



Sourdough Chronicle

December 2023

Acting President's Report

December, 2023

Winter is here in all its glory. The dark days of October are gone, with the snow reflecting the light and adorning the trees and shrubbery. While other parts of Canada dealt with a time change, we stayed the same but lost the familiar Dominion Observatory official time signal.

You will note the look of this newsletter is different. Our Acting Editor, Christopher Wheeler, will be back on task with us in March. Thanks for your patience as we deal with changes. We always keep an eye out for submissions, so if you have something to share, let us know. A survey went out with our last newsletter, and thank you to the 61/400+ members who responded. We learned that 74% of you prefer a quarterly printed newsletter compared to shorter, more frequent digital updates, and our membership statistics tell us that about 25% of our members do not use email regularly, posing a challenge to keep you updated regularly. The Last Trails and Birthdays sections are quite popular. And yes, we need a few jokes back on the pages.

The Board had several changes since our last report. Sherry Goodman resigned and is off travelling, and sadly, Larry Kwait died. We now have a returned Yukoner, Ken Agar, with us. Ken and his family came to the Yukon in 1986 and took up residence in Carmacks, where he began his 15-year career with Yukon Education as a principal in Carmacks and teacher in Watson Lake and Whitehorse. After a stint in Nova Scotia, he returned to Whitehorse and joined us as Treasurer. He was looking for a senior's cause to help out, and we were looking for a treasurer-a match.



[Michelle Christensen-Toews and Tracy Snell, Board members]

Advocacy is part of the role of the YCOA, and our members bring items to our attention. YCOA sends our recommendations off in hopes of some changes or a response. In recent months, we've contacted:

- Prev Naidoo, Manager of the Extended Benefits Program and Dr. Alex Kmet, President of the Yukon Medical Association, about physicians' need to prescribe Epipens.
- Member of Parliament Dr. Brendan Hanley and Minister of Health Tracy-Anne McPhee about the discrepancy in tax credits for some medical treatments compared to other provincial/territorial jurisdictions.
- Minister of Health Tracy-Anne McPhee about an increase in Pharmacare coverage to allow for an annual comprehensive eye exam for Yukon residents sixty-five plus.
- The City of Whitehorse with a request to review Bylaw 2009-38 (rebate for utility charges).

YCOA sent letters of support to:

- New Horizons for the Golden Age Society's request for funding to upgrade kitchen appliances.
- New Horizons for the Yukon Learn Society's request to establish "Cabin Connection: Older Adults Plugged In." The concept is to ensure that seniors (non-Indigenous) and elders (Indigenous) across the Yukon will enhance their digital literacy skills and their social connectedness through Starlink connectivity.

The office will be closed between Christmas and New Year. Here's wishing you the best of the holiday season and an excellent start to 2024.

Respectfully submitted,
Bev Buckway

What We Do

The core of YCOA's work is our two program areas. In the **Seniors' Information Centre**, you can stop by the office or phone for information and referrals with the following: Pension (CPP, OAS, PUG) applications, various grants and supplements, Advanced Care Directives, Health, Recreation and Education, referrals to various agencies and organizations, housing, Income Tax referrals and the popular Seniors' Discount List. Contact 668-3383 or ycoa@yknet.ca.

Across the aisle in the **Home + Yard Maintenance** office, we make referrals to workers for lawn and yard maintenance, including lawn mowing, raking, cleaning flowerbeds or gardens, assisting with planting, splitting and stacking wood; minor carpentry or painting; snow shovelling, and; window washing. Home job examples: housekeeping, handyperson tasks, vacuuming, minor carpentry jobs, painting and wall washing. If you know someone who would like to be a worker or need help, contact 667-4357 or ycoahy@yknet.ca.

Recent Connections

To foster continued good relationships with our funders, YCOA connected with:

- Laura Lang, Director and Beth Fricke, VP of Corporate Services at Yukon Housing Corporation to discuss the Home + Yard Maintenance Program.
- Janet Kalbfleisch, A/Director, Home Care and Lauri Hill, A/Director Finance, H+SS to discuss the Seniors Information Centre funding.
- Sharon Specht, ADM Continuing Care, to share a report from the Alberta Healthy Aging conference I attended.

When Seniors Need Help-Just Ask

By B. Buckway



Brenda and Doug Petriw are two of the Yukon Council on Aging's Home + Yard Maintenance Program workers. I spoke to them in Late November about their experiences with the program.

I learned that they retired a year ago in September, and upon seeing an advertisement about the program, said, "Let's try it out." With their applications filled out, criminal record checks completed, and interviews completed, they met the requirements and were accepted. Brenda noted that they like helping people, and as they know many

people in the growing senior population, it is a good fit.

Doug felt that they recognized the need for helpers, and as lifelong helpers, they had the time to assist where possible, not just with people they knew. He has skill sets in the handyman area, while Brenda's skills fall more into the indoor tasks. Shovelling snow, yard work, replacing a dryer hose, hanging lights, hanging curtain rods, housecleaning, cutting hair, sewing, and making a parts list are all part of the required tasks so far. They checked off the things they like and are willing to do on the application form and admit they need to limit their time, as work tends to go in spurts. Sometimes, the seniors will work with Doug; other times, they are happy to let him work alone. It takes time to build a relationship between the clients and workers. In some cases, maintenance things have been unattended, and once a comfort level builds up for some time, a few more tasks appear, and the "to-do" list keeps growing. Both are clear to say "no" to a task if they feel they could cause more of a problem than already exists.

There are great things about being a worker. Brenda and Doug joined the program over a year ago and say they have helped a couple of dozen people so far. The clients include smokers, people with pets, and medical requirements. They quickly offer that everyone has some skills to offer and share. You need a vehicle to get around and can arrange a mutually agreeable time for the work. Sometimes, it might take only half an hour to an hour to make a difference and make someone happy. The minimum price of \$30 an hour is reasonable, and neither has had a problem with prompt payment. It is good value for seniors and can be an efficient way to get help with small jobs. There are frequent callbacks from happy clients.

Brenda suggests more seniors could reach out for assistance when needed, as many cannot do everything around their homes anymore. If seniors need help, "Just ask." Perhaps people are unaware of the program, as the three local seniors' groups offer different services. Maybe they think they need to be a member to get assistance (they do not). The program coordinator, Sandra Richardson, connects the right people with the right skills and the appropriate job. You never know who is out there to give you a willing hand. Seniors can be reluctant to have others come into their homes, and as a reminder, all workers for the Home + Yard Maintenance Program receive screening.

Coming Up

- Deadline for submitting your application for the Government of Yukon's Pioneer Utility Grant is December 31st. The 2023 maximum grant payable (before income testing) is: \$1,253.56 if you live within Whitehorse city limits; and \$1,337.48 if you live outside Whitehorse city limits.
- Deadline for submitting your application to the City of Whitehorse for the Senior Utility Rebate is December 31st. Maximum payment is \$500.00.
- The Government of Yukon is reviewing the Residential Landlord and Tenant Act (RLTA). In advance of broader public engagement with all Yukoners in January 2024, a core group of problem solvers participated in an 'RLTA Solutions Lab' to generate some ideas. The Lab represented a diversity of experiences, expertise, and perspectives, all with a collaborative interest to seek solutions together. Throughout the process, participants explored and developed clear, viable concepts and/or potential policy considerations that YG will use as a foundation for the future broader public engagement process related to reviewing the RLTA. Please contribute to the public engagement when it is active.

Pubic Engagement Opportunities

The City of Whitehorse

<https://www.engagewhitehorse.ca/>

Government of Yukon

<https://yukon.ca/en/engagements>

Potential Amalgamation Update

Remember the May 2023 report, "Feasibility Study: Amalgamation of Three Senior Organizations"? It referred to the potential amalgamation of Elder Active Recreation Association, Yukon Council on Aging and the Golden Age Society. Hank Leenders, Pamela Hine, Dennis Shewfelt, Sue Meikle, Gene Batten, Duncan Millar, and Bev Buckway now form the Feasibility Team. A request for funding for the next step went to Sharon Specht, ADM of Continuing Care, who attended the presentation by Wendy Morrison and is very keen to help us. She forwarded the funding request up the line. Once we hear back, we will take the next step: hire a consultant or look for alternate funding.

Most people I've spoken with are keen to see the groups combine without losing services and possibly increase options. A few are vehemently opposed, fearing losing the identity of long-standing organizations. Nothing will be decided until the memberships can thoroughly understand what is proposed and cast a vote. Regular updates will be forthcoming.

Keep An Eye... on these senior-friendly sites:

- Senior Action Yukon. If you are not on the list to receive updates about all things for Yukon seniors, you should be. <http://eepurl.com/dElolr> or <https://www.facebook.com/sractionyukon>
- Yukon Learn Society <https://yukonlearn.com> for help with computer literacy
- CanAge - Canada's National Seniors' Advocacy Organization <https://www.canage.ca/>
- The Single Seniors for Tax Fairness (SSTF) organization. www.singleseniorsfortaxfairness.com.
"Almost everyone who becomes a senior will be single and alone at some point. Most of us who end up in this state will expect to be treated fairly and not be penalized because we're without a partner. That's why new tax laws for single seniors need consideration by the Canadian government." This group has over 850 subscribers across Canada.

The House of Commons Report of the Standing Committee on Finance, March 2023, includes Recommendation 115. Examine the financial support measures available to seniors to ensure equitable treatment between single seniors and senior couples, including by considering the potential benefit of a non-refundable tax credit for single seniors and a higher threshold for the claw back of Old Age Security benefits for single seniors.

Random Thoughts

You know you're over 50 when you have 'upstairs ibuprofen' and 'downstairs ibuprofen'.

When I lost the fingers on my right hand in a freak accident, I asked the doctor if I would still be able to write with it. He said, "Probably, but I wouldn't count on it." [dreamstime.com]



When a kid says "Daddy, I want mommy", that's the kid version of "I'd like to speak to your supervisor".

Last night the internet stopped working so I spent a few hours with my family. They seem like good people.

Learning for Life

Our Learning for Life Program provides informative, engaging opportunities for Yukon's aged 55+ to learn on various topics. Each year, the subjects vary depending on suggestions by participants and YCOA members. You do not need to be a member to take part, and there is no cost this year.

Events are advertised through emails to members from YCOA, posters at various centres, and notices are placed on the radio and the newspapers or by contacting the office. As a sample, past topics included Chair Yoga, Advance Care Directives, Small Space Gardening, Yukon Legal Public Education Association Information, and Wills and Estate Planning.

Attendees are mostly in the 65-74 age group, and from the feedback forms indicated these overall Satisfaction Ratings:

- ❖ Met my expectations – 4.4 / 5
- ❖ Learned something new – 4.8 / 5
- ❖ Presenter was knowledgeable – 4.9 / 5
- ❖ Presenter interaction – 4.9 / 5
- ❖ Appropriate Delivery – 4.7 / 5
- ❖ Time of Day – 4.7 / 5

Linda Casson, the L4L Coordinator, has the date of Jan 16, 2024, set to hear Sue Meikle present "Clear Your Clutter, Clear Your Mind" at the United Church, 1 to 3. To register, contact Linda at 867 334-7391 or casson@live.ca.

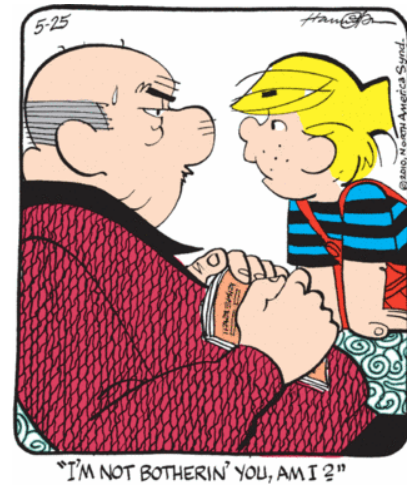
Why Seniors Get Cranky

Remember Mr. Wilson of "Dennis the Menace" fame? He was well known for being the cranky, cantankerous, middle-aged next-door neighbor, a retired postman. Dennis irritated him and disrupted his attempts at a quiet, uninterrupted life. [aminoapps.com]

What makes some seniors cranky? Does it come with age?

HoursForSeniors.com provides some common reasons we may get grumpy:

1. Pain and discomfort: As we age, our bodies ache more quickly, and we may suffer from chronic pain conditions like arthritis. This can make even simple tasks seem difficult, which can lead to frustration.
2. Changes in brain chemistry: declining levels of certain hormones (like estrogen) and neurotransmitters (like serotonin) can impact mood, leading to increased irritability and anxiety.
3. Hearing loss: Not hearing well can be frustrating, especially if conversations with family and friends become harder to follow. This isolation can worsen mood problems like depression.
4. Vision loss: Similar to hearing loss, vision decline can lead to feelings of loneliness and helplessness.
5. Sleep problems: Poor sleep is associated with various mental health issues, including irritability.
6. Social isolation: As we age, we may lose touch with friends or move away from family members. This sense of loneliness and isolation can trigger feelings of sadness or anger.
7. Medications: Many seniors take multiple medications for various health conditions. Some drugs have side effects that include agitation or confusion, which could contribute to grouchiness.
8. Grief: The death of a spouse or close friend can leave seniors feeling isolated and lost.



To add to the above, do any of these behaviors make you annoyed and grumpy? Undoubtedly, many items on this list are part of the "we were taught differently in my day" scenario.

When:

- Businesses do not answer their phones.
- "Out of office" messages are not left on phones and emails.
- Vehicles speed on our roads and highways and pass on the double line.
- Vehicles do U-turns under a "No U-Turn sign."
- It is hard to find public information on government websites.
- We need to have so many passwords to conduct business.
- Smokers leave cigarette butts everywhere.
- Businesses are not listed in the NWTel Phone Book

What makes you grumpy? Drop us a line and add to the list.

Contact us

Yukon Council on Aging <http://www.ycoayukon.com/>
4061 B 4th Avenue, Whitehorse, YT Y1A 1H1
Seniors' Information Centre 867-668-3383 (ycoa@yknet.ca);
Home & Yard Maintenance Program 867-667-4357 (ycoahy@yknet.ca)

Funded
by



Birthdays

Edith MacAdam	Nov 02	Terry Sakiw	Dec 14	Grant (D)Satch Atchison	Jan 24
Donna Shopland	Nov 02	Mig (Miriam) Miles	Dec 18	Patricia Ellis	Jan 26
Michele Clark	Nov 03	Ronald G. Thompson	Dec 18	Gil Fontaine	Jan 27
Christina McKay	Nov 04	Larry Bagnell	Dec 19	Wayne Balcaen	Jan 30
Helen Holway	Nov 06	Denis McCrae	Dec 20	Deborah Cassidy	Jan 30
Sharie Levesque	Nov 06	Peggy Duncan	Dec 21	Elizabeth de Visch Eybergen	Jan 30
Audrey McLaughlin	Nov 07	Carol Ann Gingras	Dec 22	Rene Dugrenier	Jan 30
Norman Farr	Nov 09	Joan Wilson	Dec 24	Susan York	Jan 30
Don Connelly	Nov 10	Joan Steele	Dec 26	Jenny Gruber	Feb 1
Joan N. Berriman	Nov 11	Elena B Ross	Dec 28	Carol Johnson	Feb 02
Don Cheeseman	Nov 11	Ellen Boyle	Dec 29	Sibell Hackney	Feb 03
Tony Hanulik	Nov 11	Ev Pasichnyk	Dec 31	Elvira Knaack	Feb 03
Neil Salvin	Nov 11	Teresa Miles	Jan 01	Blaise Shilleto	Feb 04
Maryanne Ratz	Nov 12	Karen Randall	Jan 01	Paul Sheridan	Feb 05
Judy Ratcliffe	Nov 13	Kay Goulah	Jan 04	Cecile Sias	Feb 05
Harald Rocca	Nov 14	Stephen Burles	Jan 05	Gerald (Gerry) Dobson	Feb 7
Susan van Tassell	Nov 14	Angie Dornian	Jan 05	Wesley "Keith" Kelly	Feb 09
Christel Percival	Nov 16	Christiane Groove	Jan 06	Jack Laitinen	Feb 13
Berthe Larouche	Nov 27	Penny Sippel	Jan 07	Don Sippel	Feb 14
Fran Curran	Nov 28	Helena Jirousek	Jan 09	Marla Veliscek	Feb 14
Leigh Storey	Nov 28	Eukarys Colmenares-Leal	Jan 10	Gordon Williamson	Feb 16
Sherry Fleming	Nov 30	Penny Rawlings	Jan 10	Brent Hougen	Feb 18
Christopher Wheeler	Dec 01	Alestine Andre	Jan 11	Margaret Knutson	Feb 19
Peggy Godson	Dec 02	Judith Creighton	Jan 12	Glenda Walker-Verm	Feb 19
Alice Wilberforce	Dec 02	Linnea Castagner	Jan 13	Gwen Sawrenko	Feb 21
Patricia Kohler	Dec 03	Mary Robertson	Jan 14	Ken Mason	Feb 24
Nancy Kidd	Dec 06	Axel Baumbach	Jan 17	Connie Dublenko	Feb 25
Norman Randall	Dec 06	Rita Kendall	Jan 18	William (Bill) Neal	Feb 25
Debbie Throssell	Dec 06	Dianne Homan	Jan 20	Joy Wickett	Feb 26
Bonita Tarr	Dec 07	Elaine Kimball	Jan 20	Wray Lyons	Feb 26
Heather Hierlihy	Dec 08	Dan Dodd	Jan 21	Brian McGovern	Feb 28
Doug Jim	Dec 12	Ernie Berken	Jan 22		
Peggy Fisher	Dec 14	Ernest Fechner	Jan 23		

Last Trails

Patricia Doreen (Rusty) Erlam	August 4	Whitehorse, Yukon
Audrey Joyce Scobie	August 5	Whitehorse, Yukon
Gladys Lenore Hutsul	August 7	Whitehorse, Yukon
Rosella Mae Moore	August 9	Watson Lake, Yukon
Manfred Hoefs	August 9	Whitehorse, Yukon
Buster Shepherd	August	Carcross, Yukon

Marianne Blythe	August 11	Whitehorse, Yukon
Melvin Ernest Rippell	August 12	Atlin, BC
Christian Robert Klein	August 18	Whitehorse, Yukon
Franklin Joseph Dalton	August 19	Whitehorse, Yukon
Jessie Smith	August 21	Whitehorse, Yukon
John Watt	August 22	Whitehorse, Yukon
Candace 'Candi' Carpenter	August 22	Whitehorse, Yukon
Elizabeth (Jill) Bryden	August 22	Whitehorse, Yukon
Adriana Assunta Ferro	August 23	Whitehorse, Yukon
Gary Frank Marin Annau	August 26	Whitehorse, Yukon
Jo Ann Gilbertson	August 27	Whitehorse, Yukon
Norman J. James	September 1	Carcross, Yukon
Austin Ellis Bradford	September 5	Whitehorse, Yukon
Herbert Cameron Deeks	September 9	Whitehorse, Yukon
Jennifer Lynn Lyon	September 14	Whitehorse, Yukon
Grant Holm	September 21	Whitehorse, Yukon
Mickey Beattie Kùtak'ànndàtà	September 22	Champagne, Yukon
Diane Merton (Friesen) Huber	September 22	Whitehorse, Yukon
Donna Clayson-Prokop	September 27	Whitehorse, Yukon
Dr. Bruce Beaton	September 27	Whitehorse, Yukon
Oliver Ernest Delawsky	September 28	Whitehorse, Yukon
Fernand Laforge	September 28	Whitehorse, Yukon
George Albert Sidney Jr.	September 29	Teslin, Yukon
Richardo Colaci	September 29	Whitehorse, Yukon
Howard Chymyshyn	September 30	Whitehorse, Yukon
Larry Kwiat	October	Whitehorse, Yukon
Dianne Lynn Morgan	October 3	Whitehorse, Yukon
Monina Wittfoth	October 6	Dawson City, Yukon
Yvonne Marie Howe	October 10	Haines Junction, Yukon
Andree Evelyn North	October 14	Whitehorse, Yukon
Barbara Karen Jewell	October 14	Whitehorse, Yukon
Kurt (Smokey) Guttman	October 15	Penticton, BC
Ross Findlater	October 16	Whitehorse, Yukon
Lynette Christine King	October 17	Whitehorse, Yukon
Rosemary Jean Peeters	October 17	Mayo, Yukon
Frederick (Fred) Hall	October 22	Whitehorse, Yukon
Dorothy Irene Hobbis	October 22	Whitehorse, Yukon
Iris Victoria Isabelle Cormier	October 24	Whitehorse, Yukon
Don Wayne Curry Sr.	October 27	Marsh Lake, Yukon
Lynn Collette Guttman	October 28	Penticton, BC
Annie Norma Nelson	November 4	Whitehorse, Yukon
Heather Marie Watson-McCutcheon	November 9	Whitehorse, Yukon
Dr. Richard Brian Fast	November 18	Atlin, BC
Myrna Kingscote	28-Nov	Whitehorse, Yukon

