



# GRAY MATTERS

*Published by Saskatchewan Seniors Mechanism*

306-359-9956

[www.skseiorsmechanism.ca](http://www.skseiorsmechanism.ca)

## New Tri-Board and Banner



*Wayne Ruten , Past President of SaskTel Chapter 59  
& Rep to SSM Board*

Thank you to SaskTel Pioneers Chapter 59 for the donation of \$1000.00 which allowed SSM to purchase a much needed tri-board and banner. These items have already been used extensively at conferences and shows to raise the visibility of Saskatchewan Seniors Mechanism and the work they are doing to better the lives of seniors in Saskatchewan. They are designed in such away that we anticipate they will be functional for many years to come!

Thank you SaskTel Pioneers Chapter 59!

### **BILL 610 AN ACT RESPECTING**

**SENIORS RIGHTS** has been presented in the Legislature by Ms. Judy Junor, Critic for Seniors' Issues. The 1st reading has occurred and the bill is out for consultation. The Bill will be debated in the Spring Session. To view the bill check out our website:

[www.skseiorsmechanism.ca](http://www.skseiorsmechanism.ca) under 'What's New?'

## WINTER WONDERLAND



The frost is etched upon the window pane  
Announcing winters presence once again  
The prairie landscapes bright with glistening snow  
And crystal ice has stopped the rivers flow.

The prairie songbirds have all fled the scene  
They've flown south to fields of emerald green  
The rodents dens are stocked with food to last  
The many months of winters icy blast.

The children romp and play in soft new snow  
With merry shouts and rosy cheeks aglow  
Their laughter penetrates the clear crisp air  
Each days to be enjoyed without a care.

To some this is their favourite time of year  
As they engage in sports they hold so dear  
To skate or ski whate'er their favourite sport  
At home or at some far away resort.

The airplanes above so small so high  
Paint vapour trails of white across the sky  
The noonday sun reflects a brilliant light  
To be replaced by moonlight, come the night.

The Northern lights illuminate the sky  
Launch shafts of light that reach the heavens high  
While sleepy towns and villages below  
Are thrilled observing nature's classic show.

If winter comes can spring be far behind?  
This cheery phrase inspires our weary mind  
The cold retreats, we welcome warmth and rain  
Our sprits soar, its springtime on the plain.

*- John Bryde*

**READ BY 100,000 SK SENIORS**



## GRAY MATTERS

### 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](mailto:ssm@skseniorsmechanism.ca)

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



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## 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:*

- Canada Post Heritage Club—Golden Sheaf Chapter
- Fédération des Aînés Fransaskois
- Moose Jaw & District Seniors Association
- National Association of Federal Retirees
- Regina Senior Citizens Centre Inc.
- Saskatchewan Federation of Union Retirees
- Saskatchewan Retirees Association
- Saskatchewan Seniors Association Incorporated
- Saskatchewan Seniors Education Corp
- Saskatchewan Senior Fitness Association
- Saskatoon Council on Aging
- SaskTel Pioneers Chapter 59
- Senior Power
- Superannuated Teachers of Saskatchewan
- Women of the Dawn

**The Saskatchewan Seniors Mechanism would like to welcome 2 new members:**

- Canada Post Heritage Club—Golden Sheaf Chapter**
- Moose Jaw & District Seniors Association**

**We look forward to working with these new members on many endeavours to improve the life of seniors in SK.**



# HIGHLIGHTS

## **New Member Organizations**

We are pleased to welcome two new member organizations. These are the Golden Sheaf Chapter of the Canada Post Heritage Club and the Moose Jaw and District Seniors Association. We look forward to their participation in SSM.

## **Government Long Term Care Initiative**

Meetings with MLA Laura Ross have taken place throughout the province. In addition to attending the Regina meeting, our Executive Director had a separate meeting with Ms. Ross. Many of the Board Members also attended one or more of these meetings. We are now waiting for a final report from these consultations.

## **Targeted Initiative for Older Workers (TIOW)**

SSM has received approval for a TIOW Grant. The project will take place in Regina. It is a project which provides funds to (re)train people, primarily in the 55-64 age group, in preparation for (re)entering the workforce. Funding is through Human Resources and Social Development Canada and the Ministry of Advanced Education, Employment and Labour. We will be entering into a partnership contract with Dimension 11 Ltd. to provide the actual training. It will be a 12 week program, starting with an orientation session on January 7, 2010

## **Conference 2010**

Plans for our 2010 Conference are underway. More information on page 10.

## **Christmas Open House**

On December 8<sup>th</sup> we were pleased to welcome many visitors to our office for entertainment, speakers, food and fun. Special thanks to Joanne and Ian McDonald and Lynn McCaslin for helping Lynne Couzens with plans for this event. See page 14 for the highlights.

## **Housing Petitions**

A group of seniors, organized by SSM, visited the Provincial Legislature in support of petitions on affordable housing for seniors that were being presented by Mr. David Forbes.

## **Collette Vacations**

We are testing out an offer from Collette Vacations in which we provide them with an Ad in our *Gray Matters* newsletter. In return, we get a small commission on any vacation booked with them as a result of the Ad. Look for their Ad on page 4.

## **Elder Abuse Network Grant**

We have received approval for a grant to establish a network of organizations currently involved in dealing with elder abuse in SK. This support network is being formulated in order to address this issue in a more consistent manner across the province. The Saskatoon Council on Aging and the Community Against Family Violence in Prince Albert will be key partners in this two year project along with other interested stakeholders.

# **HAPPY NEW YEAR!**

*From the Board  
and Staff of SSM!*



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# **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

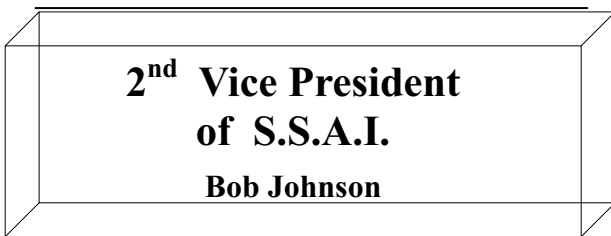
### **President's Message**

As we galloped towards December and of course the Christmas season, I had two thoughts on my mind. One was to really appreciate the wonderful weather we were having and then wondering if at some time in the future we will have to pay the piper. Secondly, I am wondering if we will be hearing again what has become a familiar complaint. Should we be celebrating Christmas? Should we be using the word Christmas? Should I be wishing all seniors a Happy Holiday instead? Well, at the risk of offending, I believe, a small minority of residents of Saskatchewan, I am going to wish every one a MERRY CHRISTMAS. In my life time I have celebrated the birth of Christ in many places. During the war years in England, which were my teen years, we spent a few Christmas Eves in air raid shelters. While we were there, we sang carols and tried to keep warm and dry and listened for the next bomb to explode. Then when the all clear was sounded we all streamed out from our shelters, looked around at the start of another day and we wished every one nearby a Merry Christmas. Deep in the heart of the Malayan jungle on a Christmas Eve as a member of a 42<sup>nd</sup> Royal Marine Commando Patrol searching for terrorists, sitting on the side of a hill wrapped in a poncho trying to keep the leeches and snakes at bay and trying to stay reasonably dry at the same time. Then as we stood at the dawn of another Christmas Day and as we began to make our way to a pick up point, we paused long enough to wish each other a Merry Christmas. Being on duty on Christmas Eve in downtown Portsmouth, walking the streets as a Police Constable ( PC 160 ), trying to ensure that every one who was out after midnight reached

home safe and sound. Then being greeted by everyone I came into contact with, by those words, "Merry Christmas Constable" made me feel that I was appreciated. Working 1650 feet under ground on a copper mine on Christmas Eve in what was then Northern Rhodesia, being responsible for a gang of 70 to 80 African miners in dark, dusty and wet conditions. As they worked they sang carols in their own language and they laughed as they sang because tomorrow and the next day they could stay at home and celebrate also the birth of Christ in their own way. Waiting for the cages to take us up to the surface in the early hours of the morning we all took the time to wish each other a Merry Christmas. During the many, many years that I worked as a nurse in both hospitals and nursing homes, I have spent quite a few of them working both Christmas Eve and Christmas Day, along with countless others. They were good times, because to be able to bring some measure of comfort and joy to those less fortunate at this special time had untold rewards all of its own. To see smiles on faces that were generally filled with pain and to hear them whisper, "thank you and a Merry Christmas to you also" was a reward that money could not replace. Of course there were tears as older residents of nursing homes remembered times in the past and that made it that much more rewarding to change those tears to smiles. So at the risk again of offending some people, I want to wish everyone who reads the words I write a very Merry Christmas and a Happy and Healthy New Year and I will continue to do so each and every year. The words Happy Holidays do not cut it for me as throughout the year we wish each other at various times, happy this or happy that: Birthdays, Easter, Thanksgiving, Mother's Day, Father's Day and other times of celebrations come to mind and truly they should all be happy occasions but Christmas

is quite different. Because it includes the word Christ should not make it a no-no. Canada after all is basically a Christian country and the custom of wishing each other a Merry Christmas has a long tradition. A tradition that should be respected by every one that comes to live in this wonderful country. In the words of a very wise person, "if it ain't broke, don't try to fix it". So !!! Merry Christmas, Merry Christmas, **Merry Christmas!**

*Len Fallows,  
President SSAI*



Well, another SSAI board meeting has come and gone – this can mean only one thing – another brief recap (newsletter) is due.

Actually, I am being a bit facetious!

This was a good meeting, very productive, relaxed atmosphere, and reasonably short. The locale, (Heritage Inn), treated us well, and the company was enjoyable.

For the first time in quite a while region "K" was represented. Lorne and the two visitors/onlookers from the Fort Qu'Appelle area, Fran and Anita, were very welcome. We anticipate seeing more of each.

President Len brought us up-to-date regarding the possibility of financial support from the Provincial Government. One has to be optimistic, but then .....

The SSAI brief, including resolutions passed at the last convention, has been refined and is ready for printing. It is anticipated this will be presented to the Provincial Government in 2009.

There are twenty resolutions in the package, 10 pertaining to health, 9 to senior centers, and one relating to the environment.

The resolutions that were passed, in June that pertained to federal governance, were presented to the national seniors' convention. They were all passed with little, or no discussion and will be forwarded to the Federal Government by that body.

We spent quite a bit of time discussing the 2010 convention. The dates are June 15-17 inclusive and the event will be held in the Heritage Inn.

The Board of Directors of SSAI are in a bit of a bind when it comes to scheduling the annual meeting (convention).

The general membership, through the voting delegates at the convention, expressed the view that the convention should be held in a central location. Primarily, this is to try and equalize the travelling time for those attending.

The bind comes when looking for places to hold the convention. It seems that the bigger the center (Saskatoon, Regina, etc.) the higher the cost of the facilities. The board is always trying to get the best bang for the buck but there is a line that, if crossed, results in poor accommodation.

The registration fee for 2010 is remaining at \$60.00 per attendee.

The costs, times, etc. will be in the convention call, when the time is closer, but in the meantime we know the dates. All clubs are again asked to help with the silent auction, door prizes, raffles, etc. by supplying an item.

All clubs should have the information on the bowling tournament to be held in Prince Albert, Feb. 28 – Mar. 1, 2010. This event gets better with each year, so plan on attending.

President Len is still working on setting up a web site for the SSAI. It is hoped this will be a reality soon. Again, clubs are reminded that the web site will be successful only if there is information on it. It is up to the clubs to ensure that appropriate info is supplied.

A discussion was held concerning having coordinators attending board meetings. A motion was passed saying

we would invite all coordinators to attend two of the four board meetings held each year. One of these meetings is held the first evening of the convention and, for this fiscal year, the other is the meeting scheduled for March 2 and 3, 2010.

For these meetings the SSAI will supply mileage, meals, and accommodation, as required.

The constitution, and by-laws, of the SSAI are being examined with the goal of revising and/or amending them. It has been many years since this was done.

It is anticipated all clubs will have the committee's report and suggestions by March/April of 2010.

Another item that all clubs should be aware of is that of proposed resolutions. There will be no resolutions from the floor, at convention, starting in 2010. All proposed resolutions must be in to the committee chair person, Lawrence Pomier, by March of 2010. Resolutions received after that date will be considered no sooner than the 2011 convention.

This ends the result of my copious note-taking at 8-9 hours of meetings.

*Bob Johnson  
Director Region "A"*

**A Special Friend of the Regiment**



*( Phyllis Mason, Bob Mason, Lloyd Beaumont)*

The publication " PRECIOUS MEMORIES OF PRAIRIE WAR HEROES " is creating some interesting results. For example one of the authors noted by the Royal Regina Rifle Regimental As-

sociation was honored at a Formal Military Banquet in Saskatoon. The Association was surprised to learn he was not only an eloquent writer but a Military Hero.

This year's Reunion honored a decorated veteran who always wanted to be a Rifleman because he was a Saskatchewan boy, but served as a Signaller in an Eastern Scottish Regiment. Pte. Robert Greg Mason of Perdue was awarded the Military Medal for bravery under attack. On January 29, 1945, in the attack on Kapelsche Veer, Holland & again on April 14, 1945, in the attack on Friescythe, Germany. Pte. Mason came to the attention of the Rifles through a poem that he wrote called REGINA JOHN (A story of D plus two). The Poem cleverly relates the "awful cost" following their landing on D Day.



*(Bob Mason, Lloyd Beaumont)*

The photo shows him being made a "special friend of the Regiment" & given a Regimental Pin by National President Lt. Col. (Retired) Lloyd Beaumont of Metinota Beach.

His verbal response pointed out he speaks as well as he writes.

*- submitted by Lloyd Beaumont*

**1<sup>st</sup> Vice President  
of S.S.A.I.  
Sheila Righi**

To start with I would like to commend all our Executive and Committees for all the hours of "Volunteering" for all "Seniors" across the Province of Saskatchewan. This does require dedication and the desire to help others where possible.

The first meeting of SSAI for the year 2009-2010 has come and gone. It was a good productive meeting covering many topics, with only two Directors absent.

Committees are working very diligently! Resolution Committee is reviewing the "Financial Brief" making changes or additions where required, then there will be the proofreading before it is printed ready to present to the Provincial Government by December.

Constitution Committee is moving forward with deletions and changes and promised it will be completed in time for our meeting in March. This is a huge undertaking, which requires patience, time and dialogue among those involved. Our President is very busy with setting up a web site and acquiring a web master. After that is complete clubs and individuals will be required to send information in to make the web site productive and interesting.

Len is also searching for a TV DVD player which could be used at our meetings and conventions. Once that is secured, we would require pictures with information from our clubs, which in turn will be a good source of information and entertainment as well.

I have been working on the "Bowling Tournament" which is progressing quite nicely. A good number of Team Registrations are in, however the key is to get your registrations in "Early" so there won't be any disappointments. I do require the

\$150.00 fee with your registration form. January 15/10 is the deadline. I have received a number of items for the "Silent Auction".

Len Fallows and I went to "North Star Trophies" and picked out a "Crystal Trophy" which is donated by Ben's Auto Glass of Prince Albert. Teams will be presented with this trophy. Their names will be inscribed on it and they will have possession of it for a period of one year, then it will be up for competition the following year.

Don Hleska Sr. will pick up the Gold, Silver and Bronze medals for me.

I did look at the name tags available and will order them in the near future. I wanted to make sure I had all the names and spelling correct before doing so. These are for Executive and Directors.

Our Convention Committee, Fern, Bob and myself did meet with the manager of the Heritage Inn, Saskatoon, Noel Watt to discuss and confirm plans for our 2010 Convention in June 2010. So far everything is going as planned.

I just received a letter from SaskTel, re: my request for our Bowling Tournament. They are sorry to inform me, they are unable to assist, as their key areas of focus are: Technology, Diversity, Youth and Rural. Seniors are not on their radar.

See you all in March at our "4<sup>th</sup> Annual Bowling Tournament" at the "Minto Rec Centre", Prince Albert. Our board meeting will follow it on March 2, 3, 2010.

I have made arrangements for coffee breaks and our noon meal at the meeting. It will be served right at the Minto Rec Centre.

Merry Christmas and a Happy Healthy New Year to All.

*Sheila Righi  
1<sup>st</sup> Vice President.*

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

**Thank you. Fern Haight**

## DO YOU AGREE??

*We, as human beings, tend to live in the moment whatever that moment might be. It could make us angry; it could make us sad; it could make us happy; it could make us depressed.*

*These things are all habits. Habits that we develop or habits that we pick up unconsciously. We need to decide to change these habits. We need to learn to live in the moment as positively as possible. We can change these habits in a moment.*

*Jane Roberts from the book, 'The Nature of Personal Reality' says: "If you are ill you may say, I did not want to be sick or if you are poor, I did not want to be poor, or if you are unloved, I did not want to be lonely. Yet for your own reasons you begin to believe in illness more than health, in poverty more than abundance, in loneliness rather than affection."*

*Habits tend to limit us. Society tends to limit us. Living in the moment tends to limit us.*

*The old saying, God didn't make any junk, is true!*

*We limit ourselves by living in the moment, by self defeating habits, by letting other people tell us we are not smart, we are not happy, we are not attractive.*

*Our minds are more powerful than the biggest computer ever built. In fact, studies say that in order to duplicate the human mind, we would have to build a computer the size of Texas. Yet, we believe that a computer can do so much more than we can.*

*We need to become more positive in our thinking. We are all of infinite worth. We need to believe:*

- Believe in yourself
- Believe in happiness
- Believe in love
- Believe that you are a great person and you will become what you believe.

*If you find yourself believing that you must always be the way you have always been, you are arguing against growth. You must know that you have the power to create whatever kind of person you want to become, in all aspects of your life.*

*-John Knight*



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# RETREAT



**SSM** held a retreat at Manitou Beach on October 24-26<sup>th</sup>. We invited each of our member organizations to send 2 people in addition to the person that represents them on our Board.

The key objectives of the event were to allow an opportunity for member organizations of SSM to learn more about each other and to discuss the issues and needs of seniors in Saskatchewan and which of those needs should be a focus for SSM in the next 1-3 years.

There was plenty of time for discussion, sharing ideas, learning, laughter and, of course, a few dips in the pool. By the end of the event, everyone agreed it had been an excellent opportunity to get to know one another and build community among the member organizations.



There was much discussion on the issues facing seniors in our society. Four key issues were identified. These are housing, elder abuse, finances, and health care. It was noted that these and other issues are part of a bigger picture that could be called “quality of life”. While all of the things that affect quality of life are interconnected, it is important to be able to single out some particular areas to work on. It was agreed that we would keep updating our member organizations on what we are doing in these key areas.

A big thank-you goes to our facilitators Gerri Wood and Marj Thiessen for their excellent leadership. Thank you as well to Board Members Kerrie Strathy and Wayne Rutten who worked with the Executive Director to plan the event.

*Final Retreat Activity—illustrating how we are all joined together in a network individually and as organizations—‘Seniors Working Together’*

## SSM CONFERENCE & AGM 2010

### Saskatchewan Seniors Mechanism Conference to be held in Moose Jaw May 25-26, 2010



We are very pleased to be working with the Moose Jaw and District Seniors Association on our Conference in 2010. It will be held in their facility. The theme of the Conference will be “Seniors and Their Money”. We are planning to have speakers from the Bank of Canada (who will show you what counterfeit money actually looks like), a Citizen Services Specialist (who will talk about CPP, OAS, and GIS), and someone who will talk about low income among seniors. There will be displays and workshops to participate in. We are also planning an evening of entertainment and socializing.

# 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 seniors are 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 host a Primary Health Care conference in Southey Saskatchewan. This conference will give instruction and will encourage seniors to pro-actively 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

*(Continued on page 13)*

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## PRIMARY HEALTH CARE CONFERENCE



Keynote Speaker  
Michael Rachlis

**March 3, 2010**

**8:30-4:00**

**Southey Skating Rink (60 Assiniboia Ave.)**

**Southey, SK**

**Registration Fee: \$5.00** include Lunch

**Registration deadline: Feb 22, 2010**

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### **REGISTRATION FORM**

#### **Primary Health Care Conference**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Registration Fee: \$5.00

**Registration Deadline: Monday, Feb 22, 2010**

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toll-free 1-877-889-8860.

## Yeah But.....


*We need to understand that we have the power within us to create whatever we want in our lives. There will always be people around us saying 'Yeah but' you can't change. I say you can!*

*I heard on the news the other day that many people told Darian Durant that he could not be a good quarterback. However, he did not believe them and he has proved he can not only be a quarterback but he can be a very good quarterback.*

*Are you letting the 'Yeah Buts' hold you back in life?*


- John Knight

## Community Announcement Column



Please send event, place, date and contact info to: [ssm@skseniorsmechanism.ca](mailto:ssm@skseniorsmechanism.ca)  
\*info will be included in Gray Matters as space permits.

# 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. Dentures, Adjustments  
Licensed Denturist  
1-888-723-1110 1-306-525-5200



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Saskatchewan  
Ministry of  
Justice and  
Attorney General  
Consumer Protection Branch

Protecting Saskatchewan  
Consumers and Investors

(Continued from page 11 - Primary Health Care )

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. This primary health care conference 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.

The Conference in Southey will be held on March 3, 2010 from 8:30-4:00 at the Southey Skating Rink (60 Assiniboia Ave.). Those attending will have a rare opportunity to hear keynote speaker Michael Rachlis, a leading spokesperson and expert on primary health care, in both the Canadian and U.S. health care systems. He lives in Ontario and has addressed governments and community groups in various locations throughout North America.



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- Weekly housekeeping/linen changes
- 24 hour support staff

**THE RESIDENCES**

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- bi-weekly housekeeping
- insuite laundry

**SERVICES FOR BOTH**

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- Emergency response system
- Scheduled transportation
- Planned social activities
- Wellness centre
- Beauty Salon/Barbershop
- In-house general store & library
- Small pets welcome

**4950 Pasqua St. 585-7100**  
Tours Monday - Friday 9:00 - 4:30 p.m.

**[www.wintergreene.ca](http://www.wintergreene.ca)**

## Building Caring Communities

The theme for the 8<sup>th</sup> Annual Gerontology Institute held on November 26 at the Regina Inn was most appropriate and timely. "Building Caring Communities" is the bed-rock purpose of gerontology and the need for implementation of action related to this worthy purpose has never been greater than it is today. A lot of good things have been happening in relation to the needs of the ever increasing proportion of seniors in today's society. Even so, many challenges require greater awareness, deeper discussion, careful planning and timely implementation of appropriate solutions. Delegates at the Institute were able to move ahead towards some of these solutions. The Keynote Speaker, Charles Keple, provided a good overview of issues related to elder abuse, Michelle Classen provided some useful information related to "Nutrition and the Older Adult", Vincent Murphy inspired everyone

with his presentation about the importance of encouragement and positive affirmation in keeping seniors informed and involved. A variety of excellent workshops were held during the early afternoon. These were followed by an interesting general session at which each group presented comments regarding their discussions to the entire assembly of delegates present. Congratulations to the Seniors Education Centre for designing and delivering such a fine program. It was a great opportunity for seniors to meet with those who serve seniors and work together to seek solutions for a number of important issues. If you were not able to attend this year's Institute, you'll want to start planning now to get involved in the 2010 event.

-Trev Quinn

## PRECIOUS MEMORIES OF PRAIRIE WAR HEROES



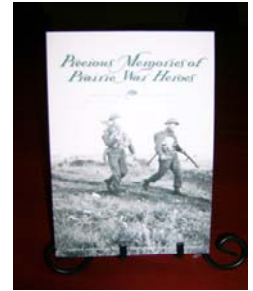
The Saskatchewan Seniors Mechanism was delighted to publish a book honouring Saskatchewan and Alberta WWII Veterans. It is our desire that these stories be handed down to the next generation as a legacy to freedom won. While this book is serious in nature, we have tried as well to incorporate a humorous, 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 \$3.00 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.skseniorsmechanism.ca](http://www.skseniorsmechanism.ca)

*Published in partnership with Canadian Heritage*



## CHRISTMAS COME & GO



On December 8, 2009, the SSM hosted their Annual Come & Go Tea. We were pleased to have greetings brought by elected officials and friends of the SSM: Ms. Laura Ross, Mr. Dwain Lingenfelter, Ms. Judy Junor, Ms. Gwen Bitel for Mr. Tom Lukiwski, and Councillor Sharon Bryce from the City of Regina. We extend our thanks to Acappella Attitude (Barbershop Quartet) who entertained us again this year.

Guests were excited to receive door prizes donated by SaskTel Pioneers Chapter 59, Philips Lifeline, Administration Centre and Saskatchewan Seniors Mechanism.

Each year we look forward to renewing old acquaintances and welcoming new friends of the SSM. We were excited to see each one who attended this occasion.

## CRYPTOCORNER

Clue W = L

BTAX VNX BTNB IJLVBX BTA VMLUYNM

TNV VOKT N WLMZ VTPMX MLVA BTNB

UPBTLOB HAMEPMZ LSAJ TA KNM

VYAWW HABUAAM TPV BLAV.

*Solution Page 19*

# Save Our Saskatchewan Crowns

By: Jennifer Britton, Campaign Coordinator

For more than 100 years, Saskatchewan has thrived on the affordable and accessible services offered by Crown Corporations. From Stony Rapids to Estevan and every community in between, the lives of Saskatchewan residents are touched by our Crowns every single day.

But the success of these Crowns and their impact on our lives is being threatened. Our current government is making noises that these Crowns may not continue in their current successful incarnations. That worries many Saskatchewan citizens.

That's why the Save Our Saskatchewan (SOS) Crowns Campaign was created. This coalition of concerned citizens has three things in mind; our province, our crown corporations, and our future.

Dating as far back as 1901, the original objective of the Crowns was to ensure that every citizen in the province should have access to reliable, affordable and high quality public services. Throughout the decades, the people of Saskatchewan have come to rely on amenities such as clean water, basic telephone service, safe and unfailing power and energy, and affordable insurance, no matter where in the province they live.

Today, Crowns are highly competitive, therefore allowing them to provide services to each one of us at lower costs. Each Crown in its own area of expertise strives to provide access to services to every single citizen, regardless of their location. The Crown sector also provides stable employment for over 11,000 people in Saskatchewan who are located in over 70 communities in the province. A good portion of those

wages and benefits are then spent in local neighbourhoods, helping to keep our communities sustainable. This is especially important for small businesses in rural areas throughout the province. We want to protect our public companies that make Saskatchewan a better place for our family, friends, and neighbours.



## SAVE OUR SASKATCHEWAN CROWNS

This SOS campaign is about making Saskatchewan a more prosperous place for every single citizen. Every year, our Crown Corporations re-invest their profits in our towns, cities, schools, charity organizations and community events. Last year alone, over \$100 million was given away throughout the province in the form of donations, awards, and sponsorships. Also, any profits declared by our Crowns go into the provincial General Revenue Fund which puts money into schools,

universities, and child care centres, health facilities, highways and roads, parks and recreation, and infrastructure throughout the province.

During this world economic crisis, Saskatchewan has remained relatively stable. As we see companies and industries throughout North America crashing, Saskatchewan is considered to be in an economic boom. As recently as June of this year, the national unemployment rate hovered at 8.6 percent while Saskatchewan remained the lowest in the country at only 4.6 percent, partially due to a strong Crown sector. As our Crowns are profitable and expanding they continue to build partnerships with over 1,200 Saskatchewan companies and spend over \$2 billion on local goods and services in our communities annually.

The Government cites lack of expertise in the current Crowns and lack of access to capital dollars as reasons for inviting private industry to provide emerging products and services that will be instrumental to the future success of the Crowns. By opening up the door to private industry, we also open the door to foreign investment. As more and more aspects of our Crowns are ceded to these investors, access to power and energy resources, water, and telecommunication services could be compromised for citizens in urban centres and outlying areas.

The mandate of the SOS coalition is to reaffirm to the people of Saskatchewan the importance of growing and preserving our Crown Corporations. The coalition has serious concerns regarding the future of our Saskatchewan Crowns under the power of the current government.

For more information, or to learn how you can get involved, please visit us on the web at [www.soscrows.ca](http://www.soscrows.ca) or contact Jennifer at (306) 777-0007

# 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**



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*Please quote this code to receive this special offer.*

**XX202**

[www.lifeline.ca](http://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**



# 2010 - SSFA 55PLUS PROVINCIAL GAMES

Plans are underway to host the Saskatchewan Senior Fitness Association (SSFA) 55Plus Provincial Games in Regina, July 6 to 8, 2010. The District Committee's organizers throughout the province are scheduling their playoffs from January to May, 2010 to determine who will represent their district at these games. The deadline for receiving participant's registration forms by the Games Office in Regina is June 4, 2010.

The SSFA Regina Host Committee is looking for volunteers to assist in the delivery of the provincial games. Volunteers can pick up Registration Forms at the Regina Senior Citizens Centre on Winnipeg Street, Sportplex - Fieldhouse and the Sandra Schmirler Leisure Centre or call Edna McCall at 543-2672 for more information.

You can contact the representatives from your district for games information:

South East Connection (formerly Zone 1)	-	Agnes Pitre	842-5674
Regina Sport District (formerly Zone 2)	-	Alice MacCormack	543-6163
South West District (formerly Zone 3)	-	Keitha Friesen	672-3547
Parkland Valley District (formerly Zone 4)	-	Anita Bella	728-5163
	-	Helen Dingwall	783-0802
Prairie Central District (formerly Zone 5)	-	Donna Hall	729-4220
Saskatoon Sport District (formerly Zone 6)	-	Sheldon Kraus	242-9452
Rivers West District (formerly Zone 7)	-	Walter Pooler	398-2935
Lakeland District (formerly Zone 8)	-	Rose Marie Gallais	275-4516

The twenty-two events include contract bridge, duplicate bridge, cribbage, Kaiser, whist, scrabble, five pin bowling, darts, golf, horseshoes, lawn bowling, bank shuffleboard, slo-pitch, snooker, 8 ball, swimming, tennis, table tennis, track & field, badminton, floor shuffleboard, and poetry & short story writing.

Ice Curling competition will be held the week of 15<sup>th</sup> of March, 2010. More information can be obtained by calling Gordon Garratt at 545-6693.

To qualify to compete in the games, all participants must be 55 years of age by December 31, 2010.

The winners from the provincial games can proceed to the 2010 Canada 55+ Games.

*Submitted by  
Margaret Gailing  
SSFA Provincial President*

# Century Club Corner

## Katherine Petro

On September 15, 2009 family and friends of Katherine Petro were joined by the staff and residents of the Herbert Heritage Manor to help her celebrate her 105<sup>th</sup> birthday. It was such a remarkable accomplishment.

Kay Nickolchuk was born on the family homestead near Lehr, North Dakota on September 15, 1904. In 1917, when she was 13, she moved to Saskatchewan to settle in the Downy Lake region southwest of Maple Creek. They joined other family and friends who had moved to Saskatchewan already. They traveled by train with their furniture.

She was quite a cowgirl and enjoyed horses and riding and often rode bareback. As teenagers about 10 of them would meet on horses at a certain corner on the road to go to the dances at the schoolhouse. The First World War ended shortly after her 14<sup>th</sup> birthday. One of her brothers was in the Canadian army and another was in the American army. Later, she remembers attending dances at the armories in Maple Creek and working in the hospital until she married.

On April 21<sup>st</sup>, 1925, she married Andrew Petro and lived on his homestead closer to the Walsh area of the Cypress Hills. They moved to Winnipeg where their daughter Joyce was born and Andrew worked in the Grain Exchange until the crash of 1929. Their son Victor was born later in Fox Valley where Andrew worked in a grocery store.

The decade that stands out most in her mind was the Dirty Thirties when she helped build the community of Simmie. Her brother John in Fox Valley heard about a new rail line that was being extended from Swift Current to Shaunavon. New elevators were scheduled to be built half way between the two centers. They decided to open a store where these elevators were being built.

When they arrived in Simmie in 1932, all that gave the appearance of a possible town was a newly constructed Western elevator, a partially constructed Pioneer elevator, and a train track



which had been built as a spur line from Swift Current during 1930-31. The track, which at one time was expected to join the Scotsguard line, ended a few hundred yards from the last elevator at what was then called Maeshowe, a name borrowed from a post office in the St. Clair district eight miles away. Since the Maeshowe post office did not want to close as expected, the CPR asked district residents to rename the location. After much discussion, they chose the name Simmie because the end of the rail line and expected town site were on John Simmie's homestead land.

Andrew arrived in Simmie to find a suitable location and a building for a store and house. Kay followed a week later with their two children and furniture, mainly beds and a crib. John Simmie Sr., told Andrew to set up his store on his land across from the Western elevator as nothing had been surveyed until after Andrew set up his store. An old granary was used as the store. Two other grocery stores were also springing up at the same time. Although the owner of one store, Mr. Henderson, was in Swift Current ordering stock at the same time as Andrew, Andrew and Kay had the first groceries in the store to sell. Therefore some people consider their store to be the first store in the new town of Simmie. Andrew received additional revenue because he was appointed postmaster of the new post office.

An old cook car served as living quarters for three months before they moved into a bigger and better one. The cracks let in the cold and dirty

winds and made living almost impossible, leaving Kay depressed and lonely. Then Mrs. Rouse arrived with homemade doughnuts and that helped cheer her up. She was her friend for life.

They made their own entertainment playing cards, dancing, and joining clubs such as the Birthday Club, the Welfare Club, the Hobo Club, and the Homemakers Club. In the early days, the gatherings of these groups were all held in the café. When they didn't have enough chairs, they used tree stumps or people brought their own chairs. One Christmas one lady decorated a big Russian thistle as a Christmas tree and Kay thought it looked very good. Simmie developed into a very active community and learned to pull together. During these years Jim, Bob and Gail were born. Andrew and Kay bought farm land in the Simmie district and Andrew farmed as well until they sold the land a few years later.

Kay loved working with the public in the store. However, they sold the business after a devastating fire in the spring of 1956 destroyed most

of Main Street including their store and house. They moved into another house and continued on with the Post Office. Andrew died in 1963 and Kay continued on as Post Mistress until her retirement in 1969.

In 1976 Kay moved to Swift Current and into the new Heritage Towers. Thirty years later, at the age of 102, she did some down-sizing and moved to a home in Herbert which offered a higher level of personal care. Throughout her retirement she continued with many activities that kept her busy. She curled, played cards and shuffleboard, danced, knitted and crocheted, entertained and traveled to visit family. She tries to keep up with some activities now such as bingo and attending entertainment at the Manor, but she is legally blind. Kay looks forward to visits and phone calls from family members living in various parts of Alberta, Saskatchewan and Ontario. She feels that one of the keys to her long life has been her ability to keep herself busy, occupied and happy with friends.

*-Gail Wall (daughter of Andrew and Katherine Petro)*

### 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.



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- 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

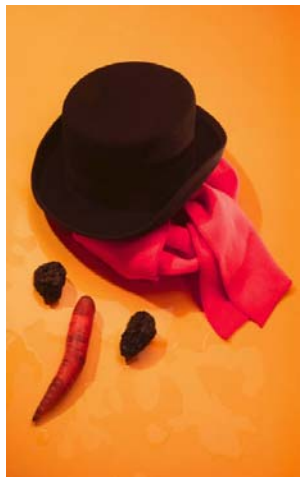


Contact the  
**Saskatchewan Safety Council**  
at **(306) 757 3197**.

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

# CRYPTO CORNER

They say that Frosty the Snowman has such a long shiny nose that without bending over, he can smell between his toes.



**WARNING: New Scam affecting Saskatchewan Seniors!!**  
**“The Grandparent/Emergency Scam”**

Someone claiming to be a family member or helping a family member (i.e. Lawyer) could contact you and say that they are in trouble, stranded or in jail etc. and need money. Don't Panic & Verify all information with someone you trust locally! Any concerns, call your local Police Department.

**FRAUD CENTS\$ TOOLKIT**  
**for**  
**SENIORS**

*“Helping Seniors Avoid Fraud”*



**Call: 306-757-1898**

- Are you interested in helping others?
- Do you want more information on frauds and scams?
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Volunteer Organizations needed to test our toolkits in March 2010!  
Please call Tracy to get all the details!!

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