

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.

SPRING 2023

CMHA

Mental Health Week

May 1-7, 2023



Mental Health Resources

- HealthLine 8-1-1
- Saskatchewan Health Authority Community Adult Mental Health Services - 306.655.7777
- Canadian Mental Health Association - Saskatoon Branch Main Office - 306.384.9333
- Canadian Mental Health Association - Saskatchewan Division - 1.800.461.5483
- Wellness Together Canada - 1-866-585-0445

Crisis Lines

- Saskatoon Crisis Intervention Service - 306.933.6200
- If you or someone you know is in immediate danger or needs urgent medical support, call 9-1-1.

“There is a crack in everything, that’s how the light gets in” ~ Leonard Cohen

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SCOA
 2020 College Drive
 Saskatoon, Sk S7N 2W4
 306.652.2255
 admin@scoa.ca



Joan Cochrane
SCOA President

PRESIDENT & EXECUTIVE DIRECTOR'S MESSAGE



June Gawdun
Executive Director

SCOA continues to focus on positive aging through a variety of programs and services using a hybrid model of livestreaming, in-person, and ZOOM. A huge thanks to our volunteers and staff for coordinating these events, and our partners for your continued support.

Our Caregiver Information and Support Services has expanded and offers a 1-888-652-4411 toll-free line as well as the regular line at 1-306-652-4411 and a Caregiver Tool kit.

Our membership continues to grow with over 4000 members and associates. Thank you to all that renewed your memberships as the funding from renewals goes towards offering our free programs and services for older adults.

Programs offered during May and the months proceeding are listed on our website www.scoa.ca on the main page. Enjoy a painting class, hula hooping, Positive Aging Series workshops, Spotlight on Seniors trade show, and Zoomer Idol talent show.

We invite you to attend our Annual General Meeting on May 30 at 1 p.m. in Room 3 at the Saskatoon Field House. Before the business part of the meeting, there will be a presentation on the final report Beyond the Pandemic: Re-Opening Saskatchewan: A Call to Action for a More Age-friendly Community.

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. © 2009/2023. SCOA is a non-profit, charitable organization dedicated to promoting the dignity, health and independence of older adults through programs, services, education and advocacy.

Coming of Age

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Executive Director: June Gawdun

Communication Committee: Bill Brooks | Sheila Clement |

Jeanette Dean | Ginnie Hartley | Julie Fleming Juarez

| Jane Richardson | Vida Todd

Design: Virginia Dakiniewich

SCOA GLOBE WALK CELEBRATION LUNCHEON

Join us to celebrate a year of achievements and a look back at 2023.

This year's event features Indigenous Hoop Dancer, Lawrence Roy, and Singing with Elmer Tootoosis.

Born and raised in Saskatoon, Saskatchewan, Lawrence Roy has been hoop dancing since 1989. His first teacher Delvin Kennedy, taught Lawrence the style of 21 hoops in the St Mary's Hoop Dance Troupe. In high school, his second teacher Patrick Nippi, taught Lawrence the style of 17 hoops. Today he dances with 30. Lawrence has passed on his teachings to his children who have all taught others on their own. He loves to teach anyone that wants to learn. Many places you will find Lawrence is Wanuskewin, White Buffalo Youth Lodge, Friendship Centre and numerous schools in and around the Saskatoon. Lawrence brings many teachings of the hoop, the origin and humour in his performance and stories.

Elmer Tootoosis is from Poundmaker First Nation. He sings with Young Thunder. His family loves to travel to pow wow and ceremonies. Elner teaches singing at various schools in Saskatoon.

**Wed May 10, Western Development Museum,
2610 Lorne Avenue, Saskatoon
Doors open 11.30 am, Luncheon at Noon,
Cost: \$20 Phone 306.652.2255 for tickets**

DISCLAIMER

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Mindfulness and Aging

by Jennifer Keane, Clinical Counsellor

Aging happens. We can't avoid it. We might enjoy its fruits and freedoms, but noticing the changes in our bodies and minds is humbling. Resisting what we can't control only causes unhappiness—and lamenting these changes doesn't alter their reality.

There is a way to make friends with aging: mindfulness meditation, a practice founded over 2500 years ago. Mindfulness is the practice of paying attention to the present moment with curiosity and kindness. It helps us to accept change by paying close attention to its many forms and responding with wisdom and a sense of humour.

For mindfulness to become our default, we need to practice. We do this by intentionally bringing attention to what's happening in the present moment: in our body, breath, thoughts and feelings. A good place to start is by noticing the breath. How we breathe has an impact on our health and well-being. Rapid, shallow breaths activate the sympathetic nervous system, raising heart rate and suppressing digestion. Longer and slower breathing activates the parasympathetic system, the body's rest and digest system and creates a calming effect.

As we slow our breath, we can also pay attention to the body, perhaps noticing tightness, aches and pains that we can gently soften with the breath. We may be inspired to stretch, to be active, to find more ways of enjoying all our senses. We may also become more aware of feelings, some which may be hard to stay present with. We inevitably face losses as we age; loss of independence, of identity, of physical strength, of life-long friendships, of energy. If we can be open-hearted with our feelings, we can bring more compassion to our experience rather than to judge, resent or resist these emotions. We may also notice more pleasure and joy.

Mindfulness practice can also help our minds by improving focus and may aid to protect our memory. Recognizing unpleasant thoughts and shifting our attention can reduce anxiety. An added benefit is increased mental flexibility. Our thoughts and opinions can become rigid as we age, but by developing awareness without judgment, mindfulness may help to lessen our attachment to fixed outcomes, leading to a greater sense of well-being. When we choose to notice life's beauty and pleasure, no matter how we feel about growing older, we are more likely to enjoy and cherish this life we are living.

Jennifer Keane is a clinical counsellor and has a master's degree in counselling psychology. For more information about Jennifer's practice or mindfulness meditation groups, visit her website at [Home :: Jennifer Keane](#)

One Size Does Not Fit All: How We Fill Our Social Fuel Tanks

by Jyllenna Landry, Clinical Psychology Student, University of Saskatchewan

Humans are fundamentally social creatures—a lack of social connection early in life could be a matter of life or death! Rates of loneliness have skyrocketed over the last several years—to the point that the United Kingdom appointed a Minister for Loneliness. The painful feeling of loneliness is designed to prompt us to seek out social connection, which is important to our survival.

The challenge comes when opportunities for meaningful social connection are limited—then loneliness can be like a car alarm blaring that you cannot turn off. If symptoms of depression (like sadness, insomnia, and fatigue) result, this can lead to a vicious cycle, making hobbies and socializing seem like tremendous burdens for which we don't have the energy. While spending time with others is valuable for breaking a loneliness-depression cycle, advice like “call your family” and “just get out and socialize more” can feel more burdensome than helpful.

For those missing more regular connections with family and friends, it can help to be creative about filling one's “social fuel tank”, recognizing that one size does not fit all.¹ Some find that being responsible to a pet provides both social support and a sense of purpose.²

For those who miss the buzz of an active social environment, immersing themselves in a social setting, like a mall, a movie theatre, a church service, or a park, can be a source of connection. When a person is missing touch, massage therapy can be a way to meet this need. Some find a connection with favourite characters while watching a favourite TV show or reading a book can be a source of social fuel, while others find journaling to be a valuable outlet for their unexpressed feelings.³ (In fact, one study even found that journaling promoted wound healing!)⁴

While everyone's social tank does need a little fuel, there is more and more evidence that the kind of fuel each of us needs can vary.¹ Choosing the form of social fuel that feels right for you at any given time can lead to a domino effect of feeling better mentally and physically.⁵

You may also be able to use the lessons you learn about yourself in supporting others who have similar experiences. Providing mentorship to others is a powerful source of social connection and meaning in life.⁶

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Generation Jones

By Ginnie Hartley, Retired Speech-Language Pathologist

Generation WHAT?! If you've never heard of Generation Jones, you're not alone. Maybe you are one of them. Most of our readers will classify themselves as "Boomers" or pre-Boomers. The Boomer cohort stretches nearly 20 years from 1946 – 1964. The early Boomers are very different from those who came later – Generation Jones.

The Early Boomers (1946-1954) were teenagers in the 1960s. Women's rights, civil rights and gay rights were recognized by a generation of activists who were too young to remember World War II, but whose parents were products of a time of hardship and privation, determined that their children would not suffer as they had. A booming post-war economy left Early Boomers with optimism and idealism which has manifested itself into a youthful outlook on aging, staying active and energetic as they retire.

Generation Jones (from "Keeping up with the Joneses") were teenagers in the 1970s: they didn't remember Woodstock, bra burning or the raging civil rights movement in the US. More households were forced into having two working parents due to changes in the economy and job availability. The Pill became more available and family size dwindled as divorce rates spiraled. Generation Jones understood that nothing would be handed to them, leading to job competition and competition to keep up with the neighbors ... the Joneses. This manifested itself into a pessimistic outlook on life, distrust of government and general cynicism.

The world changed dramatically between the two cohorts of Boomers. Many in the Generation Jones group didn't know a world without television, similar to how many members of Generation Z have never lived in a world without personal computers, the internet or mobile phones. I can only imagine how my parents (members of the Lost Generation) would view the world as we know it now!

So ... the Lost Generation, Generation Z ... all these names. What do they mean?

- The Lost Generation are those who were in early adulthood in World War I. "Lost" in this context refers to the disoriented, wandering, directionless spirit of many of the war's survivors.
- The Silent Generation (1928 – 1945) kept their heads down and worked hard. They tended not to take risks and played it safe. The demographic is comparatively small due to the Great Depression causing people to have fewer children.
- Then came the Boomers (1946 – 1964)! We changed the political and cultural landscape!
- Following the Boomers, came Generation X (1965-1980), again a smaller group after the baby boom.
- Millennials or Generation Y (1981-1996) were born into a technological world, leading them to be more progressive, creative and far-thinking than earlier generations.
- Generation Z are the Zoomers (1997-2012). They are the first generation to have grown up with the internet and portable technology.
- Generation Alpha (2013 --) were all born entirely in the 21st Century. How will they change our world?

A G M

Saskatoon Council on Aging Annual General Meeting

Tuesday, May 30 1 p.m.
Room 3 at the Saskatoon Field House,
2020 College Drive

- **Presentation on the final report - Beyond the Pandemic: Re-Opening Saskatchewan: A Call to Action for a More Age-friendly Community.**
- **Business meeting to follow.**

**SCOA Full Members may vote at the
Annual General Meeting**



Join us for an open house and
free informational seminar!

- > Complimentary BBQ provided by SCOA
- > Door prizes will be awarded

**SATURDAY, MAY 13, 2023
11 A.M. - 3 P.M.**

Seminar to start at 12:30

ACADIA MCKAGUE'S FUNERAL CHAPEL
915 Acadia Dr. | Saskatoon, SK S7H 5N4

To RSVP, please call 306-955-1600 or email
Michelle.Kirchner@DignityMemorial.com

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**"The afternoon knows what the morning never suspected."
~ Robert Frost**

ZOOMER IDOL - SPECTACULAR 70S

We revisited the 50s [Nifty 50s Zoomer Style] and 60s [Cherry Bop Hop]; now it is time for the 1970s! Zoomer Idol – Spectacular 70s is a showcase for the talents of older adults 50 plus. A gala event, the show features vocalists, bands, dance acts and much more. Guests enjoy a lively cocktail hour followed by supper and performances by the finalists. This is a great deal for an evening out with friends. You also receive an income tax receipt after the event.

There will be a “celebrity MC” and well known individuals from the local music scene will judge performances. The audience is encouraged to vote for their favourite performers.

Past events featured Grand Old Opry Zoomer Style, Nifty 50s - Zoomer Style, “Best of Zoomer Idol” and Zoomer Idols 2014 to 2017. The event raises funds to support programs and services for older adults.

Zoomer Idol -Spectacular 70s | Friday, October 27, 2023

Western Development Museum, 2610 Lorne Avenue, Saskatoon

Doors open 5 pm, Cocktails 5 to 6 pm, Dinner 6 pm, Program 7 to 9 pm

TICKETS \$100 each [Tax receipts issued]- on sale soon, visit our website scoa.ca for more updates



FOR BEGINNERS: ONE ON ONE LESSONS

Learn tips and tricks for your iPad, laptop, Android Phone or tablet.

When: Lesson times arranged with instructors

Where: SCOA office, 2020 College Drive [Field House] Cost: \$30 - 1.5 hrs of instruction

BOOK YOUR LESSON TODAY! Phone 306.652.2255 to register

IPAD LENDING LIBRARY

Learn at your own pace on your own time with an iPad from our lending library. Comes with a set of easy to use manuals and instructions. Learn how to use Facetime, Messenger, apps and more. **No cost.**

Visit our office 2020 College Drive [Field House], main floor or phone 306.652.2255

Thanks to TD Bank & SaskTel

Caregiver Café

Caregiver Café: Exploring Home Care Options

Who: Brea Jacobs from Alto

When: Tuesday, June 27, 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: Brea Jacobs from Alto will be delivering a presentation on finding care. Brea has a Bachelor of Education, along with a broad knowledge of home care options within the province. Whether you are looking for care for yourself, a loved one or simply preparing for the future, this presentation will give a good understanding of the options, resources, and costs of finding home care. There will be three overarching topics covered which include public care, private care and how to decide which is the best for you and your family, with some discussion about available tax credits and funding so you can maximize the amount of care for your spending in the safest way possible.

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**

Strong, Balanced & FAST

by Anne-Marie Graham, Venture Rehabilitation



FAST Program Class Jan to April 2023

As a partnership between Venture Rehabilitation Sciences Group and Saskatoon Council on Aging, we are excited to tell you about a new program: Strong, Balanced & FAST. It is a 12-week in-person exercise program for the development of posture, balance, strength, flexibility, coordination and reaction time to assist with reducing falls risk and reducing injuries related to falls. FAST stands for Fall Arrest Strategy Training. Research around the globe supports exercise being an important part of reducing falls risk and injuries related to falls. The College of Rehabilitation Science at the University of Saskatchewan is one of the world leaders in this department. They have analyzed research and built upon that to develop the principles on which this exercise program was founded. One of the key differences from typical programs is the addition of upper body strengthening, and speed of upper and lower extremity movement. This is so that in the event that a fall does happen, we are better equipped to catch ourselves and prevent serious injury.

This class had its first run this past winter in the Saskatoon Field House, led by a physical therapist and exercise therapist from Venture Rehab. Participants were advised to bring a yoga mat, wear non-slip shoes and wear comfortable clothing. A home exercise program was provided to continue the class concepts at home between sessions. Current physical activity guidelines encourage 3 hours of balance training per week, which can be added between different activities. Sessions were in-person once weekly, and participants were encouraged to add 2 sessions at home each week.

The typical class format included a warm up, posture reinforcement, balance activities, strength exercises, as well as agility, reaction time and coordination exercises, followed by a cool down. The class was completed standing, against the wall, or down on the floor using a yoga mat. Chairs were provided when required. Exercises progressed each week to continue to challenge the participants. With the benefit of a smaller class size (under 20), exercises could be adapted to be more or less challenging, as needed. The focus throughout the program was on quality over quantity, and most of all - FUN!

Many laughs were shared while having a great workout together.

Want to try some things at home?

When a fall occurs, it is more likely to be forwards, and an injury is more likely to be sustained to our arms and/or head. This exercise class is designed to try to reduce this risk. Part of keeping on our feet is a function of maintaining our center of gravity within our base of support. With aging, our center of gravity can start to migrate forward if our posture trends this way. The more central our center of gravity is within our base of support, the more balanced we are.

One strategy we can use to optimize this is posture. Activities to try at home to improve posture :

1. Align and stack through your spine, center your head between your shoulders, shoulders over hips and hips over ankles.
2. Now take a couple of breaths maintaining this position.
3. Relax, and now stack up again and hold for 5 breaths.

This can be done in sitting or standing. When standing, position yourself near a wall or counter you can use for support. You can incorporate this into not only your exercise routine, but also into daily activities, work, sport and recreation.

For another challenge,

1. Maintain this stacked up posture while standing a couple feet from the wall, then lean forward onto the wall with both hands.
2. Shift weight between your hands.
3. Now, with control, lower towards the wall. Too easy? Try it a little bit faster if you are able. Try with one hand if the previous exercise is still not challenging.
4. A final progression would be to stand straight, slowly lean towards the wall, and quickly catch yourself with your hands, controlling the lowering towards the wall.

Great work!

Unbreakable Canadians – Battling Osteoporosis

By Bill Brooks, SCOA Communication Committee

During my yearly routine physical, about 10 years ago (I was about 60), my doctor ordered a routine chest x-ray to update her files. The results identified that one of my vertebrae was cracking and I was bending a little more forward than I had in the past. Off to the rheumatologist who recommended a bone density scan since I never had one. The startling result - I was borderline osteoporotic. I was under considerable risk of breaking something in the event of a fall: something big (like a hip), something structural (like a spine) or something very useful (like a wrist). At my age, none of those would heal quickly.

What! - I was under the impression that men do not get osteoporosis except under extreme conditions, and it was generally a condition that women could get after menopause. I was wrong. **According to Osteoporosis Canada at least 1 in 3 women and 1 in 5 men will break a bone due to osteoporosis in their lifetime.**

Our bones continuously break down and rebuild throughout our lives and the processes usually happen at about the same rate. With osteoporosis the breakdown is faster resulting in fragile bones. That's why the bone density scans. People usually don't see it unless it is diagnosed, or you break something (Osteoporosis is known as the "silent thief" stealing our bones quietly for years).

Breaking something has serious consequences. There are lots of stories about someone falling and breaking a hip. According to Osteoporosis Canada, osteoporosis is responsible for a large majority of them (over 70%). Recovery is slow with a 1 in 5 chance for women and 1 in 3 chance for men of dying, due to unseen complications, within a year after a hip fracture: - worrisome.

Fortunately, it's treatable with a few lifestyle changes and with modern pharmaceuticals. Day-to-day prevention starts with weight bearing physical activity, good nutrition, avoiding smoking or excess alcohol. It is recommended that all women and men 65 years and older, and post menopausal women and men over 50 with risk factors for fractures (identified on x-rays, family history etc.) having a bone density scan done. I was identified by an x-ray. Talk to your doctor. There is a handy "Know Your Risk" quiz on the [Osteoporosis Canada Website](#).

Medication is in the form of pills or injections and yield good results. Results may vary but over a 4-year period my bones went from being fragile to what my rheumatologist described as very good for my age.

Awareness is important and as Osteoporosis Canada suggests – Let's Make Canadians Unbreakable.

One "Getting Older" condition under control. Next up for me: hearing and its influence on balance and dementia.

SPOTLIGHT ON SENIORS

Hosted by the Saskatoon Council on Aging and TCU Place, Spotlight on Seniors is an annual showcase for older adults. The well known autumn event is the largest showcase for 55 plus in the province. Spotlight features over 80 trade show booths, displays, demos, samples and prize draws, Coffee and tasty snacks are served throughout the day. Visitors enjoy lively entertainment and lots of social opportunities.

The goal of Spotlight on Seniors is to educate and entertain older adults in and around Saskatoon. From pastimes to investing, from career to vacations, from education to retirement, what we do with our lives is incorporated into this vibrant showcase.

Get connected with the latest products and services for older adults 55+.

Newly retired?

Find out about services and activities for older adults.

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

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Attention Newsletter Readers:

Are there potential articles or sections that 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? SCOA is looking to see what other items can be included to brighten your inbox. Please let us know what you would like us to consider including.

Send your suggestions to admin@scoa.ca



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 Thurs of the month 1:30 to 4 p.m.

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

1:30 pm Blood Pressure checks, 2 pm program begins

Thurs May 18 "Swing Your Hips" with Karla

Thurs June 15 Old Tyme Rhythm Makers music

Contact Cynthia cynthia@scoa.ca | 306.652.2522

Thanks to sponsors & funders: SCOA, Sask Lotteries, Primrose Chateau, Aspira Hunter Village and the Medicine Shoppe

EASTVIEW HUB CLUB

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

Where: Nutana Legion, 3021 Louise St.

Programming to resume in the fall, check SCOA website [scoa.ca]

Contact: Stephanie sreitbodie@gmail.com

PEOPLE OF AFRICAN DESCENT AND FRIENDS SENIORS HUB CLUB

When: 2nd Wed of each month 1:30 – 4 pm

Where: Mtg Room 3, Field House 2020 College Drive.

Check SCOA website [scoa.ca] for programming

Contact: Vivian Vivian.Puplampu@uregina.ca

ST. MARTIN'S HUB CLUB

When: 3rd Tues of the month 1:30 – 4 pm

[except Sept and Dec: 2nd Tuesday of the month]

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

Tues May 16: Sask. History & Folklore Society

Contact: Maureen macline@sasktel.net or Dianne dianne.young@sasktel.net

GO FORTH HUB CLUB

When: 1st Mon of the month 1:30 – 4 pm

Where: Calvin GoForth Presbyterian Church, 1602 Sommerfeld Avenue

Mon, June 5: Feature event to be confirmed

Contact: Sheila Cameron-Hopkins 306.955.9119

Please note that masks are required. COVID protocols observed

Why More Canadians are Leaving a Gift to Charity in their Wills

We are lucky. The Saskatoon Council on Aging supporters are thoughtful individuals, who share a concern for well-being of older adults and are committed to building a better future with older adults. We think about contributing to causes we care about or volunteering time. Some people are going one step further to leave a gift to charity in their Wills. They realize they can make a powerful contribution that will last for generations to come, without taking away from resources they or their families need.

It's Possible to Do More by Giving in a Different Way

This new mindset among Canadians is triggered by the intensity of recent global events. Canadians also realize that it's possible to do more just by giving in a different way. In fact, if more Canadians left even a tiny percentage of their estate to charity, the sum of all their efforts could represent as much as \$40 billion to advance causes like keeping older adults active, engaged and informed.

When you look into it, you may be surprised to learn that a donation of as little as a 1% of your estate can result in a bigger contribution than you ever thought possible. You are still leaving 99% of your estate to support your loved ones. You're not using any of the money you need now.

The best part is that leaving a gift in your Will can be a very simple process.

Here are a few suggestions that can help you take the next steps:

Calculate your donation.

You can determine how much you want to leave to charity, and how much you want your loved ones to receive, with a simple calculation. Use the Legacy Calculator tool developed by Will Power, a national public education campaign designed to inspire Canadians to think differently about charitable giving.

Discover the tax benefits.

Did you know the Canadian government has created some of the best tax incentives in the world to encourage more giving to charity, especially from your estate?

Ask a financial advisor.

Consulting a financial expert can help you maximize your donation and ensure it works in your favour. You can use Will Power's Financial Advisor Finder to match with an expert in your region. There is also a handy guide available to start the conversation with your advisor here.

Visit our [WillPower website](#) to learn how a gift in your Will to The Saskatoon Council on Aging would be used to advance health and well-being of older adults. Contact Virginia at virginia@scoa.ca or 306.652.0149 to find out more.

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

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

Please send your cheque to:
Saskatoon Council on Aging
2020 College Drive,
Saskatoon, SKS 7N 2W4.

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

(please include your full address).

CRA 130735756RR0001



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