

VOLUME 13, ISSUE 4

Spring 2009

READ BY 100,000 SK SENIORS

May 5, 2009—SSM Annual Conference

‘United Against Elder Abuse’

see back page for details

MAJOR ANNOUNCEMENT!

Saskatchewan Seniors Mechanism Receives Federal Funding for a Three-Year Fraud Awareness Toolkit Program

Saskatchewan Seniors Mechanism is thrilled to announce it has received funding from New Horizons for Seniors Program for a three-year program to create and distribute a Fraud Awareness Toolkit. The Saskatchewan Seniors Mechanism was only one of two organizations in Saskatchewan to receive this funding, the other being the Saskatchewan Seniors Education Corporation, one of SSM’s member organizations.

In 2007, the National Council for Seniors prioritized Elder Abuse Awareness. The federal government’s objective was to help fund organizations to develop education and awareness

activities to help reduce abuse of older adults. Specifically, New Horizons wanted awareness and educational tools based on pre-existing materials to be developed.

By coincidence, in recent years the Saskatchewan Seniors Mechanism delivered a program entitled ABCs of Fraud. Its purpose was to raise seniors’ awareness of frauds and scams, and provide them with the tools necessary to avoid becoming a victim of fraud. A unique feature of the ABCs of Fraud program was that it delivered a very serious message through “humorous skit-style presentations”.

(Continued on page 12)



SSM WEBSITE

See Page 12 for details—
Connecting With Your World



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

| | |
|-----------------------------------|------------|
| Seniors Chat | 3 |
| SSAI Newsletter | 5-8 |
| Crypto Corner | 9 |
| Yeah But... | 9 |
| Seniors Secretariat | 10 |
| Do you Agree?? | 11 |
| SSM Website | 12 |
| Crypto Corner | 12 |
| Telephone Scams | 13 |
| Embracing Retirement | 14 |
| Philips Lifeline | 16 |
| SSM Member Profile | 17 |
| Winging It | 18 |
| Healthy Habits for Sleep | 19 |
| United Against Elder Abuse | 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

Seniors' Chat

Housing Options for Saskatchewan Seniors

One of the most often asked questions when people start looking at retiring in Saskatchewan is what housing options are available for seniors. One of the goals the Saskatchewan government has identified is to ensure provision of and access to affordable and supportive housing and services for seniors. I'd like to tell you about some of these options.

Saskatchewan Housing Corporation (SHC) Repair Programs – SHC has a number of repair programs offering loans and grants to low-income homeowners and landlords who house low-income tenants.

Programs and Services to Support Seniors Living at Home – Low-income residents may be eligible for private loans and grants through the Programs and Services to Support Seniors Living at Home. These programs may include lawn cutting, snow removal, modifications for disabilities, some repairs and some energy upgrades.

Home Care – This program assists people in maintaining their quality of life in their own home. Admission to the Home Care Program is based on assessed need. Some services are at no cost and others are based on income and the amount of care required.

Rental Housing for Seniors – We have government-subsidized rental housing programs, which offer affordable housing for low to moderate-income seniors.

Saskatchewan Assisted Living Services (SALS) – These government-subsidized housing groups manage rental housing and collaborate with their community to coordinate access to affordable



Hon. Don McMorris

services. Services may include one meal a day, laundry, housekeeping, recreational activities and a personal response system for unscheduled needs. Tenants choose which services they wish to receive and pay the provider for only those services.

Assisted/Enriched Living (Retirement Living) – Private developers have built complexes where seniors live in individual suites. They have amenities that may be offered as part of their rent including three meals per day, laundry, housekeeping and transportation services.

Personal Care Homes – These privately owned and licensed homes are an option for adults who generally do not require the health services of a special-care home but who need some assistance with personal care.

Special-Care Homes – Persons requiring higher levels of care use government-subsidized, special-care home services. Individuals are admitted on the basis of assessed need. The province subsidizes the cost of care and residents pay a portion of the costs based on their annual income.

I've mentioned some housing options available to seniors. For a complete listing, visit www.socialservices.gov.sk.ca/housing or www.health.gov.sk.ca or phone in Regina 787-4587 or toll-free 1-800-667-7567, ext. 9313 for a *Housing Options for Saskatchewan Seniors* booklet.

If you have questions or concerns, please feel free to write me at Room 302, Legislative Building, 2405 Legislative Drive, Regina, SK S4S 0B3 or phone my office at (306) 787-7345. I welcome your comments and look forward to hearing from you.



Saskatchewan
Ministry of
Health

A handwritten signature in black ink that reads "Don McMorris".

The Honourable Don McMorris
Minister of Health

VISION FACTORS

100% natural support for healthy vision

- With 7.5 mg Lutein
- Helps prevent cataracts and macular degeneration
- Synergistic multi ingredient formula for eye health
- Great for seniors and anyone suffering from eye strain

Bring this **RETAILER COUPON** to any participating Old Fashion Foods Ltd. listed below and **RECEIVE 20% OFF** the retail price of one bottle of Natural Factors Vision Factors. No other discounts apply. One coupon per customer.

OFFER EXPIRES: June 30th, 2009.



20% OFF



natural Factors

naturalfactors.com

BEAUTY FROM WITHIN

Naturally beautiful skin, hair and nails

- Age-defying nutritional supplement
- Supports skin collagen formation, and tissue strength and elasticity
- Contains minerals that hair and nails need to grow and remain strong
- Convenient, easy-to-swallow vegetarian capsules

Bring this **RETAILER COUPON** to any participating Old Fashion Foods Ltd. listed below and **RECEIVE 20% OFF** the retail price of one bottle of Natural Factors Beauty From Within. No other discounts apply. One coupon per customer.

OFFER EXPIRES: June 30th, 2009.



20% OFF



natural Factors

naturalfactors.com

Coupons valid at the following **OLD FASHION FOODS LTD.** store locations:

477 Albert Street..... Tel: 924-3134
 3976 Albert Street Tel: 585-2144
 501 Victoria Avenue..... Tel: 352-8623

4908 Dewdney Ave. Tel: 545-2344
 4123 Rochdale Blvd..... Tel: 545-4699
 520 University Park Drive..... Tel: 789-4055

405 Souris Ave., Weyburn, SK.... Tel: 842-3003

Thanks for shopping at Old Fashion Foods Ltd.

best wishes for an enjoyable
Springtime



It's been a long winter. Don't let anything stop you from making the most of the coming season... the sights... the smells... they're all yours with mobility products from MEDichair.

We can help you choose the perfect product to fit your personal needs and style and we'll set it up properly so you'll spend less time thinking about your mobility equipment and more time enjoying your day.

MEDichair

the home medical equipment specialists

Regina - 3033 Saskatchewan Dr
 Moose Jaw - 1240 9th Ave NW

(306) 584-8456 • 1-800-667-2273
 (306) 693-1878 • 1-866-693-1878

www.medichair.com

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. Dr Andrew S. Strawn
 Leonard Drouillard 1-306-525-5200
 1-888-723-1110

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

I keep hearing a lot about the 'Golden Years' and mostly it is mentioned amongst seniors so I suppose it must have something to do with retirement. The word golden escapes me for I truly have no idea to what it refers. Most of the seniors who I know refer to the term with tongue in cheek when they talk about the quality of their retirement years.

Maybe a better term with a little more meaning would be the 'Wonder Years'. After all it's what we seniors do a lot of our time. We wonder at the new technical language that comes out of young peoples' mouths; we wonder if we are going to be around next year, next month or even next week; we wonder if the kids are going to be coming to visit this week and maybe we even wonder if the kids came last week or not; we wonder too about whether or not our pensions are going to be sufficient to meet the ever increasing cost of living and we also sometimes wonder about why the word responsibility seems to be disappearing from the vocabulary of a good many people these days.

Responsibility! That good old fashioned sense of accepting blame for your actions and the results of your actions. Now all too often we read or hear about some one who has committed a serious crime or has been involved in events that lead to a tragedy, blaming someone else for his actions. What comes readily to mind is the drunken driver who has caused a tragic accident blaming the bartender for serving him the booze, or the person who has just shot some one to death blaming the maker of the gun, or criminals who want us to excuse their behavior by blaming their parents for disciplining them as young children or depriving them of something they thought they should have. Being unwilling or unable to accept responsibility

for what you do or say appears at times to be a steadily growing part of our lives.

The budget has now been introduced and as usual it produced the usual thoughts by all the financial gurus. Some of them say it is too little and others say it's too much, so it appears that no matter what the government does or says it cannot please every one. One has to wonder, and that is what seniors do well, is how much of this financial woe is self inflicted?

What happened to buying only what you could afford? What happened to saving for a rainy day? What happened to making sure that expenditure did not exceed income and what happened to being responsible? The older generation has, along with many others, been living on fixed incomes for many years. We have had many years of education and experience in making do. Stretching a dollar until it screams is just second nature to most seniors and people living on a low fixed income. They have never received big percentage increases on their pensions and allowances because the government adheres strictly to the CPI index; therefore a 1% or 2% increase on a pension of \$500 to \$600 per month produces a lot less dollars than a negotiated 4% or 5% increase on a salary of \$2000 to \$3000 per month.

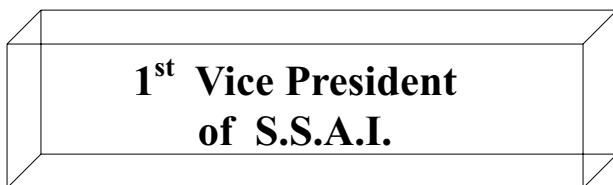
Seniors across this province and indeed across the country will be wondering how this recession and recently tabled budget will be affecting them. The government is indicating to us that they are going to be putting more money into our pockets by way of tax cuts and increased personal allowances, but at the same time they will be asking us to make sure we spend all that extra money. From what little I know of seniors, they will indeed spend that money, but it will probably not be on what the government is hoping to see it spent on. More likely it will be used to pay for necessary optical, dental and other health needs that have of necessity lacked attention in the past. Keeping banks and businesses in operation who had previously enjoyed mega millions of dollars profit in

previous years will probably not be high on their shopping list. The inescapable conclusion is that we are all going to have to learn how to live our lives in the future in a more leaner and meaner manner.

The 3rd annual SSAI 5 pin bowling tournament was held in Prince Albert at the Minto Recreation Center on the 8th and 9th of March 2009. Registration fee was \$125 per team which included at least 6 frames of bowling and a wonderful banquet. Those in attendance got to meet some wonderful people (seniors).

In the mean time keep active and stay healthy.

Len Fallows. President SSAI.



On January 16, 2009, Canada Post delivered to me an astounding pension message.

My Government of Canada Old Age Security of \$516.96, October 1 – December 31, 2008 will, for January 1, 2009 to March 31, 2009 remains at \$516.96, a “quarterly index rate” of 0%, January to April. “As of January 1, 2009, the Canada Pension annual rate increases 2.5 percent.”

Saskatchewan Senior friends:

- How many of you paid \$75.00 to fill your gas tanks in much of 2008?
- How many saw the cost of your grocery bill escalate more than you can ever remember?
- Did your home, of many decades, have an unbelievable insurance increase because your long time residence is rated by escalating real estate sales and replacement cost values?
- Have you had to repair or replace your personal automobile – what’s the cost of trading?

- How does your home heating, lighting costs or your phone bill compare year to year? Have you long forgotten the joy of eating out? – our SSAI meal rate barely covers a hamburger and water – no tip.

A January 24, 2009 Regina Leader Post columnist reports “COST OF LIVING SURGES IN SASK.” higher than any other province – double the national average – food 12%, shelter 8.6%. Media reports corporate CEOs being paid multimillion dollar incomes while they seek corporate welfare for their failing enterprises.

Fellow Saskatchewan seniors, those of you who traded sweat, honesty and integrity, believing in giving a dollar’s labour for a dollar’s pay, your word was your bond - your living costs back then, well below today’s inflated values, this federal pension adjustment doesn’t cover our real inflated cost of living.

What the hell has gone wrong in the outside world while we gather with friends and neighbours at our community senior’s centres? A few collect huge rewards while seniors and lower income people struggle.

How many of you will remember that in 1952, the Government of Canada had enacted law that each of us would be legally obliged, through our income tax return, to commit 2 percent of our annual income to our old age pension (old age security)? In years prior, governments had fiddled with seniors pensions as vote buying election baits. 1952 was seen as a new beginning where government and people were in tune with financial preparation for our senior years.

1957 saw the introduction of Registered Retirement Savings Plans (RRSP) where people could set aside registered retirement funds to grow tax-free until retiring. These investments for modest, independent “golden years” were good plans – unfortunately, these plans don’t cope with the current extreme rate of inflation.

That 1952 committed 2% Old Age Security increased to 4% in 1974 to offer more generous pensions. Then in 1978, our federal parliament rolled our investment into general revenue with reassuring commitments of “pensions are sacred”.

The Eastend Activity Centre

The Eastend Activity Centre has recently joined the Saskatchewan Seniors Association Incorporated. You do not have to be a senior to belong to our local club. We also welcome handicapped persons who don't feel they are welcome in other clubs.

At present, we offer old time dancing every Saturday 8:30 – 11:00 p.m., with live music from volunteer musicians. There are bridge, whist & cribbage sessions on Wednesday evenings at 7:45 p.m. There are whist & bridge parties every Thursday November to April. There are pool tables and shuffleboards available for use any time. Bingo once a month. As there are new comers to our community we are open to suggestions for new projects that would be of interest and to be available in our facility. We are always open to learn new projects.

We especially welcome any young people who would be interested in learning pattern dancing as well as basic two step, fox trot and waltzes. We really don't want this old tradition to be lost to future generations. Our organization has no charge for anyone under 16 years of age. We charge \$3.00 for dance night and \$2.00 for card nights.

We host presentations of local authors who are residents of the Wallace Stegner House in co-operation with the Arts Council.

We present slide projections from the Evert Baker collection from History and Folklore.

The Red Hats meet 2 or 3 times a month. We provide coffee Tuesday & Thursday as a social gathering for 20-30 seniors.

We have acquired two computers and will be offering basic instruction in the New Year.

We have music instruction for school pupils during the day as many are bus students.

This organization has been active since 1974 and we will do our best to keep it active as we are a senior town.

The Women's Institute holds meetings and hosts presentations of interest to seniors.

Evelyn McCuaig, President

Sorry, parliamentarians – zero Saskatchewan quarterly inflation, 2.5% annual inflation isn't economic reality! The formula is flawed. Seniors are bearing an unrealistic hit in Canada's fluctuating economy. Old Age Security and Canada Pension is not state welfare. Seniors who contributed to Canada during their productive years bought and paid for their retirement in relative dollars of their contributions. Fair value return on investment means inflation protected 2009 pensions with relative values to our real 2009 cost of living.

Zero % 2009 1st quarter Old Age Security and 2.5% annual Canada Pension adjustments don't meet the test.

Personal and senior tax credit adjustments are welcome but only serve to remove some below poverty rate levels that never should have existed in the first place. It's now high time for serious action with fair and appropriate change to all federal and provincial pension inflation index formulas.

This is the message Saskatchewan Seniors must deliver to our 14 federal members of parliament and to provincial MLAs as applicable to their pension administration responsibilities.

In closing, I share with you the views from America's highest ranked female general, to the American Association of Retired People's convention:

Sherm Conn, Lieutenant General Women's Army Corp WAC – Retired Officer, quote:

"In Japan, elderly people are revered, but here in America, we warehouse them, and for many years (for) retired people, their greatness is all in the past. That's too bad." "You've got to give something in this world. If you don't what good are you?"

R.A. (Bob) Walker
1st VP, SSAI

Dew Drop In Seniors' Centre (Ogema) Fall 2008

September 29th until October 5th is designated as senior's week in Saskatchewan. As in many communities around the province the seniors in Ogema are a very active and important part of the town. Perhaps the reason for calling these years the "golden" years is because often seniors add the polish and golden touch to many activities within the community.

The Dew Drop In Seniors' Centre in Ogema has about seventy-five members, many of whom are very active in a variety of activities held both within the centre and around the town. In 2007 we hosted the annual Senior Summer Olympics here in Ogema with 180 participants from the towns of Bengough, Coronach, Rockglen, Willowbunch and Ogema participating in various activities including golf, horseshoes, card games, pool, bowling etc. It was a very successful day thanks to a dedicated group of volunteers from the centre and the community. As a result of this, we were able to donate funds to the Golf Course, the Museum and the Regional Park as a thank you for the use of their facilities. As well, members decorated a float for the Fair Day parade, donated and presented trophies for male and female junior athletes of the year at the Ogema School Awards day, donated a trophy to the local dance club for their competition and participated in the Saskatchewan Senior's Walkathon, walking a total of 1483 miles. Thirty-one seniors participated in the 2008 Senior Olympics in Bengough this year and placed second.

The members of the Dew Drop In are also very involved with students at Ogema School. Beginning last year and continuing this year, we provide decorated cupcakes for the monthly Bravo Day which celebrates students' birthdays and special achievements. The senior students decorate our centre for us each Christmas and the junior students provide us with entertainment at our annual Christmas dinner. During the last year, several seniors were also involved in a project of interviews and video taping along with grade 3 and 4 students in conjunction with the Transportation and Heritage Preservation Project. When this is complete there will be video presentations set up at the Railway Station and the Museum available for viewing by the public.

Last year we served a Christmas dinner with turkey and all the trimmings to 68 guests and a turkey potpie lunch was held in January. We also host two teas, with raffles and bake tables, with

one being held in the spring and another being held in early December. For the past two years we have held a pancake breakfast to raise funds for the Alzheimer Society resulting in approximately \$1200 being donated. Card games are held every Saturday as well as a weekly bingo and pool game. Link to Health meets there weekly to provide exercise for any members who wish to participate. During the week the centre is often used by members who want to enjoy a game of cards or pool, or who wish to get a good book to read from our used book library. The centre is also rented out during the year for showers, meetings, birthday celebrations, funeral gatherings as well as other functions. At some of these functions members plan, prepare and serve the food. This fall the centre will be used as a polling station during the election and will once again be the location for the administering of flu shots. Thanks to the funds raised during the year we are able to donate to various organizations including Telemiracle and the Legion Poppy Fund, as well as maintain and improve our facility.

We applied for and received a grant from New Horizons this spring which was used for extensive renovations to the centre consisting of repairs to the flooring, including new carpeting, and vinyl as well as repairs to the ventilation, eave troughs and drainage. New card tables were also purchased and some members worked very hard to re-upholster most of the chairs with new leatherette which was donated to us by the museum. Thanks to all these improvements the centre is looking great.

Seniors in Ogema are active outside the Drop In Centre as well. You will find them serving on various boards including the Museum Board, Park Board, Agricultural Society, Rink board and various church boards. There is a seniors bowling league at the Deep South Café and Bowl and seniors also bowl in both the Ladies and the mixed leagues there as well. We volunteer our help at the library, the school and for many of the events that take place around the area. Some of our seniors regularly go to the senior homes in Pangman, Bengough and Radville to volunteer, entertain and visit with residents.

Yes, seniors do play an important role in this community and in many others and what is more, they have fun doing it. Being an active part of the community gives us a cause to celebrate Senior's Week and helps make this stage of our lives golden.

CRYPTOCORNER

CLUE: B = S

E P' B Z N N F B G E Q P R G P G R W J N
T E P R W C P J C B E V E B H E X N G
R W C B N T E P R W C P T E F Q W T B.

Solution Page 14

RCMP Heritage Centre

Senior Salute



**Come and enjoy our wonderful programs
for seniors!**

Rose-Marie Movie Viewing
March 27th, 2009 at 1:00 pm

Body and Mind
April 24th, 2009 at 1:00 pm

**Each program is offered at a special price of \$4.50 plus GST.
Book one program or book all four and get the fourth one free!**

Programs include:

Welcoming meet and greet
Complimentary coffee and tea
27 minute "Tour of Duty" Multimedia show in the SGI CANADA Theatre
A self-guided visit of the exhibits (using a self-guided brochure)

Reservations are required

For more information and for reservations please contact:



**RCMP
HERITAGE
CENTRE**

**LE CENTRE DU
PATRIMOINE
DE LA GRC**

RCMP Heritage Centre
5907 Dewdney Avenue
Regina, SK S4T 0P4
Ph: (306) 522-7333
info@rcmphc.com
www.rcmpheritagecentre.com

Yeah But.....

There are three kinds of people in the world:

- the ones who make life happen,
- the ones to whom life happens, and
- the ones who wonder, what happened?

A victim is a person to whom life happens. We all know some of these people. We need to stay away from those people who are victims and their negative attitudes. We must be positive in all our thoughts in order to live a happy life.

It's fine to tell victim stories but when we start to believe them, we have a problem.

So the next time you feel like being a victim or looking for sympathy remember

'Yeah But'

I need to turn this around and be positive!

-John Knight

Does Saskatchewan Need a Seniors Secretariat?

Are there sufficient government programs to address seniors' needs in Saskatchewan? Are you aware of these services? Do you know how to access them? Would accessing information at one location within government make it easier for you to find out about the services you need?

Statistics show that in 2007 almost 15% of Saskatchewan's population was 65 and older. The senior population in this province is growing every year, and will increase significantly with the advent of the baby boomers.

Currently in Saskatchewan, the Ministries of Health/Healthy Living and Social Services take the lead in delivering government services to seniors, but there are a multitude of other areas of government that also impact seniors' lives. The Saskatchewan Seniors Mechanism is aware that the current government structure attempts to informally coordinate strategies to address all of these areas. However, from our experience and knowledge in working directly with seniors in Saskatchewan, and networking with other organizations that work with seniors, we continue to witness the struggles that seniors face due to this loosely knit structure. Not having a single authority within government on "all-things senior" becomes painfully apparent when the average person cannot find information about government services for seniors.

SSM wishes to address this issue through specific research and action. We strongly feel a more coordinated effort on behalf of seniors in

this province is necessary. We will be offering recommendations as to how government services for seniors in Saskatchewan can be enhanced by centralization. Centralization would of itself provide better access to services for the senior population. Having all services coordinated by a single entity would facilitate a higher quality of research and policy development, which in turn would result in smoother delivery and greater accessibility of government services. Therefore, as a primary goal, Saskatchewan Seniors Mechanism encourages the establishment of a '**Seniors Secretariat**'.

We need to ensure this message is heard by those who have the capacity to make this change. SSM recognizes that this change may not happen as quickly as we would like. However, the more people who support us in this cause, the greater chance we have to be recognized.

We need to hear from you! What would you like to see? Please send us your input. Our mailing address is on the inside cover of this newsletter. We look forward to hearing your thoughts.

REGISTRATION FORM for conference 'United Against Elder Abuse'

Please complete this form and send it with your payment to:

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

*Unfortunately, the Mechanism cannot accept credit cards. Please make your cheque or money order payable to: **Saskatchewan Seniors Mechanism***

See back page for more information.

Name: _____

Phone: _____

Address: _____

Fax: _____

City: _____

Email: _____

Postal Code: _____

Registration Fee: \$40.00

Special Diet requirements are as follows: _____

DO YOU AGREE??

Nothing contributes so much to tranquilize the mind as a steady purpose—a point on which the soul may fix its intellectual eye.

MARY WOLLSTONE CRAFT SHELLY

Everyone has a purpose in life. Very few people know what their's is. What's yours?

A purpose usually begins I am... It's a simple but powerful statement about why you are here and what you are here to do.

A purpose is not a goal. A purpose can never be reached & checked off.

A purpose is what you have been doing all along in your life.

Statements of purpose sound like "I am a joyful explorer"; "I am a lover of life"; "I am a servant of spirit"; "I

am a giver of happiness"; "I am a willing student of life"; "I am a servant of humanity"; "I am a joyful giver"; "I learn & I teach".

A purpose is general enough to fit many situations at any point in life, but specific enough to fit you perfectly.

A purpose is not something you create. It is something you discover.

Purpose gives meaning to life. Without purpose, we don't have a reason to exist. Purpose implies direction, action and movement. To discover your purpose, begin by telling yourself, "I want to know my purpose". It may be immediately evident, or it may take awhile to reveal itself.

We need purpose in our lives! A purpose will help us to live longer, more fulfilled lives. Set out to find your purpose in life, if you do not already know what it is.

-John Knight

Church Smiles.....

There was a very gracious lady who was mailing an old family Bible to her brother in another part of the country. 'Is there anything breakable in here?' asked the postal clerk. 'Only the Ten Commandments,' answered the lady.

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



Beltone

reach



Extend your sphere of influence

Our newest fully automated hearing instrument, designed to meet your individual needs:

- One of the most advanced and user-friendly hearing instruments on the market today.
- We have several monthly service centers throughout Saskatchewan
- Call for a service center in your area

Call to book your appointment today:
244-1336 or 1-800-667-6964

FREE BATTERIES FOR ONE YEAR
With purchase of new Beltone hearing aid
Purchased after April 1/09
Coupon expires June 2009

Present this coupon and receive **\$200.00 OFF** a pair of Beltone One! or Reach
Coupon expires June 2009

Serving Saskatchewan for over 45 years
314 2nd Avenue North 244-1336
Saskatoon, SK 1-800-667-6964





CONNECTING WITH YOUR WORLD

www.skseiorsmechanism.ca

After extensive labour pains, **the Saskatchewan Seniors Mechanism** is pleased to announce the arrival of their new **WEBSITE**. The many features included will allow Saskatchewan seniors to have reliable and valuable information at their fingertips.

Please take time to go to www.skseiorsmechanism.ca and familiarize yourself with the many features including:

- information on Saskatchewan Seniors Mechanism - our mission and vision
- view the current and archived 'Gray Matters' and other documents on the issues of the day
- check out the programs offered to see what is available for you
- contact information—if we can be of service to you and
- much, much more.



The Service Directory is a valuable tool to discover organizations that are available in your area and what they have to offer. A special thanks to Saskatoon Council on Aging for contributing current information for Saskatoon and area.

In our membership pages you will find a list of the organizations that are current members of SSM. It is our desire to represent every senior in SK. In the spirit of working together to promote a healthy lifestyle of dignity,

respect and enjoyment for the older adults in Saskatchewan, we invite other organizations to join us.

Please visit our website on a regular basis to view the 'Highlights' and 'What's New' sections. We are excited to offer you a wide variety of information that we believe is very relevant to all seniors in Saskatchewan.

(Continued from page 1 - Major Announcement)

Research has indicated this style of presentation is a well received learning tool. In addition to this, those who delivered the presentations were seniors. This set the stage for building trust with an audience composed of seniors because the volunteers could relate to the real-life experiences faced by the audience.

Building on the foundation of this very successful program, SSM proposed a program to develop a Fraud Awareness Toolkit in late 2007, and late in 2008 was awarded approval to proceed. SSM will draw on many partners in the province to ensure this project's success, including: the thirteen member organizations of SSM, provincial anti-fraud experts such as the Regina Commercial Crime Unit of the RCMP, and the Consumer Protection Branch of SK Justice, in addition to the ABCs of Fraud program

volunteers, a seasoned group that delivered anti-fraud awareness and prevention tips targeted at seniors' audiences.

The short-term objective of this program is to create an instructional toolkit that will train community-based organizations how to develop their own fraud awareness volunteer program. The longer-term objectives are increased capacity to deliver fraud awareness and prevention information to seniors around the province, and to create and facilitate a referral network to deliver these presentations. Ultimately we hope the project will raise awareness and educate seniors in Saskatchewan about consumer frauds and scams to prevent them from becoming victims. The more seniors who are armed with information about what to look for, and what actions to take to avoid being a victim of consumer fraud, the fewer seniors there will be who are impacted in Saskatchewan.

BEWARE OF THOSE TELEPHONE SCAMS

I had assumed that I was protected from telephone scams. However, shortly after my husband died in March 2008, I received a call from a person saying that he represented an international credit rating agency. Announcing that because of my “recently changed circumstances”, my credit rating had been dramatically raised and that I had won a free cruise for two and possibly more family members at a reduced rate. I hung up before any further conversation ensued. Then a second call from a California phone number by a man saying he was a Walmart employee, told me that since I was a good customer, again I had won a cruise. Again, I hung up. I rarely shop at Walmart. However, I had recently made a small purchase so I contacted the local Walmart store. Their regional security representative called me to say they were aware of the scam and unfortunately he knew of several victims, all seniors, who had been duped out of hundreds of dollars.

Following those two calls, I received several other calls, some warning me that my car insurance had lapsed and that I must act quickly to rectify the situation. Those warnings actually made me laugh since I have not owned a car for several years.

Finally, I called the telephone number that ensures my name is added to the ‘do not call’ list. Since that time, I have not had any nuisance calls.

Recently in a conversation with a police officer, I was told that it is very difficult to trace the calls to the perpetrators because they are continually moving to another locale and that people must be made aware of the potential scams. He noted that obviously the calls must be highly profitable or the criminals would soon go out of business. He added that seniors seem to be the most susceptible to scams, believing that many scams are not revealed because the victims are sometimes too embarrassed to admit they have been duped.

He urged everyone, particularly seniors, to phone the 1-800-267-8805 to have their name placed on a ‘do not call’ list. If everyone did that, the telemarketers would soon lose their lucrative business. I hope all seniors will heed the policeman’s advice.

-Shirley Lomheim

PRECIOUS MEMORIES OF PRAIRIE WAR HEROES



The Saskatchewan Seniors Mechanism was delighted to write 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

Published in partnership with Canadian Heritage



CRYPTOCORNER

SOLUTION:

It's been said that a home without music is like a house without windows.

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)

EMBRACING RETIREMENT

SHOWCASE

2nd Annual

Saturday, April 25, 2009
10:00 a.m. — 4 p.m.

Agribition Building
@ Evraz Place

Admission: - \$5 per person
Children under 12 free!

Door Prizes, Food,
Entertainment & lots of fun for all ages!
For info call: 525-2154



REGINA SENIOR CITIZENS CENTRE

www.reginaseniorcitizenscentre.ca

Planning for their future



conexus

Call or visit us online
1-800-667-7477
www.conexus.ca

play weekly

Bingo

over
\$5000
in prizes
every week

ALL PROCEEDS GO TO THE
Access Communications

Children's Fund

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.

Victoria Park

PERSONAL CARE COMMUNITY

PHONE: (306) 522-4300

Independent to Assisted Living
 Spacious Suites - all utilities included (except phone)
 Three Chef prepared meals a day
 Health Services Staff on duty 24 hours a day

www.seniorlivinginstyle.com

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.

Moses & the Red Sea

Nine-year-old Joey, was asked by his mother what he had learned in Sunday school. "Well, Mom, our teacher told us how God sent Moses behind enemy lines on a rescue mission to lead the Israelites out of Egypt. When he got to the Red Sea, he had his army build a pontoon bridge and all the people walked across safely. Then he radioed headquarters for reinforcements. They sent bombers to blow up the bridge and all the Israelites were saved." "Now, Joey, is that really what your teacher taught you?" his mother asked. "Well, no, Mom. But, if I told it the way the teacher did, you'd never believe it!"



"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.

Operated by:



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.

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

spring

like Sisyphus almost tops the rim of our deliverance then the stone of hope rolls down the slope and up he struggles once again trying to turn our snow to rain before fall turns it back again.



- June Mitchell

CARP

CANADA'S ASSOCIATION FOR THE 50 PLUS
YOU'VE GOT THE POWER

To obtain CARP membership and benefit information please call 1-800-363-9736

G. "FRED" SILZER, B.ED
 Prairie Region Representative

Telephone (306) 586-0989

116 Shannon Road
 Regina, Saskatchewan S4S 5B1

e-mail: gottsilzer@sasktel.net
 website: www.carp.ca

Are You at Risk for a Fall: A Self-Assessment

Falls are the leading cause of injury among Canadian seniors and they can have a devastating impact on your overall health and independence. With a Lifeline medical alarm you will be protected from an unexpected fall.

Answer the following questions to see if you are at risk:

| QUESTIONS: | YES | NO |
|--|--------------------------|--------------------------|
| Do you have a history of falling? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you experience dizziness and/or have trouble keeping your balance? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is walking difficult due to muscle weakness, stiff joints, or foot problems? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are you on more than three medications? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have problems with your vision? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you make frequent or hurried trips to the bathroom? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you put off dealing with household hazards, such as poor lighting, slippery floors, throw rugs, lack of grab-bars, etc? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is fear of falling making you less physically active and reducing your social activity? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are you experiencing problems with concentration, depression, or isolation? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you consume alcohol more than occasionally? | <input type="checkbox"/> | <input type="checkbox"/> |
| If you were to fall, would you be alone and possibly unable to summon help? | <input type="checkbox"/> | <input type="checkbox"/> |

Your risk for falling increases significantly every time you answer "yes" to any of the above questions.

Don't wait for a fall to wish you had Lifeline

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.

XX202

www.lifeline.ca

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

PHILIPS
Lifeline

The Saskatchewan Retirees Association

The Saskatchewan Retirees Association (SRA), formerly the Saskatchewan Government Superannuates Association, was formed in January 1975 under The Societies Act and was continued under The Non-profit Corporations Act in 1982. The name ultimately was changed to the Saskatchewan Retirees Association Inc. several years back.

The Bylaws of the SRA clearly state its objectives. As a volunteer non-profit organization, the SRA mandate is the promotion and enhancement of the members and/or their spouses pensions and associated benefits by:

- providing a forum for the discussion and dissemination of information on matters of interest to the members
- promoting a better acquaintance, understanding and cooperation among members
- speaking with a united voice for members

After countless frustrating years of asking the Province to provide the fair and equitable pensions that were promised to their employees, with no serious response, the SRA launched a legal claim against the Province in 2002. Despite the obstacles, delays and objections advanced by government, the claim has advanced steadily with the courts siding with retirees with every judicial decision made to this date. In addition to this judicial support, the SRA provides its members the option of joining its Group Health and Dental Benefits programs as well as a Life Insurance Program. Financially, and after almost 80 years since the establishment of the pension program, the SRA has been able to achieve annual legislated pension indexing amounting to 70% of the increase in the Saskatchewan CPI.

With the change of government in 2007, and based on previous public and private support of the retiree claim by the then official Opposition in the Saskatchewan Legislative Assembly, retiree expectations were high that a resolution to their claim would soon be found. Unfortunately almost a year and a half has passed since the Government changed, and a resolution to this long standing Retiree concern still alludes the need and entitlement of former Provincial employees.

Despite this unfortunate shift of support since the election, the legal claim is proceeding and is now at the pre-trial stage. At this stage the assigned judge tries to get the Government and the Retirees to resolve their differences out-of-court. If this is not possible, a full court proceeding will follow.

Despite the many pension and benefit shortcomings Retirees have suffered, the Retirees have offered to withdraw their law suit if the Government would provide a reasonable resolution to only five of the many concerns facing Retirees, namely –

- pension indexing (similar in amount to what the politicians gave themselves)
- retroactive pay for the lost indexing years as well as updating pension amounts for future indexing calculations
- medical and dental benefits (similar to what politicians provide themselves and current Government staff)
- adjusting spouses allowance from 60% to 75%
- increasing all death benefit amounts to current calculations as is done in most other jurisdictions.

This offer to Government was made to the former NDP Government and again to the new Saskatchewan Party Government. It is still on the table. It is the hope of SRA that the Government would see merit in discussing such a resolution rather than leave the only course available for the elderly Retirees of the Province as being through a costly and unnecessary court proceeding.

Saskatchewan Retiree Association Inc. Executive: President—Alf Zimmerman, Vice President—Finance—Frank May, Vice President—Corporate—Ron Reavley, Secretary—Graham Tuer

WINGING IT

As we soared skyward from the Regina Airport on our way to a grandson's wedding in Nashville, Tennessee, dark clouds began to surround the plane. As we bounced about in this gloomy space, totally disconnected from earth and sky, my mind bounced around through a wide range of scattered thoughts. (My stomach bounced around too, but that's another story.) I'd like to share a few of those thoughts with you.

-isn't it amazing that we can fly—that we can go from Regina to Nashville in less than six hours! Compare that with the time it would have taken to get from Regina to Saskatoon, for example, just a hundred years ago!

-WOW! Think of all the people who are involved in getting us airborne like this—the pilots and flight attendants, the ground crew, the baggage handlers, the people at the check-in counter trying their best to cope with a non-functional computer, the people who built that computer, the people who bake those “nutritious” like pretzels, the weather forecasters, the taxi drivers, the crews that designed and built those huge jet engines and the sturdy wings to hold them, the big truck that is there when needed to top up the gas tanks, the crew that will be there when we land to empty the containers underneath the washrooms....one could go on and on....

-and just think—all the parts used to build this plane plus all the nuts and bolts used to hold the bits and pieces together were probably supplied by the lowest bidder! Hmmm.

-I wonder where everybody's going—business meetings? Holidays? Funerals? Weddings? Graduations? I wonder how many are happy—how many are sad.

-I wonder where all these people are from and what they do, will do or did for a living. So many stories!

Suddenly we break through the clouds. The brilliant morning sun smiles down on a huge fluffy cushion of white. What a magnificent view! I think of this as a poignant metaphor for life—yes—there will be clouds—but the sun never stops shining behind those clouds and it will break through and brighten our lives again. I sense a sudden summons to poetry;



Dark clouds all around
Rain splashes as we leave the ground
Winged turbines fill the air with sound
We climb and soar—we're sunshine bound.

With coffee to drink, pretzels to eat
A person sits in every seat
Humble souls—first class elite.
Where's each one from? Who will they meet?

There's a story with each one
Some filled with grief. Some filled with fun.
Some heading home. Some on the run.
Some just beginning. Some nearly done.

Bright sun appears in sky so blue



A voice drones over the P.A. system— “Please return all luggage to the space under the seat and fasten your seat belts. We're beginning our approach to Minneapolis International Airport.” I guess I'll have to finish that poem and find a name for it some other time. In the meantime, don't ever forget—clouds might come and go but the sun keeps shining.

-T. Quinn



Healthy Habits for Sleeping

Sleep is as important to your health as good nutrition and active living. To help understand how important sleep is, consider that you will spend up to a third of your life sleeping! Most adults of all ages need about eight hours of sleep each night to feel rested and alert. Your brain stays active while you sleep, and a number of important tasks are carried out to help maintain good health.

Aging leads to changes in sleeping patterns that include: difficulty falling asleep at night, waking up during the night, and early morning awakenings. Short and long term illness, pain, depression, anxiety, more frequent trips to the bathroom, and sudden changes in both social and personal lives can affect our ability to sleep well. Difficulty sleeping can reduce your energy level, affect your mood, mental alertness and your overall health. Lack of sleep has even been linked to increased risk of falls.

Healthy habits for sleeping include:

- Participating in a variety of activities on a daily basis. Living an active lifestyle is strongly associated with good sleep. Active living can help you fall asleep faster and make your sleep more restful.
- Eating nutritious meals and snacks. Eating a

light snack, including dairy products, before going to bed may help. Avoid foods and beverages that contain caffeine after 2 p.m. Examples of items that contain caffeine include coffee, tea, chocolate and soft drinks.

- Limiting daytime sleeping to a half-hour, early afternoon nap. If you sleep during the day you may be less inclined to sleep during the night.
- Keeping your bedroom quiet, dark and at a cool comfortable temperature; make sure that you have a comfortable mattress and pillow.
- Creating a relaxing bedtime routine. Take a warm bath, read a book or listen to some calming music before going to bed.
- Going to bed at night when you are feeling tired. If you cannot fall asleep, get up and do something else until you feel tired, then go back to bed.

Occasional problems with sleep can happen to anyone. Consult with your health care provider when difficulty sleeping at night is affecting your daily functioning, relationships or sense of well being.

Connie Tomy (4th Year Nursing Student)
Seniors' Healthy Living Program
Regina Qu'Appelle Health Region

Century Club Corner

Due to circumstances, a biography was not available for this edition. Please check the summer issue for the next story!

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.

“Planning for the future”

United Against Elder Abuse

**SHOWCASING ELDER ABUSE
INITIATIVES IN
SASKATCHEWAN!!**

May 5, 2009

**Delta Hotel
Regina, SK**



Keynote Speaker
Senator Sharon Carstairs

COST:\$40.00

Registration includes: Lunch & Refreshment Breaks
Registration deadline: Friday, April 24, 2009
Registration Form: see Page 10

Canada



Proudly presented by

Saskatchewan Seniors Mechanism

306-359-9956

www.skseniorsmechanism.ca