



VOLUME 12, ISSUE 1

Summer 2007

ANOTHER SUCCESSFUL CONFERENCE!

On May 30 & 31, 2007, the Saskatchewan Seniors Mechanism hosted its' Conference and Annual General Meeting.

On the first day, greetings were brought by Councillor Michael Fougere representing the City of Regina. Our keynote speaker was Judy Junor, former Minister for Seniors, who spoke about various seniors' issues and emphasized her belief that active, engaged seniors tend to be healthy seniors.

The Conference theme was "Limited Income Restricts Seniors Access to Services". Its purpose was to identify and discuss the many economic barriers that discourage seniors from remaining active and engaged in life. Three panels convened to focus on concerns relating to

affordability and accessibility of seniors' health, housing, and active living services.

Speakers on the Health Panel included: Dr. Maureen LeFebvre of the Saskatchewan College of Dental Surgeons; Lisa Vance, Public Health Nutritionist of the Regina Qu'Appelle Health Region; Kimberly Sentes, Pharmacist; Mark Herzog, Director of Extended Health Benefits; and Susan Yee, Manager, Operational Unit of the Drug Plan at Saskatchewan Health. A number of programs to assist with accessibility to health services were profiled, as well as gaps in the system where affordability could be improved.

Speakers on the Housing Panel included: Cathy

(Continued on page 14)

BOOK LAUNCH AT CONFERENCE!!



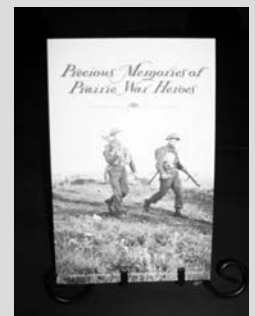
The Saskatchewan Seniors Mechanism was delighted to write a book honouring Saskatchewan and Alberta WWII Veterans. It is our desire that these stories be handed down to the next generation as a legacy to freedom won. While this book is serious in nature, we have tried as well to incorporate a humorous,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

We are excited to offer '**Precious Memories of Prairie War Heroes**' to the public for \$21.00. If you wish to order by mail, please send your cheque to:

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

Or in the very near future you will be able to order it through our website:

www.skseniorsmechanism.ca



Published in partnership with Canadian Heritage



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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

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Publication Mail Agreement 1540750
Undeliverable Copies to:
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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.

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:

Seniors Working Together

- 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
- Federal Superannuates National Assoc.
- Saskatchewan Seniors Association Incorporated
- Saskatchewan Federation of Union Retirees
- SaskTel Pioneers Chapter 59

SENIORS HOTLINE 1 – 888 – 823 – 2211
OR CHECK OUR WEBSITE
www.skseniorsmechanism.ca

Seniors' Chat

Seniors' Drug Plan



Hon. Graham Addley

As Minister Responsible for Seniors, I am very pleased to tell you about the **Seniors' Drug Plan** – the most significant expansion of health care services in a generation. It recognizes the vital contribution that

seniors have made to our province and is an important part of our strategy to improve the lives of Saskatchewan families.

As of July 1st, 2007, a key initiative of the 2007-2008 provincial budget will be implemented which will see that Saskatchewan seniors pay no more than \$15 for prescription medications covered by the Saskatchewan Drug Plan. You do not need to enrol for the program; all Saskatchewan residents 65 years and older will receive the benefit at the pharmacy counter.

If you pay less than \$15 per prescription now, whether through the Special Support program, Saskatchewan Income Plan or Guaranteed Income Supplement coverage, you will continue to do so.

Palliative care patients and those receiving benefits under the Saskatchewan Aids to Independent Living program will continue to receive their prescription drugs at no cost.

If you have any questions or concerns about the Seniors' Drug Plan, please contact the Saskatchewan Drug Plan in Regina at 787-3317 or toll-free at 1-800-667-7581.

The Seniors' Drug Plan allows us to build on the Seniors' Gold Plan, which is available to help you make the most of the summer ahead and your plans to travel in Saskatchewan. Under the Gold Plan, Saskatchewan seniors enjoy free access to provincial parks, free angling licenses, free photo ID from SGI, and a 30 per cent discount on STC fares. For more information about Seniors' Gold Plan services, call 1-800-667-7766.

If you have any ideas or concerns about issues relating to seniors, please feel free to write to me at Room 345, Legislative Building, Regina, S4S 0B3, e-mail me at ministerhl@health.gov.sk.ca, or phone my office at (306) 787-4983. Your comments are always welcome, and I look forward to hearing from you.

A handwritten signature in black ink that reads "Graham Addley". The signature is written in a cursive style.

The Honourable Graham Addley
Minister of Healthy Living Services
and Minister Responsible for Seniors



Government of
Saskatchewan



Saskatchewan
Health Research
FOUNDATION

www.shrf.ca

Building a healthy Saskatchewan through health research

Congratulations to the Saskatchewan Seniors Mechanism on successfully hosting its recent conference - *Limited Income Restricts Seniors Access to Services!*

SHRF was proud to be a sponsor of this conference as we continually strive to support and promote excellence in health research. This research includes the health needs of Saskatchewan's seniors, as outlined in the province's *Health Research Strategy*.

SHRF is the provincial agency responsible for funding and facilitating health research in Saskatchewan.

For more information on the Strategy, the Foundation and the health research we support please visit our Web site.

Plan something special for the seniors in your community →

**SENIORS CONFERENCE
OCTOBER 1-7, 2007**

CRYPTOCORNER

CLUE: D = M

EQH DVYAN FT DOXAN, TFOSJ AS SVEOUH, AS FUNQHXEUV,

AS MVOYQEHU, AS XFSY, AS CVSJ, AS FZHUV, FU LAEQAS

EQH DASJ'X LVUHQFOXH FT EUHVXOUHJ DHDFUAHX, MATEX

EQH XFOM EF SHL QHAYQEX.

Solution page 17

SASKATCHEWAN SENIORS ASSOCIATION INC.

NEWSLETTER

Please send all your news and comments about the newsletter to:
Fern Haight, Box 393, Hanley, SK., Fax: 544-2757, Email: fern.h@sasktel.net

Presidents Message

Hello, my friends.

This has been a very busy spring. The National Pensioners and Senior Citizens Federation, which is our Canadian senior organization (SSAI is their #1 affiliate), visited Ottawa in late April. I was a part of this delegation. We were there to take the message to the Federal Government regarding the many seniors' issues. One of great significance to us here in Saskatchewan is the need for financial assistance to keep our senior clubs open. The NPSCF has been asking for senior representation in the Federal Government. The progress made in this respect is the formation of a National Senior council; Jean Guy Souliere is the chair of this Council. This council is made up of seniors from across Canada. These people are to be advisors and will have four meetings annually. This issue of the need for financial assistance for seniors clubs will definitely be discussed at the Federal level when the Council becomes functional.

Here in Saskatchewan SSAI has presented the resolutions, in the form of a brief, to the government. Two replies have been received. All replies direct our requests to the Minister Responsible for Seniors. I will set up a meeting with the Hon. Graham Addley as soon as he can fit us in to his schedule.

SSAI will also meet with the leader of the opposition the Hon. Brad Wall.

SSAI has a very serious problem. Many senior centres across SK. are lacking finances to operate. These centres are very important to the health and welfare of the seniors in rural SK. An active sen-

ior is a healthy senior. A healthy senior keeps money in the Governments' coffers. If we can keep seniors out of hospitals and keep them in their own homes for a longer period of time we are money ahead. Senior centres help do this very thing. So to the Federal and Provincial Governments I say let's do something to solve this serious financial problem, by helping to keep senior centres open and functional so that seniors will remain active and healthier for a much longer period of time.

Senior Centres need the grant money put back into their hands to use as they see fit.

Respectfully submitted,
Fern Haight

1st Vice President's Report

Here it is nearly June 2007. It's hard to believe that our convention will be over when this issue of Gray Matters is circulated. I hope everyone out there is ready to enjoy the coming summer after a seemingly long fall and winter. The elements have taken a toll on a lot of our travel. It has forced curtailment of visits by most of our executives. Our travel costs are going up, it seems every time you turn around, so I think our Board of Directors may have to limit the amount of travel to try and save money. This is one of the biggest overheads we have. The \$4 per member income that SSAI receives in membership is creating a serious hardship on the operation of our organization. We have to try harder to get other sources of income to help us do our work for the seniors of Saskatchewan. All of us have to try harder to get new, younger seniors to join SSAI to help us carry on the Mission and Objectives that works for the welfare of all seniors in Saskatchewan.

I have attended a Health Research workshop and spoke at a Federal Superannuated luncheon and board meeting in Saskatoon, I explained the origin and aims of our organization and also because I represent SSAI on the Board of Directors of Saskatchewan Senior Mechanism, some of their aims as an umbrella organization. Because of this I have been investigating the possibility of partnering or networking with other senior organizations to help us in our goal that all seniors in Saskatchewan and Canada might become united in one strong voice for the betterment of all seniors. We really need all the help we can get. We need to reach more than 150 thousand to join with us to obtain our goals.

I hope to be able to carry on our work here with SSAI as a part of your executive. Only time will tell. I hope everyone has a wonderful summer and lives life to the fullest.

Regards, Al Morrison
1st Vice President, SSAI

Len Fallows' Report
2nd Vice President

Get more medical staff: senior
Submitted by: Jessical Kiunga

“A local seniors’ advocate says though the federal and provincial governments’ deal to establish a patient wait-time guarantee is a good idea, recruiting health-care staff needs to be the first priority.

Len Fallows, 75, 2nd vice-president of the Saskatchewan Seniors’ Association Incorporated said if the province can’t find enough staff to fill the positions needed for the surgeries, then the \$24.8 million in federal backing recently announced for the project won’t do much good for himself and others waiting for surgery.

Fallows has been on the list for a hip replacement since the fall, and may not be getting into surgery until this fall. He said it’s reasonable for seniors and others waiting for

surgery to expect a six-month wait for surgery, but anything more than that is too long.

Fallows’ call for focus on recruitment is backed by the Saskatchewan Union of Nurses, who says there are upwards of 500 vacancies for registered nurses in the province.

The Federal and Saskatchewan health ministers recently said that our province has agreed to establish a patient wait-time guarantee in coronary artery bypass graft surgery by 2010, supported by \$24.8 million in federal funding.

Each province was given an area to choose from for the funding: cancer care, hip and knee replacement, cardiac care, diagnostic imaging, cataract surgeries or primary care.”

Treasurer’s Report

AN AWFUL FEELING

Well here it is June already and a lot of us are out trying to make our gardens grow, flowers to come etc. It’s the weather that’s not cooperating.

Our 2007 convention is looming ahead of us. Lots of preparing to do, arranging and all that stuff that makes a convention successful.

I am sad to say there are a few clubs that feel they can no longer carry on what with overhead, utilities and age. We will surely miss their voice; I for one will miss the odd chats I have with different people I meet over the phone.

Please accept my apologies if you have not received a receipt for per capita being paid. As near as I can figure I hope I have found everything and have returned calls etc., that maybe I have received. If you have called and left a message please do so again. With the break-in we had our office was a mess so just let me know if I have missed anything.

Please a word to the wise. If you are in a house protect yourself with security or what-

ever. It's always the old saying that it won't happen to me, but guess what—it does. Put dead bolts on doors. Make sure you leave lights on maybe timers. Its better to be safe than sorry. Nothing takes away the awful feeling that a break-in leaves you with. Maybe in time it settles down but time and time again people are saying to me they have never quite got over the fact someone else has been in their house, handled their belongings, and left with so much stuff that cannot be replaced, keepsakes, etc.

Senior Citizen

By Bruce Baker

A senior citizen says he, but what does that make me,
Being older by a decade or two, I'm only half way thru.

If you feel old in your early years.
Middle life will bring you but fears.
Should you now notice your aches and pains.
How will you cope with what the decades bring.
Life is for living as you know.
And if you live well you'll never grow old.
So, as senior citizen you are not,
Just a whippersnapper, by gott!

Joan Morrison,
Treasurer

Saskatchewan Seniors' Association Provincial Bowling Tournament held April 15-16, 2007 at the Minto Rec Centre, Prince Albert (Ethel and Don Helewka Sr. owners/managers) **was a huge success.**

We had 32 – 5 player teams.

Medals were issued.

Gold – Prince Albert #1 Team.

Mona Delpurte
Laurent Painchaud
Ed Bird
Del Regnier
Terry Brassard

Silver – Rosetown #1 Team

Walter Fernets
Cliff Forsythe
Dave Graham
Jack Senecal
Less Wardrop

Bronze – Prince Albert #2 Team

Edwin Bird
Albert Collee
Beryl Bantle
Pauline Bird
Joan Campbell

Congratulations to each of you.

This SSAI bowling tournament was enjoyed by so many seniors, we will have to decide if we will make it an annual event.

April 15-16 2007 S.S.A.I.

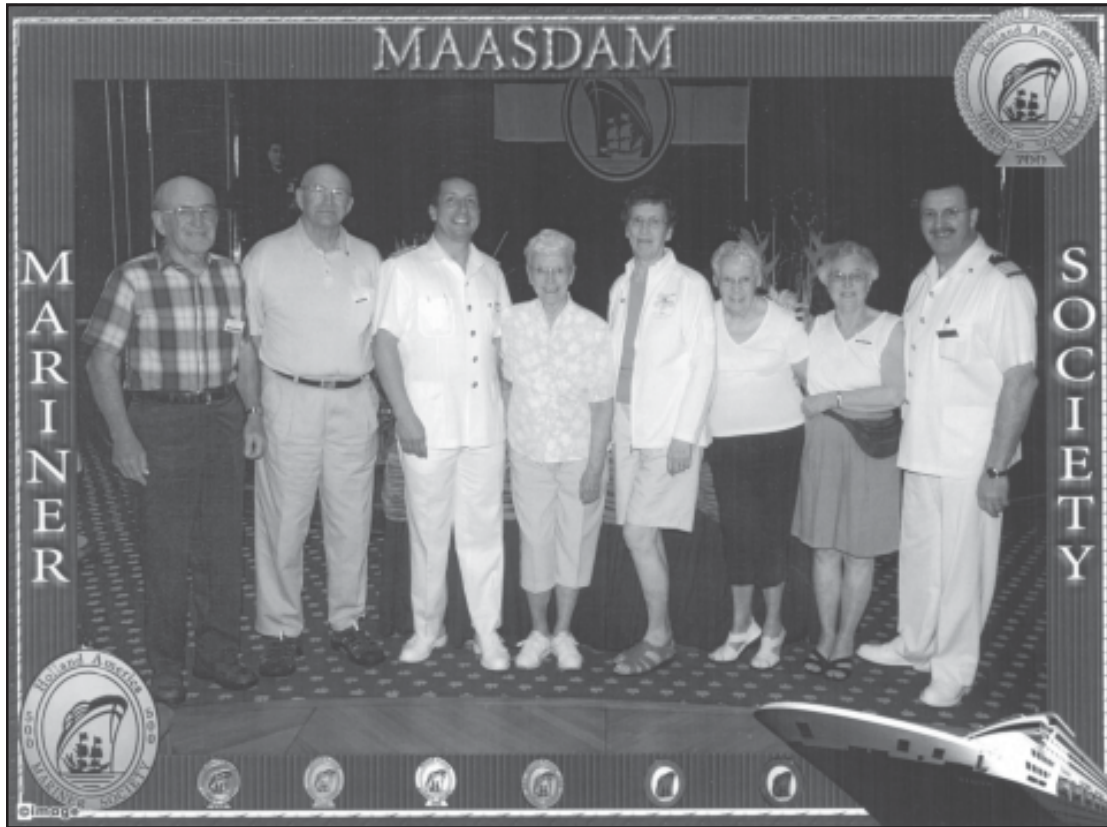
Donations Received

Re: SSAI Provincial Bowling

1. Nutters-Candy & Nut Tray
2. Canadian Tire-Framed Picture
3. Smitty's-6 x \$5.00 certificates
4. Prince Albert Co-Op-Flashlight with batteries
5. Safeway-\$20.00 gift certificate
6. Credit Union Conexus P.A.-2 caps, 2 travel mugs, 2 decks cards
7. Sask Power-Bubba Food Flask
8. Crescent Height's Pharmacy-Framed Picture
9. Lakeland Ford-\$20.00 gift certificate
10. Dresswell Dry Cleaners-2 x \$20.00 gift certificates
11. Jerry Koshman Remax Realty/Koshman Investments-\$50.00 donation to SSAI
12. Minto Bowl- T Shirt
13. Linda Hewitt-Nutri Metics Basket
14. Enchanted Florist-Floral arrangement
15. Clem Twarzynski-Metal Coat Rack
16. Ethel Hlewko-Beige Tweed Afghan
17. Edna Foster-Rose lap Afghan
18. Marg Reed-Elephant Candle Holder & candle
19. Sheila Righi- Chip & Dip Set/Bath Cosmetics Bag
20. Rosalie & Len Fallows-Wild Life Art Picture
21. Laverne Bourassa-Framed Watercolor Picture
22. Gayle Michko-Jade in black stone Jewelery
23. Shelly Hlewko-Mary Kay Cosmetics bag
24. Old Dutch-6 boxes Old Dutch Chips
25. Dollar Store-12 coffee mugs
26. Coke-24 cans of Coke
27. Hair Trix-Shampoo & Conditioner Bag
28. Sheila Righi-\$75.00 donation to SSAI from a bowling Tournament held Jan. 15/07

SSAI extends our thanks to each for your generous donations.

SSAI
NEWSLETTER



Holland America Cruise Lines loves Canadians and loves repeat business. Anyone who comes back a second time is known as a Mariner. On each voyage the ship's captain hosts a cocktail party for all mariners on board. The above photo was taken at the Mariners party onboard the MS Maasdam March 3rd, 2007 when the SSAI group were cruising. Shown in the photo, left to right are: **Harold Brown, Les Garner, Captain Arjen van der Loo, Edna Foster, June Garner, Eunice Halen, Mabel Brown and Hotel Manager Firmin Van Walle.**

Look Into Your Heart

Look into your heart today
 To the feelings deep within
 Give that love to someone else
 That's how happiness begins
 Share that hurt with a special friend
 It will lighten up your load
 And perhaps he will share some feelings to
 As you travel down life's road
 Happiness is something great
 That we're all deserving of
 So if you have a bit to spare
 Share it with the ones you love
 Tenderness and warmth we know
 Can help us through lives trials
 So give it to someone in need
 You will be repaid with love and smiles

Doris Forsyth
 Edam, SK.

Take The Time

The birds are chirping softly in the trees,
 Soon another day will break
 We never know what today will bring
 Or what road our lives will take
 Today you may walk along a quiet stream
 Or in a garden filled with flowers
 Take the time to watch a tiny bird
 Or work for many endless hours
 Soon the day has passed us by
 Have we done the best we could?
 Did we take some time just for ourselves,
 Or help a friend, like we said we would?
 The sky looks warm and golden now,
 With the setting of the sun.
 We watch the shadows cross the land
 As we count our blessing one by one

Doris Forsyth
 Edam, SK.



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YEAH BUT.....

As we age, people tend to want to put us out to pasture. We have all heard the old saying, 'Yeah But' she is too old.

I say what has age got to do with anything? We have more wisdom, more knowledge, and, in most cases less of a temper. We have learned patience and understanding. Perhaps we are not as strong muscle wise as we were but what has that got to do with anything? Even our own government used to suggest that at 65 we have no rights, we need to be put out to pasture.

'Yeah But' this is just not true. We are of worth! We are very valuable! As long as we are alive, we have something to contribute. We are wise, knowledgeable, caring people!

-John Knight



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IPSCO believes in being a good corporate citizen in the communities in which we operate.

IPSCO recognizes the importance of ensuring that Saskatchewan Seniors have a voice.

IPSCO is proud to be a sponsor of the Saskatchewan Seniors Mechanism's Conference focusing on issues that our Seniors face today; such as Seniors having access to personal development opportunities, home care costs, senior women living below the poverty line and many other important issues.

For information about IPSCO connect online www.ipSCO.com

2007 SSM RESOLUTIONS

The following resolutions were presented and passed at the Saskatchewan Seniors Mechanism Annual Meeting held May 31, 2007 at the Delta Hotel in Regina. These resolutions will be forwarded to the appropriate ministers, governments and other appropriate agencies.

BE IT RESOLVED that

1. The Saskatchewan Seniors Mechanism (SSM), lobby SGI, to make available to everyone over the age of 55, the information concerning the **55 Alive Driver Awareness Course** and that SGI provide the **55 Alive Driver Awareness Course** free of charge to anyone over the age of 55.
2. The Saskatchewan Seniors Mechanism urge the Federal Government to insist that the marketing of any new drug be accompanied by clear and truthful information, stated in layman's terms, detailing precisely how much more effective it is than the drug it is supposed to replace, and what the increased risks are, if any.
3. The Saskatchewan Seniors Mechanism (SSM), lobby the federal and provincial governments (separately or in partnership) to;
 - a) Phase in a national prescription drug strategy which would begin with coverage for key catastrophic drug costs with gradual expansion of coverage as finances permit, until the plan is universal in application.
 - b) Phase out the "evergreening" of patent drugs so cheaper generics are available sooner, saving money for the health care system, patients, hospitals and provinces; ban the direct-to-consumer advertising of pharmaceuticals so there is less unnecessary prescribing of drug therapies.

SSM craft a letter to the SK Premier with a copy to the Leader of the Opposition that:

 1. extends thanks to the government for enacting the new Seniors' Drug Plan valued program.
 2. extends hope that this is the first step towards a universal pharmacare program which becomes a logical extension of our existing health care system.
 3. makes note of the importance of the avoidance of means testing for accessing this service.
4. The Saskatchewan Seniors Mechanism urge the Saskatchewan School Trustees Assn. (SSTA), the School Boards and the Saskatchewan Provincial Government to exempt Senior Centres from paying school taxes.
5. The Saskatchewan Seniors Mechanism (SSM), lobby SGI, SUMA, and the Government of Saskatchewan/Highway Traffic Board to effect changes in the current traffic regulations in urban municipalities to affect a consistent approach regarding the location, size, and style of street signage

used at intersections.

6. The Saskatchewan Seniors Mechanism (SSM), lobby SGI, SUMA, and the Government of Saskatchewan/Highway Traffic Board to effect changes in the current traffic regulations in urban municipalities to effect a longer “amber light” time at controlled intersections to provide sufficient time for drivers to make safer driving decisions.
7. The Saskatchewan Provincial Government adopt a Home Owner Grant Program similar to the one in the province of British Columbia that entitles ‘senior’ home owners a maximum reduction in property taxes based on a system of graduated assessed property value.
8. The Saskatchewan Senior Mechanism (SSM), lobby the federal and provincial governments to enact rock solid consumer protection laws (similar to VISA and MasterCard) that limits liability from stolen, lost or forgotten credit cards, debit cards, petroleum pump key locks, telecommunication calling cards, online computer access and any other such methods of goods, services and cash access liability to a maximum limit of fifty dollars (\$50) and zero liability from the moment of reporting such loss or theft.
9. The Saskatchewan Seniors Mechanism (SSM), lobby the federal and provincial governments to make such card key and computer system industries be fully responsible for providing reliable consumer friendly security control including hard drive memory security cameras with time recorded photo image protection to limit theft and unlawful use of all such card keys and computer system access.
10. The Government of Saskatchewan should set aside a week to recognize caregivers.
11. The Government of Saskatchewan moves to more standardization, accreditation, regulation and supervision of care in long-term care facilities.
12. The Government of Saskatchewan institute training initiatives on the needs and care of older adults.
13. The Government of Saskatchewan give further emphasis on wellness and health promotion amongst seniors.
14. The Government of Saskatchewan move quickly to provide high speed internet access to rural Saskatchewan.
15. The Saskatchewan Seniors Mechanism inform the Government of Saskatchewan that SSM opposes the signing of Trade, Investment and Labour Mobility Agreement (TILMA).

The new Seniors' Drug Plan

Starting July 1, all Saskatchewan residents 65 years of age and older will automatically receive coverage under the government's new Seniors' Drug Plan.

- Saskatchewan seniors will pay no more than \$15 per prescription for drugs covered by the Saskatchewan Drug Plan.
- Eligible drugs are those listed in the Saskatchewan Formulary or approved under Exception Drug Status.
- No application is necessary to qualify for the Seniors' Drug Plan.

If you are a senior and currently pay less than \$15 per prescription, you will continue to do so.

For more information,
call 787-3317 (Regina)
or toll free 1-800-667-7581
or visit www.health.gov.sk.ca.

Saskatchewan!
Government of Saskatchewan

THE NIPAWIN BRIDGE

One of the most interesting periodical publications I've stumbled across in recent years is called "the Nipawin Bridge". It's a small magazine (the January 2007 issue has 24 pages) done on newsprint with occasional splashes of colour printing included. It's referred to, most appropriately, as "The magazine of memories".

Memories indeed!! There's a photo on the cover of the propeller-driven snow-planes all lined up for the 1939 annual Derby featuring the world championship snow plane races. Remember the white cloud of flying snow that followed those innovative vehicles across the wintry prairie? Another cover-photo depicts four shiny new Hudson cars, used as the top prize for the first Car-Bonspiel held in Nipawin back in 1947. The inside pages include more stories and pictures related to these special events. Also inside are many more special stories and precious pictures from the past. My favourite feature was the "Little Nippers" section which included brief highlights from stories and advertisements in January issues of the Nipawin newspaper, year by year going all the way back to 1926. Another interesting feature was a map showing the outlines of the 66 school districts in the region surrounding Nipawin—running from Choiceland over to Carrot River. That would work out to about one school for every 36 square miles! Things do change, don't they?

The "Bridge" is such a creative concept! It's instigator, publisher and editor, Oren Robison, has been producing this special monthly treasure for 15 years! (How I wish I'd found out about it sooner!) Oren has set a fine example for heritage preservation and awareness. This was fittingly recognized on May 4, 2007, when he was presented with the Order of Canada by Governor General Michaëlle Jean. Just imagine what a storehouse of treasures there would be if every Saskatchewan "hometown" had its own magazine of memories!

-T Quinn

For more info: contact The Nipawin Bridge, Box 2380, Nipawin, SK S0E 1E0 or contact Oren Robison at 306-862-2590 or by email at o.robison@sasktel.net

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Gert McCusker

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(Continued from page 1)

Yasinowski of the Residential Rehabilitation Assistance Program at Saskatchewan Housing Corporation; Glen Nelson of the Saskatchewan Home Energy Improvement Program; Faith Myers of the Regina Housing Authority; Kevin McArthur of the Tenants Relations Program of Saskatchewan Housing, and Bubs Coleman, a former member of both the Provincial Advisory Committee of Older Persons and the National Advisory Council on Aging. Examples of seniors housing needs across the spectrum, including remaining independent in their own homes, rental properties, and personal care homes were profiled.

Speakers on the Active Living Panel included Pat Lee, Active Living Coordinator of the Regina Qu'Appelle Health Region and Donna Bowyer of the Canadian Mental Health Association. Pat Lee spoke about the benefits of seniors remaining physically active, and Donna Bowyer focused on the impact of social isolation of seniors, one very real consequence of not remaining active and engaged in the community.

Feedback suggested there was an overwhelming amount of information to absorb, but all of it is what seniors, and those who provide services to seniors, want to know.

The second day began with a presentation by the Honourable Graham Addley, Minister Responsible for Seniors. Following his presentation, Minister Addley was very generous with his time in addressing questions from the audience.

The remainder of the day was spent conducting the annual business meeting, including entertaining a number of resolutions that directly related to the conference theme.

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The Saskatchewan Seniors Mechanism gratefully acknowledges the following sponsors for their support of our conference:

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SSM MEMBER PROFILE

THE SASKATCHEWAN FEDERATION OF UNION RETIREES

Who we are?

The Saskatchewan Federation of Union Retirees (SFUR) is a provincial affiliate of the Congress of Union Retirees of Canada (CURC) which is the independent senior wing of the Canadian Labour Congress (CLC) representing retired members of the labour movement. CURC/SFUR members, through group action, lobby at all levels of government to improve the lot of seniors and provide information on retirement issues.

Who Can Join?

- Anyone over 50 years of age who has been a member of any CLC union at any time in their working years. (Spouses of union retirees may also join.)
- The annual membership fee is \$15 per person/per year and is tax deductible.
- One third of fees are returned to the provincial organization.
- Local union retirees clubs/organizations with CLC affiliation can enrol at group rates.

Our Objectives

- Promote the inclusion of post-retirement benefits in union contracts
- Lobby governments to introduce legislation to improve the health and welfare of all retirees
- Represent retired union members at the provincial level
- Lobby for the rights of retirees to an equitable standard of living
- Co-operate with other organizations for seniors that share our objectives on mutual campaigns and long term goals
- Provide (through CURC) Saskatchewan members with an insurance benefit program
- Lobby provincial and federal governments on public and private pension reform
- Establish local groups of union retirees across the province



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DO YOU AGREE??

I was reading the other day an article on aging and it explained that the way we think governs the way we age.

A survey was done with primitive societies that have no clocks or calendars which means they have no concept of time as we (mis) understand it—you find that their view of aging is positive whereas ours is negative. If you ask them how old they are their answer is fine, wonderful. The survey goes on to say when the surveyor persisted and ask one of the elders when he was born, he indicated a tiny baby. In other words, he was born when he was very small.

Primitive people experience no pressure or anxiety relating to time or aging like we do. These people regard aging as an accumulation of experience and wisdom. We look at the aged and put them out to pasture.

These are words we commonly use to describe older people: The most unanimous is senior but others are **AGED, ELDERLY, GRIZZLED, OLD, GRAY.**

Here are the adjectives most commonly used by a tribe of hunters and gatherers when relating to elders: **WISE, RESPECTED, VENERABLE, BELOVED, EXPERIENCED.**

AN ACTION PLAN FOR THINKING YOUNG

1. AFFIRM THAT LIFE EXPECTANCY IS IRRELEVANT. A great deal of the aging process is under your control.
2. Think in terms of life potential which at the moment is 120 years *Everyday in the U.S.A. 39 people turn 100.
3. Enjoy the practice of mindfulness, which radically alters your perception of time and priorities.
4. Don't beat yourself up mentally. Place your attention on something immediate: the warmth of the sun, a good book, the smile of a child or a loved one, in other words. Concentrate on this wonderful world not the worldly things.
5. Practice a simple form of meditation. Take 20 minutes a day, sit quietly and do nothing.

I believe age really is irrelevant. We are only as old as we believe we are, as the saying goes. How old do you believe you are?

-John Knight

Century Club Corner

REG PLUMB – A LIFELONG ENTERTAINER



Reg—3 years old—1908

Born in the country outside of Thedford, Ontario, Reg Plumb never expected he'd wind up in the entertainment business. Yet that was how he spent most of his life -- showing people a good time. And at his 100th birthday party in Saskatoon's Franklin Tower in October, 2005, Reg Plumb sang his heart out – and won the audience.

Reg's sons Barry, of Tsawwassen, B.C., and Bill of Calgary organized the big centennial bash. Barry said, "He was fantastic. We had a jazz band going. He sang 'Sweet Sixteen' and 'The Shanty in Old Shanty Town'. He didn't miss a beat!"

Reg recalled, "My father was born near Detroit, and emigrated to Ontario, where he met my mother. They had three boys and one girl." The family moved to Saskatchewan in 1910, and headed for the homestead allotments west of Biggar. Reginald Paul Plumb's father was an idealist farmer with little experience, but wanted to live in the new Golden West.

"I can remember moving onto the farm when I was five, right after we arrived from Ontario. There were lots of rabbits. The ground was covered with bones for some reason. My father and mother homesteaded the land, a quarter section. Father built the house himself. Then the railway came through, right across our land, and the village of Springwater sprang up right beside us. Eventually there were two general stores, a poolroom, hardware store, and hotel. That's when my father gave up farming and opened a blacksmith shop.

"I got my public schooling in Springwater. We moved to the town of Watson around 1921, in a railway boxcar. There was a team of horses, a cow, a couple of dogs, me and my brother, a wagon and our household furniture. The train went through Biggar, then into Saskatoon, before switching onto the line to Watson. In the meanwhile, Dad drove his new Maxwell car cross-country. Dad started out there as a blacksmith, but gradually became a general mechanic. I went to high school in Watson and got introduced to competitive sports. I played both hockey and baseball for Watson.

"I moved to Saskatoon at 19 [in 1924], and got a job right away at Famous Players. A friend from Springwater worked there, so I got the job as night usher. That was in 1924. The pay was \$1 a day. Actually, it got boring after a while, so I started looking for a day job. I finally landed one with the CNR's wheel gang, changing wheels on boxcars. A tough job, but good money. When I tried to quit, the theatre manager offered me the day shift. He also talked me into going into management, so I did.

"I was married in 1928. I had met Ermyntrude in Watson, when she was still going to school. Ermy then moved to Chicago with her parents, but remained a friend of my sister, and came to Saskatoon to visit. We got married in Detroit, and lived in Saskatoon."

Reg's first marriage ended around 1950, after their two sons had grown. "My second wife was Mae Moore, who I married in 1955. I had a wonderful marriage for 50 years, until she died very recently. I'm still not over that." Though Mae became an Alzheimer's victim in later years, they remained together in the Franklin till her final days. One of Reg's closest friends now is Mae's brother, Frank Moore.

"When the Capitol opened in 1929, it was the grandest movie theatre in Saskatoon. I was the assistant manager. I never got to learn any of the technical stuff. I actually didn't know how to run a projector.

"I worked 49 years with Famous Players Theatre Company, most of it at the Capitol. I saw the first show there and the last show there." The Capitol was the most elegant of Saskatoon's downtown movie theatres, and there was a huge uproar in the community when the realtors proposed to tear it down in the mid-70s. There were protest demonstrations and much media coverage.

"There were five theatres most of the time I was in the business. I managed the Daylight Theatre for a while, before going back as manager of the Capitol for another 20 years. I retired in 1973. The Capitol was demolished in 1978. Rather foolishly, I came down to watch as the wreckers moved in. I saw the first ball hit the corner, and it almost made me sick. (But I did manage to get one of the chairs as a souvenir.)

"After I retired, I took up golfing in a major way. I had always loved golf when I was a young man, but never had time to play. My wife bought me a membership at Riverside Golf Club. I played until 1987 when I started losing my eyesight – macular degeneration. I thoroughly enjoyed those 15 or 20 years of 'golfing retirement'.

"I couldn't do much after that. I was a reader all my life, but pretty well had to give that up. I can still read the headlines in the Star Phoenix though. I listen to a lot of audio cassettes from the library -- mystery and adventure stories. I got to know pretty well all the girls in that department. As a matter of fact, they're coming to my birthday party!"

Reg was a lifelong hunter and fisherman, and an officer of the SK. Fish and Game League. He has also been a Kinsman since 1931 – a service record of 76 years!

"I was a sportsman all my life. But I don't get out much anymore. Now I wear a Lifeline helper, a wireless electronic monitor. I've had pneumonia ten times in the last ten years, so I have a slight problem there. Otherwise, I've been in excellent health all my life."



Now, in his 102nd year of life, Reg has met a beautiful Lady of Interest, with similar tastes in music, short walks, and playing cribbage. They have developed a close friendship, to the delight of all the residents in the seniors' tower.

"The reason for my longevity?" Reg says. "I'm not sure. But my parents both died at the age of 82, and my siblings all had long lives. I was an outdoors person, always got a lot of exercise. You have to *enjoy* life to live as long as I have. And despite my handicaps, I'm grateful for everything."

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