



Coming of Age

A publication of the Saskatoon Council on Aging

SPRING 2021

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.



*"Sometimes carrying on - just carrying on - is the superhuman achievement."
~ Albert Camus*

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AGM News and more

Age-Friendly: Communication and Information



Mercedes Montgomery,
SCOA President

Message from SCOA President & SCOA Executive Director



June Gawdun
Executive Director,

The Saskatoon Council on Aging: 30 years of service.

The spring issue of Coming of Age is celebrating resilience. Resilience is that toughness and ability to recover quickly that we gain from our encounters with stress. Resilience is a quality that applies to organizations as well that allows them to remain relevant and of value to the stakeholders they serve. **This year the Saskatoon Council on Aging (SCOA), a long-serving, non-profit, community based organization, celebrates its 30th anniversary.**

One of SCOA's triumphs is evident in its ongoing journey of organizational resilience, a capacity to adapt, innovate, plan and then evolve – into the premier organization for older adults in Saskatoon and area.

At the thirty-year mark, SCOA is recognized as a community leader. We strive to achieve a Vision of Positive Aging for All in an Age-friendly Community. This involves constantly challenging the widespread prejudices of ageism, seeking adherence to human rights for older adults, advocating for measures that protect against elder abuse, promoting quality of life in an age-friendly community where voices of older adults are heard, and providing programs and services that promote dignity, health and independence of older adults.

Since SCOA launched in 1991, numerous programs, services and resources were initiated, ran their course and were replaced with others to best meet the needs of older adults of the day.

Some proved to have timeless value and exist today: the Resource Center, Computer and specialized devices instruction, the Caregiver Information and Support-Centre, Spotlight on Seniors, Century Club, Neighbourhood Hub Clubs and Lifelong Learning Programs.

Finances have remained a concern. More recently the organization recognized the need to move actively into fundraising, donor stewardship and membership drives to supplement the grants received for operations and initiation of specific programs.

Coming of Age

Published three times per year by the Saskatoon Council on Aging, Inc. **Visit us at www.scoa.ca**

Executive Director: June Gawdun

Communication Committee: Sheila Clements, Chair

Ginnie Hartley | Elliot PausJensen |

Mercedes Montgomery | Jane Richardson | Candace Skrapek

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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.

The Age-friendly Saskatoon Initiative, 2011 to 2016, was the SCOA project that challenged us the most to think differently about older adults. It was based on the World Health Organization age-friendly cities model that utilized the WHO research protocol. SCOA heard from many older adults and from service providers about the actions necessary to achieve an age-friendly community.

Through ongoing collaboration with the City of Saskatoon, age-friendly principles have been incorporated into the design and implementation of many City services. In 2019, the provincial government declared Saskatoon to be an Age-friendly Community. The collaboration continues.

Age-friendly principles are now important SCOA Values and have been integrated throughout the organization. Several programs that arose from the Initiative and continue to be popular include the SCOA Globe Walk, and Remembering When, a fall prevention program offered jointly with the Saskatoon Fire Department. An Age-friendly Lens is available to assist organizations to assess the age-friendliness of their operations. An exceptional example of organizational resilience is the SCOA response to the Pandemic. This past year we have adapted our programming to virtual delivery and offer instruction on the use of technology for educational and social activities for those interested. The public has responded very positively to this change in delivery.

The Staff have combined a work-from-home with the usual in-office situation that has also worked very well. A receptionist has continued to manage the phone at our offices at the Saskatoon Field House.

Several services were offered to address isolation due to COVID restrictions. The Telephone Buddy Program provided friendly calls to 225 older adults. The Seniors Technology program helped several hundred older adults

to use various devices (iPad, cell phone, laptops etc.). Older adults also learned how to use the Zoom platform to participate in SCOA's virtual programs, presentations and to visit with friends and family.

We are extremely grateful for all the support received from the community, businesses, individuals, volunteers and staff to be able to continue offering pro-

grams and services to older adults over this past year.

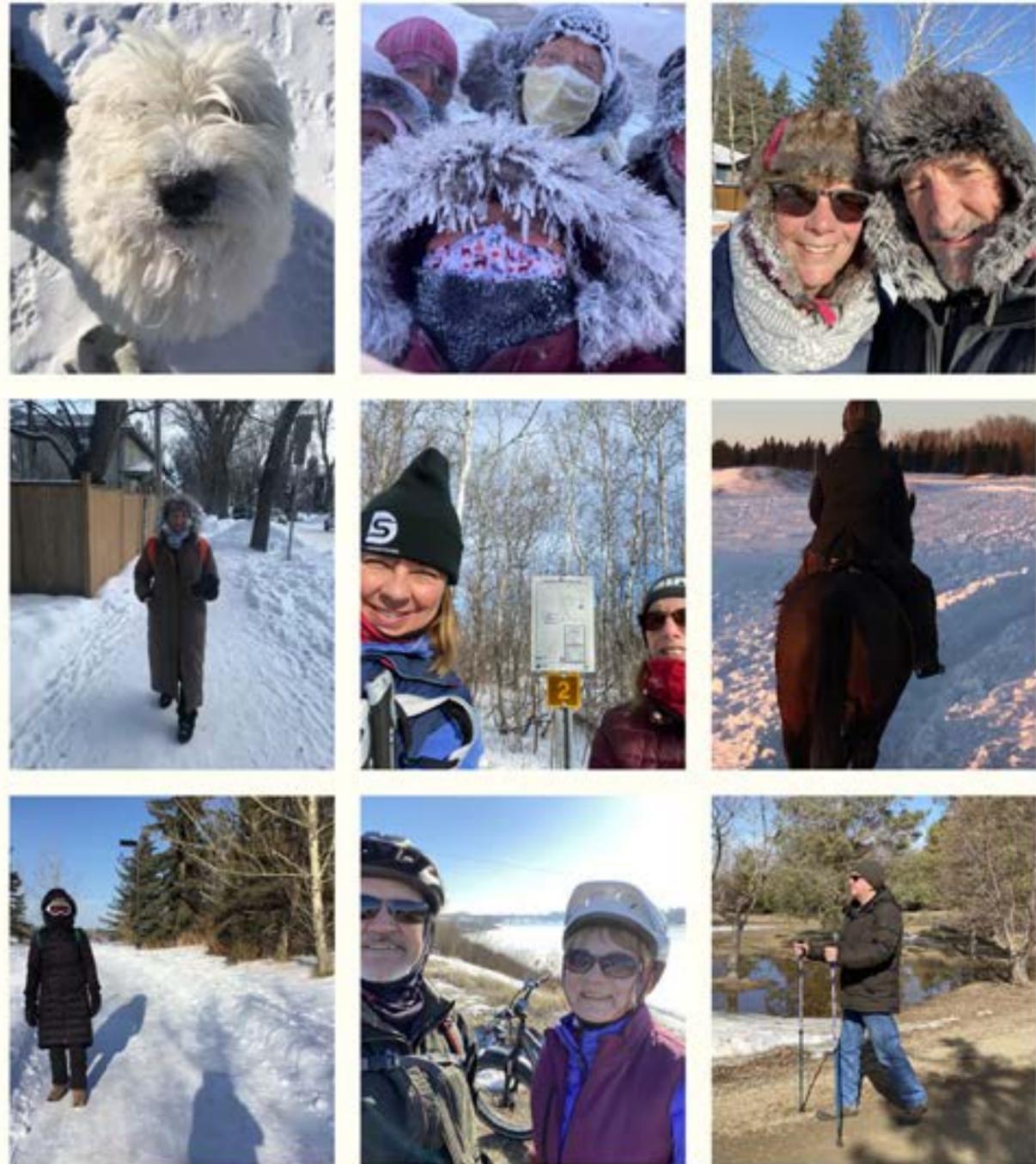
Continuing into our 31st year, we are prepared to move forward with a new Strategic Plan approved by the Board at its last meeting. On behalf of the Board and the Staff, thank you for your continued interest and participation in SCOA. We hope we may continue to serve and to meet your expectations.

During the past year, **we handled 2000 phone calls** and several hundred requests for services and information by email.

Our websites (Caregiver and SCOA) had almost 16,000 visits. **Information about COVID and social programs were visited the most.**

SCOA offered 29 free virtual programs and presentations on timely topics from September 2020, to March 2021. A total of 1527 older adults attended these and 658 attended more than one of the sessions.

For photo captions and articles , please visit the SCOA Globe Walk website scoaglobewalk.net



SCOA GLOBE WALK

SCOA Globe Walk 2021: A Virtual Walk on the Great Trail

by Lauren Amy, SCOA Globe Walk Coordinator

SCOA Globe Walk program has had a successful 8th year “Walking the Great Trail” virtually. Due to Covid-19 it was necessary to change to an online format. This included making changes to the Globe Walk website to make it user-friendly for all participants and to plan all events to be online.

The new website scoaglobewalk.net provides information for Globe Walk team captains, participants, and committee members. The home page identifies the different categories available including a team captain resource page, monthly stats, upcoming events, weekly workout posts, Great Trail information and a personal pictures and stories page. Communication has been through the phone, email and the website.

The Globe Walk launch was provided virtually with information on how to navigate the website, how to keep track and record monthly team’s stats, and information on upcoming events.

All events were planned in the online format, were promoted through the website, by email, on Facebook and in the eNews. At the end of each month, team captains reported their totals and we sent out personalized progress reports over email and posted the stats online for comparison.

WE’RE HERE WHEN YOU NEED US
All day, every day



Photo taken prior to Covid-19.

Choose the lifestyle that is right for you -
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Things are Looking Up! Being Resilient in our Covid-19 World

By Ginnie Hartley, Retired Speech-Language Pathologist

Resilience – what is it? Look it up, and you’ll find it’s the ability to recover quickly from difficulties; the capacity to thrive in the face of significant trauma; or finding the moon from the ruins of a burned barn. Sounds like we could use a bit of resilience right now.

So how can we be resilient in this time of social isolation and fear of an invisible foe? The characteristics of resilience are mental, social and physical.

Our mental attitude can change how we view life’s challenges. Is the glass half full or half empty? We can’t control external events, but we can control how we react to them. Being kind and being grateful to others is beneficial to us as well.

Our social relationships, although challenging at this time, are very important. Many older adults are finding the joys of seeing family and friends through Zoom, FaceTime, Messenger or Skype. Touching base on the telephone is another way to stay connected.

Our physical self needs attention too! Even if we’re housebound, we can still stretch, walk and even lift weights (use that copy of War and Peace you’ve been meaning to read!) And we can make sure we’re eating and sleeping well and regularly.

As older adults with a multitude of life experiences, we have the ability to adapt and cope with what comes our way and to emerge stronger. And bouncing back from adversity can involve profound personal growth.

One of SCOA’s volunteers is a great example of resilience. She is retired and lives alone (except for two cats which are good companions but not helpful under all circumstances!). She broke her left wrist in a car accident and was happily rehabbing it when she lost an argument with some ice 5 months later and broke her right wrist and – of course – she’s right-handed. Luckily, she is ever the optimist and says she is thankful things were not worse. She has no family in the city, but has close friends from pre-retirement work, church, volunteer activities, and the neighbourhood. She has always been physically active and although her fear of walking outside in winter increased, she did what she could at home – Pilates mat exercises and using her elliptical machine. And she learned to use her left hand!

It’s not always easy to be up-beat and cheerful when things are not the way we would like them to be. However, this older adult understood the importance of being grateful for what she does have and learned to do things in a different way. She’s one resilient SCOA member!

**“My barn having burned down,
I can now see the moon.”**

*Mizuta Masahide, 17th
Century Japanese poet and
Samurai*



GET SOCIAL WITH US!

Find our social media channels top right corner of our website scoa.ca

[Facebook @scoa25](#)

[Twitter @scoa3](#)

[YouTube](#)

Older Adults, COVID-19 & Mental Health

The physical distancing associated with COVID-19 is having a negative effect on the mental and physical health of older adults across the province of SK.

We are looking for older adults to help us by taking part in our mental health tracking program.

For more info contact:
Megan O’Connell
megan.oconnell@usask.ca
506-966-2496
OR visit:
www.supportoa.ca



 UNIVERSITY OF
SASKATCHEWAN

Mental Health Week: May 3 to 9, 2021

7 steps to calm your inner world

1. Basic check in: describe how you feel 
1. Get precise: Find the right words to describe how you feel
3. Make a note: Write yourself a short message 
4. Take it to the next level: Write out a more detailed expression
5. Say it out loud: Verbalize the feelings
6. Talk it through: Express your feelings to a friend or loved one 
7. Go full circle: Check in with yourself again

Adapted from Canadian Mental Health Association [CMHA]
[<https://mentalhealthweek.ca/7-steps-to-calm-your-inner-world-with-words/>]



Date: May 12, 2021 at 1:30 p.m.

Join us online for a conversation with SCOA Treasurer Bruce Irvine to explore the world of budgeting. 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 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.



The help you trust for quality service

Home Help enables seniors to thrive by providing them with the services needed to maintain a healthy and independent lifestyle in the comfort of their home.

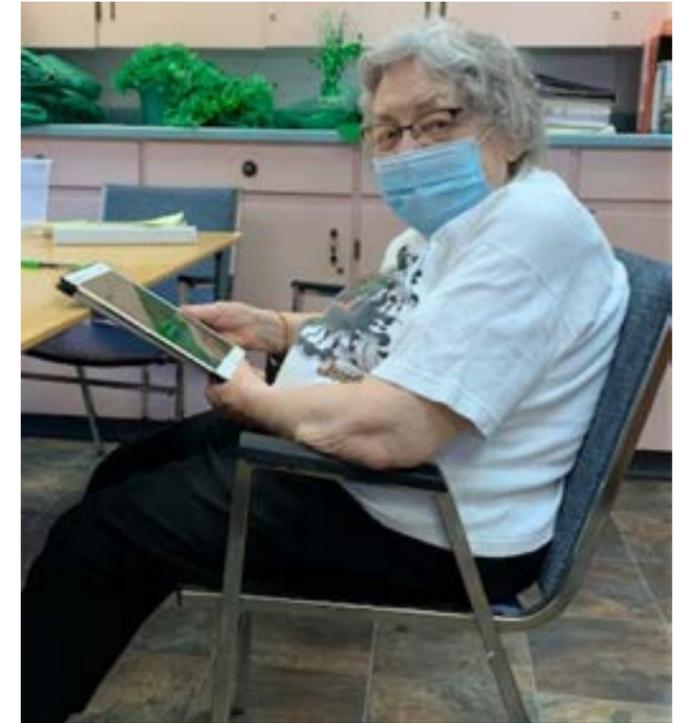
306.664.0393

Personal Care | Transportation | Housekeeping
Respite | Companionship



Seniors Mastering Technology

SCOA is excited to announce a new program named Seniors Mastering Technology. We have purchased iPads and developed a lending library for people who want to try out this technology. Easy to follow instructional workbooks have been designed for the new user. Manuals and powerpoint presentations accompany the iPads for instructors. Each iPad has a simplified home screen with icons loaded for familiar games, news and socialization- FaceTime, Zoom and Messenger. **Call our office 306.652.2255 to book an iPad and learn more about this opportunity.**



Laura Lawson tries out her new skills with an iPad from SCOA

Welcome to Leslie: SCOA Program/Volunteer Coordinator

Leslie was born and raised in Saskatoon. After graduating from high school, she moved to Ireland for several years, where she worked in hospitality, and spent her free time traveling to other countries. Leslie credits her experience of travel, people, and culture, as her motivation for wanting to work in human services. Leslie returned home to Canada and pursued her Bachelor of Social Work Degree at the University of Regina, which she completed in 2020. In addition to her studies, Leslie has spent the last several years volunteering and working in retirement homes throughout Saskatoon implementing programs and activities for seniors. This work has captured Leslie's special interest and her goal is to positively impact the lives of older adults by promoting the inclusion, dignity, and overall wellbeing of seniors in our community. When not at work, you can find Leslie at home experimenting with 'do-it-yourself' design projects, exploring the city on her bike, or doing what she loves most: spending time with her family.



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.

Thank you to sponsors and grantors: Community Initiatives Fund, Sask Lotteries, The Medicine Shoppe and Primrose Chateau

“Medical Assistance in Dying Program (MAID)” May 20 at 1pm

Michelle Fisher, manager of the Provincial Medical Assistance in Dying Program (MAID) will discuss options available to those facing end of life choices. No one on the medical assistance in dying team advocates for MAID but they do advocate for good end of life care. How that is achieved is based on each individual patient's need and a combination of palliative care, palliative sedation and MAID can be used.

[CLICK HERE TO REGISTER](#)

“Saltwater Joy Band” June 17 at 1pm

Join Saltwater Joy for some rollicking Irish and Atlantic Coast favourites and fun sailor tunes. Their music explores the beauty of Newfoundland, painting stories through song, of its people and its landscape. A wonderful SNHC season's finale!

[CLICK HERE TO REGISTER](#)

All older adults 55+ invited to FREE webinar events - get your friends onboard! New to ZOOM? Dr. Megan O'Connell and her team from the U. of S. will be pleased to assist. Phone. 306.966.2496 or email megan.oconnell@usask.ca

Physical Resiliency Through a Pandemic Winter

By Erica Gasmó, Physical Therapist, Bourassa & Associates Rehabilitation Centre

This past year, many of our opportunities to remain healthy and active have become limited. Examples of this can include recreation centres closing, in-person exercise classes being cancelled, and reduced ability to meet up with others. All of these activities were important for both our physical and mental health. The snow is melting, the birds are chirping, the vaccine schedule is well underway and we hope to someday return to these activities. Now is the time to make sure that your body will be able to return to activity safely. This way, you can be ready for spring cleaning, gardening, yard work, walks through the park, or hitting the golf greens. Before returning to activity or embarking on the increased physical demands of spring, there are some important things to consider:

- **Ensure proper footwear:** Shoes should fit well, tie securely, have adequate grip and cushion, and support your footbed well.
- **Warm up before activity:** Try some gentle neck movements, reach your arms overhead and across your body, bend your body forward and back, side to side, turn left and right, and stretch your legs forward, back and out to the side.
- **Increase physical activity gradually so that your body can adapt** - this means both intensity and volume. If you had been doing a walking program previously but have had to take a few months off to avoid the icy sidewalks, consider returning to walking with half the distance you would usually do previously. See how you feel before gradually increasing your distance. If you are going to lift some bags of dirt for the garden soon, try lifting some small then medium weight objects first to work your way up to the heavier objects that sometimes only tend to get lifted a couple of times per year.
- **Spread out larger tasks into smaller parts.** This may mean raking the front yard in the morning and the backyard in the afternoon. Or maybe if you are doing some digging or lifting, breaking your task up into three 10-minute sessions instead of 30 minutes in a row.
- **For projects, yard work and gardening, use good lifting ergonomics:** keep items close to your body when carrying, avoid twisting through your back, and use your legs to bend down instead of just your back. You may want to consider long handled tools for digging and weeding to reduce bending, or kneeling pads to reduce the pressure on the front of your knees. A kneeling stool for sustained low level work in the garden can also be helpful.
- **If you are returning to seasonal recreational activities, doing some preparatory training may help prevent injury.** This can mean warming up your swing for golf, or getting your forearms strong for your tennis backhand.
- **An exercise regimen that includes mobility, strength, balance and coordination helps to improve your body's resilience** to handle whatever may come your way. Consult your health professional to determine if a home-based program or virtual/online options are right for you.

If you are not sure how to start back into physical activity, a physical therapist can help. A personalized assessment can tailor a physical fitness program to meet your individualized needs. Alternately, if you have started back into an activity and sustained an injury, a physical therapist can assist in your recovery.

COVID-19 

BOOKING NOW OPEN

BOOKING ONLINE IS FAST AND EASY 

 Check your eligibility on saskatchewan.ca/covid19 AND
 Have a valid Health Card AND
 Have a valid email address OR
 Have a cell phone number.

Book online at: saskatchewan.ca/COVID19-vaccine

To book an appointment you will need:

- First and last name
- Date of birth
- Health card number

If you do not have a valid health card, cell phone and/or email address, please call 1-833-SASK-VAX (1-833-727-5829) to book your appointment

BOOK ONLINE saskatchewan.ca/COVID19-vaccine

To book online you will need EITHER an e-mail address or a phone number that can receive text messages.

BOOK BY PHONE

Vaccine appointments can be made by phone by calling 1-833-SASK-VAX (1-833-727-5829) starting at 8 a.m.

The call centre is set to operate from 8 a.m. to 11 p.m. seven days a week.

Older adults can also call Dr. O'Connell from the UofS at 306-966-2496 and leave a message to receive a call back. We have volunteer students from health professional programs who can help older adults navigate the online booking system.

SEEKING NEW Saskatoon Council on Aging BOARD MEMBERS
Interested in contributing to positive change for older adults in the community?

JOIN OUR BOARD OF DIRECTORS!

[Click here for the online application form](#)

MEMBERSHIP UPDATE

Thank you to our participating partners

Thank you for renewing or purchasing a membership with SCOA. We value the support your membership provides.

Please check our website scoa.ca for information, class registration and our Directory of Services.

With your paid membership, you are entitled to a package of coupons provided by our sponsors. These are available at our office.

SCOA is a non-profit agency that provides programs and resources for the rapidly expanding older adult population in Saskatoon and area. SCOA has approximately 4000 members throughout the Saskatoon community with numbers expected to expand as the baby boomers enter retirement.

(Memberships also available to community organizations and businesses.)

In addition to advocating on behalf of older adults, SCOA offers a roster of programs, services and projects to support healthy and active aging.

Please feel free to contact 306.652.2255 or visit our Resource Centre.




SCOA

AGM

May 27 1 pm
Online via
ZOOM

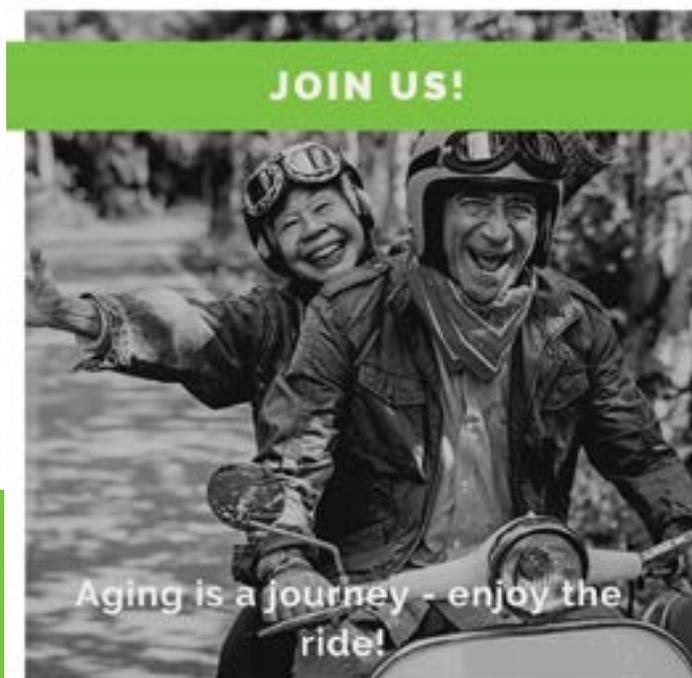
[Click here to register](#) or phone 306.652.2255

Be a full MEMBER

1. Phone our office
306.652.2255
2. [Sign up online](#)

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

Keeping you connected
throughout the pandemic
& beyond



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 [mask required, physical distancing]

Your membership fees and donations help SCOA provide free social programs and crucial information services for older adults impacted by the pandemic.

SCOA provided **29 free virtual programs and presentations** from September 2020, to March 2021. A total of **1527 older adults** attended these sessions.

The Telephone Buddy Program provided friendly calls to **225 older adults**

Over 2000 phone calls to our Resource Centre, over **16,000 website visits** for our online resources