



A publication of the Saskatoon Council on Aging

Coming of Age

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.

WINTER 2023

Membership provides crucial programs & services to older adults

Membership strengthens the voice of older adults

Membership builds an age-friendly community for everyone

6 Top Reasons to be a **SCOA** Member

Buy or Renew today!

Members participate in governance of the organization

***Members receive discounts on select programming**

***Members receive a coupon pack from participating partners**

*Individual Membership: \$25 per year

*Couples Membership: \$35 per year

Corporate Membership: \$250

Non profit Membership: \$25

Memberships run April 1 to March 31

BUY OR RENEW YOUR MEMBERSHIP TODAY!
Phone **306.652.2255** or visit scoa.ca for our [online form](#)

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2020 College Dr. [Field House]
www.scoa.ca
admin@scoa.ca
306.652.2255



Joan Cochrane
SCOA President

PRESIDENT & EXECUTIVE DIRECTOR'S MESSAGE



June Gawdun
Executive Director

It's a fresh new year with many activities happening at the Saskatoon Council on Aging (SCOA). In this issue you will read about many of the programs and services we offer.

For those of you that want to get active this winter, check out our exercise programs:

• **Strong, Balanced and Fast** - Venture Rehabilitation and SCOA are offering this program aimed at older adults with a focus on balance, upper and lower body strength and mobility as well as core stability. **Class is full, leave your name on waiting list Ph 306.652.0149 for more information on this class**

• **10th Annual SCOA Globe Walk** - Join us to celebrate movement around the globe! We'll begin January 2023 and count kilometers through exercising until April 30, 2023. Any type of physical activity counts. Visit www.scoaglobewalk.net or call 306-652-2255 for more information.

Please visit our [website registration page](#) to find out about all our other programs you may wish to attend.

Caregiver News: Caregiver Information and Support Centre now has a toll free line at 1-888-652-4411. Activities are expanding to offer more support for family caregivers. Plans are in the works to offer more Caregiver Café's and education programs for caregivers. A tool kit for caregivers is being created which will be available for free and in the future the Caregiver website at www.saskatooncaregiver.ca will be expanded to show resources for caregivers across Saskatchewan.

Thank you to everyone who attended our fundraiser Nifty 50's "Zoomer Style" event and those who responded to our annual appeal. Your generous support allows SCOA to continue offering free programs to older adults and caregivers.

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. © 2009/2023. 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

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Executive Director: June Gawdun

Communication Committee: Bill Brooks | Sheila Clement | Jeanette Dean | Ginnie Hartley | Julie Fleming Juarez

| Jane Richardson | Vida Todd

Design: Virginia Dakiniewich [Staff]



Welcome to SCOA Globe Walk 2023: Join us as we explore movement around the globe and celebrate 10 years of this inspiring fitness event. Free to join. Runs Jan 2 to April 30.

JOIN US!

Enjoy monthly events,
resources to help you stay
motivated and all around fun!

Sign up as a team - Visit
scoaglobewalk.net

No team? No problem -
[join the SCOA Team](https://scoaglobewalk.net)

Visit scoaglobewalk.net for more
information, email
globewalk@scoa.ca or phone
306.652.2255

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GEOCACHING: Hide and Seek for adults!

by Julie Fleming Juárez, SCOA Communication Committee

Are you looking for an excuse to get out and about? Try geocaching!

Geocaching is basically a treasure hunt where you use a website or app to direct you to hidden caches. Caches come in all sizes and shapes---an old pill bottle, film canister, pipe, lawn ornament, fake rock, artificial flower, magnetic container, etc. You'll have to search high and low, in trees, rocks, benches, metal containers, and on the ground. There are also different kinds of caches, such as Virtual Caches, Earth Caches and Puzzle Caches that keep you on your toes. Local geocaching clubs such as Saskatoon and Area Geocachers (SAGA) host events, such as community and park clean ups, and have a wealth of information on their website.

All you need is a phone or a portable GPS and a geocache app. The app gives you all sorts of guidance on how to find a particular cache. Once you find it, you sign the paper log inside and record on your app. It's all run by the international organization Geocaching.com and you can do it for free or become a premium member if you want access to more caches.



"Geocaching has enhanced our lives," says Joanne Cliff, 67. "It gives us a reason to get out of the house to explore new areas of the city, rural roads, and small towns. Geocaching has given us opportunities to meet many awesome people, many who have become good friends."

Rachelle Wall, 56, started geocaching in 2018. "I like geocaching because it gets me outdoors in the fresh air and takes me places I have never had an interest in going to, even in my own city."

Geocaching is a great family activity, but it has many benefits for older adults. It promotes healthy aging through physical and mental exercise, encourages socialization and combines using technology with being outdoors.

"Geocaching keeps our minds active when trying to solve mystery caches and puzzle caches," says Joanne. "You learn new skills like navigation, fun facts when doing lab cache adventures and reading some cache pages as they are often placed at historic sites. "

Rachelle agrees. "Keeping active through sport, socializing or solitary hobbies like geocaching will keep you fit, and is good for your mental health as well."

What are you waiting for? Download the app and start searching! Here are a couple of links to check out in the meantime.

[Seek and You Shall Find. . .Or Not! – Wanderings Art](#)

[Using Geocaching to Promote Active Aging: Qualitative Study – PMC \(nih.gov\)](#)

[What is Geocaching? – YouTube](#)

Beyond the Pandemic: Elevating the experiences and voices of older adults in the Saskatoon area

Submitted by Jane McPhee on behalf of The Age Friendly Community Development Committee - The Beyond The Pandemic Project Committee

In July of 2020, after the first wave of the COVID 19 pandemic, the provincial government began “reopening the province” and lifted public health measures. The SCOA Age Friendly Community Development Committee drafted a white paper to submit to government that outlined impact of the pandemic and public health measures on older adults. We made recommendations for action and policy change on Ageism, Older Adult Abuse, Human Rights for Older People, and Mental Health and Social Isolation.

In March of 2021, we were successful in getting a \$25,000 grant from New Horizons for Seniors to complete a research project to further explore experiences of older adults. We collaborated with Dr. Donna Goodridge from the University of Saskatchewan to develop and seek ethics approval for a project that involved a two pronged approach. We also engaged an Expert Panel to advise us. The panel consisted of some of SCOA’s community partners and leaders, some of whom are older adults themselves. Representatives included City of Saskatoon, CUISR, Saskatchewan Human Rights Commission, Saskatchewan Seniors Mechanism, Open Door Society, Saskatchewan Health Quality Council, U of S College of Medicine, School of Rehabilitation Sciences, Department of Community Health and Epidemiology.

First we asked older adults to complete an online survey, and then asked the participants if they were willing to participate in focus groups to further explore what we heard from the surveys. We are grateful to the 409 older adults (ages 55-93) who completed the surveys, and the 49 participants in our focus groups. When some of our research team presented our process at the recent Canadian Association of Gerontology in Regina, colleagues there were so impressed with the numbers of men and women participants in an online survey in Saskatoon and area!

In-depth reports on both the Survey results (the quantitative results) and the Focus Group results (the qualitative results) are currently being completed. In some of our early results, older adults reported difficulties during the pandemic including separation from families and loss of volunteer roles, surgical delays, experiences of ageist attitudes in society, and other issues. They also told us of “silver linings”; being able to access healthcare that was not previously available via technology, and learning to use new technologies to stay in touch with family and friends. They also told us of their resilience, and of their desire to be part of restoring the fractured relationships and divisions that have emerged in society as a result of public health measures and other pandemic issues.

Stay tuned for further updates of the results of our research project, and the actions that we hope to take as a result of what older adults told us through this important project!

WINTER PROGRAMS

Saskatchewan History & Folklore Society

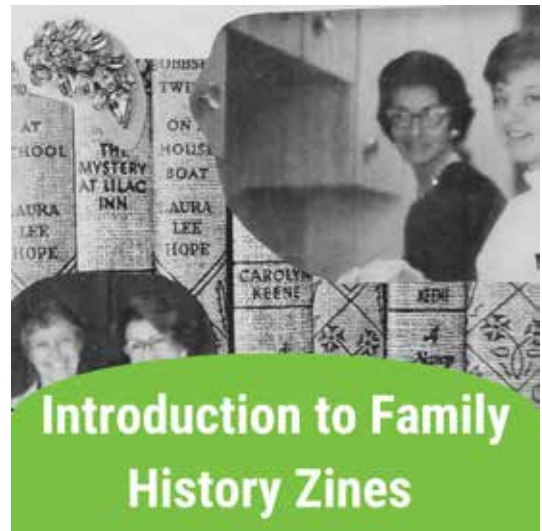
Tues, Feb 7, 1pm to 2 pm

Mtg Room 3, 2020 College Drive [Field

House]Cost: \$10, Max 20 participants

A zine (short for magazine) is a “do-it-yourself” art form and mini-magazine. Making a zine for family history is a fun way to write about all the things you find important or moments you'd like to preserve. Using pictures with text makes your creation more vivid and helps preserve special memories. In this workshop, you'll see examples of family history Zines and learn to make a simple Zine for yourself!

Supplies included. To register, phone 306.652.2255



“I am still learning.”
~ Michelangelo

“The beautiful thing about learning is that nobody can take it away from you.”
~ B.B. King



Thurs, Feb16, 1 to 2 pm

Online via ZOOM

Cost: \$10, free for SCOA members

An overview of affordable housing options for older adults in Saskatoon with Brenna Sych from the Saskatoon Housing Initiatives Partnership.

Brenna Sych is the Communications Coordinator for Saskatoon Housing Initiatives Partnership (SHIP) .As well as organizing this years Innovative Approaches to Housing and Homelessness conference, Brenna is always looking to learn and grow her experience as she continues her work with SHIP.

To register, phone 306.652.2255

**CAUTIOUS CONSUMERISM:
PROTECT YOURSELF AGAINST
IDENTITY THEFT AND FRAUD**

**PRESENTED BY THE CREDIT COUNSELLING SOCIETY
Thurs Jan 26 10 am to 11 am, Online via
ZOOM \$10, Free for SCOA members**

With advancing technology, criminal fraud can hit very close to home. To protect ourselves, we must first understand what criminals are doing, then take safety measures to prevent ourselves from being victimized.

Join us for an interactive webinar where you'll be able to:

- Protect yourself against identify theft and fraud;
- Know what steps to take if you've been victimized;
- Know where, when and how to report fraud;
- Identify the most recent and common scams in Canada.

PHONE 306.652.2255 TO REGISTER



**Cautious Consumerism:
Identity Theft and Fraud**

**Thurs Jan 26 10 am
Online via ZOOM
\$10, SCOA members free**



**Be Scam Smart & Protect Yourself from Identity Theft
Presented by Canada Revenue Agency**

Thurs, March 2, 10 am to 11 am Online via ZOOM

Learn how to avoid tax refund and payments scams. Learn how to detect scammers pretending to be the CRA.

Cost: Free

[CLICK HERE TO REGISTER](#)

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 or pay in person at our office.

***REGISTER
TODAY!***



Learn the basics of your iPhone: Important settings, accessibility features, productivity tips and tricks, Apple's built in apps Messages, FaceTime, Mail, and more! Class limit: **APPLE DEVICES ONLY**
Participants must have Apple ID & password, minimum iPhone 6 required
Cost: \$40 FOR 1.5 hour workshop
Phone 306.652.2255
DATE TBA, LEAVE YOUR NAME ON WAITING LIST

Do you have hundreds of photos stored on your device or in the cloud? Learn how to sort and tidy your photo library so all your wonderful memories are secure and accessible.

Apple devices only; Participants must have Apple ID & password, minimum iPhone 6 required
Cost: \$40 FOR 1.5 hour workshop
Phone 306.652.2255
DATE TBA, LEAVE YOUR NAME ON WAITING LIST



Have ideas or suggestions for a class or workshop? Topics you would like to explore?

Let us know!

Contact Virginia 306.652.0149 or email virginia@scoa.ca



**Nov 4
2022
WDM**



People's Choice: No Hurry

Judges' Choice: Colleen Carr

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NIFTY 50S “ZOOMER STYLE”



Group Exercise for Social and Mental Health

By Mike Hendricks, Therapeutic Recreation Student working with
Kimberly Willison, Senior Recreation Therapist
Community Older Adult, Forever...in motion

We all know exercise is great for our bodies. But did you know it also improves our mental and social health? The past few years have been hard on everyone. Lockdowns, isolation, and stress have made going out to see family and friends almost impossible and put our favorite leisure and recreation activities on the back burner. Let's examine how group exercise programs like Forever...in motion can get us back to our usual happy and social selves.

Group Exercise for Mental Health

Ever heard of the term runners high? That great feeling you get after a jog, run, or anything that gets your blood pumping and muscles moving? Well, science proved it's a wonderful side effect of being physically active, and here's why. Exercise releases "feel-good" chemicals called endorphins. These "feel-good" chemicals create a sense of well-being and leave you feeling energized and happy. If that wasn't enough of a reason to get out and exercise, a recent study done by the



Harvard T.H. Chan School of Public Health found that being vigorously active for 15 minutes a day or walking for an hour reduces the risk of major depression by 26%.

Group Exercise for Social Health

Find it hard to get motivated and get a good workout in when you're alone? When we exercise with others it doesn't feel like a chore. It's fun and exciting, time seems to fly by, and we get to catch up with friends while we get our daily exercise. Group exercise programs like Forever...in motion are great for our social well-being. Members come early and stay late to have a coffee with their friends and catch up on the latest news. A study published by The Journal of the American Osteopathic Association reported that individuals who participated in regular group fitness classes were more likely to decrease their level of perceived stress and increase their physical, mental, and emotional quality of life compared to those who exercised by themselves or not at all.

The mission of Forever...in motion is to improve and/or maintain the health of older adults living in the community through education and physical activity. Let us know if you would like more information about a class near you!

PH 306-844-4080 or foreverinmotion@saskhealthauthority.ca

Or [join us on our Facebook page](#) Forever...in motion classes

Forever ...in motion



Physical activity classes throughout Saskatchewan, with 100+ groups within Saskatoon and surrounding area.

Did you know that you can reduce your risk of having a fall by up to 40% by being physically active? Forever...in motion participants report having half the number of falls than the national average!

Forever...in motion is a physical activity program, that has been in Saskatchewan for 20+ years, for older adults 50+ with a focus on strength, balance and flexibility. Classes are modified for people with Chronic Conditions and participants are encouraged to work at their own pace. Groups are encouraged to have time before and after class for socialization. Classes are generally peer leader led and are free or very low cost.

For more information about a Forever...in motion group near you, phone 306-844-4080 or e-mail us at foreverinmotion@saskhealthauthority.ca

Attention Newsletter Readers:

Are there potential articles or sections that 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? SCOA is looking to see what other items can be included to brighten your inbox. Please let us know what you would like us to consider including.

Send your suggestions to admin@scoa.ca

Caregiver Café Presentations

Caregiver Café: “Partnership Program: A Mental Health Presentation”

Who: The Schizophrenia Society with Guest Speakers.

When: Tuesday, January 31, 2023 from 1:30pm – 3:00pm

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

What: The Partnership Program is a stigma busting initiative built around a one-hour public awareness presentation by the Schizophrenia Society. Guest speakers discuss their experience with a mental health disorder; what it's like caring for someone with a mental health disorder, and hearing from a mental healthcare professional. They will share stories of recovery from schizophrenia and related mental illnesses while informing on how to seek treatment and services.

Cost: FREE

Caregiver Café: “Just in Case: Final Arrangements”

Who: Elaine Lozinski – a Final Affair consultant, lecturer and author who strives to bring clarity to the overwhelming world of final affairs.

When: Tuesday, February 28, 2023 from 1:30pm – 3:00pm

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

What: Join us for an open, honest discussion about what it means to plan your Final Affairs and help bring clarity to the many common questions around final affair planning. Just in Case provides a practical approach to planning for end of life or other emergency situations. This seminar will provide guidance and tools to help get you started or to complete your preparations.

Cost: FREE

Caregiver Café: “Managing Medications as Caregivers”

Who: Courtney Charles, a geriatric-certified pharmacist from the University of Saskatchewan, College of Pharmacy & Nutrition

When: Tuesday, March 28, 2023 from 1:30pm – 3:00pm

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

What: Join us to learn about best practices, tips for medication safety, and how to communicate efficiently with your pharmacist!

Cost: FREE *Live stream available – visit [SCOA's YouTube page](#).*

In-person seats are limited – call 306-652-2255 to save your spot. Coffee and refreshments provided. Free 3-hour respite available for your care recipient from Alto – Professional Care Service Provider. Only 2 spots available. Please call the office to register. 306-652-2255.

***Thank you to funders: Petro-Canada Caremakers Foundation;
Our Lady of the Prairies Foundation, Saskatchewan Blue Cross***



Join us this spring for a relaxing day of care for the caregiver. Free respite care will be available with limited spots. **Call the office 306.652.2255 to put your name on the list to be the first to know more info!**



Tips to help you this tax season!

*Resources from
Canada Revenue Agency*



Looking for new opportunities in 2023?

**YWCA Career Moves
55-64 Program
Phone: 306-986-2883**

[Some tips to help you this tax season](#)

YWCA Career Moves 55-64 Program is a program designed for increasing the employability of workers aged 55-64.

Seniors Neighbourhood Hub Clubs



**Seniors Neighborhood Hub Clubs are back in person!
You are invited to attend all "FIVE" Hub Clubs.**

MAYFAIR HUB CLUB

When: 3rd Thurs of the month 1:30 to 4 p.m.

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

1:30 pm Blood Pressure checks, 2 pm program begins

Thurs Jan 19 "Get Your Groove On" - Disco Dancing with Brenda Bennett

Thurs Feb 16 Decluttering with Nick

Thurs March 16 Celebrating Irish Culture

Thurs April 20 "Out of This World" with Bill Brooks

Thurs May 18 H "Swing Your Hips" with Karla

Thurs June 15 Old Tyme Rhythm Makers music

Contact Cynthia cynthia@scoa.ca | **306.652.2522**

Thanks to sponsors & funders: SCOA, Sask Lotteries, Primrose Chateau, Aspira Hunter Village and the Medicine Shoppe

EASTVIEW HUB CLUB

When: 4th Tues of the month 1:30 to 4 p.m.

Where: Nutana Legion, 3021 Louise St.

Tues Jan 24: Medicinal Cannabis

Tues Feb 28: in Motion with Sandra Rose

Tues March 28: Global Gathering Place, Bingo

Tues April 25: Year End Wind Up

Contact: Stephanie sreitbodie@gmail.com



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

People of African Descent and Friends Seniors Hub Club

When: 2nd Wed of each month 1:30 – 4 pm

Where: Mtg Room 3, Field House 2020 College Drive.

Weds Feb 8: Bingo

Contact: Vivian Vivian.Puplampu@uregina.ca

ST. MARTIN'S HUB CLUB

When: 3rd Tues of the month 1:30 – 4 pm

[except Sept and Dec: 2nd Tuesday of the month]

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

Tues Jan 17: The Roaring 20's in Saskatoon – Jeff O'Brien

Tues Feb 21: The Meri Misfits

Tues Mar 21: Saltwater Joy

Tues Apr 18: Bird Song – John Patterson

Tues May 16: Sask. History & Folklore Society

Contact: Maureen macline@sasktel.net or **Dianne** dianne.young@sasktel.net

GO FORTH HUB CLUB

When: 1st Mon of the month 1:30 – 4 pm

Where: Calvin GoForth Presbyterian Church, 1602 Sommerfeld Avenue

Mon Jan 9: Saskatoon Fire Dept – Helping Older Adults Learn to Prevent Fire and Fall Related Injuries

Contact: Sheila Cameron-Hopkins 306.955.9119

Please note that masks are required. COVID protocols observed



Be a **MEMBER**

JOIN US!



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

Please send your cheque to:
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2020 College Drive,
Saskatoon, SKS 7N 2W4.

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

(please include your full address).

CRA 130735756RR0001



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