



# Coming of Age

A publication of the Saskatoon Council on Aging

FALL 2021

*SCOA acknowledges that the land on which we gather is Treaty 6 territory, the traditional territory of the First Nations, and the homeland of the Métis.*



## International Day of Older Persons October 1, 2021

*On 14 December 1990, the United Nations General Assembly designated October 1 as the International Day of Older Persons*

### Saskatoon Council on Aging

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Age-Friendly Dimension: Communication and Information



Mercedes Montgomery,  
SCOA President

*Message from  
SCOA President &  
SCOA Executive Director*



June Gawdun  
Executive Director,

**Greetings, All!** Fall brings welcome beginnings to the Saskatoon Council on Aging (SCOA). As we move cautiously away from restrictions of the past year, we are also aware that the population we serve has been most vulnerable to COVID – 19 and we will do all we can to serve you safely. Programs will remain virtual for the first while and move in-person as safety guidelines allow. We hope you have appreciated our dive into the world of technology with Zoom and the exciting Webinars.

We welcome to our Board our new Directors - Doug Surtees, Dr. Gail Laing and Audrey Lipka. The new SCOA Strategic Plan will guide us through the coming months. Also underway is a new SCOA project that will explore the impacts of the pandemic on the mental and physical health and overall quality of life of older people, guided by a team of experts and older adults. Go to page 9 for a detailed description of this exciting project.

We move into a new season with exciting new programs to keep you active, informed and engaged. Need to feel more connected? Consider taking the Telephone Buddy program or a technology course – iPads are available for loan.

Go to our website at [www.scoa.ca](http://www.scoa.ca) for lots of useful information for older adults and to sign up for programs requiring registration.

The Grand Old Opry Zoomer Style, our major fund-raising event, will be held on September 24, 2021 at the Western Development Museum. The event showcases talents of older adults in a friendly competition. Guests enjoy a wonderful meal and watch the performances. **Call SCOA 306-652-2255 for tickets.**

SCOA is working with nursing and social workstudents to expand the services of our Caregiver Information and Support Centre. They will offer virtual and in-person presentations and update website resources at [www.saskatooncaregiver.ca](http://www.saskatooncaregiver.ca)

We are extremely grateful for all the support received from the community, businesses, individuals, volunteers and staff that has allowed us to continue offering programs and services to older adults. Thank you for your interest and participation. We will continue to serve and to meet your expectations.

Opinions are those of the authors, and do not necessarily reflect the views of the Saskatoon Council on Aging. While efforts have been made to ensure accuracy, the Saskatoon Council on Aging, Inc. assumes no liability for any errors, omissions or inaccuracies. No part of this publication may be copied or stored for electronic retrieval without prior consent of SCOA. © 2009/2021. SCOA is a non-profit organization dedicated to promoting the dignity, health and independence of older adults through programs, services, education and advocacy.

## Coming of Age

Published three times per year by the Saskatoon Council on Aging, Inc. **Visit us at [www.scoa.ca](http://www.scoa.ca)**

Executive Director: June Gawdun

Communication Committee: Sheila Clements, Chair  
Ginnie Hartley | Elliot PausJenssen |

Mercedes Montgomery | Jane Richardson | Candace Skrapek



**SCOA GLOBE WALK 2022**  
Watch for announcements about team signups & lanyard purchases for the fall.  
[www.scoaglobewalk.net](http://www.scoaglobewalk.net)

**CELEBRATING OUR JOURNEY: PAST, PRESENT & FUTURE!**

**Come Explore with us as we move through time** - Fitness is constantly evolving. Let's take a walk through some of the most popular fitness trends over the decades! Visit [www.scoaglobewalk.net](http://www.scoaglobewalk.net) for updates. Phone 306.652.2255 for more information.

**LET US HELP YOU  
DEFINE WHAT'S POSSIBLE**



Photo taken prior to Covid-19.

**Stonebridge  
Crossing**

By **Esprit**  
Lifestyle  
Communities

102 Wellman Cres,  
Saskatoon  
**306-974-7990**  
@espritlestyle  
[www.espritlestyle.com](http://www.espritlestyle.com)

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## **Promoting Health Literacy Awareness**

*by Sheila Clements, Chair Communication Committee*

During the past year and a half, we have searched for health information about the COVID-19 pandemic in newspaper articles, radio and television programs, including news-casts and the Internet on our smart phones, tablets and computers. People search out health information to help keep themselves, their families, friends and communities informed, safe and healthy during this public health threat. In other words, people have been trying to improve their health literacy about Covid-19.

Here is a definition of health literacy that you may find helpful: Health literacy is the ability and motivation to find, understand, evaluate and communicate basic health information to promote, maintain and improve health, and to participate in making informed decisions about one's health care and use of health services. More simply, health literacy is the ability to access, understand and act on information for health (Canadian Public Health Association). However, the CPHA also states that health literacy is a growing concern and that many older adults have a low level of health literacy. People with limited health literacy have a higher risk of poorer health outcomes from illnesses and use the hospital more frequently. When you become more health literate and more informed about health matters, you can speak up more about your health needs when communicating with health care providers.

### ***Here are some hints to get started:***

- Let the health provider know if you need an interpreter.
- Invite a friend or relative to come to appointments with you for support.
- Let them know you are a partner in your care.
- Know your past health history, keep a record and learn about your illness. .
- Bring a list of your medications, both prescribed and over-the-counter.
- Write down your questions ahead of time.
- Be prepared to say clearly what has changed in your health, in your symptoms, how you are feeling and why are you there..
- Ask questions and make sure you understand their answers.
- Make sure you understand why a medication is ordered and how to take it.
- Ask for instructions about your treatment in writing. Patient education materials, e.g., pamphlets, may be helpful but have the health care provider review them with you.
- Ask about reliable websites on the Internet that you can refer to, e.g., Canada Health, CPHA, Canadian Mental Health Association, Centres for Disease Control, ABC Health Literacy
- Thank the Health Care Provider!

***Health Literacy Month is  
October 1 - 31***

***Please share the dates with  
your family and friends***



Age-friendly Community  
**SCOA**  
 saskatoon council on aging  
 Positive Aging for All

# A Country & Western showcase

**GRAND "OLD" OPRY**  
*Zoomer Style*

John Quinn

Shuboy

St. George's Senior Country Band

Roy Hargreaves

Joseph Klyne

Paddlewheelers

**SEPT 24, 2021**  
 Western Development Museum

Doors open 5 pm  
 Cocktails, dinner and program to follow  
 Tickets \$100 Partial Tax receipts issued



elite  
 Subaru of Saskatoon

Rubicon PHARMACIES

SASKATOON MEDIA GROUP

THE VILLAGE AT CROSSMOUNT

Miners CONSTRUCTION

WESTWOOD

EDWARDS FAMILY CENTRE

SRH SASKATOON FUNERAL HOME

HearingLife

CAA SASKATCHEWAN

WestWorldTours

For tickets phone 306.652.2255

www.scoa.ca

## **Pain in Older Adults with Moderate to Severe Dementia**

*By Thomas Hadjistavropoulos, Ph.D., FCAHS*

As many as 80 percent of long-term care residents suffer from pain. This pain is underrecognized and undertreated, at least in part, because people with moderate to severe dementia may not be able to tell us about their pain. Everyone knows that it is difficult for us to communicate to others exactly how we feel when we are in a lot of pain. Imagine how much harder this becomes for those who cannot describe their pain at all because of deterioration of verbal and other communicative abilities that accompanies dementia.

Over years we heard stories of serious problems such as fractures that went undetected for days or longer with people suffering in isolation. It is very common for untreated pain in dementia to result in challenging behaviours among long-term care residents with dementia. Often misattributed to a psychiatric problem, rather than to pain, these behaviours are treated with psychiatric rather than analgesic medication. Psychiatric medications in a frail older adult population may, under some circumstances, increase risk of earlier death.

Pain in people with serious dementia can be assessed effectively using standardized pain behaviour checklists such as the Pain Assessment Checklist for Seniors with Limited Ability to Communicate-II (PACSLAC-II). Regular long-term care pain assessment, using validated and objective methods can lead to earlier recognition of health problems so that these can be treated before they become more severe.

Better pain care improves quality of life for residents with dementia. Our research also suggests that regular pain assessment can lead to improved pain management and even reduce unnecessary medication use.

One of the most interesting findings of our research was that not only is frequent pain assessment good for the patients, but can also lead to reductions in work stress/burn-out among nursing staff who conducted regular pain assessments as compared to those who did not. This may have occurred because better pain assessment/management may lead to reductions in challenging behaviours in long-term care which would improve quality of interactions between staff and residents. It is also possible that pain assessment reduces uncertainty staff may experience in regards to the most appropriate intervention for a patient; reduced uncertainty leads to reduced stress.

Given that a routine screening pain assessment will typically require less than five minutes to complete, we found that assessments can be accommodated with good coordination and implementation plans. Extra resources may not be required when long-term care staff and management are willing to work together on improving pain care. Rather than leaving it up to individual clinicians, a coordinated effort with input from both staff members and facility administrators would often be necessary for effective and fully supported facility-wide change.

**Find out more information about pain assessment in dementia on our website**  
[seepainmoreclearly.org](http://seepainmoreclearly.org)

This article is a modified and expanded version of a blog entry by  
Thomas Hadjistavropoulos  
(see [painmoreclearly.org](http://painmoreclearly.org))

## Persistent Pain! What's in a Name?

By Mercedes Montgomery, RN (Retired)

"Pain is an unpleasant sensory and emotional experience unique to the individual" . Pain is a warning that something is wrong. We've all experienced it. It is the body's response to injury or illness and may vary from mild discomfort to intolerable agony. Pain may be accompanied by other symptoms permitting diagnosis of the underlying problem. For example, with acute musculoskeletal pain, a limb may be disfigured, pain may be worse on movement or accompanied by muscle spasms. Various methods – medications, heat or cold application, positioning, rest – are used for pain relief until the injury is resolved and the pain ceases to exist.

But often the injury or illness is not resolved or the pain just continues. Pain that lasts longer than one would expect, beyond the normal healing period of the causative event, or 3 to 6 months, is often referred to as chronic pain, or persistent pain – the preferred description that offers more hope for resolution. Most of us have not known persistent pain. Imagine experiencing such pain that emotions are aggravated, mental strength weakens, resilience dissolves and ability to cope diminishes. Persistent pain is relentless. It screams out its presence, or gnaws at the heels, ensuring it is respected. The pain may dictate how long you will stand, sit, work in

A constant companion that influences your outlook, persistent pain becomes embedded in your psyche and getting through the day consumes all your attention. It's like ... you are accommodating the pain! Persistent pain that limits activities of daily living, including family and work activities, may lead to costly hardships. According to the Canadian Pain Task Force Report, one in five Canadians lives with persistent pain, and one in three older adults experience persistent pain. Women and population groups affected by societal inequalities also experience more persistent pain than the general population. Actually, chronic pain has recently been classified as an illness!

What does our health care system offer people with chronic pain? Resources exist but finding the right combination may take some trial and error.

Many health care professionals are skilled in pain management, some are not. Opioid treatment may be withheld for various reasons including risk of dependence. Persistent pain may be disregarded or minimized by caregivers.

Tenacity is the key. Speak up! Consult your family doctor for assessment and treatment. Request a referral to a pain management clinic. Look into various adjunct therapies such as massage therapy to support the medical treatment. **Remain hopeful. Help may be right there!**





*Throughout the pandemic  
and beyond*

## KEEPING YOU CONNECTED

306.652.2255 |  
SCOA.CA



## Stay Connected this fall!

**Telephone Buddy Program** - Visit with a friendly volunteer over the phone. To register phone 306.652.2255. No cost.

**Socially Connecting Seniors** - Learn how to use an iPad to connect with family and friends; learn how to use ZOOM to access online events & classes. To register phone 306.652.2255. No cost.

### INTERGENERATIONAL

**Community Pen Pal Program** - Older adults and students exchange letters for mutual learning and friendships. To register phone 306.652.2255. No cost.

**Seniors and Youth Connect** - Older adults connect with students online for mutual learning and friendship. To register phone 306.652.2255. No cost.

### INTERGENERATIONAL



## SCOA Explores the Impact of the COVID-19 Pandemic on Older Adults

by Candace Skrapek Chair, Age-friendly Community Development Committee

The COVID-19 pandemic had a profound impact on the health and well-being of older people in Saskatoon and surrounding communities. It has also given rise to a series of critical questions about how society views older adults and how they should be supported and engaged into the future. As we look beyond the COVID-19 pandemic, the Saskatoon Council on Aging (SCOA) is of the view that there must be a concerted effort from key stakeholders, in partnership with older adults, to address the many issues that have impacted older people during this crisis.

SCOA wants to ensure that the voices of older adults are heard; the diversity of perspectives of older adults is reflected in future planning and that older people are engaged as co-leaders in developing new and innovative approaches that impact them directly.

SCOA has been fortunate to receive two grants to support a project co chaired by Jane McPhee and Dr. Donna Goodridge entitled: Beyond the Pandemic-Re-Opening Saskatchewan: A Call to Action for a More Age-Friendly Community. The goal is to bring together experts on aging including older adults, researchers and community representatives to hear directly from older people about immediate and longer term impacts of the COVID-19 pandemic and the necessary public health restrictions on their lives along with their ideas about strategies to improve their quality of life and age-friendliness of communities going forward.

This expert project team will guide the project and provide advice on how best to hear diverse older adult perspectives, determine themes that emerge from surveys and focus groups and make recommendations for action going forward.

The project team will explore the impacts of the pandemic on the mental and physical health and overall quality of life of older people both in relation to issues that regularly impact older adults that are exacerbated in times of crisis and new issues that have arisen. Older people will be asked to identify their most pressing issues and provide ideas regarding immediate and long term strategies needed to address them.

Surveys will be circulated to rural and urban older adults from diverse backgrounds and experiences and will be

followed up with focus groups to explore identified themes more deeply. It is anticipated that the surveys and focus groups will provide SCOA with increased knowledge of the impacts of the pandemic on the quality of life of older people. This active and meaningful collaboration will provide the opportunities for older adults to be engaged in co-designing future policies, programs and services that affect them directly.

The project is underway so stay tuned for opportunities in the fall to complete the survey and/or be engaged in focus groups. SCOA welcomes your participation!



## SCOA REOPENING NEWS

### Office Hours:

Monday to Friday 8:30 a.m.- 4:30 p.m. **starting September 1, 2021**

Due to the vulnerability of the age group we serve, masks will be required in the office until further notice. Future requirements will be determined by public health restrictions in effect at the time.

### Programs:

Programs will be offered virtually throughout the fall. We will likely offer virtual and in person programs starting in October depending on numbers and safety guidelines.

## COVID-19 VACCINES

As of August 8, the SHA discontinued drive-thru and appointments booked through their online system and 1-833-SASKVAX, shifting to walk-in clinics in public venues throughout the province.

Check this page [Scroll down the page] for walk in clinic locations and times.



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Home Help enables seniors to thrive by providing them with the services needed to maintain a healthy and independent lifestyle in the comfort of their home.

306.664.0393

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www.luthercare.com

*Positive Aging for all in an age-friendly community*

The following free programs are made possible by our grantors; helping SCOA keep you connected.

*Thank you to our grantors*

**Caregiver Information and Support Centre**



**Mayfair Branch: Seniors Neighbourhood Hub Club**



**Telephone Buddy**

Collaborative Funding Project



Local Love COVID-19 Response Fund

**Socially Connecting Seniors**



**Community Pen Pal Project**



**Seniors and Youth Connect**



**Beyond the Pandemic: Action for an Age-Friendly Community**

Funded by the Government of Canada's New Horizons for Seniors Program

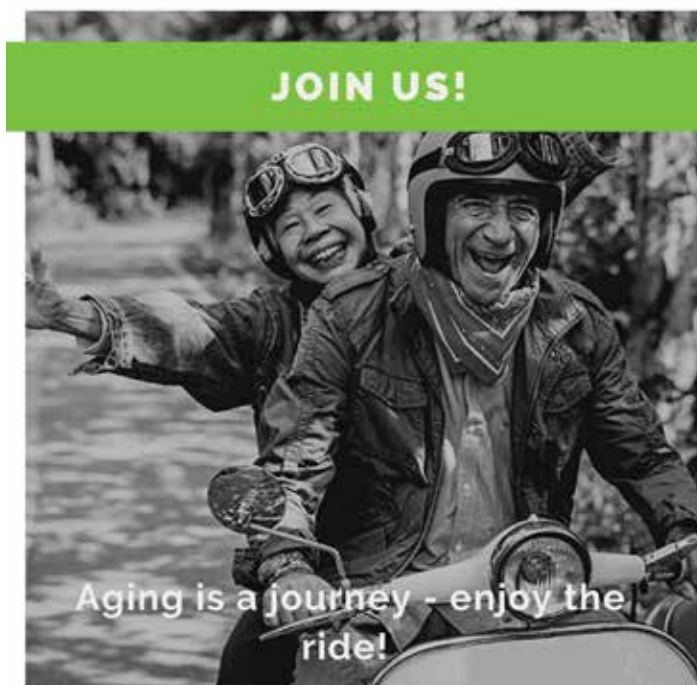


## Be a full MEMBER

1. Phone our office 306.652.2255
2. [Sign up online](#)
3. Visit us at the Field House

Single Membership - \$25  
Couples - \$35  
Non-profit - \$25  
Corporate/Business - \$250  
Associate - Free  
Memberships run April 1 to March 31

Keeping you connected  
throughout the pandemic  
& beyond



## Make a Donation



1. Phone our office 306.652.2255
2. Donate online with our trusted partner, [CanadaHelps](#)
3. Mail a cheque: SCOA, 2020 College Drive, Saskatoon, SK S7N 2W4
4. Visit us at the Field House - 2020 College Drive

***Your membership fees and donations help SCOA provide free social programs and crucial information services for older adults impacted by the pandemic.***

SCOA provided **29 free virtual programs and presentations** from September 2020, to March 2021. A total of **1527 older adults** attended these sessions.

The Telephone Buddy Program provided friendly calls to **225 older adults**

**Over 2000** phone calls to our Resource Centre, over **16,000 website visits** for our online resources

# **Fall Classes & Programs**

**TO REGISTER** 1. phone SCOA 306.652.2255 to pay by credit card. 2. Cheques can be sent to SCOA, 2020 College Drive, Saskatoon, SK S7N 2W4. 3. Pay at our office in the Field House, 2020 College Drive.

## **MEMOIR WRITING WORKSHOP**

**NOV 9, 16, 23 & 30 1 PM TO 2 PM**

**ONLINE VIA ZOOM COST: \$60**

Do you have a burning desire to write a memoir? In this 4 weeks zoom workshop by Award-Winning Bestselling Author Marion Mutala will work with emerging or experienced writers to teach the art of memoir writing. This workshop will give creative ways and generate ideas to tell your story. This is your time and opportunity to create a story that perhaps is locked inside, and dying to be put on paper, or record by audio, or video.

Discover your powerful voice for healing, a personal memoir, create a book, autobiographical or biographical.

There is something for everyone in this workshop. *ZOOM link provided on registration.*



**Marion Mutala, National - Bestselling, Award winning Author:**

[READ Marion's bio ON OUR WEBSITE](#)



## **Healthy Eating for Older Adults with Alyson Little, RD**

As we age and our bodies change so do our nutrition needs. Registered Dietitian Alyson Little discusses ways we can navigate these changes: digestion, metabolism, nutrient requirements, bone health and more.

**October 6 1 pm Online via ZOOM No cost**

**[CLICK HERE TO REGISTER](#) or phone 306.652.2255**

**TO REGISTER** 1. Phone 306.652.2255 to pay by credit card. 2. Cheques can be sent to SCOA, 2020 College Drive, Saskatoon, SK S7N 2W4. 3. Pay at our office in the Field House, 2020 College Drive.

## **Introduction to Watercolour with Alison R Montgomery** **Online via ZOOM October 18 1 pm to 4 pm COST: \$60**

In this introduction to painting with watercolour, participants will become familiar with watercolour materials and techniques while creating painting of a simple subject. Along with the watercolour paint, brushes and paper, a quick overview of colour theory and some fundamentals of drawing and composition will be introduced.

There should be a simple subject to work from (i.e., Apples, pears, flowers,) - a photograph will also be provided for reference, or participants can provide their own.

**SUPPLY LIST & ZOOM LINK PROVIDED ON REGISTRATION**

## **Introduction to Landscape with Alison R Montgomery** **Online via ZOOM October 25 1 pm to 4 pm COST: \$60**



In this intermediate level watercolour workshop, participants will become familiar with the fundamentals of landscape composition, while reviewing watercolour materials and techniques. Previous experience with watercolor would be an asset.

A photograph will be provided for reference or participants may provide their own.

**SUPPLY LIST & ZOOM LINK PROVIDED ON REGISTRATION**

*Alison R. Montgomery, Alison's en plein air landscape paintings have been showcased in many solo and group exhibitions, and her work is represented in many corporate and private collections.*

[READ Alison's bio ON OUR WEBSITE](#)

## **Healthy Aging for Older Adults with Shaunda Arsenie,** **Saskatoon PhysioYoga**

**Online via ZOOM November 22 1 pm to 2 pm FREE**

**Watch for more information on this workshop!**

**TO REGISTER** 1. Phone 306.652.2255 to pay by credit card. 2. Cheques can be sent to SCOA, 2020 College Drive, Saskatoon, SK S7N 2W4. 3. Pay at our office in the Field House, 2020 College Drive.

# GET SET FOR TECH

## **iPhone Photography Workshops with Dr. Brian McSheffrey**

Your iPhone is a fantastic device to snap incredible photos. Unlock the possibilities of your device. Learn the tips and tricks of iPhone photography with Dr. Brian McSheffrey.

**Online via ZOOM. Must have Apple ID and be able to download apps.**

### **Introduction to iPhone Photography Oct 7 1:30 pm to 3 pm Cost: \$40**

Learn basic iPhone camera settings; built in camera modes including photo, portrait, panorama; video including time lapse and slo mo and more.

**Phone 306.652.2255. ZOOM link provided on registration.**

### **Advanced iPhone Photography - Oct 14 1:30 pm to 3 pm Cost: \$40**

Dive deep into photo editing; the magic begins - how to make your pictures pop. Cropping, straightening, magic wand and more. Also photo storage.

**Phone 306.652.2255. ZOOM link provided on registration.**



## **One on One Lessons**

For beginners: learn the basics of your iPhone or iPad in one on one lessons.

Location: SCOA, 2020 College Drive [Field House] Cost: \$30 for 1.5 hours of instruction.

**To register, phone 306.652.2255**



An initiative of the Saskatoon Council on Aging

# Seniors Neighborhood HUB CLUBS

## MAYFAIR HUB CLUB: 3RD THURSDAY OF THE MONTH

Sept 16 1 pm: Astrophotography with Tim Yaworski

[ONLINE VIA ZOOM: CLICK HERE TO REGISTER](#)

Oct 21 1 pm: Finance & End of Life Planning with Kevin Maynard

[ONLINE VIA ZOOM: CLICK HERE TO REGISTER](#)

Nov 18 1pm: Saskatoon Archives: From  
Temperance Colony to Prairie City with Jeff O'Brien

[ONLINE VIA ZOOM: CLICK HERE TO REGISTER](#)

Dec 16 1:30 pm "Live Music" – The Old Tyme Rhythm Makers

**LOCATION: Mayfair United Church 902 33rd Street West**

Thank you to sponsors &  
grantors: Community Initiatives  
Fund, Sask Lotteries,  
The Medicine Shoppe

[Visit our website scoa.ca](http://scoa.ca)  
for full descriptions

## EASTVIEW HUB CLUB: Nutana Legion (3021 Louise St.) 1:30 pm

Sept 28: Meet and Greet – an informal social gathering.

Oct 26: A presentation on Fraud by the Saskatoon Police Department

Nov 23: TBA

Dec 14: JustUs – Christmas Music.

Contact: [hubclub@myeastview.ca](mailto:hubclub@myeastview.ca)

*A program of the Eastview Community Association*  
**Schedule subject to the Covid-19 regulations at the time**

## SILVERWOOD HUB CLUB: F.G. Community Church - 102 Goerzen Street 1:30 pm

Sept: Randy Donauer - Saskatoon City update

Oct: CPAS - Client Patient Access Services

Nov: Saskatoon Fire Department - Remembering When

Dec: Christmas Program

**Contact: [programming@silverwoodcommunity.org](mailto:programming@silverwoodcommunity.org) for specific dates** or  
[Visit the webpage for more information.](#) A program of Silverwood Community Association.  
**Schedule subject to change**

## SENIORS HUB CLUB AT ST. MARTINS : St. Martin's Church (2617 Clarence Ave. S.)

*St Martins Fall 2021 programming is postponed until further notice.*

Contact: [dianne.young@sasktel.net](mailto:dianne.young@sasktel.net)

**Free programs run monthly/ Gentle exercises  
Blood Pressure Clinics/ Ask a Pharmacist"**

