

READ BY 100,000 SK SENIORS

Welcome to New Executive Director **Holly Schick**



The Saskatchewan Seniors Mechanism is excited to have hired Holly Schick as their Executive Director.

Holly grew up in Lemberg, Saskatchewan. Her work background is primarily with the United Church in both rural and urban settings. Most recently, she worked

as Program Staff in the provincial office of the United Church in Saskatchewan. She has extensive experience working with volunteers, committees and boards, developing and presenting educational events, and administration.

When not at work, Holly enjoys genealogy, bridge, reading, walking, and spending time with family and friends.

She is looking forward to meeting the many people connected with SSM and its member organizations!

Welcome aboard Holly!

Fond Farewell to **Bev MacLeod**



It has been a pleasure to have Beverly MacLeod in the position of Executive Director at the Saskatchewan Seniors Mechanism since Spring 2006. Over this time, she has been the catalyst in many endeavours focused on improving the lives of our Saskatchewan seniors. There have been many challenges and she has faced them in a positive way, always putting others first and striving to follow the path that leads to the best results.

We are sad to see her leave but wish her the best as she moves on to a new position. So long but not good bye, as we hope to meet you from time to time!

Thank you for caring enough to make a difference!

We wish you success and happiness, Bev!



SSM WEBSITE

www.skseiorsmechanism.ca



Editorial Committee

John Knight (Chair), Trevor Quinn,
Shirley Lomheim, June Mitchell

Technical Support

Lynne Couzens

All editorial matter published in *Gray Matters* represents the opinions of the authors and not necessarily those of the publication's editorial board or the S.S.M. Statements and opinions expressed do not represent the official policy of S.S.M. unless so stated.

Look for *Gray Matters* to be available quarterly: January, April, July, October.

Articles for consideration for publication are welcomed. Reports of past, present and future activities and programs associated with member organizations are also invited. Deadline for submissions is the first day of the month preceding publication.

Acceptance of advertising does not imply endorsement by *Gray Matters* or S.S.M. Information regarding rates and policy available on request. *Gray Matters* can be contacted at #112 - 2001 Cornwall St., Regina, Sask., S4P 3X9. Phone (306) 359 - 9956; fax 359 - 6922, e-mail: ssm@skseniorsmechanism.ca

Between the Covers

Seasonal Influenza	3
Crypto Corner	4
SSAI Newsletter	5-8
Do You Agree?	9
Primary Health Care	10
Yeah But	10
Night of Halloween	12
Opportunities in Saskatoon	13
WOW	14
thanksgiving hymn	14
Philips Lifeline	16
SSM Member Profile	17
Century Club Corner	18
FRAUD CENT\$	20

Publication Mail Agreement 1540750
Undeliverable Copies to:
Saskatchewan Seniors Mechanism
#112-2001 Cornwall Street,
Regina, SK S4P 3X9

Celebrating lives well lived



2136 College Avenue • Regina • (306) 522-3232 • speersfuneralchapel.com

Saskatchewan Seniors Mechanism



is an **umbrella organization** that brings together groups of older adults who offer their wealth of experience, knowledge and time to work together in the interest of seniors in Saskatchewan. From a wide range of backgrounds, these groups work selflessly to better the life of older adults, whether advocating about issues of interest to seniors, providing specific types of programming, or sharing information to benefit seniors in our province.

'Seniors Working Together'

Donations to SSM to support our seniors programs are gratefully accepted. Charitable receipts will be issued for gifts of \$15.00 or more.

Organizations represented on the SSM Board are as follows:

- Saskatchewan Retirees Association
- Saskatchewan Senior Fitness Association
- Saskatchewan Seniors Education Corp.
- Saskatoon Council on Aging
- Fédération des Aînés Fransaskois
- Senior Power
- Regina Senior Citizens Centre Inc.
- Superannuated Teachers of Saskatchewan
- National Association of Federal Retirees
- Saskatchewan Seniors Association Incorporated
- Saskatchewan Federation of Union Retirees
- SaskTel Pioneers Chapter 59
- Women of the Dawn

SENIORS INFO LINE 1 – 888 – 823 – 2211
OR CHECK OUR WEBSITE
www.skseiorsmechanism.ca

Seasonal Influenza: It is Serious

Seasonal influenza, which is not H1N1 influenza (swine flu), is a serious respiratory illness that can lead to severe complications and even cause death. Immunization remains the best way to fight influenza. Immunization can lower your chances of getting influenza, or, if you get influenza after being vaccinated, you may not be as sick.

You may have the influenza virus and not be ill, but still pass the disease on to others. We encourage you to get your seasonal influenza immunization to protect yourself and those around you. The vaccine is safe, easily accessible and has very few side effects.

The Saskatchewan Ministry of Health is providing seasonal influenza vaccine to Health Regions for high risk individuals starting in October, 2009. High risk individuals include: those persons aged 65 and over, those diagnosed with chronic lung or heart disease, diabetes, lowered immunity, cancer, kidney disease, severe anemia, pregnant women, children six to 23 months and children or adolescents on long-term ASA therapy.

We also encourage people who are not high risk to be immunized. A fee will be charged.

For clinic times and dates in your area, call your local public health office and watch your local newspaper. For general information regarding influenza please call Health Line at 1-877-800-0002.

Seasonal Influenza immunization does not cover H1N1 influenza. More information regarding H1N1 immunization will be made available by the Saskatchewan Ministry of Health at a later date.

Did you Know?



There is a vaccine that prevents some types of pneumonia.

It is recommended that seniors and those at high risk receive this vaccine once in a lifetime.

It's important to get the pneumonia vaccine before the next wave of Influenza arrives in the community!

CERTIFIED ORGANIC HEMP SEEDS

Nature's Power Food



TRY SOME
TODAY

If you suffer with:

- Arthritis • Food Cravings & Weight Gain
- High Blood Pressure
- High Cholesterol • Digestion & Constipation
- Diabetes & Food Allergies or Intolerances
- Chronic Fatigue Syndrome

HEMP SEEDS are concentrated with all the required protein & essential fatty acids your body needs. It also contains amino acids, fibre, iron, calcium & enzymes!!

NEW
LOWER
PRICE

\$13.99
454 GMS

HEMP SEEDS CAN HELP!!

OLD FASHION FOODS LTD.



520 University Pl. Dr.
789-4055

4908 Dewdney Ave.
545-2344

447 Albert St.
924-3134

4123 Rochdale Blvd.
545-4699

3976 Albert St.
585-2144

501 Victoria Ave.
352-8623

405 Souris Ave.
Weyburn SK
842-3003

"More Than Just a Health Food Store"

Free Delivery on orders over \$25 Weekday Afternoons

CRYPTO CORNER

Clue Q=I

QC BKRUL XN SMNDC QI NTNMGKAN BOK
 MNDHONV KRM VCDSN KI UQIN INUC DV
 COKRSO, QI CONG ODL DAKCONM HODAHN,
 CONG BKRUL UQFN CK LK DUU CON VDJN
 COQASV KTNM DSDQA.

Solution Page 13

SASKATCHEWAN SENIORS ASSOCIATION INC.

NEWSLETTER

Please send all your news and comments about the SSAI newsletter to:

Fern Haight, Box 393, Hanley, SK.

Fax: 544-2757, Email: fern.h@sasktel.net

President's Message

It's time to get back to work! My summer break is over and matters of senior's interest await. I say summer with a little tongue in cheek, as apart from a couple of days in June and a couple more in July and the present "heat wave" in August, summer really does not describe adequately the weather we have had. Those people lucky enough to have a place at the lake to go to will attest to the frigid temperatures late in the evening and early in the morning during those "summer" months and those seniors who still have a vested interest in farming will bemoan the late growth and ripening of crops. If the term 'global warming' comes to mind, then the unseasonable cool weather we have been experiencing is the opposite of what we all probably were expecting.

SSAI is still waiting for news from the Provincial Government as to whether or not senior centers across the province will be receiving some funding which will enable them to keep their doors open. There was some encouragement and support from the standing committee we met with in June of this year but all the support and encouragement in the world will be of little use, if in the end no funds are forthcoming. I know that a number of senior centers have taken the opportunity to meet with their local elected MLA's to make them aware of the problems that exist in keeping centers open. This was an action that was discussed at our annual convention and lobbying the Conservative Government for funding became the number one priority for the executive board of SSAI to pursue. We intend to do that but as always we do need the help of all our members no matter where they live in the province.

We have, waiting in the wings, a new and improved brief to present to the members of our government and also to members of the opposition but the timing and the content of the presentation will depend entirely on the result of the last discussion we had with government caucus members. There are other items in that brief to be presented that are of equal importance and to some seniors they will be of greater importance, but they will also have to wait until a response to our number one issue is received.

All these issues concerning the seniors that belong to SSAI have been brought forward by means of resolutions to our annual convention from clubs belonging to the Saskatchewan Seniors Association Inc. To some extent those problems that affect seniors from SSAI and which are forwarded on to the appropriate level of government to be dealt with may in a lot of instances be the self same issues that affect all seniors across the province. Unfortunately we have no way of determining if that is true or not, we can only guess but standing committees of governments do not deal with guessing games. They deal with fact backed up by proof. SSAI with its limited budget does whatever research it can to provide facts and figures that will support the concerns expressed in our briefs. As president of SSAI, I am directed only by the board and members of SSAI in regards to matters of importance to seniors that have paid an annual fee and are members of SSAI.. I cannot speak for all 167,000 seniors in Saskatchewan and unfortunately there is no one else that does. That could change in the future, for nothing would please me more than to have 167,000 seniors speaking with one voice on all matters of concern to them. That would indeed be a very large squeaky wheel.

Plans will be getting under way very soon for the next annual 5 pin bowling tournament. The last tournament was a huge suc-

cess and we know according to the grapevine that the one in 2010 is going to be a little larger and probably better. How much better it could be I don't know as every one I spoke to had a whale of a time last year.

A sad note at this time is that we lost through a vehicular accident our one and only Mr. Big. Tom Breckner was not only a valued member of the Colonsay seniors club, and not only was he a valued director of SSAI but he was for all intents and purposes the "entertainment" when seniors got together. His songs and jokes provided humour and good fellowship wherever he went. Tom was an avid hunter and fisherman so I hope that the celestial fishing and hunting grounds are up to his expectations. On behalf of all seniors that knew him he will be sorely missed.

For the rest of us, we just have to keep active and stay healthy.

Len Fallows,
President SSAI

A NEW EXECUTIVE DIRECTOR

The Saskatchewan Seniors' Association would like to express their thanks to Beverly MacLeod for her endless dedication, over the last three years, as Executive Director of the Saskatchewan Seniors Mechanism. All her hard work was truly appreciated. Although we are sad to have her leave SSM, we do wish her success and happiness in her new position.

We cordially welcome Holly Schick, the new Executive Director of SSM, to the SSM Board. SSAI sincerely hope that her leadership will be rewarding, not only to herself, but to the member organizations, as well as the seniors of Saskatchewan. SSAI extends their best wishes to Holly and look forward to having the pleasure of working with her and meeting her in the near future..

WELCOME HOLLY

Submitted by:
Fern Haight, PP President of SSM

SSAI WALKATHON REPORT 2009

It is sure exciting to go to the mail and see all those letters coming in from clubs across the province.

One club participated for the first time this year. Others said this was the first time some of their members participated.

We give a big pat on the back for the club that had only one walker, couldn't get anyone else to walk, said the letter, but make sure you send the form next year.

We didn't have as many walkers or clubs participating this year. I don't know what the weather was like where you live, but I know it was sure cold and windy where I live. For a few years it was ice and snow. I am sure it kept a few from walking. But of those that did walk, most walked more miles than last year.

Here is some of the information:

- Number of clubs that participated --39
- Number of districts ----- 11
- Number of walkers -----327

Now for all that we have been waiting for:

- Highest average miles walked per club members - 100 miles - - Melfort Senior Club Region C Blanche Kyler Director
- Highest percentage of club members walked – 81% - - Melfort Senior Club Region C Blanche Kyler Director
- Highest miles per walker – Jean Duret - - La Cooperative De l'age D'or Debden Golden Age Club Region B Sheila Righi Director

There were a number of walkers over 250 miles, which shows we are keeping fit.

Reported by Marie-Ange Rancourt Director Region F

Thank you to my club members for all the help in putting this together.

Keep walking!

REGION E ANNUAL FUN DAY

Region E Seniors met in Delisle for the annual Fun Day. June 17 was a great time to be a member of SSAI and join in the fellowship of that group. Each club brought entertainment. Groups entertained from Saskatoon, Perdue, Bigger, Vanscoy, Hanley and Delisle.

The host club put together a 50/50 Chinese raffle. 15 items were donated. A door prize donated by Bob & Shirley Bentley was won by Aileen Boyle of the Delisle group.

A coffee and cookie break was enjoyed at 3 p.m. Delisle had the beef meal catered by Robins Nest, Vanscoy and it was enjoyed by the 102 that attended.

We are already looking forward to next year. Let Marvin Gilbertson, Director of Region E, of Vanscoy, know if you intend to host. We'll be there!!!

Doris Pattison
President, Delisle

SHAUNAVON SENIORS ENJOY DAY OF FUN

Lawrence Pommier

On August 11th the Shaunavon Senior Citizens held their 3rd annual Fun Day in the local park. Approximately 50 seniors took in the day's event. There was also representation from the Aneroid Club, who recently joined the SSAI.

Entertainment consisted of beanbag and snake toss games. Along with musical entertainment by John DeVries, Gary Smith, Esther Hagen and Bob Meek. Our mayor, Sharon Dickie, gave us a brief update on progress in recruiting doctors for our health center. Mayor Dickie is the chairperson on this committee.

At 5 p.m., the day's event wound up with a delicious potluck supper.

This event is a way that seniors can get together and socialize and probably will be an ongoing event in the future years.

Our regular meeting was held on September 8th at 2 p.m. at the Senior Centre.

A potluck supper was held on September 15th.

CONDOLENCE

SSAI extends their sincere condolences to the family and friends of the late Thomas Breckner, who was killed in a car collision on July 13, 2009. Tom was Director of Region G and Co-ordinator of District 19. He was a tremendous asset and a willing worker for our Organization. His pleasing personality, his musical talent and his many winning ways will be greatly missed by all who knew him.

May you rest in peace, dear Tom.

NOTICE

SSAI is anticipating making a video or a power point presentation of our Organization. In order to do this we would like all our clubs to send us pictures of your centres, members and activities that we could use in the presentation of this project. Written explanations with your pictures would be very helpful. Please send all pictures to Fern Haight, Box 393, Hanley, SK S0G 2E0. Your input will be greatly appreciated.

CONVENTION IN NORTH BATTLEFORD 2009

The S.S.A.I. annual convention was held in North Battleford on June 9, 10 & 11th with 118 people in attendance. Byron Trapp, (Unity) Region D Director, was chairperson for the convention.

Greetings were extended to the convention by Julian Adlowski, Mayor of

North Battleford, as well as Chris Oldishaw, Mayor of Battleford. Mel Wenzel – President of the Battleford Hillcrest Seniors and Dick Seminuk – President of the Ukranian Seniors Association of North Battleford, Len Taylor – MLA for North Battleford & Lloydminster and President of SSAI, Len Fallows, welcomed the group as well.

One of the guest speakers for the event was Al Reichert, from the Sask. Safety Council who gave a SGI presentation telling everyone about the free, two day driving course, available to seniors 50 and over. He encouraged everyone to take it. Al needs a group of 20 people to participate in order to present the class.

Beverly MacLeod, Executive Director for the Saskatchewan Senior Mechanism, gave an interesting talk expressing her view on the need for a senior secretariat, to be returned to government. She also supported SSAI's pursuit for provincial funding for senior clubs. Bev encouraged seniors to unite, and become one strong voice, so that we could have more influence on the government.

(Beverly MacLeod has since resigned as Executive Director of SSM and Holly Schick has replaced her. The SSAI representative on the SSM Board for 2009-10 is Len Fallows, President of SSAI and Past President, Fern Haight is the alternate representative.)

The National Pensioners and Senior Citizens Federation President, Art Kube, from Surrey B.C., spoke using the theme "Don't plan for seniors, plan with seniors." He emphasized seniors joining together to become stronger. Unity is important among seniors. We must find a way to meld younger seniors with older seniors. Joining SSAI and NPSCF would bring strength to the senior organizations.

The Deputy Premier, Honorable Ken Krawetz was the guest speaker at the banquet which was held on Wednesday June 10th.

The final guest speaker was Kevin Swayne from SaskPower. It might be of interest to know SaskPower is planning

regular, moderate rate increases over the next years.

Twenty four resolutions were presented. All resolutions that were concurred, will be presented to the appropriate government (Federal, Provincial). A brief will be prepared and presented to government at a convenient time.

The election of officers took place. The results were – President, Len Fallows by acclamation, 1st V.P. Sheila Righi by acclamation, 2nd V.P. Bob Johnson by acclamation (Bob Walker has resigned from the SSAI Board. Thank you Bob for your dedicated service.)

Len Fallows presented plaques to the retiring Board members, Bob Walker and Al Morrison. (Al was unable to attend the convention due to other commitments).

Thomas Breckner presented a Lieutenant Governors' pin to Mel Wenzel for hosting the convention in his city and all the work he did to make the convention successful. Thank you Mel.

Edna Foster presented a cheque from Shepherd Adamson travel for \$225.00 (Proceeds from the Alaskan cruise). Thank you, George Sletton.

The convention was adjourned by Edna Foster after the officers were sworn in by Fern Haight.

SSAI extends their thanks to all who made this convention a success and special thanks to SaskTel, SaskPower and SGI for your kind donations. (For more details, watch for convention reports in your mail out).

Submitted by: Fern Haight

Please send me your club news so I can put it in Gray Matters. Thank you.

Fern Haight

DO YOU AGREE??

The purpose of life is to be a growing, contributing human being. The question we need to ask ourselves is: "For what purpose were we created?" I believe we were all created for a purpose.

"Few of us will have the greatness to bend history itself but each of us can work to change a small portion of events— It is from numberless acts of courage and belief that human history is shaped"

Robert F. Kennedy

We have all heard the story of the man walking along the beach and observing a young boy picking up starfish that had been washed up on the shore by the tide and throwing them back in. The man observed the boy for a moment and then asked him what he was doing. The boy replied that he was returning the starfish to the ocean, otherwise they would die. The man asked how saving a few when so many were doomed would make a difference. The boy picked up a starfish

and as he threw it back said, "It's going to make a difference to this one".

I believe this story indicates to us that we all have purpose and as Robert Kennedy said, "That not all of us will have the greatness to bend history" but all of us can and need to have purpose even if it is as small as throwing starfish back in the ocean.

Life can be empty if we are not useful. We sacrifice joy, happiness, fulfillment, peace and contentment when we are not being useful. We were born, I believe to be thoroughly used up when we die. Life is at its very best when people are willingly and happily contributing to each other.

The purpose of life is to be a growing contributing human being. It's that simple!

-John Knight

EVER WONDERED HOW SLOT MACHINES WORK?

Interested in learning about gambling?



The Canadian Mental Health Association Problem Gambling Community Program

...offers interactive presentations & discussions
For ANY interested group in Saskatchewan **-at no charge**
We explore key gambling concepts and gambling issues affecting people of all ages in Saskatchewan.

Topics include:

Bingo, internet gaming, scratch tickets, VLT's and slot machines
house advantage & randomness
gambling for recreation versus problem gambling-
warning signs and community resources

For more information – please contact:
David Jones (306) 525-5601 or david@cmhask.com



"Life at Wintergreene is full of fun, great service & caring staff."

Izzy & Maddie



Tour today & have your current perceptions of retirement living transformed!

Tours:
Monday - Friday
from 9:00 am to 5 p.m.

Imagine living at Wintergreene Estates where luxury and comfort come together in a perfect balance - where the little things & extra touches that make life special are found at every turn.

Operated by:



585-7100 4950 Pasqua St. www.wintergreene.ca

Grandkids

A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods."

The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"

Primary Health Care Supports Active Living for Seniors

*A joint initiative by Saskatchewan Seniors Mechanism &
Saskatchewan Federation of Union Retirees*

Lack of access to local everyday health care services has been identified as one of the major issues facing seniors living in Saskatchewan's rural communities today. Often small communities do not offer the services necessary for our seniors to remain in the community and therefore, seniors are often forced to move to the city where they can be close to these services.

Saskatchewan Seniors Mechanism in partnership with Saskatchewan Federation of Union Retirees, will pilot Primary Health Care conferences in two rural communities in Saskatchewan. These conferences will give instruction and will encourage seniors to proactively seek out community-based services and supports to maintain a holistic, healthy lifestyle.

Primary Health Care has four key pillars: teams, information, access and healthy living. Rural Primary Health Care teams are developed to meet the specific needs of the communities they serve. Members of the team may include a nurse practitioner who would diagnose and treat minor illnesses, prescribe drugs, order tests and perform other medical duties; a social worker; a dietician; and others. This model, a holistic and patient-focused model, looks at the needs of the whole person, including physical, mental, emotional, spiritual, and social components.

Primary Health Care encourages:

- more access to all information regarding your health so you are able to make better and more informed decisions about your health care;
- improved access to the right services;
- healthy living which focuses on prevention, management of chronic conditions and factors outside the health system that influence an individual's health such as active living.

Rural Saskatchewan seniors wish to remain active but often do not have the services in their areas necessary for this to happen, particularly services that prevent/address health issues that impact seniors' ability to remain active. Communities need to know how to set up a senior driven/holistic/team approach to active living using the primary health care model in rural communities across Saskatchewan. These primary health care conferences will demonstrate how primary health care encourages and supports active living for seniors.

It is recognized that active living on a day to day basis is the cornerstone to a healthy lifestyle and lowers health risks that would impede a good quality of life.

Funded by Saskatchewan Lotteries

Yeah But.....

I read a book called, 'Even Eagles Need a Push'.

The premise of the book is that in order for young eagles to learn to fly, their parents, mom & dad eagle, have to push them from their nest not knowing whether they will fly or die on the rocks below.

This is like our lives. We need to take a leap of faith in order to grow and sometimes we do crash. The 'Yeah But' in this is, do we dare to spread our wings or do we say to ourselves, 'Yeah But', I might crash and fail. We only fail when we don't try!

-John Knight

Remembrance Day

This November 11th let's take time to remember and honour those who sacrificed that our freedom might be won!

In Flanders Fields

By: Lieutenant Colonel John McCrae, MD (1872-1918)
Canadian Army

In Flanders Fields the poppies blow
Between the crosses row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

This poem remains one of the most memorable war poems ever written. It was first published on December 8, 1915.

PRECIOUS MEMORIES OF PRAIRIE WAR HEROES



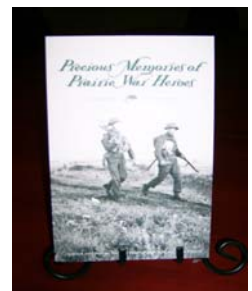
The Saskatchewan Seniors Mechanism was delighted to publish a book honouring Saskatchewan and Alberta WWII Veterans. It is our desire that these stories be handed down to the next generation as a legacy to freedom won. While this book is serious in nature, we have tried as well to incorporate a humorous, or light-hearted, side to better portray real-life situations encountered by those who served overseas.

We are pleased to offer '**Precious Memories of Prairie War Heroes**' to the public for \$21.00 plus \$2.00 for shipping & handling. If you wish to order, please send your cheque to:

Saskatchewan Seniors Mechanism
112-2001 Cornwall Street
Regina, SK S4P 3X9

Or check our website: www.skseiorsmechanism.ca

Published in partnership with Canadian Heritage



play weekly

Bingo TV

ALL PROCEEDS GO TO THE
Access Communications
Children's Fund

over **\$5000**
in prizes
every week

only on
ACCESS
7

Saturdays • 5:00 to 6:30 pm
Cards are \$10 each (6up - 4 page book), 13 games.

Cards available at fine retailers in your neighbourhood.
Check www.accesscomm.ca for more details, or call us
toll-free 1-877-889-8860.

The Re-Think program accepts used printer cartridges, inkjet cartridges, computers, printers, and computer related equipment and cell phones to raise funds for the **Regina Food Bank**. The funds generated are used to purchase baby formula, baby food and fresh milk.

Partnering together with you to recycle these items for refurbishment, recycling, and resale. The cartridges and cell phones are recycled for cash and **the refurbished computers are sold at an inexpensive rate to those in need in the community, including seniors.**

Please contact 791-6533 ext 223 for more information.



everyday solutions

sales • service • rentals

Are swelling, aching legs more than you can stand?
Travelling, working or relaxing, there's a compression product perfect for the job. Talk to 'the home medical equipment specialist' about taking steps to healthier legs and feet.

MEDchair the home medical equipment specialists

Moose Jaw: 1240-9 Ave NW (306) 693-1878 • 1-866-693-1878
Regina: 3033 Saskatchewan Dr (306) 584-8456 • 1-800-667-2273

NIGHT OF HALLOWEEN

An eerie wind is blowing,
The sky is dark with night.
The moon is clouded over,
I cannot see a light.

This is the Hallowed Eve
When ghosts and goblins walk.
Strange sights will be appearing
Just after twelve o'clock.

The frost on sidewalk glistens,
What is that moaning sound?
This special night is scary,
Black cats and bats abound.

The air is filled with spirits,
My skin pricks at the thought.
This is no night for walking
Beyond my own home lot!

-Vesta Pickel

the smallest... **TOUCH™**



Out of sight, out of mind.

Beltone
Helping the world hear better

514 2nd Avenue, North, Saskatoon 244-1336
OPEN: Monday - Friday 9:30 a.m. to 5:00 p.m. 1-800-967-6964

WELCOME TO A WORLD OF DIFFERENCE: BELCARE
Welcome to a peace of mind.
*3 year product warranty
*3 year loss and damage insurance
*3 years of free batteries
*Some restrictions apply

Call today for more information or to book an appointment.

The new Beltone Touch is 36% smaller than our next smallest hearing instrument. It's truly invisible on most people and because it fits within the ear, Beltone Touch stays comfortably and securely in place. Its design makes the most of your ear's own sound paths. This means that even when there's background noise, you'll have an easier time understanding speech and discerning sound direction. Call us today to set up an appointment that is convenient for you.

\$100 OFF SINGLE or \$300 OFF A PAIR of BELTONE HEARING AIDS
Coupon Expires Oct. 31, 2009

Grandkids

I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me and was always correct. It was fun for me, so I continued.

At last she headed for the door, saying sagely, "Grandma, I think you should try to figure out some of these yourself!"

Opportunities in Saskatoon

Now that the fall season of meetings are re-suming in Saskatoon, seniors have many opportunities to engage in activities that interest them. From church and exercise classes to educational studies, fine arts and special interest programs, the list is long and widely varied, attracting many to join.

Some of the programs occur in the evenings so for those who, like me, "turn into pumpkins" at night fall, the offerings by the Saskatoon Public Library's several branches are alternative activities, all free of charge, highly popular and well attended. Among the most welcomed are the many computer classes conducted for the "absolutely terrified beginners" on up to advanced levels, drawing a succession of keenly interested students. A variety of daytime cultural programs include travel, talks, "stitch and chat" sessions, an English practise program

and an aboriginal seniors drop-in coffee morning get-together.

For seniors who would like to share memories of the 'old days' either in writing or conversation, the Saskatoon Memories Writers Club provides the ideal opportunity to participate. With no membership fee, meetings are held the second Saturday of each month at the Edwards Family Centre at 10 A.M. Seniors are welcome at any or all of the meetings. For more information on the Memory Writers, phone 652-3245 or 343-0256.

In joining any group, seniors are benefited by the varied programs and in meeting other seniors with similar interests. The more one participates in activities outside their home, the more exhilarating and healthy will be their outlook and life-styles.

-Shirley Lomheim

UPDATE YOUR DRIVING SKILLS

Take a **55 ALIVE COURSE TODAY**

- Gain more confidence behind the wheel
- Improve awareness of traffic hazards
- Identify and correct bad driving habits
- Voice concerns in a relaxed environment
- Update your knowledge of traffic laws and technology



Contact the
Saskatchewan Safety Council
at (306) 757 3197.

If you have a group/club that is willing to provide a facility we will arrange the training in your town/city.

CRYPTOCORNER

It would be great if everyone who reaches our stage of life felt as though, if they had another chance, they would like to do all the same things over again.

WOW!!!



Life in Saskatchewan is enriched by many treasures – so many things that make a person want to shout “WOW!!” High on that list of treasures are the many interesting museums in small towns and villages all over the province. One sparkling gem in that collection is the Washbrook’s Museum in Edam. It’s in a most interesting location and the extensive array of artifacts on exhibit can only be described by words such as fantastic, fascinating and fabulous. Combine that with the unique nature of the museum site and the warmth and wisdom of the volunteer guide and you’ll want to let loose the loudest “WOW!!” you’ve ever shouted. The hostess and guide during our recent visit, Elaine Wouters, deserves recognition for her knowledge, dedication and enthusiasm.

The museum is located inside the annex of the former Pool Elevator. Touring through the exhibit space is a unique experience. The carefully preserved artifacts are displayed in cubicles formed from the grain bins that used to be inside the building. It’s fascinating to see the huge (12” X 12”) beams, the sturdy wooden walls and the steel braces used in the original construction of these historical Saskatchewan structures. At present, there are four finished floors, each with about ten of these display cubicles. Each space has its own theme – the kitchen – cameras – radios – telephones – business – farming – clothing (from moccasins to formal wedding gowns) – sports - local heritage and history – arrowheads – archeological artifacts - - so many items, each one waiting to call up a myriad of memories.

Words cannot adequately describe the sense of wonder one will experience during a visit to this special Saskatchewan treasure. Be sure to drop in whenever you’re in the neighbourhood. Just phone 306 397 2326 to make sure there will be friendly, knowledgeable guide to greet you when you arrive at the door. It will be an adventure through time and memories that will never be forgotten.

-Trev Quinn

thanksgiving hymn

thank you lord for small children and dogs
for goats beard that stands tall in ditches
patterns on turtles
dragon flies’ see-through wings
diamonds that twinkle on moonlit snow
candied ginger a juicy peach
boiled raisin cake raw turnip
tuckers of blankets and punsters
and those who sing
birds on the wire all in a row
thank you for people who mill round for justice
old men who feed pigeons
elevators embedded in prairie sky
water striders who skate on the slough
creator of cornucopias
painter of the rainbow’s hue
my thanks to you



- june mitchell

Community Announcement Column

Please send event, place, date
and contact info to:

ssm@skseniorsmechanism.ca

*info will be included in Gray
Matters as space permits
* Newsletter published Jan,
Apr, July, Oct.—deadline for
submission is 1st of previous
month (ex. For April issue—
deadline is March 1st)



The Money Game Play it for keeps!

Be a wise consumer

Visit our website or call toll free today.

We'll give you the information and resources you need to keep you and your money safe.

Call 1-877-880-5550 or visit

www.moneygame.gov.sk.ca



Saskatchewan
Ministry of
Justice and
Attorney General
Consumer Protection Branch

Protecting Saskatchewan
Consumers and Investors

Grandkids

My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, '62'. He was quiet for a moment, and then he asked, 'Did you start at 1?'

I Can Hear, But...

- I have trouble understanding what I hear
- People seem to mumble
- I have difficulty listening at social functions, Church, or in a crowded area



FREE Hearing Test

FREE in home Hearing Test

Promo Rebate **\$500 Off** a pair of hearing aids

We Can Help! Call Today To Book An Appointment



403-2203 Angus St.,
Regina, Saskatchewan

1 - 8 6 6 - 3 4 9 - 0 3 8 5

Gerontology Institute

Thurs, November 26, 2009

8:45-4:30

Seniors Education Centre
Regina, SK

The Gerontology Institute will be a day of plenary speakers, interactive workshops and presentations delivered by experts to help us understand how older adults can be assisted to age well.

Early Bird– to Oct 31

Seniors \$65 other adults \$100

After Oct 31

Seniors \$80 Other adults \$135

Fee includes lunch, refreshment breaks and handouts.

See the SEC website www.uregina.ca/cce/seniors to get Gerontology Institute 2009 program details and registration form or phone 585-5816.

ADVANCED DENTURE CLINIC



Life is too good to go without a smile.

Are Your Dentures?	
<input type="checkbox"/> Loose!	<input type="checkbox"/> Cracked or Worn!
<input type="checkbox"/> Over 5 Years Old!	<input type="checkbox"/> In Your Pocket!
<input type="checkbox"/> Missing Teeth	<input type="checkbox"/> Sore Gums!

Kerry Rodgers D.D. Director & Owner
Licensed Denturist
1-888-723-1110 1-306-525-5200

Is it time for a medical alarm?

To find out if it's the right time to consider a medical alarm, answer the following 9 simple questions.

QUESTIONS:	YES	NO
Are you alone for several hours during the day and/or night?	<input type="checkbox"/>	<input type="checkbox"/>
In the past year, have you fallen, been anxious about falling or otherwise been at risk of falling in your home?	<input type="checkbox"/>	<input type="checkbox"/>
Have you been hospitalized, or been to the emergency room, in the past year?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have at least one of these chronic ailments? (heart disease, stroke, COPD, osteoporosis, diabetes, arthritis)	<input type="checkbox"/>	<input type="checkbox"/>
Do you use a cane, walker, wheelchair, stair climber or other assistive device to help with balance or walking?	<input type="checkbox"/>	<input type="checkbox"/>
Are you required to take several daily medications?	<input type="checkbox"/>	<input type="checkbox"/>
Do you require assistance with at least one daily activity? (eg. bathing, toileting, dressing, meal prep, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
Would a medical alarm provide peace of mind for your loved ones?	<input type="checkbox"/>	<input type="checkbox"/>
Is it important to you to continue living independently?	<input type="checkbox"/>	<input type="checkbox"/>

Your need for a medical alarm increases significantly every time you answer "yes" to any of the above questions.

Don't wait until you need help to wish you had Lifeline...

It's never too early to protect yourself or a loved one

Call today and receive

ONE FREE MONTH OF SERVICE

1-800-LIFELINE / 1-800-543-3546

Please quote this code to receive this special offer.

XX105

PHILIPS
Lifeline



www.lifeline.ca

Available at local participating programs only. Not to be combined with any other offer. A minimum three month commitment is required. Discount applies to monitoring fee only.

National Association of Federal Retirees (FSNA)

Who Are We?

The National Association of Federal Retirees (FSNA) has 168,000 members located across Canada. It's national office is in Ottawa. There are 85 branches - 8 of which are located in Saskatchewan.

The objective of FSNA is to advocate on behalf of retirees of the Federal Public Service (PS), Canadian Forces (CF), retired federal judges, and for seniors in general.

Current Initiatives:

Since the article published in Grey Matters in 2006, FSNA has launched a new governance model. Some of the objectives are to empower the branches in the decision making process and to improve service to the membership.

There are also three fundamental initiatives:

1. A change of brand name from Federal Superannuates National Association to National Association of Federal Retirees;
2. Convening an annual congress as opposed to a triennial convention;
3. The separation of responsibilities. The National Directors are now responsible for policy and strategy while the Regional Services Officers (a new creation) are responsible for administration - working with and for the branches.

Focus on Goals:

FSNA continues to advocate for issues facing it's members:

- Full survivor benefits for post-retirement (PS) or post-age 60 marriage (CF and RCMP) without any reduction in the pension of the retiree;
- Improvements to the CF Supplementary Death Benefit (SDB);
- Immediate indexation (upon retirement) for CF and RCMP pensions;
- An annual statement of pensioner benefits;
- The paid-up portion of SDB be subject each year to the indexation increase that applies to superannuation pensions;
- Allow more than one beneficiary for SDB; and
- Improve health and social services for seniors in general across Canada, with particular emphasis on achievement of a national pharmaceutical strategy and a national home care program.

Events Scheduled (as related to Saskatchewan):

Each of the eight branches will hold an annual general meeting and social events. Prince Albert Branch will host the Annual Regional Conference (May, 2010) There will also be a training session for Health Benefit Officers; and, a congress will be held in Halifax in June, 2010.

*Submitted by Les Lye
Regional Services Officer
Saskatchewan*

Century Club Corner

Lilian Cornell



There was a great gathering of family and friends of Lilian Cornell at the Battlefords Sailing Club in Meota on Friday, August 21st. They were there to join in the celebration of her 105th birthday. What a wonderful opportunity to spend some time with the guest of honour, to share in many memories and to pay tribute to such a remarkable person.

Lilian was born in Lincolnshire, England on August 21, 1904 as Doris Lilian Wilson. In April 1912, at the age of 7, she and her older sister, Edith, headed for Canada, accompanied by their mother, Gertrude Wilson. Her father, William Wilson, had come to Canada the year before and was working on the farm of Charles Harvey, located 7 miles south of Dafoe, SK.

Just two weeks before the three ladies set out across the Atlantic, the Titanic had sunk after colliding with an iceberg. The ice-pack causing this disaster was now close to Halifax harbour. As a result, their steamship was diverted south to a new destination in Portland, Maine. From there, they traveled by rail north to Montreal followed by a seemingly never-ending train trip west to Saskatchewan.

Life on the small farm was quite a change from life in Lincolnshire. Soon she was attending school – at Foote School in the Copeland District, located about 2½ miles from their home. Her arrival at school, wearing long curls (not braids) and with her lunch carried in some-

thing other than a syrup pail, was quite an event for the local students. When she spoke with her broad Lincolnshire accent, she was teased mercilessly. Time was spent on Sundays visiting after the weekly service at Copeland Church of England, a true “country” church which was the hub of a small group of settlers from Great Britain.

When Lilian was 12, her mother went to help a neighbour lady who was sick. Gertrude soon became ill herself and was taken to hospital in Saskatoon where she died of a ruptured appendix. Lilian’s sister, Edith, married the bachelor farmer, Charles Harvey and the new couple shared their home with Lilian and her widowed father, William.

Lilian attended high school at Bedford Road and Nutana Collegiate in Saskatoon and stayed at the YWCA while there. In 1923, she became a student nurse at Saskatoon City Hospital. Her white uniform’s apron reached the floor and her black boots reached her knees. She graduated with the class of 1926 and is now the oldest living graduate of Saskatoon City Hospital. Much of her nursing was done as a “special” nurse in rural areas. If her patient was a lady, Lilian was often expected to do the laundry and prepare the family meals as well as administer her nursing care.

While serving on one of her maternity cases in Hughton, SK, she was introduced by her patient to the local CNR station agent, Howard Cornell. They were married in June, 1929 in the Copeland church. The newlyweds settled in to the station in Domremy, SK where they were one of four English speaking families in a French-speaking town. Their daughter, Lou Elaine, was born while they lived in Domremy. Their next move was to Meskanaw, SK on the old “44 Trail”. Their final move with the railroad was to Meota, SK in late August, 1939, just two weeks before the start of World War II.

The closest doctors to Meota were in North Battleford, about 25 miles away, and the

highway was often snowbound in the winter. On many occasions, Lilian was called upon to phone one of those doctors and describe the symptoms of a patient who had turned up on her doorstep. Frequently her service would be rewarded by a jar of cream or a chicken left on that same doorstep the next day.

Howard Cornell retired from the CNR in July, 1957 and his family was required to vacate their station residence. In the fall, they moved to their new home on 93rd St. in North Battleford. Fifty two years later, Lilian still lives at this location. Since her husband died in 1977, she has kept busy with her many hobbies such as reading, knitting, embroidery and tatting. Several years ago, she also developed a new interest in making pottery. She still maintains the long tradition of daily tea-time at 3:30 p.m..

Lilians's daughter, Lou, married Bill Tait from Meota back in 1950. The family of five boys (Rick, Cam, Jim, Tom and Bruce) and one

girl (Joan) moved to Edmonton in 1966. Lilian served as the official photographer for all the Tait/Cornell activities. For several years now, she has spent her winters with three months in Edmonton with Bruce and his family and the rest of the season in Calgary with Cam and his family.

Before retiring from the CNR, Howard purchased a small cottage close to the station so that his family would still have a home should anything happen to him. A few years later, the highway by the tracks was being widened and this cottage had to be moved. The Dept. Of Highways transferred it to a lot in Metinota, another village on Jackfish Lake, just east of Meota. Metinota, which celebrated its 100th anniversary this summer, became a summer home and family gathering place for both the Cornell and Tait families. Lilian still enjoys time spent there with family and friends.

-Lou Tait and Trev Quinn

100th birthday -- Amelia Robertson



Amelia Robertson of Davidson turned 100 years young on August 20th of this year. During the month there were several celebrations. Davidson Senior Citizens honored Amelia at the monthly birthday party at their Centre. Another birthday party was held at the Davidson Health Centre where Amelia resides. A family dinner was held on the very day of her birthday. Following this, a large public celebration with many friends and relatives from far and wide was held in Davidson on the 22 of August. Amelia participates in all activities at the Health Centre, the bi-weekly sessions at the Davidson Senior Centre and other planned activities. She especially enjoys the pot lucks and the card games.

Submitted by Joyce Doyle
Correspondent for the Davidson Seniors

SASKATCHEWAN CENTURY CLUB

The Century Club is

- ◆ *A province wide association of Seniors who have reached the age of 90 years and beyond*
- ◆ *And are determined to live in as full and active a style as possible to the age of 100 and beyond*
- ◆ *Pursuing physical activity, mental agility, social and spiritual creativity*
- ◆ *There is no membership fee*

You may join the Century Club by calling :

- ◆ Toll free 1-888-823-2211 or 359-9956 (Regina)
- ◆ or send a note to:
Saskatchewan Seniors Mechanism
112-2001 Cornwall Street,
Regina, SK S4P 3X9.

If you live in Saskatoon, please call Saskatoon Council on Aging (306-652-2255) to register.



VOLUNTEER GROUPS NEEDED!

We are looking for
Volunteer groups to test our
FRAUD CENT\$ Toolkit
in Spring of 2010.

Why Us?

- ◆ Protect yourself...
- ◆ Protect your loved ones...
- ◆ Protect your community...

**FROM BECOMING
VICTIMS OF FRAUD & SCAMS!**

Contact us today or see our website for more details!



112-2001 Cornwall Street
REGINA, SK S4P 3X9
friend@skseniorsmechanism.ca
www.skseniorsmechanism.ca
306-757-1898

Canada