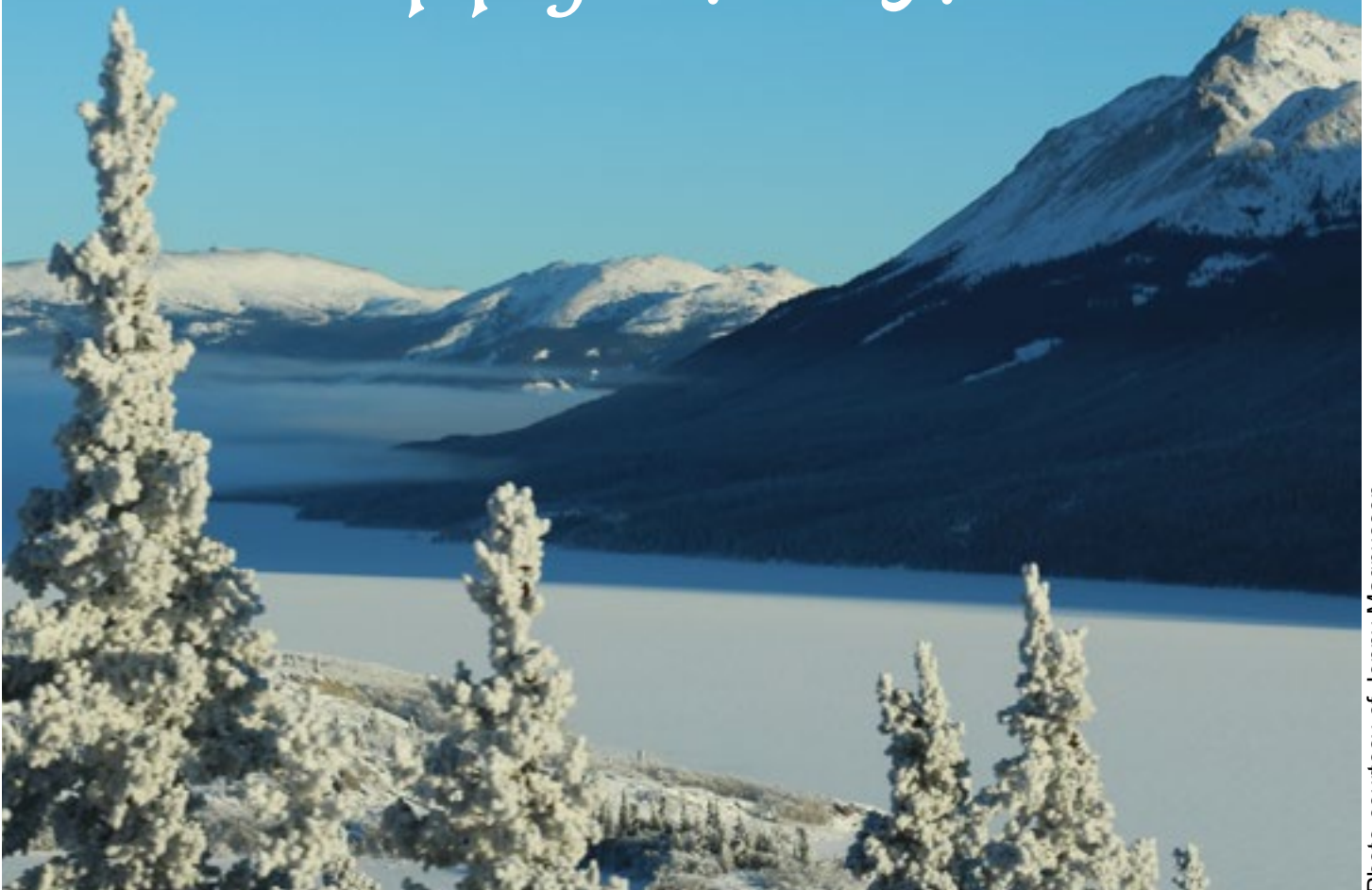


# Sourdough Chronicle

YUKON SENIORS' NEWSLETTER VOLUME 41, NUMBER 4, DECEMBER 2018

A very Merry  
Christmas & a  
Happy New Year



# Cookies!



## *Baking up a storm*

Ladies were busy in early December volunteering their time to bake dozens of delicious Christmas cookies for upcoming fundraising bake sales. Here Deborah Bastien and Iris Bolen take a break during the shortbread run at the Golden Age Complex.

### DATES TO REMEMBER

Christmas Day  
Dec. 25

Boxing Day  
Dec. 26

New Years Day  
Jan. 1

Valentine's Day  
Feb. 14

Rendezvous Friday  
Feb. 21



Sourdough Chronicle submissions for the March issue are welcome.

Contact Janet at:

(867) 668-3383 or (867) 336-2752.

Deadline is Friday February 10th (or earlier)

## NO FAMILY IN WHITEHORSE? Maybe ASKANDY is for you!

**ASK ANDY**  
ALIVE STILL KICKING AND NOT DEAD YET

ASKANDY (Alive and Still Kicking And Not Dead Yet) is several groups of seniors who don't have family in Whitehorse and who agree to serve as "local family" for each other. In each group we share information about:

- whom to call if one of us needs serious help.
- where important papers are.
- where we are (if away).
- how to contact our families.
- how to take care of our homes if one of us is hospitalized.

There are currently 18 members in 3 groups. Most of us are single women but there are two couples. We came out of discussions at Whitehorse United Church but there is no expectation for church connexion or interest.

For more information, contact Colin Graham at [867] 634-5344 or by email, [ccgraham@northwestel.net](mailto:ccgraham@northwestel.net)



# President's Report

by Doug MacLean,  
President YCOA

On Friday, October 19th we held the semi-annual general meeting of YCOA at the Golden Age Complex. The Minister of Health and Social Services came and spoke to us. Also speaking were the Medical Officer of Health, Dr. Brendan Hanley, on "Seniors' Health and Health Status Report", and Larry Gray on "Aiming High: Realizing Our Potential in the Elder Third of Life."

Thanks to Sue Meikle, Linda Profeit, Jan Trim, and Mia Lee, we began the second series of Learning for Life events beginning with a course on Travel Tips and Travels with a Camera, on October 1st. We held the "Advanced Care Planning and Palliative Care" course on October 30th, and the "Vision and Oral Health" course on November 8th. The "You are What You Eat" course was scheduled on November 21st, and "Energy savings – the How To" was held on December 5th. More information can be found later on in this issue of the Sourdough Chronicle, and on the website [www.learningforlifeyukon.weebly.com](http://www.learningforlifeyukon.weebly.com). Early registration is suggested for anyone interested in this popular program.

The board heard a presentation by a local developer on a proposed retirement community called Normandy Manor in Takhini. He will be asking for your suggestions and comments, including any shortcomings that you might see, in a constructive way, of course. More information will be in the next issue of the Sourdough Chronicle.

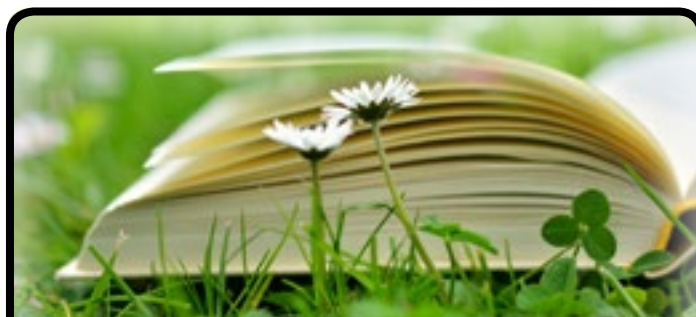
We have submitted our semi-annual report to Health and Social Services. This report is required in exchange for the funding received from Health and Social Services to support services that we offer. The services supported include: the Seniors' Information Centre, the "Learning for Life" series of courses, the Sourdough Chronicle, and the Information Please Guide which is also published on the Health and Social Services

website. Also supported are rural outreach and coordination with other groups, such as Seniors Action Yukon (SAY), Line of Life, and the ElderActive Recreation Association (ERA).

As in the past, we participated in the annual Remembrance Day celebrations on November 11th. Our official representative at the ceremonies was Rob Sutherland. I know that this is something that is very important to many of you. Thank you for supporting this event.

Last but not least, please join me in welcoming our new Senior Information Coordinator, Linnea Castagner. We've been fortunate to have the help of Janet Smellie who is staying on as editor of the Sourdough Chronicle. Thank you to Irene Otten who has been helping in the office since Janet moved to her new position.

Regards, Doug MacLean – President



LEARNING FOR LIFE  
PROGRAM

January 2019

Staying Fit on Your Feet: Fall prevention for the active senior

Thursday, January 10th  
1:30 pm – 3:00 pm  
Whitehorse United Church

Computers Online – Securely

Wednesday, January 30th  
1:30 pm – 3:30 pm  
Association franco-yukkonaise  
302 Strickland St.

# YUKON COUNCIL ON AGING

## Officers:

President: Doug MacLean  
 Vice-President: Jan Trim  
 Treasurer: Colin Graham  
 Secretary: Sue Meikle

## Directors:

Kathy DeCecco, Frank Bachmier,  
and Graham Jackson,

## The Sourdough Chronicle

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

### SENIORS' INFORMATION CENTRE

Coordinator: Linnea Castagner  
 4061 B - 4th Avenue  
 Whitehorse, Yukon Y1A 1H1  
 Phone: (867) 668-3383  
 Toll Free 1-866-582-9707

Home & Yard Coordinator:  
 Vince Gatién Phone: 667-4357

Publisher: Yukon Council on Aging  
 Design/Printing: Heather Steinhagen,  
 Integraphics Ltd.

### Editor

Janet Smellie  
 sourdoughchronicle@gmail.com

### Newsletter Committee

Board of Directors YCOA

### Guest writers

Don Cheeseman, Susan Rae,  
 Bill Thomas, Deborah McNevin and  
 Lillian Nakamura Maguire

Contributions and/or suggestions  
are welcome and should be in  
to the Editor or the Seniors'  
Information Centre  
by the  
10th of May, August,  
November and February.  
www.ycoayukon.com

# Editorial

by Doug MacLean



## Preservation of Choice of Financial Advisors

Most of us have tried to save for retirement. Some of us are lucky enough to have our own homes. Some have owned small businesses, even land, stocks and bonds, etc. Ideally, we have all benefitted from help on how to save, and on how to protect our hard-earned cash. It may have been a parent, a friend, an employer, or a knowledgeable financial advisor who helped us do this.

It appears, however, that various factors could result in a reduced choice of financial advisors. These same factors may also be resulting in some investment advice that may not be wholly independent, a lack of competition, and fewer investment payment options. Cumulatively, these factors could result in fewer financial options for the customer, and could negatively affect financial preparation for retirement.

*“More than half of Canadian pre-retirees aged 50 or older don't have a retirement savings plan.”*

Further, recent and upcoming regulatory initiatives could make providing financial advice more difficult, particularly for smaller companies that provide this service. These are financial advisors who would otherwise be well-placed to provide good-quality financial and investment advice to people just starting out in their working life, to those in their retirement years, and to everyone in between.

A number of articles on the topic have appeared on the internet, and in industry publications. These articles can be quite general, such as one titled “How to save enough to retire after hitting the Big 5-0” As the title suggests, it provides basic advice on saving after age 50. (See: <https://www.theglobeandmail.com/globe-investor/globe-advisor/how-to-save-enough-to-retire-after-hitting-the-big-5-0/article38143906/>.)

Such articles are helpful in encouraging people to make adequate financial preparations for retirement. Some articles are much more technical and describe specific issues. The title of this one “Clashing views at embedded fee roundtable” suggests that there is a problem, but not so subtly hints at the lack of agreement even within the industry. (See: [http://www.advisor.ca/news/industry-news/clashing-](http://www.advisor.ca/news/industry-news/clashing-views-at-embedded-fee-roundtable)

*views-at-roundtable-on-embedded-fees-241370.*)

Unfortunately, such articles can be very hard to understand for the average lay person. In fact, there does not appear to be a trail-brazing analysis that cuts to the core of the situation. Nor does there seem to be a simple, innovative solution that can be recommended. Nonetheless, some policy action, regulatory reform, and/or other initiatives do appear to be needed. The concerns outlined above were mentioned to the National Revenue minister at a roundtable during her visit to Whitehorse last August. We will let you know of any developments in this somewhat intractable issue.

Here are some brief quotes that outline the apparent problems:

"Economies of scale, account structure and significant investments in technology enable us to maintain a reasonable cost per account...If DSCs [deferred sales charges] are discontinued, dealers and advisors who service such small accounts — and offer a broad shelf — might not raise the required initial revenue to compensate them for upfront work....Further, the DSC model attracts new entrants to an aging industry."<sup>1</sup>

"A more fundamental reason why the regulators should be wary of eliminating embedded commissions altogether is the current state of fund competition in Canada. It's debatable whether it is in the public interest to impose policies that will result in further market-share gains for the Big Six domestic banks ...."<sup>2</sup>

"... what regulators should have no hesitation in doing, is putting a halt to the long-standing practice of enabling discounters, most of which are bank-owned, to in effect charge self-directed investors for advice that they aren't giving."<sup>3</sup>

"Too many investors are being poorly served by advisors."<sup>4</sup>

"Unfortunately, many Canadians are putting off retirement saving and planning until later in life, if they do it at all. According to 2016 research commissioned by the Ontario Securities Commission, more than half of Canadian pre-

retirees aged 50 or older don't have a retirement savings plan.

What's more, 22 per cent say they haven't started saving at all, and of those who do, about a third admit they feel they're behind the eight ball. They're not socking away enough."<sup>5</sup>

The last quote above suggests that Canadians simply are not saving and investing enough for their retirement, and are starting too late. However, the problem has some serious underpinnings. Even based on this small sample of reports and studies it appears that various factors are resulting in fewer investment payment options, a lack of competition, a reduced choice of investment advisors, and poor investment advice. These factors are discouraging adequate financial preparation for retirement.

The solutions to the concerns raised above are not clear at this point, especially since the last regulatory change was as recent as last June 21st <sup>6</sup>. Nonetheless, some policy action, regulatory reform and/or other government initiatives appears to be needed. National Revenue may have a role in that action, in conjunction with other agencies. One suggested goal is to implement measures that help encourage financial investment advisors to serve new small investors, so that the public has more choice when selecting an investment advisor.

#### References

1. <http://www.advisor.ca/news/industry-news/clashing-views-at-roundtable-on-embedded-fees-241370>, paragraph 16, September 19, 2017.
2. <http://cawidgets.morningstar.ca/ArticleTemplate/ArticleGL.aspx?culture=en-CA&id=869854>, paragraph 4, June 19, 2018.
3. <http://cawidgets.morningstar.ca/ArticleTemplate/ArticleGL.aspx?culture=en-CA&id=869854>, last paragraph, June 19, 2018.
4. <https://www.moneysense.ca/save/financial-planning/dont-get-screwed-by-your-financial-advisor/>
5. <https://www.theglobeandmail.com/globe-investor/globe-advisor/how-to-save-enough-to-retire-after-hitting-the-big-5-0/article38143906/>
6. <http://cawidgets.morningstar.ca/ArticleTemplate/ArticleGL.aspx?culture=en-CA&id=869854>, last paragraph, June 19, 2018.



# Did the Grinch steal my pension?

by Don Cheeseman

I would hope my situation is very typical of many Sourdough Chronicle readers. I've been retired for some 20 years, which is not a big surprise, as I am a member of a senior's organization. I admit that I may have far too much time to think or at least think that I am thinking and not dozing. And over the last few years I have noticed that each year my pension was not going as far as it did the previous year, by a significant amount.

I wanted to test this feeling to see, more accurately, the magnitude of the increase in my cost of living with real data and a repeatable process. I originally approached this problem using the data I had readily available to me. I happen to use a single credit card for the majority of my daily purchases. That is, I pay for my groceries, gasoline, entertainment, charities, car and house insurance, property taxes, telephone, electric and water and sewer bills with my credit card. I am sure many of our fellow readers do much the same. I made a small spreadsheet, where I recorded the "Total Cost of Purchases" figure shown on each month's credit card bill for the last three years.

Secondly, I had to assume that my style of living had not changed significantly during the last three years. With this three years of data, I could easily add up the total for each year and see the percent increase cost of a year's expenses over the last year's expense.

- From October 2016 to October 2017 my cost of living went up 2.24 per cent,

- From October 2017 to October 2018 my cost of living went up a further 8.94 per cent.

This is 11.18 per cent increase since Oct 2016!

If this rate of increase continues the cost of living would double every seven years. I quickly looked to Statistics Canada for Yukon Cost of Living Index for the same years. You can guess what I found!

- In 2017, the yearly Yukon cost of living increase was less than 0.5%.

- In 2018, the yearly Yukon cost of living increase was less than 3.0%.

We are told that the Cost of Living Index is generated by taking the monthly cost of 100 items of common family consumption. Some of you may say, "Of course!" and have no further interest. Others may conclude that I have some very odd and strange lifestyle, hence the price of some very rare lifestyle items has gone up 11 per cent over the 2015 cost.

I would hope that some of you do not take any of my findings to heart, but take a few moments to take up my challenge to you: I ask you to repeat my little experiment to add up your expenses. Like me, you may keep your bills or look back on the internet for this information or look at records of how you paid your monthly bills. We seniors should also ask young families with mortgages and small children what numbers they get. Is their increase in cost of living really three percent over the same time period?

Why was my cost of living about 3.2 times higher than the Statistics Canada figures? I would further ask that you report your findings to Janet Smellie, Editor of Sourdough Chronicle by sending an email to "ycoa@yknet.ca" or a written note detailing your findings and any explanations.

I volunteer to correlate, summarize and publish our combined findings in a future issue of the Sourdough Chronicle whether your findings are like mine or very different. I anticipate that your numbers will be similar or worse than mine and I'm hoping that once we crunch the numbers we could offer these "combined group" findings to the appropriate government departments for their explanation or better yet, to help them update the Cost of Living Index to be more realistic.

# Seniors' Information Centre update

by Janet Smellie

The information Centre activity has been steady. With the Service Canada Centre continuing to increase its emphasis on online applications, we seem to have more people coming in for advice on how best to apply for CPP and other pension plans. We were lucky in August to take part in a roundtable that allowed a number of Yukon senior's groups, including the Council on Aging, to personally sit down with federal officials -- including the Federal Minister of National Revenue. The minister and her staff were here to announce the much-anticipated reopening of the Canada Revenue office in Whitehorse. This meeting helped us realize what our Information Centre can do in conjunction with other groups who help seniors, such as the association franco-yukonnaise (AFY) and Seniors Action Yukon (SAY). Comments at the meeting indicated that we have a great network for seniors here in the Yukon and suggested ways that we can improve services at our Information Centre.

At the Semi-Annual General Meeting in October we reported that YCOA membership is on the rise with 318 General Members and 38 Associate Members. Work has been done to better manage the membership list. In addition, YCOA Treasurer Colin Graham is going to be looking at ways to improve the membership registration system so member needs are better met.

Some of you may have learned that I have left the position of Information Coordinator. I've taken on a one-year term job with the Yukon Environmental and Socio-Economic Assessment Board (YESAB). However, I am happy to report I will be staying on as Editor

of the Sourdough Chronicle. Since I left the Coordinator position, we have been extremely lucky to have the familiar assistance of Irene Otten, who has been a huge help temporarily filling in as Information Coordinator while we looked for a new Coordinator. YCOA recently hired a new Seniors' Information Coordinator, Linnea Castagner, who begins her position in January.

Since the last issue we have received several stories, some of which we have in this edition and some we are saving for the March issue. We thank everyone for their submissions and hope they "keep on coming" so that we can help build this publication to reach its full potential to inform, entertain, and truly represent you, our readers.

## GREAT NEWS

*Sourdough*  
**THE Chronicle** IS NOW  
 ONLINE

*...and we're feeling pretty 21st century*  
 find the link on our website:

[www.ycoayukon.com](http://www.ycoayukon.com)

**YCOA Membership  
 as a gift?**



**What a great idea!**






Wallace McCulloch	January 01	Lorne Raymond	January 27	Lois Fraser	February 24
Doug Sack	January 03	Tim Kinvig	January 29	Connie Dublenko	February 25
Angie Dornian	January 05	Donna Peter	January 31	Fintain Young	February 26
Bonnitta Ritchie	January 06	Jenny Gruber	February 01	Rita Fodor	February 28
James Fordyce	January 06	Carol Johnson	February 02	Lorne Whittaker	March 01
Ray Chalifoux	January 07	Marg Dunn	February 06	Seymour (Red) Lewis	March 02
Penny Sippel	January 07	Edward Dergez	February 07	Ron Robbins	March 03
Cary Bailie	January 09	Gerald Dobson	February 07	Jean Smeeton	March 03
Linnea Castagner	January 13	Donna Jones	February 07	Frank Schwertner	March 04
Mary Robertson	January 14	Marie Cox	February 12	Audrey Vigneau	March 05
Lorne Armstrong	January 16	Bonnie Guy	February 12	Mona Laitinen	March 11
Ken Burke	January 16	Don Sippel	February 14	Graham McCannell	March 13
Jean Webster	January 16	Marla Veliscek	February 14	Shirley Jarvis	March 18
Jo-Anne Smith	January 18	Penny Ferbey	February 16	Pricilla Peever	March 20
Elaine Kimball	January 20	Rhoda Istchenko	February 18	Ted Tullis	March 25
Diana Griffiths	January 20	Andrew Kaegi	February 18	Jean Murphy	March 26
Gary Lowe	January 24	Marg Knutson	February 19	Jozsef Nagy	March 27
Gail Rushton	January 24	Jan Klippert	February 20	Tracie Harris	March 27
Gil Fontaine	January 27	Dwayne Wheeler	February 22	Marcella Brown	March 28



We did well at the Canada 55+ games in Saint John, New Brunswick last August. Over 90 medals. That put us in 5th place in the medal standings. Very good given our population. Congratulations everyone. More information including individual results, some great photos & videos are available on the website: [saintjohn.canada55plus.ca](http://saintjohn.canada55plus.ca)



	PARTICIPANT NUMBERS	 GOLD	 SILVER	 BRONZE	TOTAL
Yukon	137	27	31.5	32.5	90.5





# Laugh Lines

## Christmas Turkey

It was Christmas Eve at the meat counter and a woman was anxiously picking over the last few remaining turkeys in the hope of finding a large one.

In desperation she called over a shop assistant and said, 'Excuse me. Do these turkeys get any bigger?'

'No, madam,' he replied, 'they're all dead.'

## Rudolph And Olive

The game show contestant was only 200 points behind the leader and was about to answer the final question. "To be today's champion," the show's smiling host intoned, "name two of Santa's reindeer." The contestant, gave a sigh of relief, gratified that he had drawn such an easy question. "Rudolph!" he said confidently, "and ... Olive!" The confused host replied, "Yes, we'll accept Rudolph, but could you please explain 'Olive?'" "You know, Rudolph the Red Nosed Reindeer had a very shiny nose. And if you ever saw it, you would even say it glows. \*Olive,\* the other reindeer..."



LEARNING FOR LIFE  
Program

February 2019

## Flourishing As We Age

Wednesday, February 20th

10:00 am – 4:00 pm

Marsh Lake Community Centre

80 Doehle Rd.

[learningforlifeyukon.weebly.com](http://learningforlifeyukon.weebly.com)

"My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?"

**Bob Hope**

## pssst...spread the word

... tell your friends about the services available at  
Yukon Council on Aging

- Pension applications
- Various grants and supplements
- Advanced Care Directives
- Health
- Recreation and Education
- Referrals to various agencies and organizations
- Housing
- Income Tax referrals
- Seniors' Discount List
- Notary Public Service
- Social Assistance referrals



# SENIORS ACTION YUKON

by Co-Chairs Bill Thomas,  
Deborah McNevin and  
Lillian Nakamura Maguire

## *Moving Forward on issues of concern to older adults*

We hope that the holiday season brings you opportunities to reconnect with family and friends. May the new year bring hope, peace, love and joy to you and those who surround you!

Seniors Action Yukon has been active in many areas over the past six months, including community engagement and bringing forward issues of concern to various government bodies.

In August, Lillian Nakamura Maguire attended the Canadian Medical Association conference on technology in health care in Winnipeg as one of 25 national "patient voices". The conference supported the use of more technology in health care, some of them especially suited for remote and rural communities so quite relevant to us in Yukon. There were presentations on: independent assisted living, use of patient advocates, technology in the home to monitor health and integrated models of health care and much more.

In September, Deborah McNevin attended the Canadian Revenue Agency meeting coordinated by Yukon Council on Aging alongside other community reps. We also provided comments to media on support services and the Whistle Bend facility (CBC, Sept. 21).

In October, about 50 people attended SAY's informal gathering ("Appe-teasers") to highlight issues for municipal candidates. Media published our article on Pioneer Utility Grant – Ending

Universal Program Hurts More than Helps in late October, which also prompted questions in the House. Deborah McNevin attended a National Pharmacare Advisory panel meeting in Whitehorse Oct. 18. She emphasized the need for universal coverage and expanding the range of medications covered.

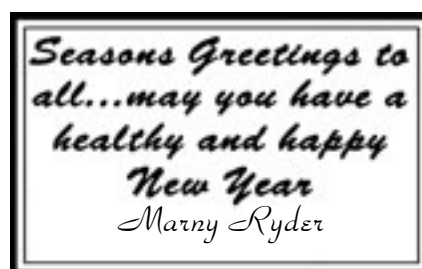
In November, Lillian and SAY member Susan Clark met with Chief Medical Officer of Health Dr. Brendan Hanley about the Health Status Report on Seniors to be completed December 2018 and released in spring 2019. SAY Co-Chairs also attended several "Aging in Place" advisory group meetings.

SAY regularly sends out our e-newsletter to 100+ people. "Hansard Hawk" Dennis Senger continues to monitor the Yukon Legislature debates for issues of concern to older adults, such as "efficiencies" in the budget, housing, health care, etc. Our last full SAY meeting was on Oct. 26, with the next one scheduled for Nov. 30 (1:30 – 3:30 pm in the Whitehorse Public Library meeting room).

### *CURRENT ISSUES*

- **Aging in Place** – SAY is providing input into the planning for the next engagement event, which the government now plans to hold in late January.

Mental health education for older adults (including dementia awareness) --SAY members Susan Rae, Dr. Andrew Kaegi



and Lillian Nakamura Maguire have been meeting with YG health professionals Mary Van Stone and Dr. Reagan Gale; Joanne Lewis (Yukon College), and Tiffanie Tasane from the Mental Health Association of Yukon to discuss possible education for older adults and caregivers about these issues and also increase community supports.

- **Housing** -- Bill Thomas met with Stephen Mead of Yukon Housing Corporation on Nov. 15 to review issues faced by older adults.
- **Government review of health and social services** – Now that YG has announced the panel, SAY will be following up on our concerns. These include: minimal Yukon representation (just 2 out of 5 members); chair is the same person who did the 2008

Health Care Review that recommended so many cuts and changes to programs affecting seniors; vague terms of reference for reporting and consultation with stakeholders.

- **Pharmacare** – SAY is monitoring developments on this both locally and nationally.

#### CONTACT US

We appreciate feedback from concerned older adults at all times. Let us know if you wish to receive our e-newsletter or tell us about issues that are of concern to you. Contact us by email at [sractionyk@gmail.com](mailto:sractionyk@gmail.com) or mail a note to: Seniors Action Yukon, c/o 61A Wilson Drive, Whitehorse, Yukon Y1A 0C8. You can also follow us on Facebook at [www.facebook.com/sractionyukon](http://www.facebook.com/sractionyukon)

## The Yukon Council on Aging is looking for Yukoners 55+ interested in joining our Board of Directors

*“Our vision is that all Yukon Seniors 55+ can flourish and thrive as they age, and age in place for as long as possible.”*

If you are interested please let us know:

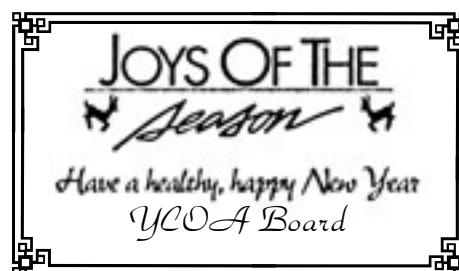
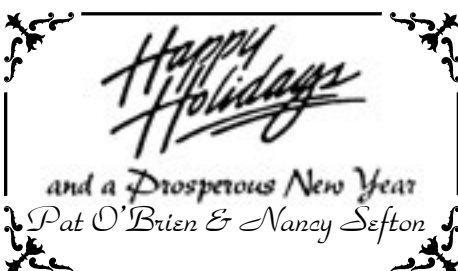
[ycoa@yknet.ca](mailto:ycoa@yknet.ca)

4061B 4<sup>th</sup> Avenue

Whitehorse, Yukon Y1A 1H1 (867) 668-3383



### CALL FOR MEMBERS TO JOIN BOARD OF DIRECTORS





# National Dementia Strategy meeting held

by Susan Rae

## *Yukon support system "not impossible"*

The National Dementia Strategy Conference was held by the Public Health Agency of Canada in Ottawa in May 2018. The precedent setting event saw 150 delegates turn out, including people living with dementia, caregivers, researchers, health professionals, advocacy groups and representatives from provincial, territorial and federal governments. The purpose was to gather input from all stakeholders to begin the process of developing a National Dementia Strategy to be passed in the House of Commons by the end of 2019.

Three delegates from Whitehorse attended the conference: Dr. Andrew Kaegi, representing persons living with dementia; Susan Rae, his support person and caregiver, and Sibell Hackney representing caregivers. There was also one other delegate from Northern Canada, the director of care facilities in NWT. We were dubbed "Team Yukon" at the conference, raising awareness of the needs in Northern Canada.

To make the conference dementia-friendly there were four pre-conference workshops and a "meet and greet" dinner the night before the conference. The two-day conference consisted of three themes with five concurrent dialogue sessions and wrap up summaries. The three themes were:

1. Care and Support
2. Research
3. Awareness Raising, Stigma Reduction and Public Education

Other challenges and opportunities discussed were:

- Inclusion and engagement of people living with dementia and their caregivers to harness the passion and intelligence of people with lived experience.
- Human Rights incorporated in the national dementia strategy and the integration of principles of equity, diversity and inclusion throughout
- Diversity of people in different parts of the country who experience inconsistent access to dementia care, services and supports, especially in rural, remote and Northern communities.

One thing that struck home was that dementia was not included in the list of supports and health care for other chronic diseases such as diabetes, cardiac health, cancer and arthritis. Dementia needs to be recognized as a chronic condition.

It was intense and exciting to meet so many people, particularly persons living with dementia, their support persons and caregivers. Persons from all stakeholder groups shared their lived experience. Many health care professionals and researchers talked to Andrew and encouraged him to be involved. We came home exhausted, but for the first time hopeful. We met people who are living with dementia, refusing to become invisible and living a full life. It is possible!

Prior to Andrew's diagnosis, my knowledge of dementia and Alzheimer's was limited. My sister-in-law in Calgary was diagnosed eight years ago



Old stories ~ New stories,  
*we're interested.*  
Contact the YCOA and  
share *your stories* in future issues.  
e-mail: [sourdoughchronicle@gmail.com](mailto:sourdoughchronicle@gmail.com)  
4061 B - 4th Avenue  
Whitehorse, Yukon Y1A 1H1



with early onset Alzheimer's. I listened to all the trials and tribulations my brother was going through and about the support groups, research groups, and activities that were offered by the Calgary Alzheimer's Association including a monthly Conversation Café for persons living with dementia and their caregivers and family.

*“A few people have indicated their willingness to help get some programs going but we will need more volunteers willing to help out.”*

The lack of resources in Whitehorse came as a shock to me when Andrew was diagnosed with dementia. We were stunned with so many unanswered questions: Where are the supports? What is the progression? How do we communicate with each other? How are we going to manage this? I longed for the supports that were available in Calgary. I have deep gratitude for the Alzheimer's Dementia Caregivers Support Group that meets monthly to share my sorrow, pain and grief as I came to terms with the journey we were on. I was devastated by some of the stories I heard and terrified about the lack of support here. Often when I would leave to go to the support group meeting, Andrew would ask “Where is the support for me?” Good question!

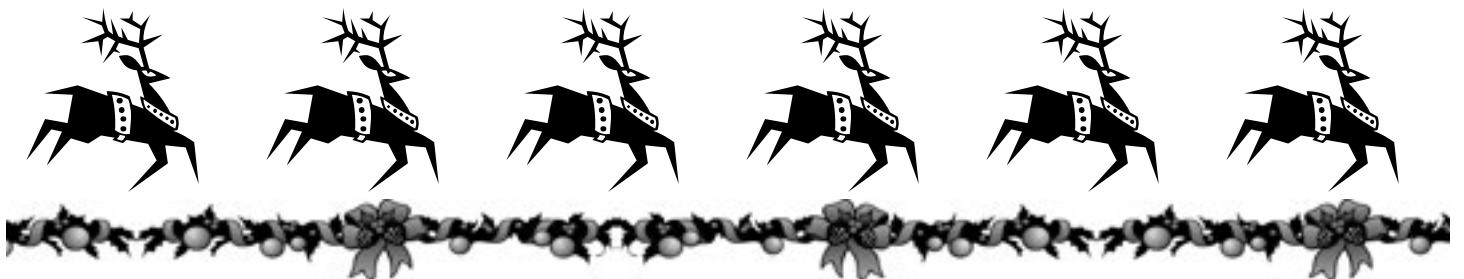
There is a serious need for dementia support and education in the Yukon. A number of initiatives can be started and undertaken that do not require government resources or large financial outlays. What we do need are volunteers willing to help get these things going.

Ideas of support that we learned about include:

- Conversation Café held monthly for persons living with dementia, caregivers, friends and family to share their experiences and support each other
- Activities for persons with dementia: mind and word games, music, chair dancing, exercise
- Support groups for persons recently diagnosed or in the earlier stages of dementia
- Education about dementia and prevention
- Work with faith communities: older adults make up the majority of people with dementia and older adults are the majority in many faith communities.

You can access the summary of the conference at: <https://www.canada.ca/en/services/health/publications/diseases-conditions/national-dementia-conference-report.html>

A few people have indicated their willingness to help get some programs going but we will need more volunteers willing to help out. We are in the very early stages. If you are willing to provide assistance please contact Susan Rae at [susanrae@gmail.com](mailto:susanrae@gmail.com).



---



---

# Spotlight on Seniors

---

by Janet Smellie  
Photo courtesy of Jan Trim

## *'Aging and Place' initiative update and new study focused on seniors included in YCOA agenda*

The Yukon Council on Aging (YCOA) Semi-Annual General Meeting offered YCOA members an update on two Yukon government initiatives focused on seniors.

One of the updates came from Yukon Government's Health Minister Pauline Frost, who informed members on the status of the ongoing Aging in Place initiatives.

Last Spring's Aging in Place Summit kicked off a six-month public engagement process that is now wrapping up. During this time, Aging in Place facilitators interviewed seniors, held public workshops and public events throughout the Yukon. These initiatives are aimed at helping the government gear up for the growing population of seniors in the Yukon.



***Yukon's Chief Medical Officer Dr. Brendan Hanley and YCOA president Doug MacLean during the YCOA Semi-Annual General Meeting at the Golden Age Society Complex in Whitehorse on October 19th, 2018.***

"These initiatives will help us design policies and programs and infrastructure in the communities that will help all Yukoners stay longer in their own homes, in their own communities," Frost told YCOA members, adding she is hoping they are able to get a "whole Yukon perspective" on what seniors need.

"Not all roads lead to Whistlebend," Frost emphasized. "We want to make sure that as new resources come in we cover all corners of the Yukon."

Frost noted that since the Aging in Place initiative started, the Yukon Government has filled 10 new Homecare positions and has launched the 'Home First' program which is just one of the many new initiatives under way.

A final report on the Aging in Place initiative is expected to be ready early next year.

## *Chief Medical Officer studying seniors needs*

Dr. Brendan Hanley, the Yukon's Chief Medical Officer, was also a guest speaker at the meeting. He offered YCOA members an update on a study he's working on focused on seniors. He said the study's timing couldn't be better, and covers everything from health and disease trends to causes and prevention.

"This upcoming report focuses on seniors' health and well being. It's been on my mind for many years. I want this report to serve as a resource document for years to come," he said.

Hanley gave one example of what he's after when he discussed the statistics they have on seniors and bone fracture issues.

He said the government has lots of statistics on how many people fall and break their hips, but no real information on 'why' these fractures are happening, nor the background on why this

mobility problem is so prevalent here in the Yukon.

“We need to get the stats on why seniors are having these problems,” he told YCOA members. “There’s a high rate of serious injury here compared to the rest of the country. We want to know why.”

Hanley, as Chief Medical Officer of Health works in collaboration with federal and provincial/territorial representatives on a number of national and international health issues, including immunization, pandemic influenza preparedness, and chronic disease and injury prevention.



Printed with permission of Dan Piraro.



## Senior's Home and Yard Maintenance Program

Do you need a helping hand with some of your household chores this winter?

- House cleaning
- Minor household repairs
- Painting
- Washing walls/windows
- Moving assistance
- Shovelling walks/driveways
- Snow removal from roofs
- Haul refuse to dump
- Hanging Xmas lights
- Woodpile maintenance

Our pool of affordable workers is ready and willing to give a hand when needed. For more information, or to request assistance of a worker please call:

**667-4357 (667-HELP)**

**Sponsored by the Yukon Council on Aging**



# A Story of Giving

by Don Cheeseman

This story is specifically about my dad and me, when I was about three, but it could be any family's story, anywhere in the world in 1942. Around the world men were at war. Wives and children were left home. Similar stories of giving must have occurred all over the world.

World War II lingered on and in 1942 it was going badly for Britain and all her allies. No toys had been built since the war had started three years before. Fighting men of that time had grown up with trains of all sorts. Many a father thought about getting the perfect toy, in their mind's eye, for a three-year-old boy. A toy electric train seemed, to many dads, a perfect gift for the Christmas of 1942. But throughout the world toy trains had been not made or sold for some time and the best came from Germany. As much as dads searched stores they would find little still available.



**Dad and I with the new toy train at Christmas 1942**

My dad read the advertisements in all the papers and finally, just before Christmas he read a classified ad in a paper advertising a used electric train for sale. Unfortunately, he was stationed over 70 kilometres from the town that the train was being offered for sale.

It was a further convenient fact that, his squadron's planes did not fly when the weather

was very bad, as the planes had little in the way of navigational instruments. It was a time when the sun and stars could not be seen in the clouds, wind and snow. And each pilot had only a few hours flight-training even in good weather.

Dad managed to get a pass for a single day and immediately hitchhiked the 70 kilometres in a blinding snowstorm with the snow drifting over the roads to find this used electric train for sale. He found and bought the already old toy electrical train, complete with a single loop of track and a speed-controlling power transformer. He hitchhiked a ride back to his air base without freezing too badly in his standard issue non-insulated boots, RCAF greatcoat and wedge cap that did not completely cover his ears.

Over the next few days, during every bit of his spare time, he repaired and carefully repainted the toy train with the many coloured lacquers that were meant to be used on the planes. Bright colours were used on the plane's insignias in order to be able to identify them clearly. So, the toy train cars were lovingly painted red, blue and yellow to cover all the scratches and wear marks.

From that Christmas Day on, my father would set up the train and he would play with it as I looked on the bright new toy train whenever Father got home on leave over the next two years.

Just before Christmas in 1944, a new family had moved in next door and I was told that they were very poor, as they had lost their "Daddy" in the war. New toys were still not available in the stores. Little five-year-old "me" was further told that my electric train was being given to the next-door neighbour family, who had a young boy who was going to get "my" electric train for Christmas. I was told to never tell where it had come from. It was explained that, "It was a good thing that my family and I were doing, by giving the train to the boy next door. I was promised that I could still play with it with the boy next-door. It was explained that it was my gift to him



and a secret to keep all my life. They hammered that thought home by adding that, "Santa would never come again if I did tell."

Once more, my dad, lovingly repainted the train different colour combinations with airplane lacquer to make it look new and not the same as my old train. As Christmas came, I got a gift of well-worn wooden Tinkertoys in a cardboard tube, with which to build thing, (perhaps the start of my engineering career). I got to visit the neighbours to "still" play with the "new" toy electric train the boy next door had received for Christmas.

Giving had its rich rewards of good memories for this young boy who remembered. As I pass through to my 80s I pay tribute to my dad's love, wisdom and generosity. I hope, 76 years later, in now telling this secret it becomes a small gift to each one of us.



## FOOT CLINIC



Bring your own basin and towel

SPONSORED BY THE LADIES AUXILIARY  
OF THE YUKON ORDER OF PIONEERS

### First Tuesday

of every month  
starting September 4, 2018

8 A.M. TO 11 A.M.  
Golden Age Society  
4061B 4<sup>th</sup> Avenue

# LAST TRAIL

Pansy Allen	August 28, 2018	Whitehorse, YT
Douglas Mirl Sias	August 24, 2018	Burwash, YT
Chris Postma	August 29, 2018	Abbotsford, BC
Betty Marie King	August 29, 2018	Yukon
Scott Peter Gammel	August 31, 2018	
Evelyn Amanda Smyth	September 2, 2018	Nanaimo, BC
Robert Joseph Nardi	September 2, 2018	Whitehorse
Joseph Richard Carriere	September 4, 2018	Whitehorse
Zina Ekdahl	September 5, 2018	Whitehorse, YT
Nenita Matias Dunbar	September 7, 2018	Airdrie, AB
Howard Joe	September 8, 2018	Klukshu, YT
Roy Wayne Wannamaker	September 8, 2018	Whitehorse
David Ryers Mostyn	September 8, 2018	Nanaimo, BC
Richard Steele "Rick"	September 10, 2018	Whitehorse, YT
Clarence Parrot	September 19, 2018	Whitehorse, YT
Thomas George Clare	September 21, 2018	Whitehorse, YT
Ronald William Parlee	September 21, 2018	Maple Ridge, BC
Keith Vig	September 25, 2018	Whitehorse, YT
Maybell "Doe" Cameron	September 27, 2018	Whitehorse, YT
Robert Hector MacLellan	September 29, 2018	Whitehorse, YT
Darrell Richard Morgan	September 30, 2018	Whitehorse, YT
Robert Adair	October 10, 2018	Mayo, YT
Donald Allen Buyck	October 10, 2018	Mayo, YT
Tom Booth	October 12, 2018	Whitehorse, YT
Mark Johnny		
Joel Harry Gordon	October 19, 2018	Whitehorse, YT
Charles (Chuck) Burrell	October 21, 2018	Whitehorse, YT
Marion Theresa Wheelton	October 23, 2018	Whitehorse, YT
Darlene Anne		
Rushton Shneider	October 23, 2018	Marsh Lake, YT
Diana Olga Fernahl	October 25, 2018	Salmon Arm, BC
SC Justice Lee Gower	October 29, 2018	Whitehorse, YT
Greg Komaromi	November 2, 2018	Whitehorse, YT
Robert William Gibbons	November 4, 2018	
Gudrun Ingeborg Sparling	November 5, 2018	Whitehorse, YT





## 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 4<sup>th</sup> 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 \_\_\_\_\_



**FEEDBACK**

Now it's YOUR turn. Please write us.  
Our e-mail address is [ycoa@yknet.ca](mailto:ycoa@yknet.ca)

The next edition of Sourdough Chronicle will be March 2019.

We encourage readers to submit photos, letters and stories. If you know of an upcoming event that you would like to see covered in the newsletter please let us know.

You can contact us at (867) 668-3383 or toll-free at 1 866-582-9707.

**BULLETIN BOARD**

Deadline for submissions for March Chronicle – February 10, 2019

Support for this Newsletter is provided by:  
Health and Social Services



The Yukon Order of Pioneers Ladies Auxiliary



Be sure to visit our new website at:  
[www.ycoayukon.com](http://www.ycoayukon.com)  
A lot of very useful information, helping Yukons (55+) thrive as they age!



We will have full coverage of the opening of the Whistlebend Extended Care Facility in our March issue.

**Blood Pressure Clinics**

3rd Tuesday of each month

**Closeleigh Manor**, 100 Lambert St.;

9:00-10:00 a.m.

**Greenwood Place**, 3090 – 3rd Ave.;

10:15-11:15 a.m.

**Waterfront Place**,

1:00-2:00 p.m.

**Riverdale Manor**, 20 Duke St.

2:30-3:30 p.m.

**Yukon College Seniors' Complex**

1:00-2:00 p.m.

All seniors are welcome. For more information call the Whitehorse Health Centre at 667-8864.



Postage paid / Port payé  
Publications Mail / Poste-publications  
40021059

MAIL TO: