



Coming of Age

A publication of the Saskatoon Council on Aging

WINTER 2022

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.

GRAND OLD OPRY ZOOMER STYLE: SEPTEMBER 24, 2021 WDM



**Grand Old Opry
Zoomer Style
winner:
Paddlewheelers**

**People's
Choice:
St. George's
Senior
Country Band**



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Mercedes Montgomery,
SCOA President

*Message from
SCOA President &
SCOA Executive Director*



June Gawdun
Executive Director,

As we enter the year 2022, we hope that you keep in good health to enjoy all the wonderful in-person activities our community will offer that you have missed during the past two years. During 2021, our programs and services were mostly virtual but we expect that may begin to change in 2022, depending on Public Health guidelines. The Saskatoon Council on Aging (SCOA) will offer a combination of virtual and in-person programs as there is a need for both. The 3-year SCOA strategic plan for the organization was derived from community needs. As a result, many programs being offered in 2022 are educational, informative, social and fun! For example: Pen Pal, Seniors Technology Buddy, One on One Technology lessons, Youth and Seniors Connect, Telephone Buddy, Globe Walk, Caregiver Presentations, Socially Connecting Seniors and a multitude of lifelong learning courses. **Please look for these on SCOA's website, Coming of Age or phone our office for details to register at 306-652-2255.**

The 2022 Directory of Services and Activities for Older Adults is available for pickup or for download from our website at scoa.ca under the Publication link.

Over the next few issues of Coming of Age, we plan to cover some aspects of Housing for older adults. As we began to delve into the topic, we realised this was more than one issue could handle. Many questions came to mind: How can older adults stay in their own homes safely? What needs to be done for this to happen? What if it can't happen for a variety of reasons? Where else can older adults go? What are the options? How do we navigate the Housing opportunities offered by the public and private sectors?

We plan to cover these and other topics. We also want to hear from you, our readers. What would you like to know about housing options? **Let us know by phone or email (admin@scoa.ca)** and we'll do our best to answer your questions and provide information to assist you to make choices that are right for you. Where we live has a big impact on our lives and we need to have all the information possible to help us make an important and informed choice.

We wish you all good things for the 2022 year!

Sincerely,
**Mercedes Montgomery and June Gawdun
with the SCOA Communication Committee**

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. © 2009/2022. 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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Executive Director: June Gawdun

Communication Committee: Sheila Clements, Chair
Jeanette Dean | Ginnie Hartley | Elliot PausJenssen |

Mercedes Montgomery | Jane Richardson

SCOA Globe Walk 2022

9th Annual SCOA Globe Walk

MOVING THROUGH TIME

**An exploration through the ages
showcasing memorable events,
dances, music and fitness trends.**



Come Explore with us as we move through time - Fitness is constantly evolving. Let's take a walk through some of the most popular fitness trends over the decades!

Visit www.scoaglobewalk.net or phone 306.652.2255 to sign up. Email globewalk@scoa.ca

NEW YEAR, NEW LIFESTYLE!

Enjoy your retirement years in a safe and secure community designed to take care of all your daily chores.

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and Memory Care**

Visit EspritLifestyle.com to book a tour!

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Housing Continuum

1. Staying InYour Own Home

There are supports available to assist older adults to remain in their own homes for as long as possible. The gateway to the health care system in Saskatoon and area, Client Patient Access Services [CPAS], determines eligibility for many services including in home respite or meal preparation. Phone CPAS 306.655.4346 or visit [CPAS website](#) for more information. Visit Saskatoon Council on Aging website - [Directory of Services and Social Activities for Older Adults](#) for detailed listings of home support services in Saskatoon and area.

2. Assisted Living/Enriched Housing/Retirement Living

Assisted living, enriched housing or retirement living provides accommodation, hospitality services, transportation and personal care services for adults who can live independently but require a supportive environment due to physical limitations or health challenges. Operated by private companies or foundations, each facility determines costs and services associated with accommodations. Visit [Saskatoon Council on Aging website](#) for lists of enriched housing in urban and rural Saskatoon.

3. Personal Care Homes

Licensed by Saskatchewan Health under authority of the Personal Care Home Act, a personal care home is a private business that provides accommodation, meals and supervision or personal care assistance to adults in a residential atmosphere. On admission, the client or family will complete an admission agreement with the operator outlining in detail the care the person requires and the cost. Visit the [Personal Care Homes Website](#) for a listing of homes within Saskatoon and area.

4. Special Care Home/Long Term Care Homes

Special care homes provide care when needs can no longer be met in the community. Special care homes are run by the Saskatchewan Health Authority or operated by a provider that has a contract with the health authority. All arrangements to move to long term care homes or to access services are made through Client patient Access Services (CPAS) in the Saskatoon area and through a Home Care Client Coordinator in the rural areas. Cost is provincially determined with rates based on the client's monthly income. View the [list of Special Care Homes in Saskatoon and area](#).

About Client Patient Access Services [CPAS]

CPAS is the gateway to programs and services provided within Saskatoon and area as part of the Saskatchewan Health Authority. CPAS staff will meet with you and your support system to determine your needs, explore options and connect you with a variety of appropriate services to help you stay as independent as possible.

CPAS Programs & Services:

- **Community Day Programs** - Open to adults of all ages who need social contacts and out of home respite for caregiver relief
- **Community Professional Services** - Home Care Nursing, Community Physical Therapy, Community Occupational Therapy, Community Social Work and Nutrition Counseling
- **Community Quick Response** - Assists people in Saskatoon Hospital emergency departments, who do not need to be admitted, but require additional services to manage in the community.
- **Community Volunteer Services** - Community volunteer delivered services such as Meals on Wheels, Transportation and Shopping
- **Home Care Support Services** - Committed to improving the continuum of care with clients in their homes.
- **Personal Care Homes Information, Seniors Housing Guide – URBAN and Seniors Housing Guide – Rural** - [SCOA website scoa.ca](http://scoa.ca)
- **Special Care Homes** - Access to all Special Care Homes is through Client Patient Access Services (CPAS)

CPAS provides access to and determines eligibility for:

- Special Care Homes
- Home Care
- Community Therapies
- Community Volunteer Service
- Seniors First Program (extension of services provided by Home Care focused on supporting seniors in the community. For more information, please contact the Seniors First Coordinators in CPAS at 306-844-4077.)

Cost: There is no direct charge to the client for CPAS services.

Contact CPAS:By phone - Central Intake Line 306-655-4346

Address - #201-310 Idylwyld Drive North Saskatoon, SK S7L 0Z4

[Visit CPAS webpage](#)

REFERENCE:

CLIENT PATIENT ACCESS SERVICES (CPAS). (2019, November 8). Retrieved from https://www.saskatoonhealthregion.ca/locations_services/Services/Client-Patient/Pages/Home.aspx

Winter Programs & Classes



Live with Less: Declutter and Downsize your space

As we age our lifestyle and needs change. The items that were once crucial are now in the way. Downsizing or decluttering are two ways that you can simplify your life, maintain your independence, and ensure that your ongoing needs are being met. Nicholas Fraser, Owner and Operator, YXE Estate Services Saskatoon, provides a guide about downsizing and decluttering.

Date and Time: Tues Jan 25, 2022 10 AM

Location: Online via ZOOM, No Cost

[CLICK HERE TO REGISTER](#) OR PHONE SCOA AT 306.652.2255

Get Moving with Jackie Latendresse of Free Flow Dance Theatre

Jackie is the founder and artistic director of Saskatoon's Free Flow Dance Theatre company which specializes in classes for adults and seniors.

This fun creative dance basics 2 class session will focus on simple stretches and limbering exercises with a fun dance theme. Learn a simple routine and get your body moving during the winter months! Dance is good for the body, mind and spirit.

Weds Feb 9 and 16th 1-2 pm 2022.

Location: Online via ZOOM

Cost: \$60

To register phone SCOA 306.652.2255





MARCH IS FRAUD PREVENTION MONTH

Saskatchewan's Best Birding Hotspots with Stan Shadick

Stan Shadick will discuss the diversity of birdlife found in four of Saskatchewan's birding hotspots. His presentation starts in Saskatoon's Donna Birkmaier park, a naturalized city park where grass is permitted to grow long for the benefit of nesting birds. He will then review some of the colourful songbirds found in the eastern forests at Duck Mountain Provincial Park near the Manitoba border. Finally, he will discuss some unique birds in Cypress Hills Interprovincial Park and in Grasslands National Park.

10 AM Wednesday, April 6, 2022

Location: Online via ZOOM, No cost

**[CLICK HERE TO REGISTER](#) OR PHONE
306.652.2255**

Avoiding Scams and Frauds for Seniors with Shawn Cook

In today's landscape of quickly changing technology, fraudsters have more tools than ever before. Listen to expert speakers from the province's financial consumer watchdog, the Financial and Consumer Affairs Authority (FCAA), on how to protect your money from scams and frauds. This presentation will have a focus on on-line-based scams and frauds.

Time and date: March 10, 1 pm

Location: Online via ZOOM

No cost

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



TO REGISTER 1. Phone 306.652.2255 to pay by credit card. 2. Cheques can be sent to SCOA, 2020 College Drive, Saskatoon, SK S7N 2W4. 3. Pay at office in the Field House, 2020 College

**REGISTER
TODAY!**

TECH YOUR WAY!

One on One Lessons

Get to Know Your iPhone

For beginners: learn the basics of your iPhone in our one on one lessons.

Location: SCOA, 2020 College Drive [Field House] Cost: \$30 for 1.5 hours of instruction.

To register, phone 306.652.2255

Get the Most from Your Mobile Device

Get some tips and tricks for your iPad, Android phone or tablet, laptop in our one on one lessons. Email and apps.

Location: SCOA, 2020 College Drive [Field House] Cost: \$30 for 1.5 hours of instruction.

To register, phone 306.652.2255



iPad Lending Library - FREE

Our iPad lending kits come with basic instruction manuals to help you learn to use apps, play games, Facetime, ZOOM and much more. Learn at your own pace on your own time.

Phone 306.652.2255 or drop by our office in the Field House 2020 College Drive to borrow a kit.

Seniors & Youth Connect - FREE

In the Seniors and Youth Connect program, older adults and youth visit and learn from each other in a fun interactive setting. Online via ZOOM.

Free to join- why wait for spring. Learn something new today!

Phone 306.652.2255 to sign up.



Seniors Neighborhood HUB CLUBS

MAYFAIR HUB CLUB: 3RD THURSDAY OF THE MONTH

Jan 20 1 pm: Cannabis and Older Adults with Patricia Clark

[ONLINE VIA ZOOM: CLICK HERE TO REGISTER](#)

Feb 17 1 pm: Pysanka: Easter Egg Decorating – Ukrainian Women's Association of Canada

[ONLINE VIA ZOOM: CLICK HERE TO REGISTER](#)

March 17 1:30 pm: St. Patrick's Day LIVE Music—Saltwater Joy
Location: Mayfair United Church 902 33rd Street West – Everyone 55 + is welcome! Attendance is free.

April 21 1:30 pm Saskatoon Archives: The Great War, 1914-1918 – Jeff O'Brien
Location: Mayfair United Church 902 33rd Street West – Everyone 55 + is welcome! Attendance is free.

Thank you to sponsors & grantors: Community Initiatives Fund, Sask Lotteries, The Medicine Shoppe

[Visit our website scoa.ca](http://scoa.ca)

For more information and to register

EASTVIEW HUB CLUB: Nutana Legion (3021 Louise St.) 1:30 pm

Jan 25 Jeff Brien, City Archivist – Saskatoon in the 1920's

Feb 22 Merry Misfits - CANCELLED

March 22 Drumming with Jackie

April 26 Windup – Live Music

For more information visit: [Eastview Community Association website](#)

Or email: julianm@sasktel.net A program of the Eastview Community Association

The Nutana Legion requires all visitors to show proof of double vaccination.

SILVERWOOD HUB CLUB: F.G. Community Church - 102 Goerzen Street 1:30 pm

The Silverwood Height's Senior Neighbourhood Hub Club continues virtually on the first Tuesday of the month. Check the [SHCA website](#) for the most up-to-date information.

A program of the Silverwood Community Association

SENIORS HUB CLUB AT ST. MARTINS : St. Martin's Church (2617 Clarence Ave. S.)

St Martins programming is postponed until further notice.

Contact: dianne.young@sasktel.net



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



A GRANDDAUGHTER'S SURPRISE

By Dori Krahn, Remembering When, Saskatoon Fire Department

Ron and Eleanor recently attended a Remembering When presentation on fire safety and fall prevention. That presentation crystallized their desire to stay in the home that they'd lived in for the last 35 years for as long as possible. This was a home that they raised three children in, welcomed each wonderful grandchild with a big fuss and nurtured many wonderful memories.

To make this desire come true, Ron did some research on his computer to figure out exactly what features might help to fulfill that desire. During his research Ron often thought, 'Hmmm, I wonder if Eleanor will go for that?'

Ron decided to bite the bullet and bring up the discussion about grab bars. When he did, a look of disappointment crossed Eleanor's face and she sighed, "Do we have to? People are going to think we are old." Ron persevered, "Have you ever thought about what would happen if you slipped coming out of the bathtub and grabbed onto a towel rack? A towel rack is designed to hold the weight of a bath towel not the weight of an adult wrapped in a bath towel! I've found some grab bars that look really nice. Do you want to come and have a look?" After this conversation, Eleanor felt a little disappointed in herself. Why was this even a question? If it meant they could stay in their home longer, of course, she would agree.

The list of slight changes continued. Ron and Eleanor improved the lighting in the whole house paying close attention to the stairways. They had guide light electrical outlets installed in key locations like the bedroom and bathroom. Someone suggested putting up a railing on both sides of the stairway and the steps leading from their front and side door. They also made modifications to their bathrooms such as putting in comfort height toilets so that they wouldn't need a raised seat in the future.

That summer, Sarah, their 15-year-old granddaughter, came to hang out with them for a week. They had a lot of in-depth conversations and some fun adventures. It was Thursday morning, when Sarah said, "I really like those bars in the shower grandma. I started slipping this morning and didn't fall because it was right where I needed it to be."

Ron and Eleanor looked at each other and smiled. Smart grandkid! Safety is important for everyone.



Remembering When is a National Fire Prevention Association designed program that uses nostalgia to promote eight fire safety and eight fall prevention messages through group presentations and home visits. For more information, [visit the website:](#)

GRAND OLD OPRY "Zoomer Style"



September 24, 2021 WDM

Attendance: 236

Finalists included: Roy Hargreaves, St. George's Senior Country Band, Paddlewheelers, John Quinn.

MC: Rob MacDonald

Judge: Jay Semko

Special appearance by "Minnie Pearl"



Canine Good Neighbour Program

Is your dog a good neighbour? Canine Good Neighbour is an evaluation procedure designed by the Canadian Kennel Club. The goal is to evaluate dogs (and their owners) to determine if they could successfully participate in visitation programs. Owners and trainers use the test to see if their dogs could become certified Service dogs at some point. Testing exercises are available on the [Canadian Kennel Club website](http://www.ckc.ca) www.ckc.ca. Qualifying dogs receive certification from the CKC.

Pre registration is required.

Date and time: Sat. Jan 22 10 am to 5 pm **Cost:** \$40

Location: Sage Seniors Resources- Market Mall. Covid Health Mandates will be followed- immunization, masking and tracking. To register, phone SCOA 306.652.2255

SCOA Globe Walk: Dance Moves Through the Decades

Brenda Bennett will present the Charleston and Lindy Hop dances from the 1920s-1940s.

Date and Time: Jan 5, 2022 at 1pm

Location: Online via ZOOM

Cost: Free

[CLICK HERE TO REGISTER](#)

Century Club event with Martin Janovsky

Martin Janovsky is a Canadian pianist and a music teacher born in Czechoslovakia. Janovsky graduated from Conservatory of Prague and Trinity College of London England. Martin has recorded three solo albums: "Strings And Hammers", "Wonderful World" and "Home For The Holidays". Most recent recording is a collaboration with Trevor Wingerter "A Classic Christmas In Concert".

Date and Time: January 26, 2022 at 2pm

Location: Online via ZOOM

Cost: Free, to register, call the SCOA office at 306.652.2255.

**CAREGIVER WEEK IN
SASKATCHEWAN March 20-26, 2022**



Stay Connected this winter! FREE TO JOIN!

Community Pen Pal Program - Older adults and students exchange letters for mutual learning and friendships.
To register phone 306.652.2255. No cost.

Telephone Buddy Program - Visit with a friendly volunteer over the phone. To register phone 306.652.2255. No cost.

Change Starts Here - Volunteer Today!

Enjoy communicating ideas and information? The Saskatoon Council on Aging seeks volunteers for our Communication Committee. The Communication Committee promotes and develops ongoing communication, internally and externally, according to the mission, vision and values of the Saskatoon Council on Aging.

Contact Leslie leslie@scoa.ca or phone 306.652.4411 to apply

SCOA ANNUAL APPEAL: MERCEDES' STORY

Mercedes is a long-time volunteer who first encountered SCOA in 2006 when invited to join the Publication Committee (that published the SCOA Newsletter, "Coming of Age"). Since then she has participated on numerous SCOA committees. She treasures the new friends, mostly volunteers like herself, made while working on important projects dedicated to improving the well-being of older adults (like her!). She comments, "SCOA is like a vortex; once in, it draws you in further and deeper! And you become a tireless volunteer advocating for older adults through SCOA". She is grateful for the challenges and opportunities and for the satisfaction of giving back to the community. She presently serves as President of SCOA and Chair of the Board of Directors.



Mercedes is Mom to four, "Baba" to eight and "Big Baba" to two wonderful, little "greats". She is an RN (Retired) and a former Nurse Educator who enjoys meeting up with former Grads to learn all about their careers.

Her vision for SCOA as it enters its 31st year, is a comprehensive, "go-to", premier organization for older adults in Saskatoon and area, growing while keeping the Vision: "Positive Aging for all in an Age-friendly Community". To accomplish this, SCOA needs a reliable source of funding; it has the organization and the people!

DONATE NOW

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

Your donations help SCOA provide free programs and services for older adults impacted by the pandemic.

Be a full MEMBER

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

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 - 2020 College Drive

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