Executive Director: June Gawdun

Communication Committee: Bill Brooks | Joan Cochrane | Ginnie Hartley | Jane Richardson | Vida Todd

Design: Virginia Dakinewich

**Get your tickets!**  
**ANNUAL GLOBE WALK CELEBRATION**

**Wed May 8**

**Western Development  
Museum 11:30 am**

**\$25 each, \$26 if paying by credit card**



In 2024 intrepid Globe Walkers discovered the Blue Zones: Loma Linda, California; Nicoya, Costa Rica; Sardinia, Italy; Ikaria, Greece and Okinawa, Japan. We counted our steps or times in physical activity as we traveled to these places in the world with the healthiest, longest-living populations. Now it is time to look back on an exciting year and acknowledge milestones at the annual luncheon.

**Featured:**

- MC Ron Spizziri
- Special Guest Speakers
- Saskatoon International Folkdance Club will perform. They will have costumes to show and will speak about the dances that they are performing.
- Luncheon 12 noon
- 50/50 Draws

***Wed May 8, Western Development Museum,***

***2610 Lorne Avenue, Saskatoon***

***Doors open 11.30 am, Luncheon at Noon,***

***Cost: \$25, Phone 306.652.2255 for tickets***

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# Get to Know Us: Meet the SCOA Board Introducing Elaine Lozinski

by Ginnie Hartley, Communication Committee

Meet Elaine Lozinski, a new SCOA Board member. And she's really new - only joining the Board in January but she's already busy with the Strategic Planning Committee. This Committee looks at SCOA in the long term - what will SCOA look like in 3-5 years, what do we want to achieve and how do we get there. Elaine didn't wait long to get fully involved with SCOA!

Elaine has a background in accounting, administration and in the charitable sector. She now works as a final affair consultant and speaker in her own business and has recently published a book, Just in Case Final Affair Arrangements, formerly known as the Just in Case binder. Her goal is to educate and prepare people to make important decisions regarding their affairs before something happens.

Elaine and her husband divide their time between Saskatoon and their cottage at Emma Lake. They have 6 children and although they are now all grown and there are grandchildren, family is still very much a focus of their lives.

They are avid walkers and Elaine enjoys reading and painting. Elaine says they are adjusting to an empty nest, but her life is busy.

She is a member of the Saskatoon Estate Planning Council, a networking and educational group of professionals who work in estate planning fields. She is also a member of the Saskatchewan Writers' Guild which provides workshops and speakers to interested groups. One of Elaine's dreams is to have enough time to write historical fiction.

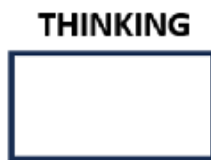
Elaine is passionate about working with older adults, particularly with a view for encouraging engagement and activity in the community.

**Welcome to SCOA, Elaine, and thank you for volunteering your time to enrich the SCOA Board!**

## Answer Page 11

# Puzzle Ideas

What are the common phrases represented by each of the figures in the boxes? The first one is done to show you how they work.



Ans: Thinking outside the box



## Get Down and Dirty in Your Garden

by Jill Thomson, President of the Saskatchewan Perennial Society  
And Ginnie Hartley

Gardening season is here! Break out the trowels, the gloves, the planters and head for the garden store!

Whether you live in a house with a large yard or a condo with a balcony (or even without a balcony), you can enjoy gardening. If you garden outside, it's a wonderful way to get active in the fresh air, to produce your own food, to make the space beautiful and to encourage wildlife. Bird feeders and water baths are very popular with all kinds of birds. If you garden indoors, you can still produce some of your own herbs and flowers and make your space beautiful. An environment enhanced with beauty is good for the soul! Help is often available in the form of children or grandchildren and they may have ideas that you wouldn't think of!

Take some time to plan - are you downsizing your garden space, making use of a community garden or have you just moved into a smaller home and need to rethink what gardening means to you? And of course plans can change or turn out in unexpected ways!

The way we garden may change as we get older. The huge vegetable garden we used to tend maybe now produces too much and is too hard to keep up. Raised beds can be made so that they are easily accessible for weeding, watering and harvesting and can still produce root vegetables as well as climbing beans and greens. Keep in mind where your water source is and also the amount of sun and shade the beds will receive. Container gardening is increasingly popular as well as hanging baskets ... strawberries, herbs and flowers both do well when hung on a wall!

Gardening can be a social event too. A community garden is a great way to meet new people, grow some veggies and be out in the fresh air. There are several gardening societies in Saskatoon and members are always happy to pass on information and ideas. Garden tours in the summer give a chance to see what other gardeners are doing and may inspire you.

The Saskatchewan Perennial Society has a garden tour planned for July 14, 2024 which is free to the public and other tours can be found on-line. Hort Week held at the University of Saskatchewan in the summer offers classes taught by enthusiastic gardening professionals which are suitable for new or experienced gardeners.

**So make some plans, visit the garden store, join a gardening society or just enjoy weeding! Plants bring joy to our lives!**





## Seniors Neighbourhood Hub Clubs



You are invited to attend all Hub Clubs

### **MAYFAIR HUB CLUB**

**When:** Third Thurs of the month - 1:30 pm to 4 pm

**Where:** Mayfair United Church, 902 33rd St. West

Program, blood pressure checks, entertainment, refreshments

**Thurs May 16:** History and Culture of Norwegian Dance with Dorothy McQueen

**Thurs June 20:** Wind up celebration

**For more information, contact Susan at SCOA 306.652.2255 or email [susan@scoa.ca](mailto:susan@scoa.ca)**

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### **EASTVIEW HUB CLUB**

**When:** Fourth Tues of the month - 1:30 pm to 4 pm

**Where:** Nutana Legion, 3021 Louise Street

Programming resumes in Fall 2024

Contact Stephanie [sreiterbodie@gmail.com](mailto:sreiterbodie@gmail.com)

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### **ST. ANGELA MERICI HUB CLUB**

**When:** Last Thurs of the month - 1 pm to 4 pm

**Where:** St. Angela Merici Residence, 125 Cree Crescent

Education Sessions, blood pressure clinic, pharmacy talk, entertainment and refreshments.

**Thurs May 30:** Education session TBA

**Thurs June 27:** Education session TBA

**For more information contact Anne Miller, 306.242.5566 for more information**





## Seniors Neighbourhood Hub Clubs



You are invited to attend all Hub Clubs

### SENIORS HUB CLUB AT ST. MARTIN'S

**When:** Third Tues of the month - 1:30 pm to 4 pm

**Where:** St. Martin's United Church, 2617 Clarence Avenue

**Tues May 21:** Music by Dyana

For more information contact Maureen: [maureenmcpherson@shaw.ca](mailto:maureenmcpherson@shaw.ca) or Dianne: [dianne.young@sasktel.net](mailto:dianne.young@sasktel.net)

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### GO FORTH HUB CLUB

**When:** First Mon of the month - 1:30 pm to 4 pm

**Where:** Calvin GoForth Presbyterian Church, 1602 Sommerfeld Avenue

**Mon May 6:** Fraud Prevention for Seniors - Nishit Gandhi, CPA [Prior to attending the presentation, you might like to read a pdf booklet from Canada's Competition Bureau by searching on Google: The Little Black Book of Scams, 2nd edition, March 2018.).

**Please Note:** *May is the last GoForth Hub Club for the season. Presentations resume Monday, October 7, 2024.*

**For more information contact:** Sheila 306.955.9119

Please note that masks are required. COVID protocols observed

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### PEOPLE OF AFRICAN DESCENT & FRIENDS HUB CLUB-

**When:** Second Wed of the month - 1:30 pm to 3:30 pm

**Where:** 15 Innovation Place, U. of S.

Blood pressure clinic, ask a Pharmacist, educational programming, exercise

For more information contact Vivian [Vivian.Puplampu@uregina.ca](mailto:Vivian.Puplampu@uregina.ca)



## Patient Rights and Responsibilities

### AS A PATIENT YOU CAN EXPECT TO BE:

#### **Cared for in a safe and respectful way:**

##### **That means we will:**

- Provide care that is free from all forms of racism and discrimination.
- Tell you our names and roles before we provide services to you.
- Explain things in understandable ways.
- Provide translation services where English isn't your first language.
- Strive to support you when you want to include cultural supports and healing practices in your care.
- Provide high quality care that is as private as possible.
- Explain the risks and benefits of treatments or procedures before we ask you to make decisions about them.
- Keep your health information accurate and private.

#### **Involved in your care:**

##### **That means we will:**

- Work with you to set goals and make decisions about your health.
- Partner with you to include your choices, needs and values in your care plan.
- Support you to have at least one family member, friend or other person be with you during your care to support your wellbeing.
- Ask you how involved you want that support person to be in your care.
- Ask you about your healthcare wishes and support you to understand how to choose someone else to make decisions for you if you aren't able to.
- Help you to access your health information if you want to see it.
- Ask you to share your concerns and feedback with us. Your care will not be negatively affected if you do.
- Listen to your concerns and do our best to resolve them.

#### **We ask that you:**

- Let your care team know if you have questions about your care or concerns about your safety
- Treat staff, other patients, families and the space you are in, with respect.
- Respect the privacy of other patients and families.

### **Share your feedback or concerns.**

**Rural Phone: 1-855-778-7708**

**Saskatoon Phone: 306-655-0250 / 1-866-655-5066**

**Phone 306-655-1000 and ask for the CLIENT REPRESENTATIVE**

**For Home care assistance /CPAS help**

**-Home care 306-655-4346**

**-CPAS 306-655-4300**



***These are the four pillars of expectations in receiving health care at any level  
lab, X-ray, therapy and your doctor:***

### **INFORMATION SHARING**

Patients and families receive timely, complete & accurate information in order to effectively participate in care & decision-making.

### **PARTICIPATION**

Patients and families are encouraged and supported in participating in care and decision making at the level they choose.

### **DIGNITY & RESPECT**

Patient and family knowledge values, beliefs & cultural backgrounds are incorporated into the planning and delivery of care.

### **COLLABORATION**

Patients, families, health care practitioners and leaders collaborate in development, implementation, evaluation & delivery of care.

***Here are some questions we recommend everyone should ask their healthcare provider when receiving care:***

- I don't understand - what does this mean?
- Can you explain this procedure a bit more?
- Are there any other options?
- What is this test for?
- Is there a less invasive option?
- What are the potential side effects of this medication?
- What does this medication do, exactly?
- What are the long-term risk factors of this condition?
- Are there any lifestyle changes I can make to manage this condition?

## Keeping an Eye on Cataracts

*by Vida Todd and Bill Brooks, Members of SCOA Communication Committee*

Considering all the information we use in a day, about 80 percent of it comes through our eyes; anything that happens to our eyes has considerable impact on our physical and emotional well being. For older adults cataracts are high on the annoying list. Watching your world slowly blur and dim is not only annoying but dangerous and negatively affects your mobility.

Cataracts can, under special conditions like diabetes or high blood pressure, show up at any age. Most cataract patients are older adults. It is the aging process and the impact of ultraviolet light that causes the cataract to form. Usually, cataracts come on over a few years; typically, three to four. They are usually identified by your optometrist, with the deterioration slow at first but speeding up as years pass. The solution is cataract surgery.

You might be hesitant about someone carrying out surgery on your eyes or even putting in eye drops. Most people you might talk to will assure you that the surgery is quick, painless (more or less) and one of the safest and effective operations you can get done. Results are almost immediate and the change, wonderful.

The basic operation is carried out by an ophthalmologist (doctor specializing in eyes). The basic procedure that is completely covered by Saskatchewan Health, removes your cloudy lens and replaces it with a clear plastic one. This gives you clear sight and great distance vision. Near vision needs reading glasses. Other replacement lenses can be customized to your eye (think of progressive eyeglass lenses inside your eye) but those come with a price tag. Your doctor, in an evaluation appointment a few months before the surgery will give you the options.

The surgery appointment takes about 2 hours with the actual surgery taking about 10 minutes. The surgeon uses a bright light to operate, so you don't see any of the goings on. A bit of gentle pressure on your eye a couple of times and you are done. You wear a clear patch for the first day and for a week, when you sleep. This protects the eye until it heals. Lots of eye drops –but you get used to putting them in. New lenses give great results within a day and fantastic ones within a week. If you are getting both eyes done, they usually do them on different days a couple of weeks apart, but your specialist will brief you on what they think is best. Because it is a surgery, you will need to take it easy for a few weeks.

Wearing sunglasses is very important since the world becomes considerably brighter. You will need ones that protect from ultraviolet and are polarized.

Waiting lists are long. Currently they are between 6 and 9 months. So, if you are diagnosed with cataracts, you may want to get on the waiting list. If they do not develop quickly, you can postpone the surgery, and if they do you are already in line.

Once completed, the results can be very impressive, and you might, for the first few weeks, be humming "It's going to be a bright, bright, sunshiny day" For almost everyone it will be.

June is Cataract Awareness Month - More information can be found at the [American Society of Cataract and Refractive Surgery website](#).

## Caregiver Cafés



### **Nutrition with Dr. Allison Cammer**

Dr. Allison Cammer (Registered Dietitian with a MSc in Community Health and Epidemiology and a PhD in Nutrition) explores nutrition for older adults

When: Tues, May 21, 2024 from 1:30pm - 3:00pm

Where: Meeting Room 2 in the Saskatoon Field House (upstairs), 2020 College Drive. FREE PARKING.

What: A one-hour presentation (including time for questions). Free coffee & refreshments provided.

***Thank you to funders: Petro-Canada Caremakers Foundation;  
Saskatchewan Blue Cross***

**CAREGIVER CENTRE TOLL FREE NUMBER  
1-888-652-4411**

#### **Answers: from page 4 puzzle**

- What goes up, must come down.
- History repeats itself.

## **TECH YOUR WAY**



**One on One Lessons:** Work with a student, staff or volunteer and get answers to all your tech questions. iPhone, iPad, Android phones, tablets and laptops, apps, email and more \$30. Phone 306.652.2255 to book a time.

### **FOR BEGINNERS**

**iPad Lending Library:** Borrow an iPad kit and learn how to use the device and apps at your own pace and on your own time. Comes with easy to use manuals. Free to borrow, No cost for lending of the iPad kit. A copy of the manuals and instructions may be purchased for 10 dollars. Visit SCOA office 2020 College Drive [Field House], main floor or phone 306.652.2255

**Funded by Canada Healthy Communities Initiative, Government of Canada**

### **COMING UP FALL 2024:**

**Tech Workshops - iPhone, iCloud or other topic**

**Tech Buddy - November 2024**

**Phone 306.652.2255 or visit our website for more information**

# ELDER ABUSE

**Date:** Tues June 4, 2024 - 1:30 pm - 3:30 pm

**Presented by** Elliot Paus Jenssen

**Location:** Meeting Room 3, Field House, 2020 College Drive [Free parking]

**Cost:** \$10 SCOA members, \$20 non-members

- Learn what abuse of older adults is and how to recognize it
- Understand how to talk to an older adult you think is being abused
- Learn how to protect oneself from abuse
- Develop strategies on how to seek help if you suspect you are being abused

**Phone 306.652.2255 to register**

From 55 to 105: Positive Aging Life Enrichment Series



**June 15 is  
World Elder Abuse  
Awareness Day!**

WEAAD is marked each year on June 15. It is an official United Nations International Day acknowledging the significance of elder abuse as a public health and human rights issue.



**Positive Aging  
Life Enrichment Series**

## *Attention Readers:*

SCOA wants to know what can brighten your inbox!

Are there articles or sections you would like to see included in this newsletter?

Is there a place for funny stories or jokes or puzzles; how about reminiscences or personal stories? Please let us know what you would like us to consider

including. **Send your suggestions to** [admin@scoa.ca](mailto:admin@scoa.ca)

## Saskatoon Council on Aging Annual General Meeting

# AGM

**When: Thurs, June 6, 1:30 pm**

**Where: Meeting Room 3 at the Saskatoon Field House, 2020 College Drive**

- 2 pm Presentation on SCOA's public awareness campaign to raise awareness about ageism, its harmful effects and how we can confront ageism in our everyday lives.

### **Confronting Ageism: It Starts With you by Dr. Brittany Ellis**

- Business meeting to follow

Have your say and a look back at 2023-2024!

SCOA Full Members may vote at the Annual General Meeting

## **Warman Primary Health Centre Now Open**

Primary Health Services are provided by three Nurse Practitioners. They provide general health assessments, chronic disease management, prescribe medications, interpret medical testing results and refer to specialists as needed.

### **Nurse practitioners are qualified to provide the following services:**

- general health assessments, physical examinations and ordering of diagnostic tests;
- diagnosis and treatment of common acute illnesses and injuries;
- chronic disease management, including diabetes, hypertension and asthma;
- immunizations and vaccinations for both children and adults;
- prescribing medications and prescription renewals;
- women's health services, including exams and family planning;
- health promotion and disease prevention counseling;
- mental health support and counselling;
- referrals to specialists and other healthcare providers.

**102 Central Street W  
Warman, SK, S0K 4S0  
Phone 306-844-4380**

Open Monday to Friday 8:30 am to 4:30 pm. Clinic hours are subject to change, please call the facility for up-to-date hours. [Website](#)

## Zoomer Idol - Hollywood Style

Experience a night of Hollywood magic at our spectacular talent showcase!

Are you ready for a night that will transport you straight to Tinseltown? Don't miss out on the hottest talent show in town, where seasoned talent takes center stage.

- Listen to singers belt out favourite show tunes
- Enjoy dance routines that will have you dancing along
- Laugh out loud with talented comedians
- Marvel at mesmerizing magic tricks

A gala event, guests enjoy a lively cocktail hour followed by supper and performances by the finalists. This is a great deal for an evening out with friends. You also receive an income tax receipt after the event.

This Hollywood-themed talent show is not just about the performers - it's about YOU, the audience. You have the power to decide who will be crowned the next big star! So, bring your friends, family, and fellow movie buffs for a night of pure Hollywood glamour.

Don't wait! Secure your spot now and be part of the buzz surrounding our Hollywood talent show.

**Get your tickets today! Phone 306.652.2255**

### **Zoomer Idol Hollywood Style**

Fri, Oct 25 at the WDM  
[2610 Lorne Ave], Saskatoon  
Cocktails 5 pm to 6 pm,  
Program 6 pm to 7 pm,  
Performances 7 pm to 9 pm

**Tickets: \$100**

**tax receipts issued**

*A fundraiser to support  
programs and services for  
a growing population of  
older adults*

### ***Thank you sponsors:***

*Dakota Dunes CDC  
Manitou Springs Resort  
and Mineral Spa  
CJWW/98COOL  
CAA Saskatchewan/  
WestWorld Tours  
Dignity Memorial*

# Spotlight on Seniors 2024

## ***Plans underway for 2024 showcase - Spotlight turns 25!***

Join us as we celebrate 25 years of Spotlight on Seniors!

Hosted by the Saskatoon Council on Aging and TCU Place, Spotlight on Seniors is an annual showcase for older adults. The well known autumn event is the largest showcase for 55 plus in the province. Spotlight features over 80 trade show booths, displays, demos, samples and prize draws, Coffee and tasty snacks are served throughout the day. Visitors enjoy lively entertainment and lots of social opportunities.

The goal of Spotlight on Seniors is to educate and entertain older adults in and around Saskatoon. From pastimes to investing, from career to vacations, what we do with our lives is incorporated into this vibrant showcase.

Get connected with the latest products and services for older adults 55+.

### **Newly retired?**

**Find out about services and activities for older adults.**

*Diamond Sponsor*



Anchor Managed Solutions Ltd.

**SPOTLIGHT ON SENIORS**

**TUES OCT 8, 2024**

**9 AM TO 3 PM -**

**Admission \$12, pay at the door.**





# Be a **MEMBER**



1. Phone our office 306.652.2255
2. [Sign up online](#)
3. Visit us at the Field House

## **Memberships**

- Single Membership - \$25
  - Couples - \$35
  - Non-profit - \$25
  - Corporate/Business - \$250
  - Memberships run April 1 to March 31
- 

SCOA Associate - Free

*You can help us build an age-friendly community -  
a great place to grow up and grow older!*

# Make a **DONATION**

1. Phone our office 306.652.2255
2. Donate online with our trusted partner, [CanadaHelps](#)
3. Mail a cheque: SCOA, 2020 College Drive, Saskatoon, SK S7N 2W4
4. Visit us at the Saskatoon Field House - 2020 College Drive



You will receive a tax receipt for donations of \$25.00 or more.

CRA 130735756RR0001