



A publication of the Saskatoon Council on Aging

# Coming of Age

**WINTER 2024**

## **IN THIS ISSUE:**

- 2. President & ED Report
- 4. Meet Erin Yakiwchuk
- 6 & 7. City Wide Hub Clubs
- 8. Wellness for 55 Plus
- 10. Caregiver Events
- 12. Technology Classes
- 14. Zoomer Idol - Spectacular 70s
- 16. Listen to Indigenous Voices

SCOA  
2020 College Drive  
Saskatoon, Sk S7\n 2W4  
306.652.2255  
admin@scoa.ca

Find us on Facebook @scoa25  
Follow us on Twitter @scoa3

A critical component of your overall health is your mental state. Your physical health, relationships with others, and daily routines can all change as you age, and these changes can have a big impact on your happiness, quality of life, and general wellbeing.

Maintain your mental health ...

1. Stay physically active
2. Eat nutritious food and drink plenty of water
3. Stay social and connected with others
4. Pursue hobbies and interests; keep learning new things

[[Mental Health Commission of Canada](#)]

***Healthy aging ~ we've got you covered!  
Find out about SCOA's  
programs and services to help you stay active,  
engaged and informed.***

*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 look back on the past year, we want to express our gratitude for your support and generosity towards the Saskatoon Council on Aging. Your contributions, both in spirit and resources, have been the foundation of our success in providing essential services for older adults. Your donations have played a crucial role in enabling us to continue our mission of creating a vibrant and inclusive community. It is your belief in our cause that motivates us to expand our horizons and explore new ways to serve you better.

We are excited to announce that we will be hosting more Positive Aging Workshops this year. These workshops are designed to celebrate positive aging and offer valuable insights and tools. Additionally, we are honored to host a free two-day Indigenous Workshop in the coming year called Listen to Indigenous Voices. This workshop will provide a platform to celebrate Indigenous culture, promote understanding, and foster unity within our diverse community. We thank the Dakota Dunes Community Development Corporation for funding this workshop!

To learn more about these initiatives and explore the full range of fantastic programs we offer, we encourage you to visit our website at [www.scoa.ca](http://www.scoa.ca). It is a treasure trove of information showcasing the various ways we are dedicated to enhancing the lives of older adults.

Once again, we want to express our sincere appreciation for your incredible support and belief in our mission. Together, let us embark on this journey towards a brighter, more connected, and inclusive future.

Opinions are those of the authors, and do not necessarily reflect the views of the Saskatoon Council on Aging. While efforts have been made to ensure accuracy, the Saskatoon Council on Aging, Inc. assumes no liability for any errors, omissions or inaccuracies. No part of this publication may be copied or stored for electronic retrieval without prior consent of SCOA. © 2009/2024. SCOA is a non-profit, charitable organization dedicated to promoting the dignity, health and independence of older adults through programs, services, education and advocacy.

### Coming of Age

Published three times per year by the Saskatoon Council on Aging, Inc. **Visit us at [www.scoa.ca](http://www.scoa.ca)**

Executive Director: June Gawdun

Communication Committee: Bill Brooks | Ginnie Hartley |

Jane Richardson | Vida Todd

Design: Virginia Dakiniewich

## SCOA GLOBE WALK 2024 - DISCOVER THE BLUE ZONES!

Live Longer, Live Better! Join us for SCOA Globe Walk 2024 as we discover the Blue Zones!

### What are the Blue Zones?

5 places where the world's healthiest people live and live the longest: Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Ikaria, Greece, and Loma Linda, California. The cultures have uncovered the secrets of longevity

Get started on the path to a longer, healthier, happier life and build your own Blue Zone lifestyle!

**Sign up a team or join the SCOA team - visit [scoa.ca](https://scoa.ca) or phone 306.652.2255**

---

### DISCLAIMER

The content of the Coming of Age Newsletter is provided for general information purposes only. No claim is made as to the accuracy or authenticity of the content of the newsletter. The Saskatoon Council on Aging Inc. does not accept any liability to any person or organization for the information or advice (or the use of such information or advice) which is provided in our newsletters or incorporated into it by reference. The information or advice in the newsletters is provided on the basis that all persons accessing the publication undertake responsibility for assessing the relevance and accuracy of its content. The information contained in the newsletters is not to be displayed except in PDF format. No part of this publication may be copied or stored for electronic retrieval without prior consent of SCOA. No liability is accepted for any information or services which may appear in any other format. No responsibility is taken for any information or services which may appear on any linked websites or external publications.

© 2009/2024.

## Get to Know Us: Meet the SCOA Board Introducing Erin Yakiwchuk

by Ginnie Hartley, Communication Committee

Erin Yakiwchuk is one busy young woman. She's a wife and mom to two children aged 11 and 9 who are both very busy with sports activities. She is a runner and cross country skier, has a summer cottage at the lake, spends time playing family board games and reading for pleasure. When Erin has a spare moment, she is an Assistant Professor in the College of Pharmacy and Nutrition, teaching undergraduate pharmacy including managing drug therapies for older adults. She also supervises graduate students. Oh yes, and she's just joined the Board of the Saskatoon Council on Aging as a Member at Large. She found time in her busy schedule to have a quick cup of coffee with me to tell me a bit more about herself.

She was raised in Saskatoon and did some of her post-graduate training in Edmonton before returning home. Her research interests include the appropriate use of medication for older adults - "thinking beyond medication" - and educating health care providers on drug interactions and alternatives. Pharmacists may recommend a cautious approach to using medications, including non-drug strategies such as cognitive-behavioural therapy, support groups, physical therapy, massage, music therapy, relaxation and meditation.

Social and physical activity is important for everyone. SCOA supports many initiatives that promote these pursuits and Erin is excited to be a part of this.

Her interest in SCOA came from her realization during the COVID lockdown that many older adults were isolated and lonely and she wanted to be involved in an organization that was aimed at promoting active and interactive life styles for that age group. Through her own love for animals, Erin understood that an animal companion can make the difference between being engaged in life and becoming depressed. (Erin has a 5 year old Rough Collie who is her running buddy.)

Although she has only been a Board member since May, she feels that her contributions may lie with a program such as Globe Walk and maybe looking into the possibility of an animal visitation program to bring some pet therapy to people who may not be able to have a pet of their own.

SCOA is very grateful that young people like Erin are willing to join us to add vibrancy to our organization!

**Thank you Erin!**

**Social and physical activity is important for everyone. SCOA supports many initiatives that promote these pursuits and Erin is excited to be a part of this.**

## Six Stages of Retirement

by Ginnie Hartley, Communication Committee

From the time we start kindergarten, our lives take on a familiar pattern - get up, get dressed, eat breakfast, go to school/work, come home, eat supper, homework, hobby, TV, go to bed. Repeat for at least 5 days a week.

But when we retire, there is no such structure unless we institute it ourselves. To help with preparing for this new phase of our lives, there are some things we can do to ease the transition from the treadmill of work to the seemingly unending period of leisure ahead.

Mark P. Cussen has written an article, Journey Through the 6 Stages of Retirement, to help pave the way to a successful life after work. [\[Read article online\]](#)

1. It's important to think about what retirement will look like before you actually retire. Planning and thinking things through is important at this stage. Think about finances, make a budget and ensure that there will be activities that give you joy as well as feel useful when you are no longer part of the workforce. It's important to identify factors that contribute to healthy aging during retirement such as eating well, getting some exercise, having an active social life as well as contributing to society. Having fun is really important as are paying attention to physical, mental and emotional wellbeing.
2. Then there's the actual day of retirement, complete with the dinner, handshakes and gold watch.
3. I'm free at last! This is the honeymoon phase when those plans you made in stage 1 gradually start to manifest themselves. If you have no plans, this phase is glorious for a while but then what?
4. Is this it? This is where reality sets in. It's time to have a schedule and make sure that the joy and usefulness you considered in stage 1 are part and parcel of your everyday life,
5. Building a new identity. You are no longer the person you were in the workforce. Now you are retired and have a new face to present to the world - and to yourself.
6. Routine. So now you settle in to a new routine which probably still starts off with get up, get dressed, eat breakfast - but after that, it's up to you!

*The 6 Stages of Retirement workshop will be scheduled for 2024. Please phone our office 306.652.2255 to have your name added to the wait list.*

**The 10 part Positive Aging Life Enrichment workshop series explores topics that prepare people 55 and over to navigate life changes. The need to offer these workshops was identified in both research completed by the Saskatoon Council on Aging [SCOA] Saskatoon Age-friendly Initiative and the day-to-day feedback SCOA receives from seniors in our community. Funded by New Horizons for Seniors Canada, the modules were developed by SCOA's Age-Friendly Community Development Committee.**



## Seniors Neighbourhood Hub Clubs



**Seniors Neighborhood Hub Clubs are back in person!  
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 Jan 18:** Get Up and Get Moving with Fran's line dancing demo

**Thurs Feb 22:** Frauds and Scams presentation

**Thurs March 21:** The History and Art of Pysanka (Ukrainian Easter Egg)

**Thurs April 18:** Alison Cameron, Dietitian – Healthy Eating for Older Adults

**Contact SCOA 306.652.2255 or email [admin@scoa.ca](mailto:admin@scoa.ca)**

### **EASTVIEW HUB CLUB**

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

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

**Tues Jan 23:** City Archivist, Jeff O'Brien presents on the Great Depression and Saskatoon

**Tues Feb 27:** CPAS / Assisted Living

**Tues March 26:** Drumming with Kimberley, SHA Recreation Therapist

**Tues April 23:** Wind-up and entertainment

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

### **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 Jan 25: Speaker Erin Boyce from Seniors 1st**

**Thurs Feb 26: Speaker Shauna re Reflexology**

**Thurs March 30: Speaker TBA**

**Thurs April 25: Speaker TBA**

**Contact Anne Miller, 306.242.5566 for more information**





**Seniors Neighbourhood Hub Clubs**



**Seniors Neighborhood Hub Clubs are back in person!  
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 Jan 16:** Living Sky Wildlife Rehabilitation

**Tues Feb 20:** Steps to Safety - Saskatoon Fire Department

**Tues March 19:** Saskatoon Coin Club - Gary Meckling

**Tues April 16:** Spring Wildflowers - Hannah Hilger

**Tues May 21** - Music by Dyana

**Contact Maureen:** [maureenmcpherson@shaw.ca](mailto:maureenmcpherson@shaw.ca) or **Dianne:** [dianne.young@sasktel](mailto:dianne.young@sasktel).

**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 Jan 8:** Dr. Roslyn Compton (UofS Speakers Bureau) - "Growing Older in Place of Choice"

**Mon Feb 5:** Games, Puzzles and Colouring

**Mon March 4:** Fraud Prevention for Seniors - Nishit Ghandi, CPA

**Contact: Sheila Cameron Hopkins 306.955.9119**

Please note that masks are required. COVID protocols observed

**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.** see dates for exact location

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

**Wed Feb 14:** Black History Month- Celebrating our Seniors by Vivian Pupilampu  
Zoom and In-person (Venue TBA)

**Wed March 13:** Connecting with older Black Seniors from Regina by Clyde Boucher  
Zoom and In-person (Venue TBA)

**Wed April 10 1:30 to 4 pm:** Intergenerational programming by Judy White and Vivian Pupilampu

Zoom and In-person (Venue TBA)

**Contact Vivian** [Vivian.Pupilampu@uregina.ca](mailto:Vivian.Pupilampu@uregina.ca)



## **Wellness for 55+ “Make the healthy choice the easy choice.”**

**Date: Mon Jan 8, 2024 - 1:30 pm - 3:30 pm**

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

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

Learn how to maintain mental and physical health and wellness as you age through nutrition, movement, and mindfulness. Interactive activities and discussion.

- Increase knowledge about nutrition, movement, and mindfulness
- Increase confidence in the ability to eat well, move well, and practice mindful moments
- Gain knowledge of unique tools to practice health nutrition, movement, and mindfulness habits
- Access ongoing wellness resources including in person and virtual resources

**Phone 306.652.2255 to register**

From 55 to 105: Positive Aging Life Enrichment Series



## **Positive Aging Life Enrichment Series**

## **Getting Around – Transportation for 55 Plus**

**Date: Mon Feb 5, 2024 - 1:30 pm - 3:30 pm**

**Location: Meeting Room 3, Field House, 2020 College Drive**

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

Accessing transportation is critical to the wellbeing of older adults. This session explores options for transportation in Saskatoon, methods for accessing transportation, and factors associated with aging and driving.

- Consider and understand the importance of transportation in your daily life
- Understand the options for safe transportation in Saskatoon
- Learn about activities that SCOA has been involved in to make getting around in Saskatoon more Age-Friendly
- Develop strategies to continue to get around your city if you have mobility issues or decide to retire from driving

**Phone 306.652.2255 to register**

From 55 to 105: Positive Aging Life Enrichment Series



## What to make a difference in someone's life?

Nav-CARE- Navigation: Connecting,  
Advocating, Resourcing, Engaging.

To learn more, visit: [www.nav-care.ca](http://www.nav-care.ca)



Caregiver Information and Support Centre, a program of the Saskatoon Council on Aging, seeks qualified individuals to work with persons living with serious illness and their families to facilitate connections, independence and promote quality of life.

### **About Nav-CARE “Making Connections, Making a Difference”**

One in five seniors say they experience emotional distress and have difficulty coping day to day. Many feel they aren't getting the support they need to live happier, more fulfilling lives.

Nav-CARE is a free program designed to address these needs. Specially trained volunteers, with connections to professional health care providers, work with seniors to access resources and services in the community while providing companionship and emotional support.

### **Nav-CARE volunteers can help:**

- Relieve feelings of loneliness, isolation, and anxiety.
- Someone to talk through important decisions and future plans.
- Connection to community and the world at large.
- Locate local services and resources to help manage illness.
- Assist to re-engage in hobbies and other interests.
- One on one relationships tailored to specific needs.

### **Preferred Qualifications:**

Mature persons, preferably with experience in visiting older persons in their home, aging, loss, and palliative care. Resourceful in seeking out information and resources. Ability to develop compassionate relationships with persons who are experiencing loss. Previous volunteer experience. Hospice volunteer training or equivalent.

All Nav-CARE volunteers will complete Nav-CARE education and orientation.

**Commitment:** 1-2 hours per week.

If you interested in a rewarding volunteer opportunity that will help improve the lives of people with declining health, consider becoming a Nav-CARE volunteer.

**For more information please e-mail:** [caregiver@scoa.ca](mailto:caregiver@scoa.ca)

## Caregiver Cafés

### Sharing Stories of Recovery from Mental Illness

**Who:** The Schizophrenia Society's Partnership Program

**When:** Tues, Jan 30, 2024 - 1:30 pm – 3:00 pm

**Where:** Meeting Room 3, Saskatoon Field House, 2020 College Drive FREE PARKING.

The Schizophrenia Society's Partnership Program will share stories of recovery from mental illness to promote treatment and recovery and reduce stigma and misconceptions about mental illness.

- Stories of recovery, stories from family members

- A health care advocate will share the facts and resources on mental illness

- Q & A

**Cost:** FREE

- In-person seats are limited – call 306-652-2255 to save your spot. Coffee and refreshments provided.

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

### Care-Mapping: “Who can I turn to when I need help?”

**Who:** Mary-Anne Parker, End-of-life care consultant/doula, lecturer and caregiver who advocates for timely access to end-of-life care for all Saskatchewan.

**When:** Tues, Feb 27, 2024 - 1:30 pm – 3:00 pm

**Where:** Meeting Room 3, Saskatoon Field House, 2020 College Drive FREE PARKING.

Using a simple but effective tool for mapping access to care and understanding future care needs, Mary-Anne will walk participants through a potential (or existing) care situation to discover where existing help can be found and apply creative thinking to how other needs can be met. This is also a time to celebrate good care that is happening and honour those who take care of others.

**Cost:** FREE

- In-person seats are limited – call 306-652-2255 to save your spot. Coffee and refreshments provided
- LIVE stream available, visit SCOA's YouTube page

## Caregiver Lunch & Learn



### Housing Options for Older Adults

**Who:** Jennifer White, Seniors Housing Consultant

**When:** Tues, March 26, 2024 -11:30 am – 1:30 pm

**Where:** Meeting Room 3, Saskatoon Field House, 2020 College Drive. FREE PARKING.

A presentation aimed at guiding older adults and their caregivers in understanding the various housing options available, including aging in place, enriched housing or assisted living, personal care homes, and special homes, to employ the right level of future care, at the right time, in the right setting. We will also cover details related to funding and financial support, while highlighting some considerations to keep in mind as indicators of a need for transition consideration.

**Cost:** FREE to Attend Limited to 20 spots – call 306-652-2255 to save your spot.

**FREE lunch and refreshments provided courtesy of “Just Like Family” Home Care.**

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

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



## Confront Ageism: It Starts with U

The Saskatoon Council on Aging public education campaign, Confronting Ageism: It Starts With You, raises awareness of ageism and its harmful effects. The campaign aims to shift attitudes towards older adults and aging by providing positive alternatives that create a more inclusive environment for all. Coordinated by older adults, this public education campaign launched in November 2023 and concludes in March 2024.

Confront Ageism: It Starts With You is funded by New Horizons for Seniors Program and the Government of Canada.

If you'd like to learn more about the Confront Ageism campaign, please email Virginia at [virginia@scoa.ca](mailto:virginia@scoa.ca) or phone 306.652.0149

### *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)

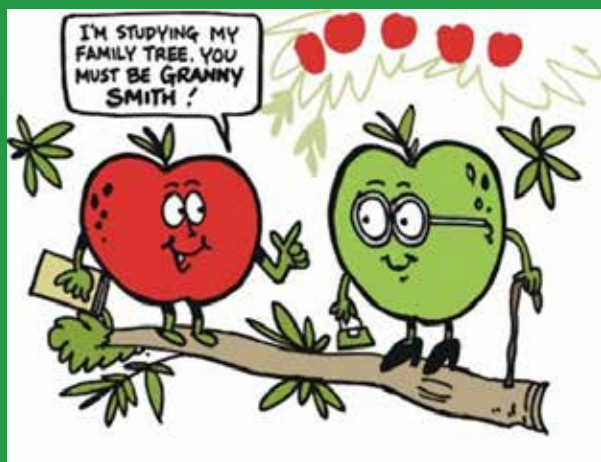
## TECHNOLOGY FOR OLDER ADULTS

**iPhone Workshop with Brea Jacobs**  
**Monday, Feb 26, 2024 1:30 to 3 pm**  
**Mtg Room 3, main floor, Field House 2020**  
**College Drive**  
**Cost: \$40 Max 15 enrollment.**

Get to know your iPhone inside and out! Topics include turning device on and off, iPhone components, exploring the Home Screen, Home Screen Icons, Phone Calls & Messaging, iPhone apps (Safari, Photos, Maps, Weather, and Clock), Interacting with iPhone – Swiping Gestures, Notes and Lists, Scanning Recipes and Creating documents and more. **Minimum iPhone 7 and up. Must have Apple ID and password.**

**Phone 306.652.2255 to register**

### FOR BEGINNERS



**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**

## Celebrate the 1970s

SCOA took a trip back to the decade of bell bottoms and flower power at Zoomer Idol - Spectacular 70s, held at the WDM, October 27, 2023. The crowd of 200 plus enjoyed the rocking tunes of six talented acts: Donna Boser-Kelly, Ralph Brooks, Trudee Torvik, House Band, DeBoyz, and Roy Hargreaves. Last year's People's Choice Winners No Hurry returned to kick off the exciting evening.

2024 Judges Pick: Roy Hargreaves and People's Choice: DeBoyz



Roy Hargreaves

DEBoyz Band

*Proceeds help SCOA provide programs and services to keep older adults active, engaged and informed.*

### NEXT UP!!!!

**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.



## Thank you Spectacular 70s Sponsors



## Thank You! Spotlight on Seniors 2023

### Presenting Sponsor:

LutherCare Communities

### Gold Sponsor:

Saskatchewan Blue Cross

**Silver Sponsors:** Ministry of Health,  
Saskatchewan Retirees Association,  
Medicine Shoppe on 33rd

**Media Sponsor:** 98 COOL, CJWW

**Coffee Sponsors:** Hear Canada,  
Dakota Dunes Casino, Crown Invest-  
ments

Corporation, Canadian Tire

**Cookie Sponsor:** Sodexo

Thank you to our partner  
TCU Place

Thanks to exhibitors, entertainers,  
volunteers and attendees of  
Spotlight 2023



## **Listen to Indigenous Voices**

**When: Thurs Feb 15, 9 am to 4 pm & Fri Feb 16, 9 am to 4 pm**

**Where: Western Development Museum**

**Cost: Free to attend, Lunch included**

**Phone 306.652.2255 to register**

Join us for Treaty Learning Journey: Let's Talk Truth, a two day workshop to develop awareness and knowledge of treaties and treaty relationships. Listen to experiences of Indigenous people and take a beginning step on a path of reconciliation.

Walk back through history to learn what happened At Treaty, After Treaty, and Today. Topics include Indigenous worldview and indigeneity, numbered Treaties, breaches of Treaty, and contemporary Treaty issues.

*We Are All Treaty People*



# 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

# 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 Field House - 2020 College  
Drive

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

CRA 130735756RR0001

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