

Sourdough Chronicle



YUKON SENIORS' NEWSLETTER VOLUME 42, NUMBER 2, OCTOBER 2019



Yukon Council on Aging has some new faces! From left to right: Doug MacLean (President), Kathy DeCecco (Director), Graham Jackson (Vice-President), Frank Bachmier (Director), Lynne Bergen (Treasurer), Lorne Whittaker (Director), Vince Gaten (Home & Yard Coordinator), Jan Trim (Director) and Linnea Castagner (Information Coordinator). Donna Jones (missing from photo) also signed on as a Director. The position of board secretary remained open at the time of publication.

Photo courtesy of Jan Trim

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See page 10 for an in-depth interview with Chief Medical Officer, Dr. Brendan Hanley.



Oct-Dec Workshop Series

Camino de Santiago: A Walking Journey

with Dianne Homan

In this interactive workshop, Dianne will talk about her own Camino journeys and share information to help you think about or plan your own Camino walk. Author of *Walk Your Own Camino*, she will provide handouts and answer your questions about the Camino.

Wednesday, November 13, 1:30pm - 3:30pm Whitehorse United Church

Ceremonies that Honour the Deceased and Help the Living

with Bev Brazier

A funeral? A celebration life? What's the difference? What are the considerations when planning such an event, for others or for yourself. Participants will have the opportunity to think about these things and ask questions of someone who has supported people of all faiths and no faiths plan what is right for them.

Thursday, November 26, 1:30 pm -3:30 pm Whitehorse United Church

New Year's Resolutions That Work

with Paula Pasquali

No matter what change you'd like to make -- be more active, eat healthier, save money, be more neighbourly -- the process of change is the same. Distill what you already know about making changes that last and learn a few new tricks to increase your chances of being successful. Come with a specific change you'd like to make and an open mind and you'll leave with a plan to get you there.

Wednesday, December 4, 6:30 pm - 8:30 pm Whitehorse United Church

*All workshops are \$5 payable at the door. Pre-register to reserve your spot.
Please plan to arrive 10-15 minutes early so we can start on time.*

For more details and to register: www.learningforlifeyukon.weebly.com
or call 668-3383.

Helping Yukoners 55+ Stay Informed, Connected and Engaged



YUKON COUNCIL ON AGING

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by Doug MacLean,
President YCOA

President's Report



Since our last newsletter, we held our annual general meeting (AGM) and now have a new board. There is a picture and a brief introduction to the members of the new board on page 4, and a report on the AGM on page 5.

It's been a year with developments and milestones of some significance for seniors.

For example, Health and Social Services published the report: "What We Heard About Aging in Place". From the general reaction of many of you, it will be good to continue to be involved in that process.

Secondly, the Medical Officer of Health, Dr. Brendan Hanley released his "Yukon Health Status Report, Focus on Seniors" with interesting data, ideas, suggestions, and recommendations. It seems fortuitous that seniors were the focus of this year's report.

Thirdly, Larry Gray came to speak to us on "Aiming High: Realizing Our Potential in the Elder Third of Life". His talk left us with a number of helpful ideas.

Fourthly, the federal Minister of National Revenue, the Hon. Diane Lebouthillier, made an announcement in Whitehorse about the opening of a new Canada Revenue Agency (CRA) "Northern Service Centre", something that many seniors and others had requested.

Further, we had a teleconference call with a representative of the new federal Ministry of Seniors. We helped them by answering questions that they had formulated and were encouraged both to be heard, and to find that our responses were similar to those from most other jurisdictions.

In the last year we launched the second series of Learning for Life events. These events have proven to be popular, and so we are offering a new series over the coming winter. See ad on page 2.

Again, we made available chits from H&R Block for preparing tax returns for lower income seniors. A similar service is also available from the new Canada Revenue Northern Service Centre, and from the Salvation Army. These services have made a difference.

Linnea Gastagner joined us as the new office coordinator, replacing Janet Smellie, who left us for a job with the territorial government, but stayed on as our Sourdough Chronicle editor.

Over the past year, we all have really benefited from the help of exceptional volunteers, like Patricia Kohler. You may have seen the four-page article about her in the last Sourdough Chronicle.

Jan Trim, Frank Bachmier, Sue Meikle, and Vince Gaten were recognized for their efforts in the last year at the annual general meeting. Please join me in thanking them, and all who have helped us over the last year.

Regards,

Doug MacLean – President



Hello Dolly!

Helen Pike (aka Dolly) during the May 17-19 annual Whitehorse-Dawson bus trip sponsored by the Golden Age Society. Here, Dolly finds a treasure at the Attic booth at the Gold Show in Dawson City.

Photo courtesy of Helen Pike

Meet the new board

by Doug MacLean



Doug MacLean, Kathy DeCecco, Graham Jackson, Frank Bachmier, Lynne Bergen, Lorne Whittaker and Jan Trim. (Missing from photo: Donna Jones)

I am pleased to introduce to you the Yukon Council on Aging board. We have a number of new directors joining those who are staying on the board. Kathy DeCecco is staying, as are Jan Trim, Lynne Bergen, Frank Bachmier, Graham Jackson, and I. We have two new directors, Donna Jones, and Lorne Whittaker. Linda Profeit has stepped down, but is still running the website. Sue Meikle has stepped down as well, due to her involvement in the Arctic Winter Games which will be held in Whitehorse next March. The board will be working to help Yukon Seniors (55+) flourish and thrive. Below are some brief notes on the members of our new board:

Jan Trim: Former Vice President and now Director, Jan is the YCOA representative with Seniors Action Yukon (SAY), the Yukon government's Mental Wellness Strategy, and the Aging in Place report follow-up group. She also represents us with the Yukon Order of Pioneers Ladies Auxiliary, and is a member.

Lynne Bergen: Lynne is our new no-nonsense Treasurer. She's the one who keeps our finances current. Needless to say, we are always glad when she is in the room.

Kathy DeCecco: Kathy is a super-dedicated Director, who likes to work behind the scenes to keep our records and documents (e.g.,

distribution, membership, and Lost Trails lists, motion book, and AGM book) in order and up-to-date. She is the power behind the Sourdough Chronicle Committee.

Donna Jones: You may remember Donna Jones from her picture on the cover of the Sourdough Chronicle. She is the Donna Jones of +55 Games fame. She is new to the board and we look forward to working with her.

Graham Jackson: Graham is our new Vice President. He has a heart of gold for seniors, and is on our advisory committee for the Home and Yard Program.

Frank Bachmier: Frank is one of our continuing Directors. He is our Yukon Housing Guru. Ask Frank anything about housing and be prepared to hear a complete history, and summary of what is happening now. He represents YCOA on the Yukon Anti-Poverty Coalition (YAPC) Housing Task Force, the Yukon Housing Corporation Housing Action Plan, and Vimy Heritage Housing Society.

Lorne Whittaker: Lorne comes to us from the Golden Age Society board, and brings with him three years experience as their president. We see more coordinating with our building room-mates in our future!

Doug MacLean: Doug is President and the head

Annual General Meeting Report

by Doug MacLean

of the Sourdough Chronicle review committee.

We held our annual general meeting (AGM) last April 26th and elected our new board. There is a picture and a brief introduction to each of the new board members on page 4.

At the AGM, we heard reports from and about the various organizations that we often work with, including Health and Social Services and Yukon Housing (our main funders), Golden Age Society, ElderActive Recreation Association, YOOP Ladies Auxiliary, Seniors Action Yukon, and Vimy Heritage Housing Society. Connecting Care representatives came and gave us an interesting presentation on Normandy Manor, their proposed retirement community development at 468 Range Road in the Takhini subdivision of Whitehorse.

We also recapped significant developments and milestones during the year.

For example, Barb Adel from Health and Social Services described the Aging in Place public consultation process starting with the Summit in June of last year, and followed by the Aging in Place follow-up session last January. She then updated us on their report, "What We Heard About Aging in Place" which is now available at www.hss.gov.yk.ca/pdf/aipwhatweheard.pdf. The report has a number of ideas, suggestions, and recommendations from seniors in categories such as: planning for the future, accessing local services and programs, staying at home longer, maintaining relationships and connections, feeling comfortable and secure, choosing from a variety of housing options, and living fully.

In Barb Adel's update, she noted that because Yukon's population is aging, a goal is to identify ways to support aging well in the territory.

The Medical Officer of Health, Dr. Brendan Hanley, spoke on seniors' health and the health status report at our semi-annual general meeting in October 2018. Since then, he has issued his "Yukon Health Report" which has a focus on seniors. It is available online at:

<http://www.yukoncmoh.ca/publications.php>. In the report he included valuable information not just on how seniors are doing now, but also on what we can do to improve quality of life and achieve wellness in our senior years. Among those suggestions is, of course, a mixture of exercise, good nutrition, and social connectedness. For example, he suggests how we can have an age-friendly Yukon (p.p. 64 - 65), and information on how we can improve our health and longevity with physical activity (p. 55 - 56).

Also worth mentioning is the excellent presentation done by Larry Gray at the same semi-annual general meeting on "Aiming High: Realizing Our Potential in the Elder Third of Life" that outlined a number of helpful ideas.

Perhaps the highlight of the year, though, came when the federal Minister of National Revenue (MP Diane LeBouthillier) made an announcement here in Whitehorse about improvements to the Canada Revenue Agency



Photo courtesy of Jan Trim

Barb Adel, Manager, Quality, Risk and Clinical Practice with the Yukon's department of Health and Social Services, updated YCOA members about the findings from the Aging in Place initiative.

YUKON COUNCIL ON AGING

Officers:

President: Doug MacLean
 Vice-President: Graham Jackson
 Treasurer: Lynne Bergen
 Secretary: Vacant

Directors:

Jan Trim
 Kathy DeCecco
 Frank Bachmier
 Donna Jones
 Lorne Whittaker

The Sourdough Chronicle

A Newsletter for Seniors and Elders
 published quarterly in June, September,
 December and March.

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Board of Directors YCOA

Contributions and/or suggestions
 are welcome and should be in to
 the

Editor or the Senior Centre
 by the
 10th of May, August,
 November and February.

www.ycoayukon.com

Annual General Meeting Report con't

(CRA) services available in Yukon. The official opening of this promised new CRA "Northern Service Centre" happened in February. This year-round service for individuals and businesses in Yukon was something that had been much requested by seniors and others for some time.

We had a teleconference call with a representative of the new federal Ministry of Seniors to provide answers to questions that they had formulated. We covered topics like: our general experience with aging, current issues such as need for dental care, affordable housing, services in communities, our working relationship with government, programs that we are working on, such as aging in place, and programs we offer such as Learning for Life, Home and Yard Program, the Seniors Information Centre, our website, and publications. We were encouraged to find that our comments were similar to those that they received from most other jurisdictions.

We launched the second series of Learning for Life events that included "Travel Tips and Travels with a Camera", "Advanced Care Planning and Palliative Care", "Vision and Oral Health", "You are What You Eat", "Energy savings – the How To", "Staying Fit on Your Feet: Fall prevention for the active senior", "Computers Online – Securely", and "Flourishing As We Age". If you are interested, be sure to register early for the next events in the series of this popular program. More information is be available on page 2, and on the website www.learningforlifeyukon.weebly.com.

We did a presentation on our programs to the Targeted Initiative for Older Workers (TIOW) at Yukon College in February. Two students were given one-year memberships in YCOA for correctly answering a skill-testing question.

We announced a pilot project management service to help seniors determine what services they will need for complex repairs to their homes, and how to access those services. We hope to fine-tune, and perhaps increase, this aspect of the services that we provide. If this is of interest to you, please call Vince Gatien at 668-3383, or visit him in the Golden Age Complex.

We sent out and emailed our quarterly issues of the Sourdough Chronicle, which is a part of your \$10 membership.

We were fortunate to have a new treasurer, Lynne Bergen, step into the role. Our previous treasurer, Rob Sutherland, had to step down for health reasons, so it was a relief for us that Lynne, who has a great background working with one of the thriving businesses in town, agreed to help us out. Thank

you, too, to Colin Graham for stepping in as Treasurer in the interim.

We were pleased that Linnea Gastagner joined us as the new office coordinator, replacing Janet Smellie, who left us for a job with the territorial government, but stayed on as our capable Sourdough Chronicle editor.

This year we have benefited from the work of quite a troop of exceptional volunteers, such as Patricia Kohler, whose contributions were presented in the last Sourdough Chronicle.

Jan Trim and Frank Bachmier made significant contributions during the last year. Both of these fine individuals were nominated for the City of Whitehorse Volunteer of the Year award, and both received recognition at the annual Volunteers banquet in April hosted by the City of Whitehorse. I'm proud to say that both of them are also directors of the Yukon Council on Aging.

Finally, at the end of the Annual General Meeting, we recognized Sue Meikle and Vince Gaten for their contributions. Sue has been the heart of our organization. Sadly, Sue is leaving the board after many years, as she will be working on the Arctic Winter Games to be held in Whitehorse next March when 2000 athletes from 13 countries will be coming here.

Vince is our Home and Yard Maintenance Program Coordinator, and one of the most organized people that I know. Vince has been doing a great job for ten years now. And we hope that he will stay for ten more.

Thank you to all the great people who have helped all of us with their time, energy, and talents, making the last year such an eventful one.



The only difference in my life when I'm on a diet is instead of saying, "I ate nachos," I say, "I accidentally ate nachos."



Laziness.....

You know you're lazy when your computer asks you, 'The file asfsyegdjf already exist, would you like to replace it?'



Vince Gaten has been recognized for his 10 years of service working as the Coordinator for YCOA's very busy Home & Yard Program.



Sue Meikle is leaving the board after many years, as she will be working on the Arctic Winter Games to be held in Whitehorse next March when 2000 athletes from 13 countries will be coming here.

Photos courtesy of Jan Trim

Q&A with Dr. Brendan Hanley

The 2018 Yukon Health Status Report was released earlier this year and offers a comprehensive overview of the health of Yukoners. This year's status report also offers a special in-depth focus on Yukon seniors. The report was prepared by Dr. Brendan Hanley, Yukon's Chief Medical Officer of Health. Sourdough Chronicle's Editor Janet Smellie spoke to Dr. Hanley about his findings.

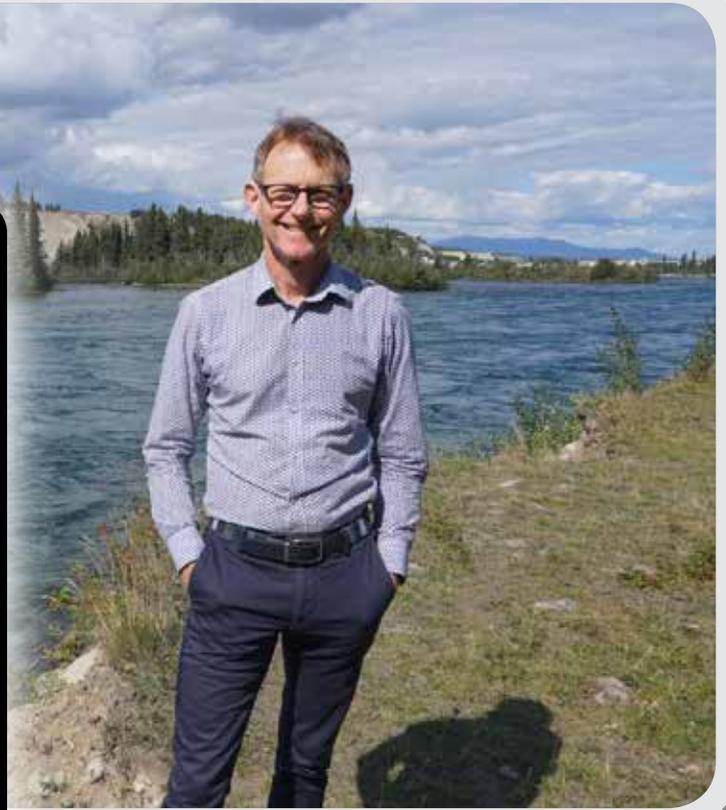


Photo courtesy of Dr. Brendan Hanley

it's been on my mind for many, many years. We have such a dramatic demographic change going on where we have an aging population, and we have the possibility of doubling the population of those 65 years and older in the next two decades or so. And looking back, we have seen it doubling within the same time period. So it's quite a dramatic change. At the same time there are many health concerns that are a focus -- the need for housing, and the challenges of long-term care, health care spending and the interesting trends -- trends we are looking at that affect seniors. For me it was a chance to really reflect on not only seniors in general, but special aspects of how seniors are faring in Yukon.

JS: There is a global realization now that aging populations are on the rise. Statistics are clear in that regard. Why are we different here in the Yukon -- doubling here -- as opposed to a lesser rise in the numbers seen throughout the rest of Canada?

Janet Smellie:

Why did you decide to do a special focus on seniors in this Health Status Report?

Dr. Hanley:

The last three reports I've chosen to do are as "themed" reports. The previous report, in 2015, had a theme of substance use and the one before that, in 2012, put together a picture of wellness to correspond with government initiatives of that time. The reason I chose seniors was that

Dr. Hanley: Yes, I think it's because we're catching up with the rest of the country and I think that's why it's a little bit different. For one thing, when compared to the other two territories we are definitely an older population, but as a northern jurisdiction we are much closer to the Canadian norm. We also see a more dramatic change; we have quite a lot of change happening in a relatively short period of time, if you compare us to the Canadian norm.

JS: One of the biggest reasons the Yukon population overall is growing is employment. Your report notes that more Yukon seniors after 65 are working than anywhere else in Canada. Do you think that is why more seniors are staying put ... here as opposed to moving elsewhere?

Dr. Hanley: When you look at the stats, employment seem to be a big draw. Also, we are seeing a growing population because people aren't leaving as much (to retire elsewhere).

JS: As for the health status of Yukon seniors, what did your study find?

Dr. Hanley: It's a real reality check of where we stand for seniors' physical and mental well-being. There are lots of up-to-date statistics. Some of the findings are alarming. One of the surprising findings was the relatively low rate of physical activity amongst our seniors because usually that's an area where Yukon scores high compared to the rest of Canada. We know that there are many very active seniors here, so I'm thinking what we may see more of is a polarity between those who are active and those who are inactive. I think we tend to see that in the population as a whole. When it comes to youth, you have very active youth, and very inactive youth.

JS: How much does that have to do with the new world of computers/games, and indoor activities?

Dr. Hanley: The percentage of inactive youth is high. There is a phenomenon of youth that are less in shape. When it comes to seniors, another thing that is surprising is the relatively

high use of substances, including tobacco use among seniors. Again, if you look at Canada comparatively, we do see that increased trend of substance use here, too.

JS: It's the highest rate of smokers in Canada?

Dr. Hanley: One of the highest, yes. The other territories are in general higher, so obviously that plays into chronic disease prevalence and risk of chronic disease. Obesity rates, yes, are also higher -- at least, there's a trend of the obesity rates being higher than anywhere in Canada.

JS: Why are we seeing these trends?

Dr. Hanley: I think there could be lots of reasons. In the Yukon population, in general, compared to Canada, we see higher rates. We know that as a population we have higher rates of alcohol use, higher rates of tobacco use, higher rates of cannabis use, so to some extent those same rates extend to the seniors' populations. Even with the gradual drop of tobacco use among youth, you still have the core group of aging adults who might continue to smoke, therefore your relative group stays high. Even though obesity rates compared to two years ago appear higher, we actually aren't confident they are actually higher. We will need another two-year survey to see if they actually are higher. There are always uncertainties.

JS: One of the areas of your report is the lack of affordable housing. Statistics also show Yukon seniors lead the way in Canada when it comes to renting as opposed to owning. How does this relate to the health concerns for seniors? Do you see a co-relation between lack of affordable housing and health issues for seniors?

Dr. Hanley: There is a relationship between housing and health. Whether we can apply it to seniors specifically is another question. But housing instability is a deterrent to health. Which is the whole reason behind that (Yukon Government) Housing First initiative that was introduced to address substance abuse. There's also a relationship between housing affordability and how much leisure money

you might have left over for transportation for recreational activity and social activity. So if you're spending too much of your money on housing, then you may be isolated from these activities. Everybody recognizes that there is not a lot of options -- especially in that middle range of affordable supportive housing. You have vulnerable people hanging on to living by themselves, but on the other hand you see people in long-term care who are too healthy to be there, and there really aren't any other options for them. It can be unhealthy for that person because it puts them into dependency too early. It's also hugely expensive to the health care system and then (this) aggravates the lack of long-term care for the people that might need it -- people with light needs taking up beds in long-term care when they could be much healthier in independent affordable supportive housing.

JS: How is this being addressed by the Yukon government?

Dr. Hanley: There have been some initiatives under way to address this. I think this is a positive step. The Seniors Action Plan, which is going to come out of the Aging in Place project, has housing as one of its four pillars.

JS: Here in the Yukon there's so much available in the way of outdoor activities and facilities for fitness, yet mobility is such a big problem for seniors. How can one-on-one programs, such as home care, or continuing care help increase the amount of physical activity seniors get?

Dr. Hanley: I met somebody at the trade fair, and she has a health background, and she has started a business called Supportive Walking. I think that's the sort of initiative that we need -- more upstream initiatives, because Home Care cares for people in the home, but who is there to help individual people be more active? Maybe that's something that the government could look at, utilizing these types of services in certain situations where needed. It may in fact be a cost-effective intervention as a supplement to home care.

I think we need to be bold and innovative on how we use money to support health goals. When you think about the hundreds of dollars per-day, per-bed that you spend on long-term care I think that it adds up pretty quickly. You are spending money on an expensive place for people -- not that it's not needed -- but it's only needed at the far end of the spectrum. I think it's worth looking at things that may not be traditionally funded, but that in a big way make common sense. An example is access to physical therapy -- it's not part of core health care. As far as I know it's not available anywhere in the country aside from when it is hospital-based.

JS: You mean physiotherapy?

Dr. Hanley: Hospital-based therapy is really designed for outpatients who are discharged from the hospital to have access to. There is a gap, where physiotherapy in the community usually goes through health care plans, employment or private insurance, and this creates a gap. By allowing seniors more access to physiotherapy we could keep them out of the hospitals and more active at a relatively low cost.

JS: How important overall is it for seniors to take ownership of their own aging?

Dr. Hanley: That's a really good question. There are so many aspects to that. Whatever we can do to encourage and support people to self-manage chronic conditions is good. A good start is having more social connections. So many of our seniors live in isolation, so by facilitating mobility -- as a government or as a community -- by facilitating social connections and physical activities, then you get people to then learn how to self-manage and then how to participate more.

It's almost like a positive cycle. The more you can enhance social connections, the more you can take control. You will have seniors who can advocate for others. What I've tried to paint a picture of in this report is the value of emphasizing autonomy and ask what can we do to promote and encourage autonomy and

independence. And maybe that's a bigger goal than health. It's being fully yourself, in that holistic sense -- being well enough to participate and advocate to be part of something, and to feel part of something, and not to be parking yourself for the remaining years of your life. I think it is society's responsibility, and I think



Photo courtesy of Doug MacLean

Whitehorse senior Diane McPhee has a look at the Health Status Report during one of her many visits to the Golden Age Society Seniors Complex.

that includes the government's responsibility, to help to facilitate ways to help individuals to be better able to take care of themselves.

JS: There is a network of very active seniors groups here in the Yukon -- ElderActive, Seniors Action Yukon (SAY), Yukon Council on Aging (YCOA), Golden Age Society (GAS) and the Order of Pioneers. What do you see as some of the next steps for these groups?

Dr. Hanley: Many of these recommendations are not about government. They are about what as a community can we do. I think senior's groups really have a key role. For example -- students staying with seniors. Is there a way that some of these organizations can get together and start a trial run of these initiatives and say, "This is happening at Yukon College. How

can we make it happen downtown?" There's so many smart and wise ideas and initiatives out there. There are a lot of funding opportunities and I think it's just a matter of finding someone to volunteer the time to work out the details.

The entire 2018 Yukon Health Status report is available here at the following link; <https://yukon.ca/en/news/yukon-health-status-report-2018-released>



**YCOA
Membership
as a gift?**



🔊 *"Don't judge each day by the harvest you reap,
But by the seeds you plant."
-Robert Lewis Stevenson*

🔊 *"Don't let aging get you down
It's too hard to get back up again."
-John Wagner*

🔊 *"Aging is an extraordinary process
where you become the person you
always should have been."
- David Bowie*

🔊 *We don't stop playing because we
grow old – we grow old because we
stop playing."
- George Bernard Shaw*



Brenda Charles	July 4	Andrew Williams	August 24	Ida Calmegane	October 22
George Hadikin	July 4	Lillian Nakamura Maguire	August 24	Elise Maltinsky	October 22
Shelia Allison	July 4	Earle Hayden	August 24	Caroline Nelson	October 23
Shakir Alwarid	July 5	Shari Godfrey	August 30	Stephen Ellerton	October 25
Helene Lapensee	July 5	Eileen Bird	September 1	Ginny Malchow	October 25
June Raymond	July 7	George Nagano	September 3	Joyce Caley	October 26
Niki Simcoe	July 12	Eleanor Velarde	September 4	Jeffrey Marynowski	October 27
Annie Wiebe	July 13	Betty Hebert	September 7	Marilyn Taylor	November 2
Rosemarie Murdoch	July 15	Keith Bekak	September 7	Jim Logan	November 4
Claude Besner	July 16	Shirley Laroy	September 11	Deborah McNevin	November 5
Dorothy Corcoran	July 19	Shirley Clark	September 11	Helen Holway	November 6
Anne Harrison	July 20	Barbara Geroux	September 12	Bev Regiere	November 7
Al Fedoriak	July 21	Deborah Bastien	September 13	Ken Agar	November 8
Jon L Magnusson	July 21	Adila Low	September 17	Norman Farr	November 9
Dorothy Dummon	July 21	Roberta Magnuson	September 18	Tony Hanulik	November 11
Nesta Leduc	July 23	Don Evans	September 19	Faye Cable	November 17
Marion Wakefield	July 23	Margaret Garolitz	September 20	Tony Hill	November 19
Iris Comier	July 24	Qun Liang	September 21	Wanda Aschacher	November 21
Janbro (Janet) Brault	July 26	Lisa Hadikin	September 22	Berthe Larouche	November 27
Maura Glenn	July 28	Marlene Sudeyko	September 23	Fran Curran	November 28
Muriel Moore	July 29	Ileen McKinnon	September 24	Lisabeth Byron	November 30
Mary Hartshorn	July 29	Ed Nimco	September 25	Ranjit Sarin	November 30
Mary Leigh	August 5	Diane Sutherland	September 28	Patricia Kohler	December 3
Joan Carlson	August 6	Lew Johnson	October 1	Norman Randall	December 6
David Hennings	August 7	Patricia 'Sue' Meikle	October 2	Gerard Bocahut	December 8
Arla Repka	August 10	Peggy Hanulik	October 4	John 'Red' Hull	December 11
Millie Jones	August 11	Linda Heynen	October 4	Brenda Morrison	December 11
Ken Rathwell	August 11	Dorothy Burke	October 5	Susan Rae (Kaegi)	December 18
Mary McBee	August 12	John Nesgaard	October 5	Mig (Miriam) Miles	December 18
Doris Dart	August 14	Elinore Fredericks	October 12	Denis McCrae	December 20
Elaine Icton	August 14	Patrick Kostiuick	October 13	Peggy Duncan	December 21
Dorothy Baxter	August 15	Kim Brackett (Wilson)	October 14	Carol Ann Gingras	December 22
Mary Mickey	August 15	Sally Lyons	October 16	Joan Wilson	December 24
Lou Bradley	August 15	Dennis Darling	October 18	Joan Steele	December 26
Jan Ogilvy	August 21	Graham Jackson	October 18	Elena B Ross	December 28
John Erickson	August 23	Shirley Koebke	October 21	Ellen Boyle	December 29
Graham Hering	August 24	Janet Trim	October 21		



Doug Rutherford, Jack Cable & Elaine Icton. July, August & September Birthdays. Golden Age Potluck, September 30, 2019.



Amanda Rendell was presented with an original print by the original artist himself, Yukon's very own Jim Rob, during her 100th Birthday Celebration on August 10, 2019. Congratulations Amanda! We wish you all the best!

Photo courtesy of Gigi Bigras

Letter To the Editor

Dear Editor,

Hello, I picked up a Sourdough Chronicle at the Dawson Community Library yesterday and was very interested to read about all the different things that go on for Seniors in Whitehorse. I was particularly interested in the Mental Wellness Conversation Cafe post on page 6, May 30 "Creating an Age Friendly and Dementia Friendly Community".

In March, my cousin, Ronald Posno, in London, Ontario, sent me a link to the free online course, "Understanding Dementia", through the University of Tasmania in Australia. Ronald was a superintendent of School in Ontario and spent much time helping education Boards across Canada. He was recently diagnosed with dementia and has been actively involved with the organization, "Dying with Dignity", in their battle in hoping to change the directive in MAID (Medical Assistance in Dying) which currently prevents people with dementia from choosing a time to die. The issue is, as I'm sure you know, that in order to have a life termination, the patient has to be mentally competent to answer the question "do you wish to have your life terminated at this time?". Unfortunately having a living will or a DNR that stipulates your wishes, unless you are mentally competent at the time you wish to die, your life cannot be medically terminated. Ron, as many others are protesting, feels that this goes against his rights as a Canadian Citizen and is currently involved in a dispute to have this directive changed. It is, of course, a huge dilemma. The exciting thing for me is to see people, like Ronald Posno, with dementia, who still have much to give to society, standing up for their rights and hoping to make a better Canadian Society.

My Mother suffered from debilitating mini strokes. She rallied from each one but each time had lost a bit more of herself. She was never diagnosed with dementia, but when I began to take the course, many things were clarified.

Most people think that dementia is caused through Alzheimer's Disease and it's true that Alzheimer's is the leading cause of dementia. However, the second highest cause of dementia is vascular disease, the loss of brain acuity, nerve degeneration, through strokes. Thanks to this course, I have a much better understanding of dementia, and how it affects both the person with dementia and their caregivers.

I wanted to let people know about this excellent course. There are no quizzes or extensive articles to write. Most of the material is through videos, which also have a reading version, if you prefer or need to read the material. And there is a space for discussion with others taking the course. The course that I am taking finishes in May, but will be repeated in July and I imagine again at later dates. There are other courses that can be accessed through MOOC (Massive Open Online Course) - The Wicking Dementia Research and Education Centre at The University of Tasmania currently runs two MOOCs - the Understanding Dementia MOOC and the Preventing Dementia MOOC.. The link for this course is mooc.utas.edu.au.

The latter part of this course deals with dementia-friendly communities, and it has huge suggestions for communities and for involvement of persons with dementia. I'm enclosing a comment from this section but there are many other exciting suggestions in this course.

I am so excited about what this course can do for people for people with dementia, with their families and caregivers, and for educating communities.

Sorry to be so longwinded.

Betty Davidson,
Dawson City

PS - great article on Patricia (Pat) Eleanor Kohler. I met her at the Anglican Church, Christ Church Cathedral, and recognized her as a vibrant powerhouse of energy and caring. Whitehorse is blessed to have her and people like her in its community.

Laugh Lines

An elderly couple passed away around the same time and met up in Heaven. St. Peter was taking them around the sites and welcoming them to Heaven.

When they reached one area filled with luxuriant beaches, beautiful palm trees the husband said, "What area is this? Can we go here?"

St. Peter was quick to tell him, "Of course. Anyone can go here. This is Heaven."

Then they walked over a hill which overlooked a beautiful golf course, surrounded by nature and lush, green spaces.

"Oh, gosh, this is beautiful!" said the husband. "Who can go here?"

"Anyone can," St. Peter responded. "This is Heaven."

They then entered a big banquet hall full of tables laden with fresh fruits, pastries, filled with delicacies.

"And this?" the husband said, looking at St. Peter. "Yes," St. Peter said, "This too is for everyone. This is Heaven."

The husband looked around the room and then turned and looked at his wife and said, "See. If it wasn't for you and your darn bran muffins, we could have been here 10 years ago!"



50th Anniversary

A couple goes out to dinner to celebrate their 50th wedding anniversary. On the way home, she notices a tear in his eye and asks if he's getting sentimental because they're celebrating 50 wonderful years together. He replies, "No, I was thinking about the time before we got married. Your father threatened me with a shotgun and said he'd have me thrown in jail for 50 years if I didn't marry you. Tomorrow I would've been a free man!"

The man told his doctor that he wasn't able to do all the things around the house that he used to do. When he examination was complete he said, "Now, Doc, I can take it. Tell me in plain English what is wrong with me."

"Well, in plain English," the doctor replied, "you're just lazy."

"Okay," said the man. "Now give me the medical term so I can tell my wife."

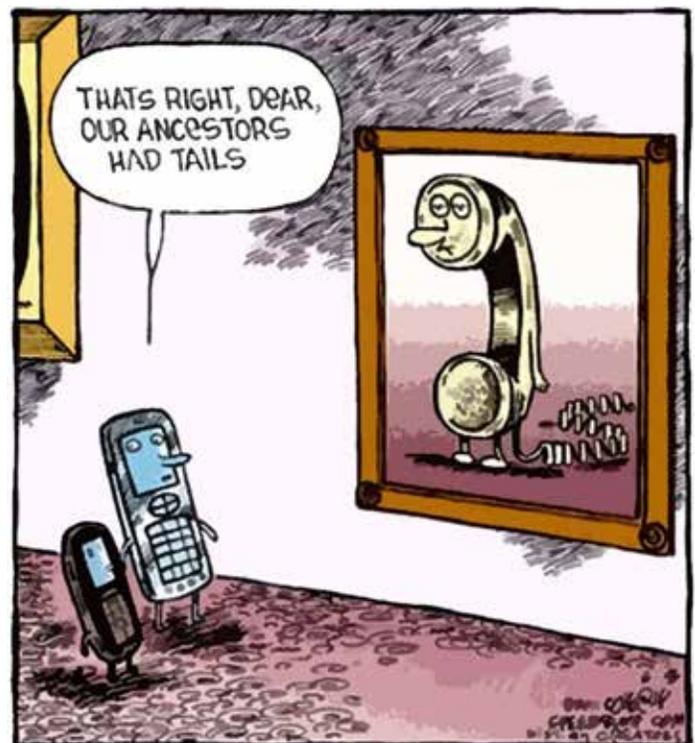


Hearing Aid

Seems an elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.

The gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased you can hear again."

To which the gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"



LAST TRAIL

George Frederick Lever	March 21, 2019	Whitehorse, YT
Lois B. Crossman	April 20, 2019	Watson Lake, YT
Gene Bryan Clever	April 21, 2019	Vernon, BC
Clifford V. Smith	April 22, 2019	Teslin, YT
Robert "Bob" E. Cousins	April 22, 2019	Whitehorse
Charlotte-Ann Westberg Hughes	April 23, 2019	Red Deer, Alta
Ken Cohoe	April 23, 2019	Whitehorse
Gordon Brian Ritchie	April 27, 2019	Whitehorse
Ella Susan (Nellie) H. Hureau	May 1, 2019	Whitehorse
Regan Shailer	May 3, 2019	Whitehorse
Jean C. Walker	May 3, 2019	Whitehorse
Shirley Josephine Read	May 5, 2019	Whitehorse
Gerald Leon Couture	May 16, 2019	Dawson City
Fern Shaw	May 18, 2019	Whitehorse
Robert "Bob" George Cartwright	May 18, 2019	Whitehorse
Sue Paylor	May 20, 2019	Whitehorse
Margaret e. "Maggie" Wallingham	May 23, 2019	Whitehorse
Arthur Karl Sailer	May 26, 2019	Dawson City
Paul Douglas Sparling	May 31, 2019	Marsh Lake
Marilynne Elizabeth Lee-Taylor	June 4, 2019	Whitehorse
Wilson "Kip" Callaghan	June 5, 2019	Whitehorse, YT
Eileen Mary Ross (Steele)	June 10, 2019	Whiterock, BC
Emile Paul LeBlanc	June 10, 2019	Carmacks, YT
Karen Meier-Jenkins	June 15, 2019	Dawson City
Leora Arlena Combs	June 15, 2019	Whitehorse
Rita Frances DeKuysscher	June 17, 2019	Grand Forks, BC
Barry Ryan Louis LeDoux	June 17, 2019	Whitehorse
Netta DeRosiers	June 22, 2019	Watson Lake
Daniel Clarence Price	June 22, 2019	Whitehorse
Elizabeth Cora Evans	June 25, 2019	Whitehorse
Nancy Jean Low	July 1, 2019	Whitehorse
Rosalie Irene Rogers	July 3, 2019	Whitehorse
Larry Gene Shiels	July 6, 2019	Sorrento, BC
Linda Elaine Kallis	July 10, 2019	Calgary, AB
Konnie Mary	July 12, 2019	Whitehorse
Leo Wood	July 13, 2019	Whitehorse
Priscilla "Barbara" Irvin	July 17, 2019	Watson Lake



LAST TRAIL con't

Gordon Davis	July 19, 2019	Vancouver, BC
Harold James Gaschnitz	July 19, 2019	Whitehorse
Bessie Lennie	July 22, 2019	Whitehorse
Alice May Woods nee Davignon	July 24, 2019	Whitehorse
Allan Richard McRae	July 24, 2019	Courtenay, BC
Brooks Holloway	July 25, 2019	Langley, BC
Fred Hermans	July 26, 2019	North Danville, VT
Harry Robert Burfield	July 26, 2019	Camrose, AB
C. Lance Fuller	July 28, 2019	Atlin, BC
Owen Hotte	July 30, 2019	Whitehorse
Edward Victor Gordon Sr.	August 1, 2019	Whitehorse
Seann Springford	August 7, 2019	Whitehorse
Jean Isabel Hogan	August 8, 2019	Whitehorse
Harry Lowry	August 9, 2019	Whitehorse
Bernhard Ludwig "Ben" Berends	August 11, 2019	Quesnel, BC
Julia Margaret Olsen	August 12, 2019	Mayo, YT
Shirley Woloshyn	August 18, 2019	Whitehorse
Jesmond Thompson	August 22, 2019	Whitehorse
Irma Gordon	August 26, 2019	Whitehorse
Barry Francis Anthony Kidd	August 27, 2019	Whitehorse
Dennis Fentie	August 27, 2019	Watson Lake



FOOT CLINIC



Bring your own basin and towel

Sponsored by the Yukon Order of Pioneers'
Ladies Auxillary.

First Tuesday

of every month
starting September 4, 2018

8 A.M. TO 11 A.M.
Golden Age Society
4061B 4th Avenue



COME JOIN US...
Be the "u" in VOLUNTEER!

Join us in a celebration of diversity, sport and circumpolar friendship.

The Arctic Winter Games (AWG) are a high profile circumpolar sport competition for northern and Arctic youth athletes. The first Games were held in Yellowknife in 1970, with 500 participants from Yukon, NWT and Alaska. Whitehorse hosted its first AWG in 1972 and last hosted them in 2012.

The AWG encompasses 2,000 athletes, coaches, mission staff, officials and cultural performers. Participants come from Alaska, Northern Alberta, Yukon, Nunavut, Nunavik, Northwest Territories, Russia, Greenland, Sweden, Finland & Norway.



WHITEHORSE 2020 QUICK FACTS:

Number of Sports: 21

Number of Contingents: 9

Number of Participants: 2,000

Number of Visitors: 3,000+

Number of Volunteers: 1,800

Estimated Spectators: 10,000+

Why Volunteer? Meet new people, share your skills and talents, learn new skills, be part of a circumpolar sporting event, get a nice Volunteer Uniform, pin and invitation to a post-games volunteer thank- you event!

What kind of roles will there be?

- Creating the spirit of the Games (welcome/send off, mascot, media, photography)
- Moving people and things (luggage/cargo movement), pre/post venue set-up/takedown, driving, expediting, (delivering supplies/equip to various locations)
- Supporting the Games Volunteers (Volunteer lounges, Volunteer Centre)
- Supporting spectators and guests (information, entrance/tickets, ushering)
- Delivering Venue Services (Green Team, Security, on-site IT support)

For more information and to register to volunteer: www.awg2020.org



Membership Application

Name: _____

Renewal _____ New Application _____

Address (if new or change of address)

Phone: _____

E-mail: _____

Would you like to receive the Sourdough Chronicle by email? _____

Would you like to receive other information periodically by email? _____

If you wish to have your Birthday published in the chronicle please provide your Birth date. _____

Date

Month

Membership entitles you to 4 quarterly newsletters and full voting privileges (if in the Yukon) at the AGM.

Membership fee is \$10/year per person (Mar. 31 –April 1 the following year)

Please remit your payment to: Yukon Council on Aging
4061B 4th Ave.
Whitehorse, Yukon Y1A 1H1

Office hours – Monday to Friday: 9 am to 1 pm.

For office use:

Receipt number _____ Amount paid _____ Expires Mar.31, 20 _____

Office Entered date _____ General member _____ Associate member _____





Spring cleaning? Want to get rid of "stuff"? We can help you!

The Golden Age Society is offering a new service as a pilot. Susan Berndt will sell your "stuff" on the internet for you for a fee. So far, she has sold about a dozen items. Some items sold in under an hour and some are picked up and paid for the same day. You save time, get some cash, and don't need to deal with getting it done. For more information,

please contact Susan Berndt at 668-5538, or visit her in the Golden Age Complex at 4061A – 4th Avenue in Whitehorse (access from the parking at the north end of the Sport Yukon building).

DATES TO REMEMBER

November 11
Remembrance Day

November 13
1:30-3:30pm
Camino de Santiago (see p.2)
Whitehorse United Church

November 16-19th
Yukon Geoscience Forum
and Tradeshow
Yukon Convention Centre

November 26
1:30-3:30pm
Ceremonies that honour the
Deceased and Help the Living
(see p.2)
Whitehorse United Church

December 4
6:30-8:30pm
New Year's Resolution's
that Work (see p.2)
Whitehorse United Church

December 4
Whitehorse Pop Choir
(Wednesdays)
Golden Age Complex 7 pm

December 7 - 12
2019 Spruce Bog Christmas
Boutique, Old Firehall

Support for this
Newsletter is provided by:

Yukon

Health and Social Services



Yukon Order of Pioneers
(YOOP) Ladies' Auxiliary

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