



VOLUME 12, ISSUE 4

Spring 2008

READ BY 100,000 SK SENIORS

HELLO.....

TRACY THOMPSON



SSM's newest employee, Tracy Thompson, arrived on the scene, February 25, 2008. Tracy is the coordinator of our newest program: **'Senior Friendship Program'**. (more info on page 9)

Tracy has a great deal of experience working with seniors. She understands older adults and we are looking forward to the contribution she will make 'hands on' in improving the lives of seniors in Saskatchewan.

PASSING THROUGH....

KEVIN WESTBY



Kevin, a social work student from U of R, chose to do his practicum here at the SSM. Since Jan 2, 2008 he has been exposed to every facet of the SSM under the mentorship of Bev MacLeod, SSM Executive Director. We appreciate Kevin's accomplishments. His standards are high and he has risen to every challenge. Thank you Kevin!

We will certainly miss Kevin when we wave goodbye on April 4, 2008.

GOODBYE.....

ELEANOR NEUFELD



It is with regret that the Mechanism says good bye to Eleanor. Over the last several months, she has been coordinating recreational programming in several of the seniors' Regina Housing Authority buildings. She did her job with enthusiasm and vision, always keeping the seniors needs as her priority.

We wish Eleanor the best as she continues her education to become a LPN.

CONFERENCE INFO BACK COVER



Editorial Committee

John Knight (Chair), Trevor Quinn,
Shirley Lomheim, June Mitchell

Technical Support

Lynne Couzens

All editorial matter published in *Gray Matters* represents the opinions of the authors and not necessarily those of the publication's editorial board or the S.S.M. Statements and opinions expressed do not represent the official policy of S.S.M. unless so stated.

Look for *Gray Matters* to be available quarterly: January, April, July, October.

Articles for consideration for publication are welcomed. Reports of past, present and future activities and programs associated with member organizations are also invited. Deadline for submissions is the first day of the month preceding publication.

Acceptance of advertising does not imply endorsement by *Gray Matters* or S.S.M. Information regarding rates and policy available on request. *Gray Matters* can be contacted at #112 - 2001 Cornwall St., Regina, Sask., S4P 3X9. Phone (306) 359 - 9956; fax 359 - 6922, e-mail: ssm@skseniormechanism.ca

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Publication Mail Agreement 1540750
Undeliverable Copies to:
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Regina, SK S4P 3X9

Celebrate Mothers Tea

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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
- Women of the Dawn

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OR CHECK OUR WEBSITE
www.skseniormechanism.ca

Seniors' Chat

New Seniors' Drug Plan

Hello, my name is Don McMorris and I'm Saskatchewan's new Minister of Health. Included in my portfolio is responsibility for seniors' issues. I am excited about the challenges this portfolio brings, and I look forward to developing an important relationship with the seniors of our province. I believe my responsibility for seniors is a good fit with my other responsibilities as Minister of Health – there is a strong overlap of many issues of concern to seniors.



Hon. Don McMorris

Bearing this in mind, I am very pleased to tell you about the **Seniors' Drug Plan** – it recognizes the vital contribution that seniors have made to our province and is an important part of our new government's commitment to seniors and their well-being.

Under the new Seniors' Drug Plan, eligible seniors 65 years and older – with an individual annual net income of less than \$64,044 – will pay only \$15 per prescription for drugs listed on the Saskatchewan Formulary and those approved under Exception Drug Status.

However, **you must apply** to receive your coverage starting July 1, 2008. The existing seniors' drug plan coverage will remain in place until June 30 only.

All Saskatchewan seniors eligible for coverage starting July 1 received an application form and informational brochure in the mail in February. If you have not yet completed your application,

please do so as soon as possible to ensure that your Seniors' Drug Plan coverage is not interrupted as of July 1.

If you have questions about the Seniors' Drug Plan, contact the Drug Plan and Extended Benefits Branch toll-free at **1-800-667-7581** or in **Regina at 787-3317**.

If you have any ideas or concerns about issues relating to seniors, please feel free to write to me at Room 302, Legislative Building, 2405 Legislative Drive, Regina, S4S 0B3, or phone my office at (306) 787-7345. I welcome your comments and look forward to hearing from you.

A handwritten signature in black ink that reads "Don McMorris".

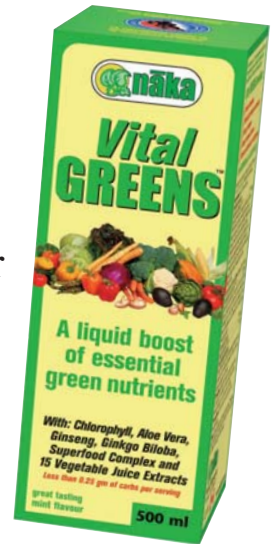
The Honourable Don McMorris
Minister of Health



Government of
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NEWSLETTER

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Fern Haight, Box 393, Hanley, SK.

Fax: 544-2757, Email: fern.h@sasktel.net

President's Message

I'm really looking forward to spring and it is just around the corner. I hope everyone had a good winter.

Space is scarce again so I will just say a few words. April is the month for all your district meetings and May is the time for the regional meeting.

Please send all changes in your executive to your director so that the director can forward the new executive to our treasurer, Isobel Fowler.

The S.S.A.I. bowling, scheduled for March 30 & 31 in Prince Albert, is filled up. We have forty, 5 member teams and that is all we can handle. This will be a fun filled two days.

The S.S.A.I. Board meeting will follow the bowling tournament. It will be held April 1 & 2 at the Minto Bowl lounge. Each Board member will be contacted before then.

Our annual convention will be in Tisdale, June 9, 10 & 11 at the Senior Centre. You will be sent all information in the mail out in early May. Please get your resolutions in as soon as possible. Send them to Len Fallows or to me.

Have yourself a great spring. Enjoy the mild weather, which will surely arrive soon.

Respectfully submitted,
Fern Haight

1st Vice President of S.S.A.I.

Well it did not take long for the new Provincial Government to trim down the prescription drug plan after it took so long for us seniors to obtain it. It appears that they have attached a means test to it restricting application of those seniors with an annual income greater than \$64,044. At the same time they have extended the Saskatchewan Drug Plan to include more drugs. So it appears that we have good news and we have bad news.

Information from an Alberta Provincial Pensions Administration newsletter indicates that present day pre retirees are concerned about outliving their retirement savings. They believe that they will have to make their retirement savings last until an average age of 83. That information comes from people who are planning to retire shortly at the age of 65. From my travels to many senior centers I have seen that the average age of the members is in the range of 80 to 83 years old. When they retired at the age of 65 they of course had not had access to the splendid pension plans that are available to present day workers. So with the rate of inflation and the increase in the real cost of living over the last 18 to 20 years being somewhere in the region of 150 – 200% and their actual increase in pension money being about 50% over the same time period, I would have to say that any concerns they may have had over outliving their retirement savings has been realized. It probably explains to a great extent why food banks and other charitable organizations are being swamped by applicants looking for any kind of help.

Any increases in the cost of energy, power and gasoline only ensures that the costs of other commodities allied to those three factors will also have to increase. So eventually a lot of people will be

making some very big decisions in regards to how they are going to make ends meet. It won't only be seniors doing that although they will have to bear the brunt of it, but a large amount of singles parents and low-income earners will also be facing that challenge.

Invitations have been issued to several prominent people to be key note speakers at the upcoming convention of SSAI in June and of those invited, Brad Wall, the Premier of Saskatchewan, was one of the first to turn down the invitation, citing previous engagements. We will continue to try and entice speakers who can offer words of direction and wisdom to delegates who attend the convention on behalf of over 8000 SSAI members in this Province.

Membership cards for 2008/2009 have already been sent to all the clubs in the Province along with raffle tickets. Its difficult to say which of those two are the most important. We certainly need the membership but we also really need the revenue from the sale of the raffle tickets, as do the clubs who sell the tickets. Without the income from both sources it becomes increasingly more difficult to do the work that seniors expect from the Association. We need to make this a really successful year in both areas.

The chairman of the resolution committee has resigned citing ill health as a reason, and knowing George Pielt as I do it would have to be something serious for that to happen. George was always front and center when it came to representing seniors and their concerns. Get well soon George. For all those members who have resolutions to forward they can be sent directly to myself or Fern Haight.

We have a full complement of Bowling teams registered for the upcoming 5 pin bowling tournament to be held in Prince Albert so it looks as though we are going to have a really great time. Good luck to all those people taking part and a big thank you for your support. For now though stay active, stay healthy and enjoy spring when it finally arrives.

Len Fallows, SSAI

2nd Vice President Of S.S.A.I

Seniors of my generation will remember the 3 RRR reasons for going to school. Reading, riting and rithmetic.

My one room school with about 37 grade 1-10 students aged 6 to 17 wasn't 3 miles away – only 1 mile, fairly level terrain, one hill to go up, over and down – not uphill both ways!

By the time I reached high (joke) school, there was me and 7 girls in grade 8 and 9 (nice odds). Other boys were all farming or working jobs.

Moving to the city to continue high school was a major culture shock. Not only was there power and water but the real science labs, math, and fully equipped shops, athletic equipment and a gymnasium. 60 years ago the RRR rule was no preparation for serious high school education.

Fast forward to 2008 – the reading is gone – it's text messaging, cell phones, writing replaced by word processing with spell check, punctuation and E-mail, arithmetic is electronic savvy calculators.

Seniors adjust somewhat to this technology – have to if we want to talk to our kids and grandchildren.

While this writing is offered with some jest, the reality is that the next group of seniors, the baby boomers, has arrived. As at every other phase of life, they will be different – that's evolution in fast forward. Instant communication, for good or evil the norm.

When I moved to the city in 1950, larger school units were the hot and heavy controversy, school busing and all. I was gone, had no interest.

I returned to that comprehensive "East Central" school for a Prince Albert East veterans memorial dedication – the Boer War, WWI, WWII, Korea, totaling about 162 honored Canadian forces members.

This single school incorporating 8 or 10 small districts was impressive. The gymnasium, basketball, public auditorium, science labs, home economics kitchen, computer lab, music, class rooms, athletic fields, library, all to equal any town or city education centre. Students mostly graduate high school, equipped to move on to higher-level education, well prepared and not subject to “culture shock”. This school’s boys’ baseball team was for sometime provincial champions. The teachers are talented professionals, dedicated to the students’ scholastic success. There is indeed quality and equality in rural and small town Saskatchewan.

The point of all this is things are a-changing. We are in a state of flux, transition, and have been since World War II.

The house I was raised in, built 2 years before my birth, was a fine comfortable home – without electricity and running water. Today, rural and small town Saskatchewan people may live in stately homes limited only by imagination, financial resources and choice of lifestyle desired. Few people of earlier generations could envision a huge farm tractor, air seeder, fertilizer and packer train that was perhaps a million dollars in harvest equipment investment. A mighty step up from the three-horse seeder and four-horse binder used in my youth. We observe everything else around us, in our daily lives, has advanced and changed, whether we like it or not.

Changes were accelerated with the “baby boom” generation of 1945 to 1965, hospitals, schools, houses, occupations, entertainment, transportation, diet, culture and attitudes were all picked up, shaken out and reinvented to drive the rapid change sequences that we are a part of.

Boomers are now entering the retirement phase – many are opting to continue their professional involvement as highly sought after consultants. They will continue to do things differently in retirement as they have done throughout all prior states of life. Inspiration, transition and creativity will continue.

Are we seniors ready for the ride? It should

be fun and most definitely interesting.

How well are our Saskatchewan seniors clubs prepared for these potential changes?

On April 28, 2008, the Sifton Seniors Sunshine Club will host a gathering of SSAI Region L member and non-member seniors’ clubs. We are seeking exchanges of information and ideas respecting the financial difficulties of operating community centers, coping with utility and maintenance costs and declining memberships. Discussing activities of interest to recent retirees and the 50+ decades of youthful retirees could be enlightening.

We are not necessarily seeking a changing of the guard, but rather some better integration of the generations. Defining issues is the first step towards resolution. Our challenge is to create the forum that explores desired solutions.

Bob Walker, S.S.A.I.

WHAT DO YOU THINK?

Hello you all out there. It has been quite some time since I have put a write up in the Gray Matters but I felt the need to get some opinions on a few things that have recently come to my attention.

1. Was the fact I broke two teeth (not at the same time). Upon going to the dentist, I found it would cost \$700.00 there about to have one tooth fixed properly. I had to come up with \$400.00 of my own money and the dentist would not do the work until he knew the insurance would cover part of it. Then I find it would cost approximately \$1500.00 to \$2000.00 to get dentures. Does this make sense to you that one tooth is half the price of a complete set of dentures. I think there is something wrong with this picture.
2. A friend needs a hearing aid and I was told that it was going to cost him \$5000.00 for two hearing aids. Then I talked to my daughter in law and she

said that is what they cost. She has had to deal with this since she was a young child so I would think she would know the costs.

3. Eye exams you have to pay up front and they vary tremendously from doctor to doctor. Therefore, some seniors and I say seniors but in fact anyone needing glasses that does not have the money up front, does without. Does this sound right to you??

How many of you seniors are going without these necessities because you cannot afford them? They are priced right over our heads. Should not there be some sort of help out there for these items? If so, where does one go?

Does it make sense that if you cannot afford a dentist you cannot eat nourishing food only soft foods? Does it make sense that if you cannot hear, you cannot enjoy everyday living and conversation because you can not afford a hearing aid to help you ? Does it make sense that your eyes are blurry and you cannot read the newspaper or a good book because you cannot afford glasses?

Now I am speaking here mostly about the senior's positions. There we sit in our advancing years, unable to enjoy so much as a card game, because we cannot hear, see or eat the simple lunch served. Where do we go for help? I realize these doctors have taken extensive training to get where they are. Have they not taken an oath to help people live full lives wherever possible? What is the answer? If any of you understand where I am coming from let me know via phone – 306-978-0297 or my email is aljomor@shaw.ca or write me a note 442 Ave. X North, Saskatoon, SK., S7L 3J9. Maybe we could get a petition going or something along those lines. Let me know what you think.

Submitted by Joan Morrison

District 19 Senior Winter Games begin

The opening of the 2008 Senior Winter Games for District 19 was held in Davidson on Feb.

13, 2008. Tom Breckner of Colonsay, coordinator for District 19 and director for Region G welcomed everyone to the games. *O Canada* was sung and a minute of silence was observed in memory of departed members with mention made of Sam Northrop who had been the previous coordinator of the district for many years.

A welcome was given on behalf of the Davidson Club by the president who expressed her appreciation for the good turnout and the favorable weather. Sixty-three participants signed the register that included members from Allan, Aylesbury, Colonsay, Imperial, Kenaston, Liberty, Young and Davidson.

Trump Whist and Bank Shuffleboard were the chosen games and play commenced at 10 a.m. A tasty lunch of soup, open face buns and dessert was served at noon and everyone had time to renew old acquaintances and meet new friends.

A door prize of a blanket was won by Vi Siroski of Davidson.

At the end of play, winners were determined and announced. Evie Pfiefer of Young won gold in Trump Whist followed closely by Joyce Doyle, Davidson. Meryl Warren of Davidson took bronze and Herman Gieselman of Young graciously accepted fourth place.

Lucy and Willie Baht of Imperial placed first in Shuffleboard, for the second year in a row, winning four games out of five. Those winners were as follows: Betsy Redstone and Lorraine Baade of Imperial, Ashley Stewart and Earl Johnson of Davidson, Terry and Steve Dornian of Liberty, and Lorna Boyle and Bill Dieno of Davidson.

The kitchen crew was once again on hand to offer coffee and snacks before the guest made their way home.

Most clubs will host a day of their own and it is always the hope that the weather will be kind as we make our yearly visits around the district.

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Issues of the Day

The Saskatchewan Seniors Mechanism (SSM) is still accepting resolutions from our member organizations around the province to bring forward at our AGM on May 7, 2008.

Means Testing for Seniors Drug Plan

The Mechanism respects the SK Party for honouring its campaign promise to implement 'means testing' for the Seniors Drug Plan. They are following through on their commitments. However, the Saskatchewan Seniors Mechanism takes the position *against* 'means testing' in principle because we support the concept of universality. Seniors are from a generation that instituted universal health care, and remember how unacceptable it was for those who could not access care because they could not afford it. This is why we support universal access to prescription drugs. Circumstances have a way of changing very quickly. While people may be able to afford prescriptions drugs today, they may not tomorrow. Do the wheels of bureaucracy react quickly enough to respond to these ever-changing scenarios? And can seniors who rely on these prescription medications survive while bureaucracy catches up?

Elder Health Coalition

The Saskatchewan Seniors Mechanism is investigating how it can represent seniors to encourage a strategic, focused elder health care process in Saskatchewan. It is our intention to approach health

professionals and senior health community stakeholders to:

- Raise awareness of the needs of seniors in the health care system,
- Assist with identifying gaps in both the health care system and in the community, and
- Make recommendations where resources can be pooled to better assist seniors.

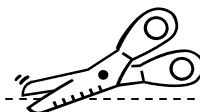
These actions are a direct response to a grassroots survey that was circulated recently that identified specific concerns Saskatchewan seniors have with their health care.

Working with Other Provinces

The Saskatchewan Seniors Mechanism is committed to working with seniors' organizations in other provinces to not only better understand what issues seniors are facing, but what solutions are being recommended.

Working with Saskatchewan Seniors Organizations

Another challenge the Mechanism is examining is how seniors organizations in our province can work better together. Right now there are too many groups duplicating effort, too many that are also competing with one another because of limited funding available to support seniors' programs. How can we find a way to work together better for the betterment of all SK seniors?



SSM Annual Conference— 'Navigating the Health System'

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YEAH BUT.....

Growing old is inevitable but how we age is up to us.

Abraham Maslow said, "What is necessary to change a person is to change his or her awareness of themselves". We are all aware that we are growing older but perhaps our awareness of ourselves should be that we are aging well.

'Yeah But' I just look old and people treat me that way. So perhaps we need to change our awareness of ourselves by saying we are not old, we are wise and this is, they say, the Age of Wisdom.

-John Knight



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DO YOU AGREE??

I wrote in an earlier article about studies that show that our mental and brain capacity does not diminish substantially with age. In fact, the studies show that our brain capacity at 90 is every bit as good as thirty if we continue to keep it active.

Society seems to think the opposite in that as we age we tend to lose our brain power. I have found through my own personal experience that as we age most of our muscles including our brain weakens and causes us problems unless we continue to exercise all of our muscle mass. I read an interesting book a while back which suggested that our bodies are no different today than they were when we were hunters and gatherers. However, today we no longer hunt and gather and have become less active. Our brain, which controls all our active body systems, sends messages when we become sedate that we are not hunting and are getting ready to die, therefore do not replace new cells with strong cells but weaker cells. However, if we are active the brain sends messages replace cells with stronger cells because

she is getting ready to hunt.

At 68, I have a lot of aches and pains—bad knee, probably arthritis, border line diabetic, high cholesterol, high blood pressure—all the things that happen to us as we age.

So I decided to test the theory and have joined a gym. I eat much healthier and work out increasing both my body muscle and brain muscle. I have to say it has paid off for me. I worked through a lot of pain at the gym in order to bring up my body muscle and I spend very little time watching T.V. or being sedentary. My knees feel like new, my blood pressure is lower and I feel 100% better.

I have had to change a lot of my routine. Instead of sleeping in I go to the gym at 6 a.m.. Instead of watching T.V. at night, I read or walk or pursue hobbies.

I don't know if my cells are growing stronger or not but I feel this is "Food for Thought".

-John Knight

PRECIOUS MEMORIES OF PRAIRIE WAR HEROES



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 plus \$2.00 for shipping & handling. 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.skseniormechanism.ca



CELEBRATING 30 YEARS OF LEARNING

On February 21st, the University of Regina Seniors Education Centre celebrated our thirty year anniversary. There were displays showing progress and growth over those thirty years, along with lively reminders of our history by Sandy Clancy, Dan Beveridge, and Mildred Harper. Shirley Turner reminded us of the Expressions Shows, where the Centre displayed art, writing, dancing and physical exercises. A number of books put together by Trevor Quinn to illustrate the Creative Writing Group were on display. The meeting was chaired by S.E.C. President, Carol Porter. Greetings were brought by Division Head, Kerrie Strathy, and former director, John Oussoren. Present were several past presidents and life members.

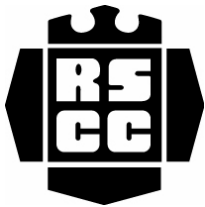
An old fashioned sing song and a hearty lunch made the celebration complete.

The S.E.C. looks forward to many more years of service to seniors with outreach and research programs as well as interesting classes ranging from art, music, writing, belly dancing, drumming, yoga, stretching, tai chi, to computer classes, classes in history, science, media, other countries and cultures, photography, etc.
Come join us!

- June Mitchell



EMBRACING RETIREMENT SHOWCASE



Proudly Presented by:
Regina Senior Citizens Centre Inc.

Saturday, May 24, 2008
10:00 a.m. – 4:00 p.m.
Agribition Building
IPSCO Place

The purpose of this showcase is to raise awareness of healthy, vibrant and exciting lifestyle choices available to those who are retired or who will soon be retiring. Booths showcasing recreational and social opportunities, health services, housing choices, transportation and other services for older adults and for those up-and-coming retirees will be in abundance.

Bring someone you know down to check out all the great opportunities there are in Regina for people who are retired, or **who will soon be retiring**. Don't forget! They say that those who make the most successful transition to retirement already have interests away from their careers.

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REGINA SENIOR CITIZENS CENTRE INC. (RSCCI)

www.reginaseniorcitizenscentre.ca

The **mission** of Regina Senior Citizens' Centre Inc. is to foster, develop and deliver programs and services that encourage and facilitate people fifty-five years of age and over to sustain independent, healthy and active life-styles and to strive to enhance their interest and participation in community activities. RSCC attempts to provide a reasonably holistic response to the needs of seniors by offering a broad range of services at affordable prices.

PROGRAMS AND SERVICES

The RSCC operates two facilities, the Winnipeg Lifestyle Centre 2134-Winnipeg Street (525-2154) and the Elphinstone Lifestyle Centre-2404 Elphinstone Street (359-3847) in or through which the following programs and services are offered to seniors:

Home help service

- ♦ RSCC offers a range of home help services which include housekeeping and home and yard maintenance. The fees for these services are based on clients' ability to pay. Many seniors are on supplements so fees and charges vary.

Wellness clinics

- Wellness clinics are organized by RSCC to provide a convenient and supportive environment for seniors to access preventative health care services. A free blood pressure clinic is provided by a volunteer retired registered nurse and the Regina Qu'Appelle Health Region kick off their 'flu clinic at the RSCC each year.

Life skills seminars

- An array of education workshops are offered through the Centre .

Computer literacy training

- RSCC offers computer literacy training in a 12-workstation computer lab located at the Winnipeg Street Centre. Two levels of classes are provided; beginner, and intermediate. Special classes such as surfing the net, PageMaker, and Messenger are also offered. A new program offered this year will be one-on-one computer training in partnership with the University of Regina. Other seniors use the lab for personal recreation when classes are not in session. The lab has won the Education Excellence Award through SaskTel's HAD Allen Lifetime Membership Award.

Recreation and Social Activities

- RSCC provides a broad range of programming geared specifically to seniors needs with attention to and accommodation for their varying levels of physical and mental abilities. Their desire for achievement is satisfied in part by individual selection of activities, both competitive and non-competitive, in which there is personal enjoyment and opportunities to experience a degree of success. Creative arts, crafts, drama and hobby activities provide for self-expression and social involvement. For more information on Activities, Classes & Programs, Sports Activities and Special Events please call.

Supporting Retirement

- Supporting retirement is a program for adults with intellectual disabilities and gives them an opportunity to become part of the senior community through their involvement in RSCCI programs and services.

EMBRACING RETIREMENT SHOWCASE—Info on page 13

CRYPTOCORNER

CLUE: R = T

P WYBTT RXJR PN UCY ZBBL RC SCZRJSR

TCABCZB TBGKPZW RPAB PZ DJPE, PR MCYEL

OB OBTR RC YTB J "SBEE" QXCZB.

(solution page 19)

advice from my dog by June Mitchell

grab this day now that the light is here
 regard your space with pride
 commune with those in other yards
 eat hearty when the food appears
 keep clean and bury bones for future use
 nap when you can
 and don't put up with chatter from those yappy little dogs
 be prepared to die for those you love
 bear pain in silence
 wear your feelings on your sleeve
 we're here right now this is the time to live



SSM AGM

May 7, 2008
 Delta - Novara Room
 Regina, SK
 1 p.m.

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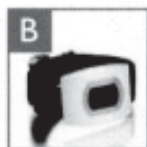
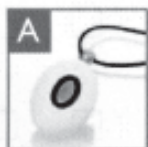
Feel secure with Canada's most trusted medical alarm service.

Your Lifeline options

Step 1:

Pick a Personal Help Button

Choose one worn around the neck or on the wrist.



Step 2:

Pick a CarePartner® Communicator

Choose one that best meets your needs.



C. CarePartner Basic Unit

Works with your existing telephone and offers all the benefits of 24-hour personal response, with two-way voice communication.

D. CarePartner Telephone

A senior-friendly 2-in-1 unit that's a phone and a two-way voice communicator with enhanced features, including:

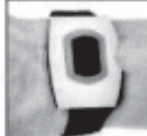
- High volume speaker, handset and ringer control.
- Ability to record medication and appointment reminders to help you stay on schedule.

How Philips Lifeline works

1

Summon help

When you need help, just press your **Personal Help Button**, which activates the Lifeline Home Unit.



2

Professional intervention

The **Home Unit** then dials the Lifeline Response Centre and establishes two-way voice communication.



3

Appropriate response

Within seconds, a **Lifeline Response Associate** accesses your profile and quickly assesses the situation.



4

Closed loop

The Associate then contacts a neighbour, loved one or emergency services based on your specific needs.

The Lifeline Response Associate will follow up to ensure that help arrived.



Lifeline Saskatchewan

1-800-856-0599

www.lifeline.ca

PHILIPS
Lifeline



Saskatchewan Senior Fitness Association
10th ANNIVERSARY
55 Plus Provincial Games
July 8 to 10, 2008
Yorkton, SK

Who can take part?

The games are open to Saskatchewan residents who are 55 years of age or older by December 31, 2008.

The main objective of the Provincial Games is to promote active living, wellness and participation of adults.

What's your game?

- Badminton
- Contract Bridge
- Cribbage
- Darts
- Duplicate Bridge
- 8-Ball
- 5-Pin Bowling
- Floor Shuffleboard
- Golf
- Horseshoes
- Kaiser
- Poetry/Short Story Writing
- Scrabble
- Shuffleboard (bank)
- Slo-Pitch
- Snooker
- Swimming
- Tennis
- Track & Field

For more information call:

Zone 1	Walter Kot	842-3503
Zone 2	Don Veitch	545-5131
Zone 3	Keitha Friesen	672-3547
Zone 4	Anita Bella	728-5163
Zone 5	Mary Weber	731-3424
Zone 6	Mary Ore	955-0557
Zone 7	Walter Pooler	398-2273
Zone 8	Rose Marie Gallais	275-4516

Volley Ball (Demonstration Sport)

You may qualify to participate at the 2008 Canada 55 Plus Games in Dieppe, New Brunswick August 26 to 30, 2008

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Century Club Corner

MARY SIGGLEKOW



Lucy Pederson (left), Mary Sigglekow (right)

A founding member of the Saskatchewan Century Club recently passed away, having attained the age of 102. She was Mary Sigglekow (nee Lambert), born at Forget, Sask., when it was still a small village in the North West Territories – on March 2, 1905. Mary was one of the last surviving “territorians” – people born in the NWT -- to reach the centenary mark. Until her passing she lived at the Coronach Health Unit, along with her best friend and fellow-centenarian, Lucy Pederson, who remains healthy and active at the age of 108!

Mary’s father Solomon Lambert arrived from Ontario to homestead at Forget, but then took up carpentry and moved to Weyburn. While at Weyburn Collegiate, Mary worked in a local ice cream parlour, and later at the Verwood General Store. When she went to a country school dance at Bird School (near Fife Lake), she met Walter Sigglekow, a teamster who had moved there from North Dakota. Though he was a Lutheran and she was Roman Catholic, they soon married in Coronach United Church.

They moved to Constance, where Walter farmed for a while, and worked as a drayman for a local oil company. They were founding members of a local

co-operative, and got very involved in the co-operative movement, recruiting members. Walter became the Constance Co-op manager, and Mary was the book-keeper. Their first son Harold was born in March 1927, with five more siblings following in short order.

During the Depression years, Walter unloaded the relief cars, while Mary helped distribute the relief packages. They never needed relief themselves, but providing it for the community was a lot of hard work. Mary took an active role in the United Church, along with the Red and Blue Club, which put on community dramas. Both of them acted in many of the plays, along with their children.

“She laid a lot of emphasis on education,” Harold recalled in a recent interview. “We all went to school as a matter of course, and she always wanted me to take up medicine or law. She was a real disciplinarian. ‘Quit your crying’ she used to say when I complained about the work. ‘Or I’ll give you something to cry for.’”

The family moved to Coronach in 1943, where Walter operated the local power plant, with his son Harold. They ran the plant with a pair of diesel generators until electrical power generation began. They lived on their farm, where the family also operated a local dairy to supply milk and cream for the community. During the 1940s, Harold Sigglekow became the owner of the Coronach coal mine and continued to operate it for many years.

In 1951, the family moved to Plato, Sask., where Walter and Mary purchased and managed the Plato Hotel for several years. “She didn’t care for that life, however, so after three years of working day and night, they sold it and moved to Alameda, where they operated a restaurant. In 1968, they returned to Coronach to take up residence in Pretty Valley Lodge, a seniors’ residence.

“It was a big shock when Walter died in 1970,”

Mary said. "We had done everything together for so long. I was lonely for quite a while, until I met my friend Lucy Pederson."

Mary had 24 grandchildren at the time of her death, 46 great grandchildren -- and 11 great-great grandchildren! "And she was proud of them all!" Harold said.

On March 2, 2005, she celebrated her centennial birthday at the Coronach Health Centre with the other residents including Lucy, and three days later, the community had a huge party at the Coronach Elks Hall, decorated in her favourite colours

(purple, mauve, gold and white), and festooned with streamers and balloons. Letters were read from various dignitaries, including the prime minister and Queen Elizabeth II

"I just lived as well as I could," Mary said in an interview, explaining her longevity. "I've always eaten nutritious food, so that might be part of the reason." Her friend Lucy continues to thrive, though she misses her best friend and fellow-centenarian. The funeral and celebration of Mary Sigglekow's life was held at the Coronach United Church on Jan. 26, 2007.

- Ken Mitchell

SASKATCHEWAN CENTURY CLUB

The Century Club is

- ◆ *A province wide association of Seniors who have reached the age of 90 years and beyond*
- ◆ *And are determined to live in as full and active a style as possible to the age of 100 and beyond*
- ◆ *Pursuing physical activity, mental agility, social and spiritual creativity*
- ◆ *There is no membership fee*

You may join the Century Club by calling :

- ◆ Toll free 1-888-823-2211 or 359-9956 (Regina)
- ◆ or send a note to Saskatchewan Seniors Mechanism
112-2001 Cornwall Street, Regina, SK S4P 3X9.

If you live in Saskatoon, please call Saskatoon Council on Aging (306-652-2255) to register.



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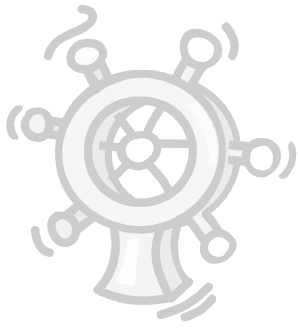
Or phone: Lloyd Jones—584-0268 or Jean Thomas—545-1360

New members are warmly welcomed!

CRYPTO CORNER

SOLUTION:

I guess that if you need to contact someone serving time in jail, it would be best to use a cell phone.



SENIORS'

“NAVIGATING THE HEALTH SYSTEM”



Hon. Don McMorris
Minister of Health



Jeanne Besner— Chair
Health Council of Canada

May 6 & 7, 2008
Delta Hotel—Novara Room
Regina, SK

Continental Breakfast & Registration
May 6 9-9:30

REGISTRATION FORM - PAGE 10

Presentations & Workshops:

- Accessing Services in Your Health Region
- Obtaining the Care You Deserve
- Health Literacy
- Transportation Options to Seek Medical Attention
- Patient Advocates – “Navigating the Health System”
- Impacts of Long-Term Care
- Healthy Lifestyle Choices

Registration:

\$40.00

(includes all sessions,
lunch, coffee breaks)

Registration deadline

April 25, 2008

For Conference
information

Call **359-9956**



Hotel Information: A block of rooms has been reserved for the Saskatchewan Seniors Mechanism Conference at a preferred rate. To book— please call the Delta @ 525-5255 before April 4, 2008

AGM—May 7 @ 1 p.m.

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