

# Coming of Age

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.

**FALL 2023**

## Spotlight on Seniors 2023

*Age=Wisdom:  
Share Knowledge & Expertise*



Special Guest: Wise Owl

Don't miss Saskatoon's health and wellness event for 55 plus! Learn about the latest products and services for older adults.

**Highlights:**

- Music and entertainment
- Blood pressure checks
- "Ask a Nurse" booth
- Guest speakers
- Saskatchewan Health Authority, City of Saskatoon, Forever in motion booths
- Hobbies and leisure opportunities
- Lunch available for purchase, coffee, tea and snacks served all day and much more!

***Newly retired?  
Find services and activities  
just for you!***

**SPOTLIGHT ON SENIORS**

**WED Oct 11, 2023**

**Time: 9 am to 3 pm**

**Location: Grand Salon [upper level],  
TCU Place – 35 22nd Street E, Saskatoon  
Admission: \$12 pay at the door. CASH ONLY**

**Proudly Presented by LutherCare Communities**

**IN THIS ISSUE:**

- 2 President & ED Report
- 4 Meet Mavis McPhee
- 6 Hub Club Schedule City Wide

- 8 Caregiver Cafe
- 10 Beyond the Pandemic Report
- 12 Celebrate the 70s
- 14 WillPower News

SCOA  
 2020 College Drive  
 Saskatoon, Sk S7n 2W4  
 306.652.2255  
 admin@scoa.ca



Joan Cochrane  
SCOA President

## PRESIDENT & EXECUTIVE DIRECTOR MESSAGE



June Gawdun  
Executive Director

Greetings! This fall SCOA continues to provide opportunities for older adults to stay active, engaged and informed. We are grateful for the support of our donors, grantors, sponsors, volunteers and staff who work together to make this happen! For a full list of upcoming activities, please visit our website at [www.scoa.ca](http://www.scoa.ca) or follow us on Facebook.

If you are interested in learning about the experiences of older adults during the pandemic, you can download the Beyond the Pandemic Report from SCOA's website or pick up a copy at our office. SCOA is considering how we can take action over the coming months to create caring environments and promote positive aging.

### Highlights and News:

- **Facilitating Independence Project** provides tool kits and guidance to start social programs for older adults in 12 towns and cities in Saskatchewan.
- **Positive Aging Series: Life Enrichment 55 to 105.**: Workshop topics include Six Stages of Retirement, Social Participation, Digital Literacy, Wellness, Caregiver services and resources, Transportation, Housing, Avoiding Frauds and Scams, Ageism, and Older Adult Abuse.
- **Ageism Campaign "Confront Ageism: It Starts with You"** will raise awareness of the harmful effects of ageism and promote a positive view of older adults and growing older.

**We would like to express our appreciation to the following board members who volunteered their time and finished their terms with SCOA this past June: Paul Benson, Gail Lang, Doug Surtees, Cathy Arnold, and Shirley Porter. We also welcome our new board members Mavis McPhee, Sharon Siuksteris, Sandy Campbell, and Erin Yakiwchuk.**

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### Coming of Age

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Executive Director: June Gawdun

Communication Committee: Bill Brooks | Ginnie Hartley |

Julie Fleming Juarez | Jane Richardson | Vida Todd

Design: Virginia Dakinewich



## SCOA GLOBE WALK 2024 - EXPLORE THE BLUE ZONES!

Live Longer, Live Better! Join us for SCOA Globe Walk 2024 as we explore the Blue Zones!

### What are the Blue Zones?

5 places where the world's healthiest people live and live the longest: Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Ikaria, Greece, and Loma Linda, California. The cultures have uncovered the secrets of longevity

Get started on the path to a longer, healthier, happier life and build your own Blue Zone lifestyle!

**Sign up - visit [scoaglobewalk.net](http://scoaglobewalk.net) or phone 306.652.2255**

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## Get to Know Us: Meet the SCOA Board Introducing Mavis McPhee

by Vida Todd, Communication Committee

Hello, my name is Mavis McPhee, I am one of four new board members of the Saskatoon Council on Aging [SCOA].

I would like to introduce myself and where I am from by sharing a little information about myself prior to joining SCOA. **So here it is - a brief outline of my path that has brought me here.**

Originally from Regina, I relocated with my parents to Saskatoon. I was educated here as a Dental Assistant but found that it did not satisfy me professionally.

I moved to Calgary for a few years but made a decision to move "home." On my return to Saskatoon, I took a position with the Alvin Buckwold Centre.

I found the work with children with cognitive disabilities and their families was rewarding and also drew my interest and gave me direction.

I was fortunate to be able to raise my children while staying at home. This led to our family to become involved with the Foster care program here. It also allowed me the opportunity to take more education for my interests in family health.

I became involved with children of all ages and their families that were in real need of support and guidance. I found my niche and calling.

**“I feel that we are all fortunate and lucky to live here in Saskatoon, Saskatchewan and Canada . I enjoy the volunteer role and I want to give back to this community with volunteering.”**

I found this type of work very rewarding. I was also able to work with other associations. I focused on providing guidance and direction to the youth in Saskatoon. I worked to provide hope and support for the youth to work for their independence for the future.

I have always been involved with our youth and their families in this community. For decades, this has been through my work, my family, my children, their schools and my church.

Now retired, I continue to give back to the community through Prairie Hospice, Leadership Saskatoon mentorship and my church.

SCOA was recommended to me through acquaintances in Prairie Hospice and Leadership Saskatoon with high regard. I have also attended the SCOA Hub Club at our church .

I feel that we are all fortunate and lucky to live here in Saskatoon, Saskatchewan and Canada . I enjoy the volunteer role and I want to give back to this community with volunteering.

I want to work with people through aid and education and with what this city has to offer to everyone.

## DIGITAL LITERACY FOR OLDER ADULTS Bridge the Digital Divide

Digital literacy refers to the skills and knowledge needed to effectively use technology to participate in society, communicate with others, and access and use information. With computerization of almost all basic services and facilities, digital literacy is an essential set of skills for today's society. It is essential for individuals to be able to navigate the internet and use digital tools to fully participate and make informed decisions. Digital Literacy skills can help older adults stay socially connected, stay independent, maintain good health, and age in place.

The initial offering of SCOA's Positive Aging Life Enrichment Workshop series, Digital Literacy explores basic digital literacy skills with interactive exercises and provides direction to further knowledge in technology. Participants will understand how technology can enhance their lives. **They will also learn what it means to be digitally literate and understand the main skills of digital literacy including:**

- **Information:** Ability to locate, evaluate and use information effectively from digital sources.
- **Media:** Ability to analyze and evaluate media messages across different formats.
- **Communication:** Ability to communicate effectively using digital tools and technologies.
- **Citizenship:** Ability to use digital tools and technologies responsibly.
- **Safety:** Ability to recognize and avoid online dangers.
- **Problem Solving:** Ability to use digital tools and technologies to solve problems and make informed decisions.
- **Collaboration:** Ability to work collaboratively with others using digital tools and technologies.
- **Troubleshooting:** Ability to use and troubleshoot various digital devices and software applications.

**Date and time: Mon, Oct 16, 1:30 to 3:30 pm**

**Meeting Room 3, Field House [main floor, west end of building]**

**Cost: \$10 for SCOA members, \$20 for non-Members.**

**Phone 306.652.2255 to register.**

*The 10 part Positive Aging Life Enrichment workshop series explores topics that prepare people 55 and over to navigate life changes. The need to offer these workshops was identified in both research completed by the Saskatoon Council on Aging [SCOA] Saskatoon Age-friendly Initiative and the day-to-day feedback SCOA receives from seniors in our community. Funded by New Horizons for Seniors Canada, the modules were developed by SCOA's Age-Friendly Community Development Committee.*



## Seniors Neighbourhood Hub Clubs



**Seniors Neighborhood Hub Clubs are back in person!  
You are invited to attend all Hub Clubs.**

### **MAYFAIR HUB CLUB**

**When: 3rd Thursday of the month, 1:30 to 4 pm**

**Where: Mayfair United Church, 902 33rd St. West**

Program, blood pressure checks, entertainment, refreshments

**Thurs Sept 21:** Learn the Art of Indigenous Hoop Dancing

**Thurs Oct 19:** PROST! (Cheers in German). Celebrate the traditions of Oktoberfest!

**Thurs Nov 16:** Remembering our War Heroes

**Thurs Dec 14:** Tickle the Ivories. Join Martin Janovsky on the piano as he plays many of your favorite Christmas carols.

**Contact Cynthia [cynthia@scoa.ca](mailto:cynthia@scoa.ca) or 306.652.2255**

### **EASTVIEW HUB CLUB**

**When: 4th Tuesday of the month 1:30 p.m. to 4 p.m.**

**Where: Nutana Legion, 3021 Louise Street**

**Tues Sept 26:** Information Expo

**Tues Oct 24:** Indoor Planting with Jackie Bantle, U. of S.

**Tues Nov 28:** Kerry Kowalski, McDougall Gauley LLP - Wills, Health Care Directives, Power of Attorneys: BINGO

**Tues Dec 19:** Christmas Social with Wes Froese

**Contact Stephanie [sreiterbodie@gmail.com](mailto:sreiterbodie@gmail.com)**

### **NEW! LAWSON HEIGHTS SENIOR NEIGHBOURHOOD HUB CLUB**

**When: last Thursday of the month. 1 pm to 4 pm**

**Where: St. Angela Merici Residence, 125 Cree Crescent**

Education Sessions, blood pressure clinic, pharmacy talk, entertainment and refreshments.

**Thurs Sept 28:** Saskatoon Police Department on fraud prevention

**Thurs Oct 26:** Nick Fraser from Transitions. Transitions is the only service that offers comprehensive downsizing and estate dispersal services.

**Thurs Nov 30:** Shauna Basaraba RCRT - Restore Reflexology - Education and demo

**Thurs Dec 28:** Cheryl Loadman, Saskatoon Services for Seniors

**Contact Anne Miller, 306.242.5566 for more information**





**Seniors Neighbourhood Hub Clubs**



**Seniors Neighborhood Hub Clubs are back in person!  
You are invited to attend all Hub Clubs.**

**SENIORS HUB CLUB AT ST. MARTIN'S**

**When: 3rd Tuesday of each month 1:30 to 4 p.m.**

**Where: St. Martin's United Church, 2617 Clarence Avenue**

**Tues Sept 19:** Prohibition in Saskatoon (Jeff O'Brien, City of Saskatoon Archivist)

**Tues Oct. 17:** Scams (Cst. Jason Tomaz, Saskatoon City Police)

**Tues Nov. 21:** Nutana Collegiate Memorial Art Gallery (Ken Pontikes)

**Tues Dec 19:** Musical guests – Old Tyme Rhythm Makers

**Contact Maureen: [macline@sasktel.net](mailto:macline@sasktel.net) or Dianne: [dianne.young@sasktel.net](mailto:dianne.young@sasktel.net)**

**GO FORTH HUB CLUB**

**When: 1st Monday of the month, 1:30 p.m. to 4 p.m.**

**Where: Calvin GoForth Presbyterian Church, 1602 Sommerfeld Avenue**

**Mon Oct 2:** Alex Pelletier – Behind the Scenes of a National Geographic Expedition to the Amazon

**Mon Nov 6:** Jeff O'Brien – The Great War

**Mon Dec 4:** Christmas Sing-a-long

**Contact: Sheila Cameron Hopkins 306.955.9119**

Please note that masks are required. COVID protocols observed

**PEOPLE OF AFRICAN DESCENT & FRIENDS HUB CLUB**

**When: 2nd Wednesday of the month, 1:30 to 4 pm**

**Where: Innovation Place, U. of S. Campus -see dates for exact location**

Blood pressure clinic, ask a Pharmacist, educational programming, exercise

**Wed Sept13:** Philae Room in the Galleria - Mental health presentation by Sheila Clements

**Wed Oct 11:** Philae Room in the Galleria -Nutrition and health presentation by Carol Henry

**Wed Nov 8:** Philae Room in the Galleria - Digital literacy (technology presentation) by SCOA

**Wed Dec 13:** Candle Room in the Atrium Building- Christmas socialization and pot-luck by club members and friends

**Contact Vivian [Vivian.Puplampu@uregina.ca](mailto:Vivian.Puplampu@uregina.ca)**



## Caregiver Café

### **Caregiver Café: What Happens In Your Mouth Does NOT Stay in Your Mouth!**

**Who:** Nancy Newby and Chris Gordon – Senior Dental Hygienists/Long Term Care Coordinators for the Oral Health Program/Public Health in SHA

**When:** Tuesday, Sept 26, 2023 from 1:30pm – 3:00pm

**Where:** Meeting Room 3 in the Saskatoon Field House, 2020 College Drive  
FREE PARKING.

**What:** An hour-long presentation (including time for questions)

**Description:** Join us for an informative and eye opening information session that will give you the knowledge, understanding and appreciation of why “Oral Health is Essential for Overall Health.” You will leave with knowledge and skills on the best ways to maintain both your loved ones and your own oral health.

**Cost:** FREE

- In-person seats are limited – call 306-652-2255 to save your spot. Live Stream will be made available.
- Coffee and refreshments provided.
- Free 3-hour respite available for your care recipient from Alto – Professional Care Service Provider. Only 2 spots available. Please call the office to register. 306-652-2255.

***Thank you to funders: Petro-Canada Caremakers Foundation;  
Our Lady of the Prairies Foundation, Saskatchewan Blue Cross***

**CAREGIVER CENTRE TOLL FREE NUMBER  
1-888-652-4411**



## KEEP YOUR MONEY SAFE: AVOID FRAUDS & SCAMS

The number one crime against older adults, frauds and scams are deceptive or illegal practices used to cheat people out of their money or personal information. They can take many forms, such as phishing, pyramid schemes, and counterfeit goods. Frauds and scams can be carried out in person, over the phone, or online, and they can target individuals, businesses, or even entire communities. Scammers often target older adults because they may be more likely to have savings, own their own home, or have good credit. Additionally, older adults may be more trusting or less familiar with technology, which can make them more vulnerable to scams.

It is important for older adults to be aware of common frauds and scams to protect themselves, their finances and their personal information. The second in the series of SCOA's Positive Aging Life Enrichment Workshops, Keep Your Money Safe interactive workshop will explore the world of scams and frauds and provide information to empower older adults to stay safe and avoid being victimized.

### **Topics include:**

- Scams and Frauds – what's the difference?
- Different types of scams and frauds e.g. Grandparents scam, Reverse Mortgage etc.
- How to recognize a scam or fraud – tips on what to look for
- Steps to take to prevent being a victim of frauds and scams
- How to stay safe online

**Date and time: Mon, Oct 30, 1:30 to 3:30 pm**

**Meeting Room 3, Field House [main floor, west end of building]**

**Cost: \$10 for SCOA members, \$20 for non-Members.**

**Phone 306.652.2255 to register.**

*The 10 part Positive Aging Life Enrichment workshop series explores topics that prepare people 55 and over to navigate life changes. The need to offer these workshops was identified in both research completed by the Saskatoon Council on Aging [SCOA] Saskatoon Age-friendly Initiative and the day-to-day feedback SCOA receives from seniors in our community. Funded by New Horizons for Seniors Canada, the modules were developed by SCOA's Age-Friendly Community Development Committee.*

## **Beyond the Pandemic**

Elevating the Experiences and Voices of Older Adults in the Saskatoon Area



*Shan Landry & Jane McPhee*

In March of 2021, SCOA received a \$25,000 grant from New Horizons for Seniors Program, Government of Canada, to undertake a research project to gather evidence about the experiences of older adults during the pandemic. The project followed the two main principles that underly the foundation of SCOA's work:

- Older adults should be engaged and empowered to advocate and speak for themselves,
- Healthy aging in an age-friendly community is only made possible when older adults are fully engaged and work collaboratively with other stakeholders to make effective policy recommendations.

Beyond the Pandemic Final Report was presented at the Saskatoon Council on Aging Annual General Meeting May 30, 2023. [Download the report from our website scoa.ca](https://www.scoa.ca) or drop by our office in the Field House to pick up a copy.

### **Thanks to:**

- **Age-Friendly Community Development Committee**
- **Expert Panel**
- **Report Writers: KC Hall, Jeananne Klein, Shan Landry, Jane McPhee, Elliott PausJenssen, and Candace Skrapek**

## Pen Pal Program

By Kristi Baker, Office Coordinator



SCOA's Pen Pal Program offers a unique opportunity for older adults and students to connect and build meaningful relationships through letter writing. As we live in a digital age, the lost art of letter writing is making a comeback as a way to slow down and connect with others on a personal level.

**Benefits for Older Adults:** The Pen Pal Program offers older adults a chance to share their life experiences and wisdom with a younger generation. It also provides an opportunity for older adults to combat loneliness and isolation by forming connections with enthusiastic and curious students.

**Benefits for Students:** The Pen Pal Program allows students to learn from older adults who have a wealth of knowledge and experience. It also provides students with an opportunity to practice their writing skills and develop empathy and understanding for people from different generations.

If your apartment, condo or enriched living facility are interested in joining our Pen Pal Program (we require a minimum of 10 participants per living facility) please contact our Pen Pal Coordinator Kristi at the Saskatoon Council On Aging 306-652-0027 or email your contact information to [kristi@scoa.ca](mailto:kristi@scoa.ca).

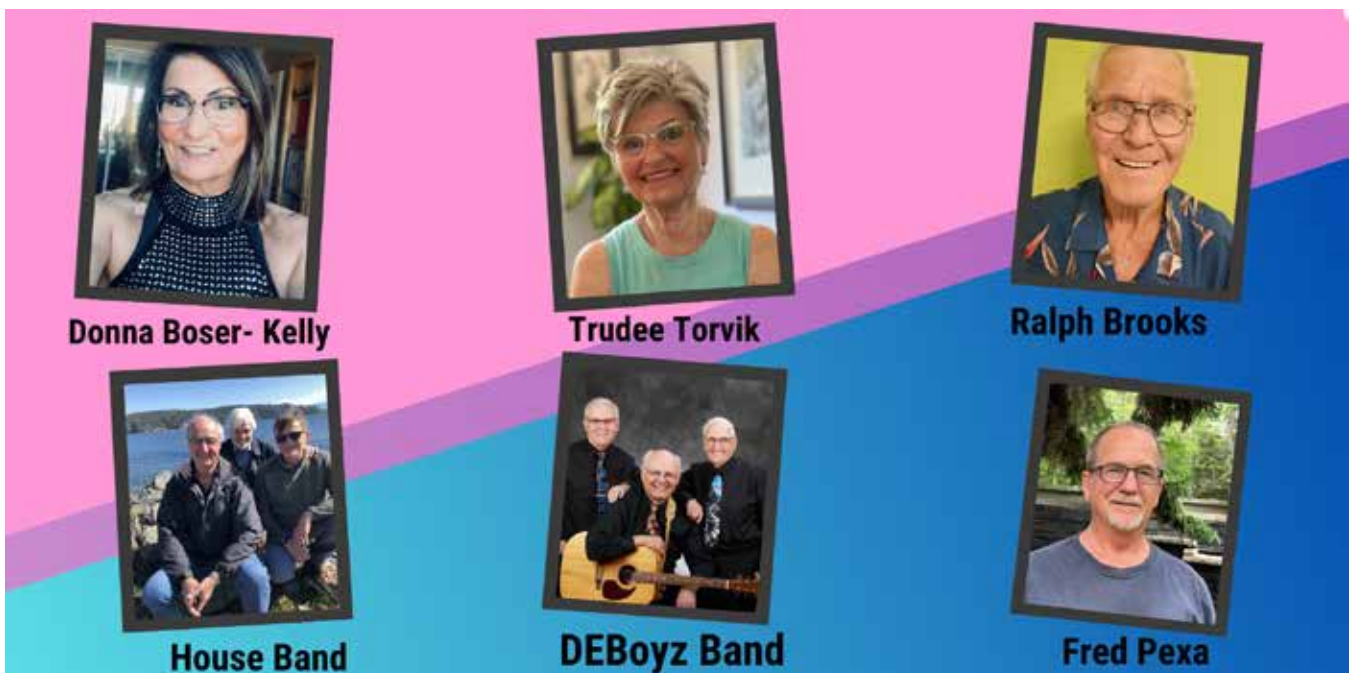
**Attention Readers:** SCOA wants to know what can brighten your inbox!

Are there articles or sections you would like to see included in this newsletter? Is there a place for funny stories or jokes or puzzles; how about reminiscences or personal stories? Please let us know what you would like us to consider including. **Send your suggestions to** [admin@scoa.ca](mailto:admin@scoa.ca)

## Celebrate the 1970s

Get ready to travel back to the era that brought us platform shoes, bell-bottoms and peace signs. This vibrant period also spurred some of the biggest music hits that we know and love today, including rock, new wave, pop, disco, funk, and soul.

The Saskatoon Council on Aging celebrates the eclectic music of the 70s with Zoomer Idol - Spectacular 70s. Our finalists show off their talents in this one-of-a-kind musical showcase. **Vote for your favourite performer [s] - one dollar buys one vote.** Jay Semko, Elaine Thaller, Ron Knoll and Kathy Bond are on hand to judge the performances.



**Wear your finest 70s threads** [tie-dyed shirts, jumpsuits, maxi dresses, colorful blazers and accessorize with peace signs, beads, oversized sunglasses] and win a prize for best 70s outfit.

**Zoomer Idol – Spectacular 70s**  
Fri, Oct 27 at the WDM  
[2610 Lorne Ave], Saskatoon  
Cocktails 5 pm to 6 pm,  
Program 6 pm to 7 pm,  
Performances 7 pm to 9 pm.

**Tickets \$100**  
**[Tax receipts issued]**  
To buy tickets phone  
**306.652.2255,**  
Visit [scoa.ca](http://scoa.ca)  
for more information

*Proceeds help SCOA provide programs and services to keep older adults active, engaged and informed.*



These events were organized to provide older adults with information, social opportunities and entertainment. We are grateful to our sponsors, as their support played a crucial role in making these events possible.

Sponsors receive recognition in print and digital promotion, networking opportunities and brand exposure to an audience of active older adults.

We would like to express our sincere gratitude to our sponsors: Your support and commitment are instrumental to ensure success of Spotlight on Seniors and Zoomer Idol - Spectacular 70s.

## ***Zoomer Idol Spectacular 70s Sponsors***





## YOU CAN DO BOTH ...

Support the ones you love and help build a better future with older adults in your Will.



Find out how

[willpower.ca/saskatooncouncilonaging](https://willpower.ca/saskatooncouncilonaging)



In fall 2023, the Saskatoon Council on Aging will launch **Confront Ageism: It Starts With you**. The public education campaign will raise awareness of the nature of ageism, the harmful impacts and offer practical ways to confront and respond to ageism in ourselves, in others and in society. We plan to reach younger adults with messages that help dispel myths and stereotypes and reinforce a positive view of older adults. The campaign will complete in March 2024. For more information, phone Virginia 306.652.0149

**AGEISM ISN'T JUST ABOUT OLDER ADULTS; IT CAN IMPACT YOUNGER PEOPLE TOO. LET'S #BREAKTHEAGEBARRIER AND TREAT EVERYONE WITH RESPECT.**

# Be a **MEMBER**

**JOIN US!**



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

## **Memberships**

Single Membership - \$25

Couples - \$35

Non-profit - \$25

Corporate/Business - \$250

Memberships run April 1 to March 31

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SCOA Associate - Free

# 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



You will receive a tax receipt for donations of \$25.00 or more.

CRA 130735756RR0001

**You can help us  
build an age-friendly  
community -  
a great place to  
grow up and grow  
older!**