

Sourdough Chronicle



YUKON SENIORS' NEWSLETTER VOLUME 43, NUMBER 3, NOVEMBER 2020

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The Keno paddlewheeler berthed in a dry dock on the waterfront in Dawson City, Yukon at sunset.

Photo courtesy of Jan Trim

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by Doug MacLean,
President YCOA

President's Report



This is our third newsletter since the COVID-19 pandemic public health emergency was declared in March. Now, the long-anticipated "second wave" seems to have started in parts of Canada. We have not experienced it here yet, but there have been some worrisome moments when Yukoners may have been exposed to people arriving back in Yukon who were COVID positive. Further, in September, the Government of Yukon extended the state of emergency under the Civil Emergency Measures Act (CEMA). The total number of confirmed COVID cases is now 23, 17 have recovered, and one has died. We can be thankful for the great job done by health officials, government and our fellow Yukoners who have followed the guidelines, as there have been so few active cases.

We were in Phase 3 of the COVID-19 health response as we went to press. However, the situation can change suddenly, and did, with the announcement on October 23rd of three (later five) new cases in Watson Lake involving people who had not travelled outside the territory. It showed that we need to be careful.

We were advised by health officials to continue practicing the "Safe 6" (social distancing, washing hands frequently, staying home if sick, following gathering guidelines, limiting travel to communities, and self-isolating under certain circumstances). Wearing a mask was encouraged as good COVID etiquette, and to show you care. It has a double benefit in that it also reduces the likelihood of spreading the flu. With COVID-19, getting the flu vaccine this year is seen as "more important than ever". Details on these and related topics are on the Yukon government website under the heading

"Current COVID-19 situation".

In October, the board met with the federal Minister of Seniors, the Hon. Deb Schulte, and our MP, the Hon. Larry Bagnell using Zoom. We gave an update on how seniors are coping with COVID in Yukon based on our telephone survey with seniors, and we were able to report that we seem to be doing well.

There is encouraging news in other Canadian jurisdictions, too. Nova Scotia, for example, is reported to be doing quite well in dealing with COVID-19. That's the province where the premier exhorted residents to "stay the blazes home". That became a theme of their COVID media campaign, and it has been working. Their daily cases count is among the lowest in the country. Our neighbour, British Columbia is doing quite well too, with credit being given recently in the media to their Medical Officer of Health (MOH). (Our own MOH, Dr. Brendan Hanley, has received well-deserved credit, too.) While Dr. Theresa Tam, Canada's chief public health officer, has been praised for her knowledge, skill, and handling of the COVID situation, she notes that there's little public health officials can do on their own -- everyone has a role to play in protecting the community from COVID-19. And spread of the virus by people who have no symptoms, of course, is a continuing concern.

Given the varying approaches that were used, the lack of full understanding of just how the virus is transmitted, and the lack of a vaccine so far, it's understandable that results have varied. However, those jurisdictions where little has been done have not fared well, as might be expected. Of particular note, is the White House in the United States with its approximately 377



Old stories ~ New stories,
we're interested.
Contact the YCOA and
share *your stories* in future issues.
e-mail: sourdoughchronicle@gmail.com
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occupants where the total number of COVID-positive cases was recently reported to be higher than that of New Zealand, Taiwan and Vietnam combined, with a population of 124 million.

These statistics and others suggest that continued caution is advisable, particularly for seniors, as there is an increased risk for more severe outcomes in people who are 65 or older, have compromised immune systems, or have underlying medical conditions. A flu shot is recommended for everyone over the age of six months, and particularly for those over the age of 65, as a way to help people reduce their risk of becoming ill.

In summary, Dr. Hanley indicated that we are still overall doing well as of press time. He is asking us to keep doing the “Safe Six”, and take good care of ourselves and others. Let’s not let down our guard. Let’s keep in mind what has been working elsewhere. Finally, let’s heed the advice of the Nova Scotian premier, (and others) to “stay the blazes home” when it’s not necessary to go out.

Regards,

Doug MacLean – President

Notes:

More on the safe six measures and the latest COVID-19 updates are available on the internet at: <https://yukon.ca/en/covid-19-information>.

An article recognizing chief medical officers in Canada titled “A new breed of celebrity in the age of COVID-19: the chief medical officer” can be found on the internet at <https://rdnewsnow.com/2020/03/23/a-new-breed-of-celebrity-in-the-age-of-covid-19-the-chief-medical-officer/>

Information on the flu vaccine, including the inoculation schedule, is available at <https://yukon.ca/en/news/yukons-flu-vaccine-campaign-targets-yukoners-chronic-medical-conditions>.

Information on the number of cases in other countries is available at <https://www.taiwannews.com.tw/en/news/4023311> and at <https://lawandcrime.com/awkward/democrats-criticize-trump-white-house-for-having-more-covid-19-infections-than-three-countries-with-124-million-people/>

For a story behind Nova Scotia’s COVID ad campaign see: https://www.huffingtonpost.ca/entry/coronavirus-stay-the-blazes-home_ca_5e8df353c5b670b4330a0f68



Did you know?...

... Nova Scotia is reported to be doing quite well in dealing with COVID-19. That’s the province where the premier exhorted residents to “stay the blazes home”. That became a theme of their COVID media campaign. It is now a song, and is on T-shirts, coffee mugs and post cards.

Photo Credit: My Home Apparel

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The Sourdough Chronicle

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published quarterly.

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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

Editorial

by Janet Smellie



Another Yukon summer is over. It's a shame, as just as we were getting used to all those nice lawns springing up all over town from all that extra rain, and no sooner that we were savouring those extra warm October nights, than we now suddenly find ourselves, once again back in the throes of another winter. And as many of us scramble to get the car winterized and try to figure out where we put those spare blankets and slippers before the snow settles in, we know it's not always easy to want to jump up and down with joy over another winter. After all, most of us have experienced at least 55 of them. And now, as 2020 nears its end, we also have a new burden to keep us company this year – COVID-19. We, in the Yukon, continue to be fortunate, because the 20 recorded cases have all been mild ones. This is good news, considering we are a small territory when it comes to hospital beds and often require out-of-territory travel for serious health care. All the more reason we should follow the rules before us.

The Yukon's Chief Medical Officer of Health, Dr. Brendan Hanley and the dedicated providers that surround him – doctors, nurses, clinic staff, technicians, program staff who have worked around the clock to set us up with a system that is ready for a worst-case scenario, are to be commended for their hard work. It is encouraging to know that strong border measures and rules, including the Safe 6 practices we all abide by, will continue into winter. The overall commitment from Dr. Hanley and officials is a big one. Recent efforts and extra steps for flu clinics and testing is proof that our health care system, and all those people that work within it, are making our safety their top priority. All the more reason we, too, must commit to doing our part to continue on the path we're on. Let us make sure and not let our guard down when it comes to practicing the Safe 6. Let us ensure we continue to practice safe distancing, handwashing, staying home when sick, even if it means having to remind those around us, every so often, about these rules. Let us make sure we practice these measures not only for ourselves and our loved ones but also for those who are putting their own health on the line to keep us safe. There is no escaping this new reality, but we only need to look outside to know of all the places to be during a pandemic, we are truly in one of the best locations possible. After all, we have some of freshest air in the world to breathe; the cleanest water to drink; and the best outdoor spaces in the winter to call home. So, let us bundle up and get outside and start jumping up and down with joy! But first, sit back and enjoy this issue of the Sourdough Chronicle. Don Cheesman's article, 'Happiness and How to Get It', might be just the ticket to get started as we ease our way into winter. At least we'll be smiling! Stay strong, kind, keep healthy and be safe.



ElderActive Recreation Association

by Alex Jegier

As the days of Fall were winding down, ElderActive Recreation Association (ERA) was ramping up all its programming. We welcomed a new Program Coordinator, Leighland (Lee) Joyce, who jumped right into the role. We are grateful to have him bring back some favourites such as yoga, but also some new programming as well. This new programming is again in partnership with Canadian Mental Health Association, Yukon Division. Funds through the Emergency Community Support Fund (Government of Canada, Community Foundations of Canada, and Yukon Foundation), allowed us to extend the programming we offered in June until the end of March 2021. Yukoners 55+ will be able to take part in programs such as Tai Chi, Art for Wellness, and a new drum circle workshop. We are super excited to be able to offer these for low to no-cost to any older adult that is interested. We will also be able to offer select dates virtually or over the phone, for those that feel more comfortable doing so.

We have been lucky so far in the Yukon. As long as we continue to follow guidelines, we can continue to stay active but also maintain

our social connections in person. As of writing, we also have a draft of our new strategic plan that will take us through this pandemic and into the next three years. This is a period of growth for ERA, as we continue to partner with like minded organizations and businesses. We also are reaching out to the communities more, in order to better support their own programming and activities for older adults, seniors and Elders.

As always, I encourage you to reach out and connect with us. As the pandemic has changed how we do business in the foreseeable future, the best way to stay connected with us is by either giving us a call at 456-8252, or visiting the websites below for more information on what we are up to. Every month there is a new reason or benefit to joining our membership. With over 650 members and growing, there is something for everyone. We cannot wait to see you!

Stay Active,
Alex

Executive Director
ElderActive Recreation Association
facebook.com/elderactive
elderactive.ca

Meet ElderActive's new Program Coordinator, Leighland (Lee) Joyce

Lee is a recent transplant to the Yukon, having spent the better part of the last decade in Vancouver. He's worked in a variety of fields, including: support work for adults with disabilities, youth recreation, and community radio. He's also spent several summers planting trees in the far reaches of BC and Alberta, where he has hand-planted over half a million trees! Leighland is passionate about recreation and community engagement, and is thrilled at the opportunity to learn and grow through his new position at ElderActive. His interests include film, audio storytelling, drawing, and bicycle touring.



Happiness and How to Get It

by Don Cheeseman

Around six months into the COVID 19 lockdown, we asked Don Cheeseman if he would write an article about “Happiness and how to get it”. He said that he would try to write something, but did not even know how one would go about measuring happiness!

Here is the result.

There are experts who have spent a lifetime studying happiness. Dr. John F. Helliwell, professor Emeritus of the University of British Columbia, is such a person. He found that comparative happiness can be determined by asking people to respond to three simple requests:

1. How would you rate your life overall on a scale of 1 to 10?
2. How would you rate how engaged you are with a meaningful purpose on a scale of 1 to 10?
3. How many times, have you felt joy, laughed, or smiled in the last 24 hours?

Thousands of people, around the world, have

been asked these three questions in more than one survey and from the combined results researchers have identified five areas of the world where people were the happiest.

These five areas were studied by Dan Buettner in greater detail and he named them the “Blue Zones of Happiness”. Dan Buettner has written and sold many books and videos on diet, happiness, and longevity. He is now a New York Times best selling author, and has a large following around the world.

The “Blue Zones of Happiness” that Buettner found are: 1. Loma Linda, CA, 2. Nicoya, Costa Rica, 3. Sardinia, Italy, 4. Ikaria, Greece, and 5. Okinawa, Japan.

The purpose of this article is not to recommend that you pack-up and move to one of these happiness zones. The Yukon, after all, is a pretty nice place to be already. But I think that you will agree that it makes sense for us to look at these Blue Zones and see if we could do better. After all, the map in Fig. 2, suggests that perhaps we could do better. So, what makes some places happier than others? Well, we can act to do something positive in our community

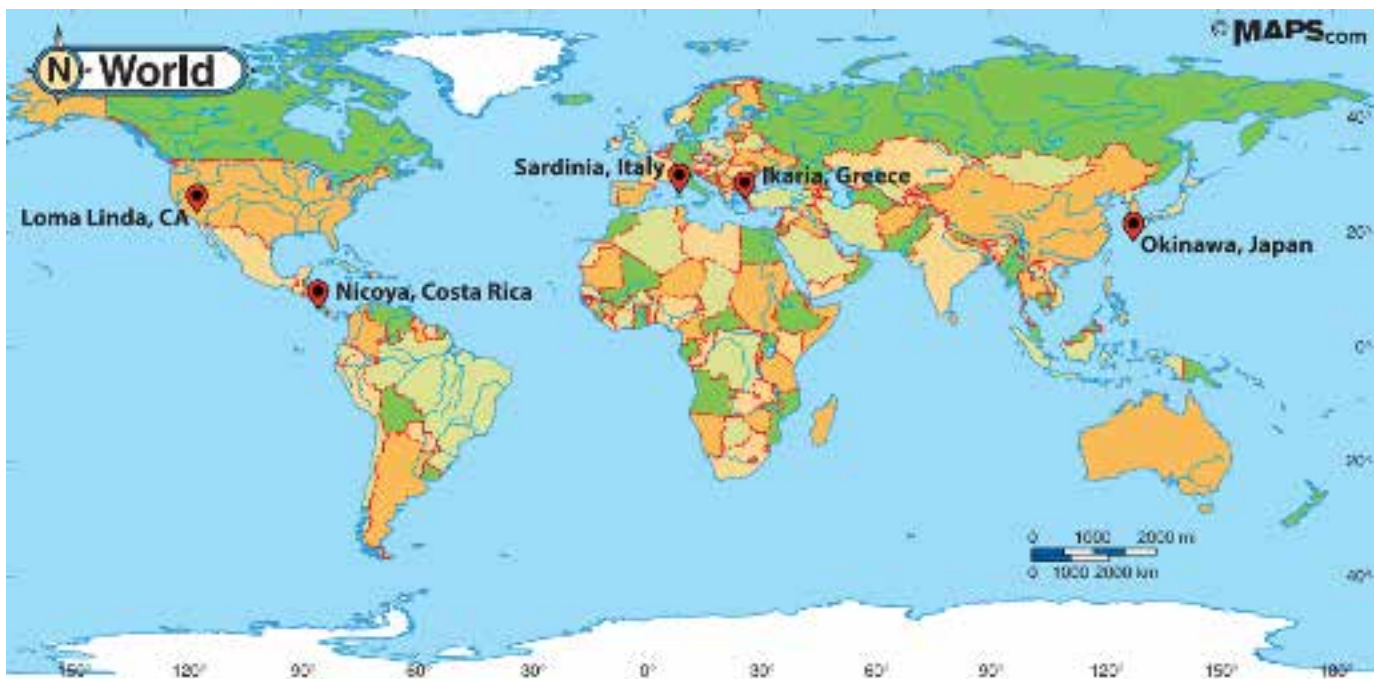


Fig. 1. The Blue Zones of Happiness

to be happier, and likely live longer, too.

What Dan Buettner found in these Happiness Zones is well worth having a further look at. Below are six things that he suggests we could do to be happier.

Six Things to Do to Be Happier

1. Surround yourself with happy people.

Keeping contact with a sad person could double our odds of becoming unhappy, compared to the positive effect of keeping contact with a happy person.

This is simple, but tough to swallow and to apply: minimise time spent with negative people and maximize time spent with positive people.

2. Make a “best friend” at wherever you spend your time.

By building a better relationship with our colleagues, we can boost our happiness and well-being over the long run. Mutual friendship is a very important goal.

3. Focus on financial security, not wealth.

People with happy relationships tend to be financially stable, but not very rich.

People who manage their finances well are less likely to suffer depression, diabetes, and obesity than those who don't, be they rich or poor.

So, the best way to use finances to maximize your happiness, is to focus on financial security i.e. paying off credit cards, getting out of debt and saving money, instead of financial wealth i.e. becoming a multi-millionaire.

4. Move under your own power and connect with nature.

We are more likely to connect with nature if we work, walk, ski, swim, play games, and bicycle regularly, rather than being sedentary and commuting by public transport or relying on cars.

Because we in the Yukon all live near a lake or river, we are about 10 percent more likely to be happy than people who

don't, according to Beuttner. And regular interactions with all forms of nature increase our happiness.

5. Support your community that supports your well-being.

A strong community is the key to living a long, healthy, and happy life: We can't do it on our own. It takes a community, and a neighborhood, and a nation. We can redirect our life toward greater happiness and well-being only when the world we live in supports us.

Living within a small group of happy people who care about us, and prioritizing spending time with family and friends, are associated with a happier life.

6. Live our life's purpose and focus on others.

Striving for something meaningful and greater than ourselves is a significant source of our sense of fulfillment and happiness.

Our life's purpose is the intersection of what our values are, what we like to do, what we are good at, and what we have to give.

Taking an inventory of these factors will help us to find our own life's purpose.

Also, random acts of kindness, giving your money away, and volunteering your time to help others are all effective ways to improve our own sense of well-being and happiness.

By taking your focus away from yourself, and towards others-in-need, you'll experience more gratitude for what you already have, and live a happier life in the process. The Venn diagram in Fig. 3 indicates what constitutes “Purpose”.

The happiest people in the world are happy not because of their genetics, willpower or innate abilities, or location, but because they live in an environment in a community that is conducive to happiness.

A way to achieve long term happiness, then, is to shape our environment by designing our social network where we live, and our community.

Editor’s note: Could we be doing more?
Please let us know in your comments.

References:

1. “World Happiness Report 2018,” edited by John F. Helliwell, Richard Layard and Jeffrey D. Sachs (2018).
2. James H Fowler, Nicholas A Christakis. *Dynamic spread of happiness in a large social network: longitudinal analysis over 20 years in the Framingham Heart Study.* *British Medical Journal*, December 4, 2008.
3. Hill et al (2010). *Emotions as infectious diseases in a large social network: the SISA model.*

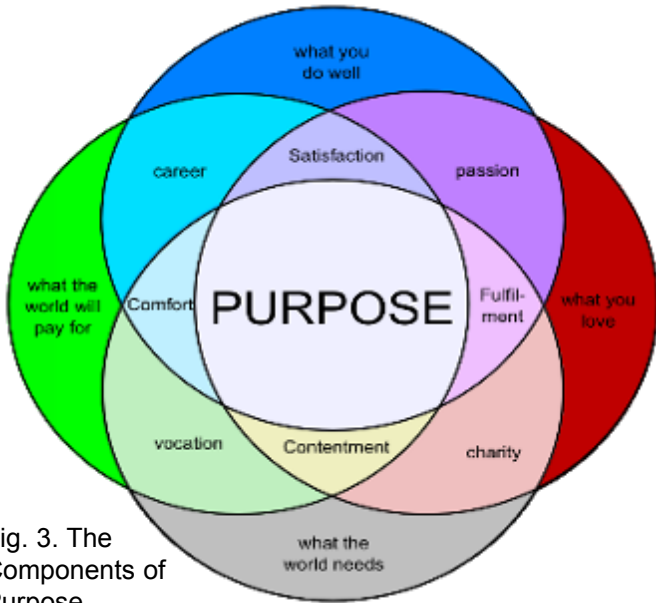


Fig. 3. The Components of Purpose

The Yukon Council on Aging (YCOA) vision is that “all Yukoners, 55 and older, flourish and thrive as they age ...”. YCOA activities all help in meeting the desired outcomes of the above six points. Members of Yukon Council on Aging are thus encouraged to volunteer, wherever possible, as volunteering has multiple direct benefits. In a single act of volunteering we add to our own “Purpose”. At the same time, surrounding ourselves in a community of happier people, developing stronger friendships, and having the opportunity to provide “Acts of Kindness” that will aid in others and achieving “financial security” all helps in achieving our own happiness!



Photo of Dan Beuttner with his book, *The Blue Zones of Happiness*

Don't forget to renew your YCOA membership!

An application is available on page 19.



Golden Age Society

Last June, June Raymond was awarded the Sovereign's Medal for Volunteers for her many years and extensive contributions to the Golden Age Society.

Many of you know June and her many contributions. Below is a collage of information from those who know her.



June arrived in Haines Junction in 1970 to help her mother and father at Mother's Cozy Corner, a small restaurant there. She wasn't there long before she founded the first Girl Guide and Brownie group.

In about 1982, she founded the first TOPS (Take Off Pounds Sensibly) in Haines Junction.

When her mother and father retired, June and her husband, Lorne, took over Mother's Cozy Corner and ran it until 1994 when they sold it and moved to Whitehorse.

Shortly after that, June joined the Golden Age Society. At that time it was just a small room beside the Yukon Theatre on Wood Street. The Golden Age Society grew and moved to the

existing facility in the Sports Yukon Building on 4th Avenue.

June was an active board member for many years, and held the President's position more than once. June was involved with the organizing and cooking for various events, such as the lunches, pot luck suppers, birthday parties, banquets, the Christmas Tea, a Spring Tea and Bake Sale, and garage sales.

June helped organize various activities, such as floor curling in winter, and the annual bus trip to Dawson City. She was also an active member of the quilting club. Some of their quilts were raffled off to raise money for Golden Age. June ensured that the Golden Age Society was decorated for every season and holiday. There wasn't a day that you wouldn't find June doing something at the Golden Age Society. June was instrumental in building up the Golden Age Society to where it is today.



Putting People First

by Ione Christensen

A Comprehensive Review of Yukon's Health and Social Programs and Services

Editor's Note: Last August, the Minister of Health and Social Services, the Honorable Pauline Frost, held a press conference to announce the government's response to the report released last May on Yukon's health and social programs. We asked Ione Christensen, a former Commissioner of the Yukon, senator and first woman mayor of Whitehorse, if she would review and comment on the report. Here is her response.

At a press conference on August 13, 2020 Minister Frost announced that the Yukon government had accepted all 76 recommendations in the "Comprehensive Review of Yukon's Health and Social Programs and Services". This report was completed by an independent expert panel. The Department of Health is working on some changes now; others will take more time. Among the areas of interest to seniors was an announcement that shingles vaccinations would be made available at no cost for those between 65 and 70 years of age beginning in 2021, and that the daily medical transportation subsidy will increase from \$75.00 to \$150.00.

As stated in the title of the report, it is a comprehensive review of Yukon's health and social programs and services. There are many excellent recommendations, but for brevity, I am going to highlight those which relate more to people 65 years of age and over.

1. Transforming the Health and Social System

This first recommendation is a big one -- to create 'Wellness Yukon' a new, arms-length government agency that can contract with non-government organizations (NGOs) or other health providers. This agency's duties would include the managing of

hospitals, replacing the Yukon Hospital Corporation. This would put primary care, long-term care, and treatment facilities under the Department of Health and Social Services. It includes implementing a population health approach that considers the social determinants of health, improves equity, and works to improve the health of the entire population. "Wellness Yukon" would bring the delivery of health and social services under one roof, and hopefully increase accountability.

2. Putting People First

The report also recommends that the Government of Yukon reorient the health care system from the current fragmented medical model to a model that focuses on integrated, person-centred care across the full health and social services system. For example, clinics could be devoted just to seniors with chronic conditions that are time-consuming to treat. This could free up other clinics, thereby providing a more efficient system which saves funding that can be used in other areas.

To achieve person-centred care, every Yukoner would be connected to a primary care provider (physician or nurse practitioner); the medical travel subsidy would be increased; and residences would be set up in Whitehorse and Vancouver to reduce the need for hotel accommodations for medical travellers.

Palliative and end-of-life care programs would be expanded; support would be provided for Yukoners with dementia and their families so those with dementia can stay in their homes longer; and the Whistle Bend Place Day Program for Yukoners with dementia would be expanded to a daily capacity of 16 clients and provide support for transportation.

3. Closing the gaps for lower-income Yukoners

Social supports would be evaluated to determine if current practices and policies

are achieving program objectives and are cost-effective.

4. **Creating a high-performing health and social system**

As an interim measure while developing Wellness Yukon, additional nurse practitioners would be hired where needed to increase access to primary health care providers in the communities and in specialized clinics.

5. **Creating a system that keeps us well**

A "Health in All Policies" approach for the Government of Yukon would be implemented. This would include working with the federal government and Yukon First Nations governments to identify and mitigate potential negative health impacts of proposed programs and policies. Eliminating "silos" and working with all disciplines is proposed to better meet client needs and save funding, too.

6. **Aging in Place**

Older residents living outside of Whitehorse typically want to stay in their communities with their families, friends and neighbours. Aging in place may be something an older person wishes. Rural Yukoners also recognize and appreciate the contribution of older residents to the community's vitality.

While we have a good system currently, there is one area that has been missing. That is the gap in services between being at home and moving to continuing care. It is an assisted living home where some meals are provided and you can also have good social interactions. Such a facility could keep some from ever having to go into continuing care. It need not be government run.

Approaches are needed to address these two situations. With more home care support seniors could sometimes continue living in their own home longer, particularly if they have a family member living with them. The report contains recommendations to support Yukoners remaining in their own homes as long as possible with more on aging in place expected in the Aging in Place Action Plan now

in preparation.

Conclusions

Throughout the public hearings the committee heard a wide variety of suggestions for change. The committee members felt that the suggestions could best be summed up in five phrases; person-centered; holistic; focused on prevention; relationship-based; and safe and respectful. The report suggests that these are reasonable expectations that are attainable with smart administrative and financial management. The creation of a high-performance health and social system can go a long way to meeting those expectations and resolving problems sometimes experienced now.

There are changes that can be made quickly and the authors of the report recommend some initial steps.

The good news is that the recommendations can both improve the quality of life, and also save considerable tax dollars -- a win, win for everyone. The report, like many reports, needs the support and follow-up of the public to ensure that the proposed changes can be implemented.

I have only touched on some of the many recommendations that have been made. I have pulled out ones that I felt may be of interest to seniors, but this is a very comprehensive report going to almost 200 pages. I recommend that all interested seniors get a copy or download it from the Yukon government website. Such reports can do one of two things: sit on a shelf gathering dust or be implemented. In my view, this report is well-done and should be implemented!

**YCOA
Membership
as a gift?**





Lew Johnson	October 1	Ginny Malchow	October 25	Berthe Larouche	November 27
Sue Meikle	October 2	Robert Holditch	October 26	Fran Curran	November 28
Peggy Hanulik	October 4	Joyce Caley	October 26	Ranjit Sarin	November 30
Dorothy Burke	October 5	Jeffrey Marynowski	October 27	Lisabeth Byron	November 30
John Nesgaard	October 5	George White	October 31	Patricia Kohler	December 3
Elinore Frederickson	October 12	Marilyn Taylor	November 2	Gerald Bocahut	December 8
Svitlana Gunyava	October 12	Chris McKay	November 4	Brenda Morrison	December 11
Patrick Kostiuick	October 13	Jim Logan	November 4	John "Red" Hull	December 11
Sally Lyons	October 16	Simon Kragt	November 5	Renate von Oppeln	December 12
Dennis Darling	October 18	Deborah McNevin	November 5	Paul Rousseau	December 12
Graham Jackson	October 18	Helen Holway	November 6	Mig (Miriam) Miles	December 18
Ruby Woolger	October 19	Bev Regier	November 7	Susan Rae	December 18
Frank Mooney	October 20	Ken Agar	November 8	Larry Bagnell	December 19
Shirley Keobke	October 21	Norman Farr	November 9	Denis McCrae	December 20
Janet Trim	October 21	Tony Hanulik	November 11	Peggy Duncan	December 21
Elise Maltinsky	October 22	Dietmar Scholz	November 11	Carol Ann Gingras	December 22
Ida Calmegane	October 22	Janet Smellie	November 14	Joan Wilson	December 24
Caroline Nelson	October 23	Faye Cable	November 17	Joan Steele	December 26
Judy Pakozdy	October 23	Tony Hill	November 19	Elena Ross	December 28
Vince Gatien	October 24	Wanda Aschacher	November 21	Ellen Boyle	December 29



Seniors' Home and Yard Maintenance Program

The Seniors' Home & Yard Maintenance Program provides a pool of security-screened workers to assist seniors, elders and persons with disabilities, with normal maintenance jobs at affordable rates.

These may include:

- snow shoveling;
- lawn and yard maintenance;
- wood splitting;
- housekeeping chores;
- minor repairs and painting.

For more information, contact:

Co-ordinator
(867) 667- HELP (4357)

Laugh Lines

I still can't believe people's survival instincts told them to grab the toilet paper.

At the store there was a big "X" by the register for me to stand on... I've seen too many road runner cartoons to fall for that one!

They said a mask and gloves were enough to go to the grocery store. They lied, everyone else had clothes on.

Keep in mind, even during a pandemic, no matter how much chocolate you eat, your earrings will still fit!

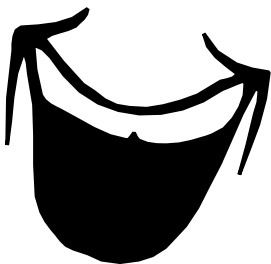
I'm going to stay up on New Year's Eve this year. Not to see the new year in, but to make sure this one leaves.

The dumbest thing I've ever purchased was a 2020 planner.

The buttons on my jeans have started social distancing from each other.

Until further notice, the days of the week are now called thisday, thatday, other day, someday, yesterday, today and nextday.

When does season two of 2020 start? I do not like season one.



In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the Kings' wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the King for not keeping the roads clear, but none did anything about getting the stone out of the way.

Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many of us never understand: every obstacle presents an opportunity to improve our condition.



If you have jokes to share,
please let us know.
Contributors to this issue: Susan Berndt.

LINE OF LIFE ASSOCIATION OF THE YUKON

ACCESS TO HELP NOW WITHOUT A PHONE LINE

Now seniors can benefit from Line of Life, Yukon's leading medical alert service, even if they don't have a home phone line. The new Philips Lifeline HomeSafe Wireless System* from Line of Life Association of the Yukon offers either the standard Lifeline service (with a button that needs to be pushed) or the Lifeline service with AutoAlert's advanced fall-detection technology (with a button that will alert the Wireless System if it detects a fall). The HomeSafe Wireless System offers a variety of different help buttons based on user's needs, a Communicator with a high-quality 2-way audio and battery back-up, providing a connection to the Lifeline Response Centre without the need for a land line telephone service.

In a fall or emergency every second counts. Delayed medical attention can jeopardize recovery and have an impact on the ability to remain living independently. Line of Life (LIFELINE), Yukon's medical alert service is designed to provide simple, fast access to help 24 hours a day, 365 days a year. Our most advanced technology, Lifeline with AutoAlert, provides an added layer of protection by

automatically placing a call for help if it detects a fall, even if the user can't push their button.⁺ Now those who lack a home phone line can experience increased peace of mind with the HomeSafe Wireless System.

Please call Line of Life (LIFELINE) and speak with our Program Manager, Gail McKechnie to find out more information about the HomeSafe Wireless System. Our office hours are Monday – Thursday, 9:15 am to 12:15 pm at Greenwood Place, 3090 3rd Avenue in Whitehorse and our phone number is 867-667-6945.

* Assumes the location of the HomeSafe Wireless communicator is in an area with sufficient access to and coverage by the applicable third party wireless network.

+ AutoAlert does not detect 100% of falls. If able, you should always press your button when you need help.

PHILIPS

Lifeline



Philips Lifeline Medical Alert Service

call for help even when you can't with one pendant

Annual General Meeting

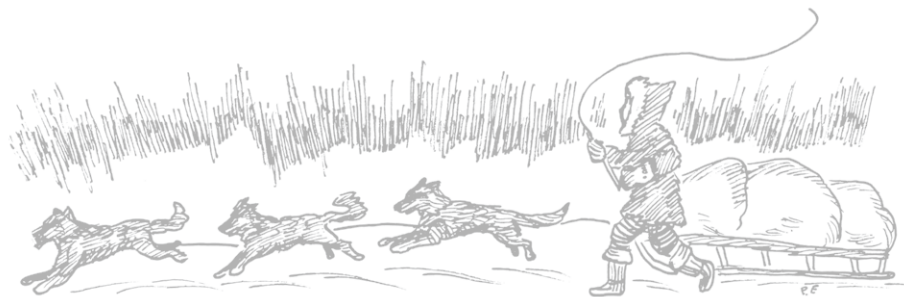
POSTPONED

until further notice.



LAST TRAIL

Raymond Edward Desgagne	March 7th, 2020	Alberta
Colin "Bob" MacKenzie	March 27th, 2020	Whitehorse, YT
Catherine Rosaria Antaya	March 18th, 2020	Whitehorse, YT
Beat "Bert" Albisser	April 15th, 2020	Whitehorse, YT
Mark "Smokey" Bergeron	April 30th, 2020	Whitehorse, YT
Gordon Kushler	Early May 2020	Whitehorse, YT
Barry Ernewein	May 7th, 2020	Whitehorse, YT
Robert "Stosh" Mundell	May 10th, 2020	Whitehorse, YT
Robert John Blundon	May 13th, 2020	Carmacks, YT
Robert Wayne Fraughton	May 18th, 2020	Moose Creek Lodge, YT
Gordon "Scott" McNally	May 20th, 2020	Kamloops, BC
Olan James O'Neal	May 21st, 2020	Whitehorse, YT
Maurice Chiasson	May 23rd, 2020	Whitehorse, YT
Jack L. Simpson (Jr.)	May 2020	Kamloops, BC
Cassandra Crayford (Troberg)	May 26th, 2020	Dawson City, YT
Marjorie Derry	May 28th, 2020	Whitehorse, YT
Leon Raymond Haert	June 9th, 2020	Tagish, YT
Elaine Marie Thompson	June 12th, 2020	Whitehorse, YT
Mary Jean Gartshore	June 15th, 2020	Whitehorse, YT
Doris Olive Zenuik	June 18th, 2020	Victoria, BC
Roy William Lawrence	June 19th, 2020	Whitehorse, YT
Matthew Thom	June 20th, 2020	Teslin, YT
Greg Dawson	June 22nd, 2020	Whitehorse, YT
Agnes Johnston	June 23rd, 2020	Teslin, YT
Charles Arthur McLaren	June 23rd, 2020	Shadow Lake, YT
Laura May Blaker	June 24th, 2020	Cumberland, BC
Olimpia Olmos Wieser	June 24th, 2020	Whitehorse, YT
David Ian Terris	June 26th, 2020	Whitehorse, YT
Therese Nantel	June 28th, 2020	Whitehorse, YT
Lois Rachel Taylor	June 28th, 2020	Whitehorse, YT
Kenneth Lewis Wipf	June 29th, 2020	Whitehorse, YT
Karen Morrison	June 29th, 2020	Whitehorse, YT
Annie Esther Tricker	June 30th, 2020	Carmacks, BC
Villett (Val) Boorse	July 1, 2020	Whitehorse, YT
Thomas James Paterson	July 2nd, 2020	Sidney, BC



LAST TRAIL con't

D. Brenda Cooper (nee Vandale)	July 3rd, 2020	Nanaimo, BC
Effie Charlie	July 20, 2020	Whitehorse, YT
Drago Kokanov	July 22nd, 2020	Whitehorse, YT
Garry Paul Scherr	July 23rd, 2020	Whitehorse, YT
Sandra Rae Ross	July 26th, 2020	Kelowna, BC
Leonard Raymond Hamm	July 26th, 2020	Westbank, BC
Anthony "Tony" Knight	July 26th, 2020	Vancouver, BC
Joy Waters	July 29th, 2020	Whitehorse, YT
Leslie Allen	July 30th, 2020	Whitehorse, YT
Diane L. Baumgartner	August 1st, 2020	Dawson City, YT
Anna Kokanov	August 3rd, 2020	Whitehorse, YT
Marion Elizabeth Dejean	August 9th, 2020	Dawson City, YT
Richard Nels Jensen	August 9th, 2020	Whitehorse, YT
Remie Dionne	August 12th, 2020	Haines Junction, YT
Leslie James Smith	August 13th, 2020	(?)
Margaret Stenzig	August 13h, 2020	Whitehorse, YT
Todd Peever	August 15th, 2020	Vancouver, BC
Bonar George Cooley	August 21st, 2020	Teslin, YT
Glenda Irene Olson	August 21st, 2020	Whitehorse, YT
Wallace Lee McCulloch	August 21st, 2020	Watson Lake, YT
Ian Dunlop Tuton	August 25th, 2020	Whitehorse, YT
Yadi Kazemi	August 29th, 2020	Whitehorse, YT



Assistant Editor



Are you a Senior (55+) dedicated to helping your community and searching for a way to enhance your skills, and to share your enthusiasm and your creativity? The Yukon Council on Aging is a growing organization that needs your help!

We are looking for an assistant editor to help with editing the Sourdough Chronicle, which is published 4 times a year.

For more information please contact Linnea Castagner at the YCOA office by calling (867) 668-3383.



Membership Application

Name: _____

Renewal: New Application:

Mailing Address:

Street or P.O. Box: _____ Apt: _____

City or Town: _____

Territory or Province: _____

Postal Code: _____

Telephone Number: _____

Email Address: _____

Date of Birth: _____

Day / Month / Year

- Please include my name in the Sourdough Chronicle Newsletter birthday announcements.
(only the month and day of birth will show)

Membership entitles you to receive our newsletters, and full voting privileges at the Annual General Meeting (for members in Yukon).

The membership fee is \$10/year per person.

(April 1st to March 31st the following year)

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

Office Hours are: Monday to Friday: 9:00 am to 1:00 pm.

For office use only:

Receipt Number: _____ Amount Paid: _____ Membership Expires: March 31, 20__

Entered Date: _____ General Member Associate Member

FEEDBACK

Now it's YOUR turn. Please write us.

Our e-mail address is ycoa@yknet.ca. Take time to check out our newly revised website: www.ycoa Yukon.com

We are conducting a survey. Would you like to receive your Sourdough Chronicle in the mail, by email, or just pick up a copy in the office? Please call us at 668-3383 or email us at ycoa@yknet.ca.



Notices

Don't forget to get your application in for the Pioneer Utility Grant and the City of Whitehorse Senior Utility Charges Rebate. This grant and rebate help you reduce your heating, as well as water, sewer and garbage services costs.

Forms are available in our office at the YCOA Information Centre at 4061B - 4th Avenue. If you need assistance filling out the forms, Linnea is there and willing to help you. **Please note, deadline for both applications is December 31, 2020.**

Foot Clinic postponed until further notice.

Support for this Newsletter is provided by:

Yukon

Health and Social Services



Yukon Order of Pioneers (YOOP) Ladies' Auxiliary

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