

Sourdough Chronicle



Christmas Edition!

Yukon Seniors'
Newsletter

Volume 45—Issue 4

Winter 2022



Christmas Greetings Inside!

Photo by C. Wheeler

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Our vision is that all Yukon Seniors (55+) can flourish and thrive as they age, and age in place for as long as possible



New Members Welcome!

The Yukon Council on Aging has updated its society's bylaws to be consistent with the requirements under the new *Societies Act*.

Proposed bylaws can be viewed at:
<http://www.ycoayukon.com/ycoa-publications.html>



Seniors Outreach Computer Tutor Program

**FREE for Seniors aged 55+
Computer/Smartphone Workshops**

For more course information and Tech Talk topics via zoom see Yukon Learn's website at www.yukonlearn.com.

Questions? Contact us by email:
heather.kennedy@yukonlearn.com,
or phone: (867) 668.6280 Ext. 7.





President's Report

Bev Buckway, President YCOA

Action in the Trenches

Almost a year has gone by since our Annual General Meeting (AGM) in 2021. Thanks to our members' continued support at the meetings and our Learning for Life events. So much has taken place in the past months, and it is time to give you an overview to keep you informed.

It has been a steep learning curve for the executive and new board members, with many questions and searching for details. Due to this experience, the Executive now keeps written particulars to aid the future transition of board members. In addition, we sorted out filing cabinets, prepared documents for archives, amalgamated bank accounts, and moved bookkeeping online with direct deposit for payroll. It feels as if we have reached the top of the hill, and the way down should be less demanding regarding the organization's various administrative details. We recently teamed with ElderActive and Golden Age Society to put action to a decade of talk and investigate a feasibility study on the amalgamation of the organizations. I'll keep you posted.

After months of work, Yukon Council on Aging (YCOA) passed the proposed bylaws at the Semi-Annual General Meeting, allowing the organization to meet Corporate Affairs requirements. The next step is to submit a transition application; the process should be much more straightforward in years to come. Thanks to Lawrence Purdy for successfully leading this process. Michelle Christensen-Toews is leading the charge on updating our policies, some of which have not had attention since 2007.

As members, I encourage you to consider putting your

name forward for a board position next year. YCOA needs a range of skill sets to complement the other directors and allow the organization to take on various administrative tasks. Lots of work, no pay. But you get the satisfaction of lending your expertise on behalf of Yukon's seniors. Something to ponder over the holidays.

I attended a virtual Northern Regional Roundtable on Ageism in Canada by invitation of the federal/provincial/territorial Ministers Responsible for Seniors. The objectives: (1) Obtain a broader picture of how ageism is manifested and a better understanding of the impacts of this issue at individual, organizational, and societal levels and (2) Inform the development of potential policy options. Yukon also had representatives from Seniors Action Yukon and Association Franco-Yukonnaise.

With the rising costs of everyday items, some seniors find it challenging to make ends meet. Social Services can help if their criteria are met, and First Nation citizens can contact their governments. If you feel a senior may be in a situation of abuse, neglect, or self-neglect, a call to Social Services at 867-456-3946 errs on the side of caution, and your name will remain anonymous. Our office can offer information on utility grants. Other resources include the Food Bank and Safe at Home. I know that many people are quietly lending a hand to help others out, which is a testament to our strong communities in times of need.

Here's wishing you the best of the holiday season. Until next year, keep safe and let's look out for one another.





Executive Officers:

Bev Buckway, President
Nancy Kidd, Vice-President
Linda Profeit, Treasurer
Penny Rawlings, Secretary

Directors:

Bill Nelson
Lawrence Purdy
Judy Ratcliffe
Michelle Christensen-Toews

Past President:

Doug MacLean

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**Sourdough
Chronicle**

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Seniors and Elders

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Editorial

Janet Smellie, Editor



**Yukon is poised for
better times in 2023!**

Five hundred bucks for a cord of wood? Home heating increases galore! What the heck is going on?

We are finally at the point where we can pry open our doors to go outside into a semi-COVID-safe world and wouldn't you know it, new challenges prevail. For many of us this winter, the news of high costs of goods and services, along with growing uncertainties surrounding the markets affecting our retirement portfolios, means this winter may see us sticking closer to home (or taking on that extra job) as we scramble to rebalance our household budgets for this new reality.

It's now the second year in a row where lumber prices have gone up, only to go down slightly in the same season. If it's not the high price of lumber, it's the higher prices of hardware — or it's the empty shelves due to lack of supply. It's pretty certain that this post-pandemic economy and higher cost of living is affecting all Yukoners, some worse than others, and it's making us rethink our day-to-day lives.

In this issue, we include an article by Patricia Brennan, who gives our readers a compelling glimpse at how couples have weathered the housing storm during retirement. Though this article was originally published in 2017, it's still a very timely topic and a very telling read about just how challenging it still is for many of us who want to live well as we grow older.

Unfortunately, as we now finish up 2022, it is still anyone's guess as to what's ahead. High inflation, high bank rates, high rents, and high food costs continue to be huge factors when it comes to what to expect as we head into a New Year.

The good news is the cost of inflation stayed the course in Canada this October at 6.9 per cent which is the same rate as September, despite inflation rates remaining stubbornly high worldwide. In the United Kingdom, inflation for October was at 11.1% and Italy 12.8%, just two examples showing we're faring better than others, despite not yet being able to fall within pre-pandemic levels. Businesses here in the Yukon are having a heck of a time finding enough workers, which is frustrating, but unavoidable. And what started as higher prices and delays for many internationally-produced goods has broadened to many services that are affecting our supplies here.

One constant we can take comfort in, and that perhaps puts us in a better place than other jurisdictions, is Yukon's rising population. This growth has many benefits for the economy, including increased

supply of labour, increased productivity, and increased consumption.

This is good news, and though our housing will continue to see shortages to accommodate all the newcomers, there will be lots of private sector development opportunities which is great for our local economy.

More wallets mean fatter wallets and a better chance to balance things so we can get things back on track.

In June 2022, the Yukon Bureau of Statistics confirmed that the 10-year increase in Yukon's population was 7,681, a 21.2 per cent change. With a population estimate of 43,964, trends indicate there will be no slowing down any time soon. In fact, we're at a record high for annual growth in population, excluding the gold rush era.

And yes, you guessed it, the Yukon's fastest growing demographic is those 60 years and older. Over the past 10 years the number of Yukoners between the ages of 60 to 74 increased by 2,930 people, a 65 per cent change since June 2012. With 1,002 more people over

75 years of age, this is a 92.1 per cent increase in the past 10 years.

But while we're seeing more and more Yukoners becoming seniors every year, we're also seeing more and more seniors and Elders in Yukon who are working well past the age of 65. And unfortunately, it's not out of the goodness of their hearts to help with the labour shortage, or to keep busy in their golden years. It's because they have no choice if they want to keep bread on their tables.

So this Christmas I say, let's take the time to really support and thank our older workers who are now working extra hard to help cover those extra costs before them. The fact that they are also filling a huge gap in the workplace should also not go unnoticed and deserves our support all the way. After all, they, too, deserve to be able to live well as they grow older.

Here's hoping better days are indeed heading our way for 2023. Happy Holidays to all, and wishing everyone best wishes, so all of us in our community can prosper in good health, wealth, and happiness in the New Year!



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Guest writers and contributions are welcome. All submissions must be in by the 10th of May, August, November and February.

Sourdough Chronicle

Is a newsletter published quarterly for Yukon Seniors and Elders

Learning for Life



-Photo submitted

Christopher Wheeler and Linnea Castagner at the Canada Games Centre.



Photo by C. Wheeler

Information sharing at the Canada Games Centre.



Photo by C. Wheeler

Crowd at the Royal Canadian Legion.



Photo by C. Wheeler

Bev Buckway and Nancy Kidd at the Canada Games Centre.



Photo by C. Wheeler

Michelle Christensen-Toews at the Royal Canadian Legion.



Photo by C. Wheeler

Lawrence Purdy addresses delegates at the Semi-Annual General Meeting.

2022

Popular program makes a comeback



by **Christopher Wheeler**

In 2017, with support from the Yukon Government's Department of Health and Social Services and the Community Development Fund, Yukon Council on Aging (YCOA) developed its Learning for Life Program. It's a program that helps Yukon seniors and elders stay informed, connected, and engaged. By developing and offering learning opportunities on topics salient to our 55+ population, Learning for Life supports the concept of Lifelong Learning. The ideals of Lifelong Learning include working to improve physical and mental well-being, building positive relationships, and developing a sense of purpose in life by increasing confidence and continuing independence.

Unfortunately, the COVID-19 pandemic put a damper on Learning for Life projects for some time, but with the virus moderating somewhat in 2022, the board and staff of YCOA were anxious to see programming get under way again.

This year, our first Learning for Life session was designed around the *International Day of Older Persons* on October 1 at the Canada Games Centre (CGC). For that event, YCOA staff members Linnea Castagner and I joined YCOA Board President Bev Buckway and Vice-President Nancy Kidd to share information with visitors about their respective programs and the work of the YCOA. Throughout the day, 85 people came by YCOA's booth to pick up copies of the Senior Discount List and to learn about how our programs can assist seniors and elders during their golden years. It was a great morning for all concerned with lots of conversation and information changing hands. A big thank you was expressed to David Jennings from ElderActive who helped organize the event. In the end, the International Day of Older Persons was a great way to get back on track with Learning for Life.

Our second session took place on October 21 at the

Lifelong Learning aims to improve our physical and mental well-being.

Royal Canadian Legion. Our guest presenter, Dr. Alex Kmet, spoke eloquently and with sensitivity about Medical Assistance in Dying. We had 58 people turn out for that event, with lots of questions for the doctor. For anyone who didn't make it to the event, or who would like more information on the topic, there is an online resource available at: <https://yukon.ca/en/health-and-wellness/find-information-about-medical-assistance-dying>. Special thanks are due to YCOA staff and board members who were all on hand for the event.

It's also important to acknowledge the commitment made by volunteers like Kathy De Cecco, who put aside the better part of her day to help get people signed in and settled for the presentation and YCOA's Annual General Meeting which followed Dr. Kmet's presentation.

Our third session, on November 1 was designed with the intention of reaching out to communities as well as the capital city about a topic of concern to all Yukon seniors and elders. By partnering with Yukon Learn, and leveraging the Zoom application, we offered a Driving Safely for Seniors presentation with Samantha Rodeck. While we were hoping for lots of community involvement as it turned out all 21 participants joined from devices in the Whitehorse area. Thanks again to everyone who helped make this event a reality.

As we look back on our 2022 Learning for Life sessions, it's important to recognize that Lifelong Learning through projects like Learning for Life can contribute to improved health benefits such as reducing visits to a physician, lowering rates of depression, improving self-sufficiency, and even reducing the risk of dementia and delaying the onset of Alzheimer's disease.

By exploring topics of interest and embracing Lifelong Learning you may not only expand your knowledge and develop new interests but you can actively contribute to your own emotional, mental, and physical health.

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# Continuing Care Update

*Letter exchange addresses YCOA's members' concern related to housing and continuing care*

by **Christopher Wheeler**

Reflecting the concern that we're hearing from our members, in October YCOA President, Bev Buckway, wrote a letter to Minister of Health and Social Services, Tracy-Ann McPhee, about the current housing and continuing care situation in the Yukon.

Minister McPhee wrote back on November 1.



Yukon Government Minister of Health and Social Services Tracy Ann-McPhee

McPhee began by stressing the government's commitment to Yukon Seniors and Elders to improve long-term care supports, making reference to the Aging in Place: Action Plan. She noted that government is working with internal stakeholders, private industry, First Nations governments, and community partners as they seek to develop culturally relevant housing centred on the needs of the individual.

Minister McPhee noted that there are currently four long-term care homes in the Yukon. Those homes, Thompson Centre, Copper Ridge Place, Whistle Bend Place, and Alexander McDonald Lodge, together have 252 permanent long-term care rooms and 24 respite rooms. Levels of care available include personal, intermediate, extended, and dementia care.

Although the numbers may seem low for a growing, and aging population, McPhee goes on to note that there is no ongoing, permanent waitlist for long-term care. She also notes that modelling based on Yukon's demographic trends suggests that current capacity, if not reduced, should meet expected demand for years to come.

Reading further, her letter says that current planning is being carried out through the lens of Aging in Place, which suggests that all her comments were made with the understanding that Yukon citizens will be retiring in Yukon, and in need of services here.

Her letter makes a passing reference to government support for the Home Care Program, and private seniors' supportive housing options.

In addition to Aging in Place, McPhee also references the Home First philosophy, which she describes as a system-wide approach to help people stay in their homes as long as possible. She also references the "Reablement Program" to help seniors regain capacity to live independently, although she doesn't make any mention of how government is supporting these programs/philosophies using real world numbers.

McPhee closes by encouraging people to reach out to the director of Strategic Operations if they have more questions or concerns. His name is Justin Wallace, and he can be reached at [Justin.Wallace@yukon.ca](mailto:Justin.Wallace@yukon.ca), or by phone at (867) 334-3056.

**MERRY  
Christmas to All**

*And all the best for 2023!*

**-Kathy DeCecco**

**JOYS  
Of the Season**

*Have a healthy, happy New Year!*

**-Larry Bagnell**



# Senior Sentiment

**Rudy Couture and Gayle Moffat**

**By Christopher Wheeler**

In this, the second edition of Senior Sentiments, we are featuring two well-known and respected senior gentleman, Gayle Moffatt and Rudy Couture. Anyone who has spent more than a few years in the territory should recognize these guys who regularly meet at the Golden Age Society for a little pool. Rudy is 92 years old and has lived in the territory for 68 years, while Gayle at 86 is a comparative youngster. He's lived in the territory for 60 years.

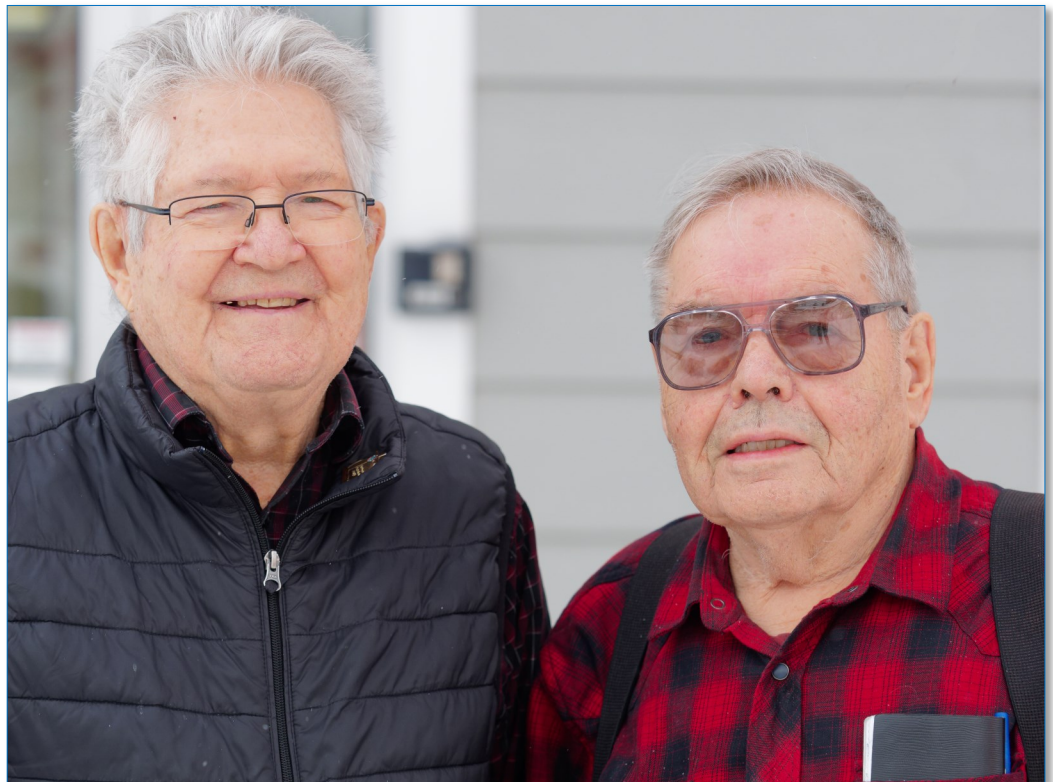
With almost 130 Yukon winters between them, we felt it apropos to ask what each man likes most, and least, about the northern winter.

On what they liked, Rudy said, "It's never been an overwhelming challenge. I kind of like it. It's less hectic. I like it quiet." Gayle added, "It's companionship. You gather inside so you're more together."

On what they liked least, Rudy said, "The extreme cold sometimes is something I don't like. The extreme temperatures can be problematic." Gayle said, "The cold weather and the snow. I'm tired of moving snow. As you get older, you feel the cold more." Later, Rudy added, "It's the ice worms--I don't like running them over."

*Each month Senior Sentiment will select a random senior and ask them two questions. The questions will be designed to complement each other by addressing an idea or issue from opposing angles. Defining the narrative, or leading the conversation isn't our objective. We are looking for honest and free opinions about topics of interest to our readers. If you'd like to suggest a topic for future editions, you can email your idea to Chris using the email address, [ycoahy@yknet.ca](mailto:ycoahy@yknet.ca), phone it in at 667-4357, or just drop off your idea next time you visit our office.*

Well, I think we can all relate to what Rudy and Gayle have expressed. Yukon winters are great for getting together and socializing, but the cold, the dark, the snow, and those darned ice worms can be a little challenging at times. But remember, if you're feeling snowed in or inundated with invertebrates, try calling the Seniors' Home and Yard Maintenance Program, and they will do their best to have someone come out and shovel the snow, and the worms, away.



*Rudy and Gayle outside the Golden Age Society Centre in Whitehorse.*

Photo by C. Wheeler

# Living Well as We Grow Older

## *Do rising house prices really benefit seniors?*

*This time of year, as the weather turns colder, is a critical time for housing. We are bringing this article to you now as it may offer insights to seniors and elders who are reviewing their housing options for retirement. An earlier version of this article was published in the Francophone newspaper, L'Aurore Boréale in 2017. We feel that the situation has evolved enough to warrant an update. In a future issue of the Sourdough Chronicle we will bring readers a companion article from the perspective of those who do not own a house and rent instead.*



Photo by C. Wheeler

**by Patricia Brennan**

Conventional wisdom has it that if people plan carefully, they should be able to live reasonably well financially in their retirement – perhaps in a mortgage-free home. However, in recent years, we have seen the cost of housing, and with it the cost of living, rise at a rate that has left some seniors at risk of financial difficulty.

Real estate values have been rising across Canada in recent years, perhaps even more so as a consequence of the pandemic. While some homeowners have made sizeable profits on the sale of their properties, the new challenge for them often becomes finding other suitable and affordable accommodation in an already-tight housing market.

Higher house values have meant higher property taxes. This has affected home owners who must pay these higher property taxes. It also can affect tenants, as higher property taxes ultimately mean higher rental rates for tenants. This situation has been causing hardship for some seniors, whether homeowners or tenants.

Another factor causing rising house prices is believed to be the purchase of homes as investments, sometimes by foreign investors. This has pushed some city and federal/provincial/territorial governments to take measures to control foreign investments in the housing market. While this government move is

generally seen as a positive development, some seniors who stay in their homes can still feel vulnerable in a time of rising house prices. The example below illustrates how a retired couple coped with a change in their financial situation due to rising house prices. This description is a composite, as it is based on the experience of more than one family.

After being retired for some time, a couple found that the annual property taxes on their home were nearing a third of the house's original value. If this escalation in property taxes and other costs continued, they worried that they could be at risk of not being able to cover all their housing costs and losing their home in their later years. They feared that over time their retirement income might not be adequate. Even though they both had good jobs before retiring, they realized that their retirement planning needed to be revisited.

Their home was an asset that they wanted to keep in order to have a place to live, and to help ensure their financial independence as they aged. They bought their home originally because it was walking distance from their workplaces, and close to schools for their children. They had bought their home in the early 1980s, in a then-nice family neighbourhood. It was in this community that they had raised their family, and worked all their adult lives.

Early on, to their delight, they saw that their home was rapidly gaining in value, and resisted selling it

when real estate agents and property developers approached them. However, as much as they wanted to stay, when they both retired, they knew that significant changes were necessary. In the end, they knew that they needed to make a decision that would help them keep their finances secure, and allow them to live well. They explored their day-to-day living habits, and their hopes and dreams for their retirement, and made the following decisions.

First, they put their home up for rent. Theirs was a large home, and the rental income allowed them to pay their property taxes, cover the regular maintenance, and provide income to cover part of their living expenses. They were fortunate to find good tenants who ensured the proper management of their property. The disadvantage of this approach was that the house would no longer be their principal residence, which would result in them paying more capital gains tax, and tax on the rental income. They researched how they could live without it affecting their work pension plan, and they checked the impact on their income taxes with the Canada Revenue Agency (CRA). They made arrangements with their bank, changes to their wills, and changes to their advanced directives.

Second, they moved into their recreational vehicle (RV), travelled across the continent, going south for the winter months, and returning to Canada in the spring. (To maintain your citizenship, health care, and other services, it is necessary to reside in Canada for six months plus a day each year.) They opted for the “van life” while they were still in good health.

At that time, van life was growing in popularity. It can be a way to help maintain financial and personal self-sufficiency. It brings with it an opportunity to discover the country, but at the expense of a sense of belonging and some peace of mind. This couple made the transition at a time when they were physically and mentally able, and could deal with the stress of such a significant change, but this approach isn't for everyone.

Their RV was comfortable, and while they did have to adjust to their new life, they found it quite an adventure. When they missed their family and friends, they could afford to park their RV at an airport, and fly to see them.

As years went by, they continued adjusting to their situation as needed. What they didn't realize right away, was that their old neighbourhood was also

changing. As time passed, fewer families were able to afford living there, and the homes were quickly bought up by others. Many homes were demolished and replaced with condominiums. The area where they raised their children was no longer the laid-back community that it once was. Their home became surrounded by a much different urban landscape.

While their approach worked for them financially at the time, over the years, they did have to deal with the new challenge of managing a long list of rental management details. Managing a home demands time and energy at the best of times. Distance complicated the task, even though their tenants were very reliable. Living in an RV, and being on the road, also had its own set of costs and responsibilities. After a few years, they accepted the fact that they needed to slow down physically.

They downsized their recreation vehicle to a camper van, so they could keep on exploring. They also bought a small property outside the country where it was inexpensive to live, and spent their winters there.

They purchased the extra health insurance needed as a precaution.

*Their RV was comfortable and while they had to adjust their new life, they found it quite an adventure.*

At that time, they found out that the housing market where their home was, was going through another real estate boom, and since their long-time tenants were also moving, they put their home up for sale. They admitted that deciding to sell their home was difficult for them emotionally, especially because their own children could not afford to buy the place, even at the preferred price they had proposed.

The moment their house was put on the market, it sold. The sale of the house brought great relief, and the freedom to deal with their declining health. They realized that it was time to return to Canada permanently from living abroad and time to look for a transition care facility. There were long wait lists, but they had time to find a place as they were still able to manage physically. They stayed with one of their children until a unit became available.

Although they did have good financial means, they did still have concerns. The cost of living had risen well beyond their estimates. That included the cost of the one-bedroom apartment unit in the seniors' transition care facility that they had found. Those costs had more than doubled from their original calculations. As well as the cost of food and other living expenses, the uninsured portion of their prescriptions was very expensive, and other personal care needs had not been factored in.

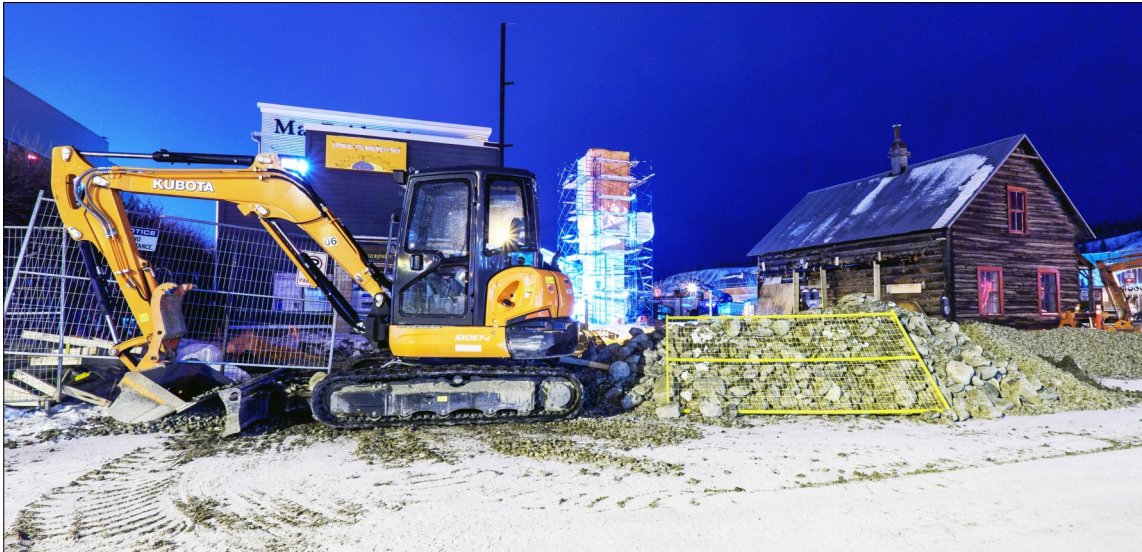


Photo by C. Wheeler

Despite the difficulties, they did succeed in weathering the financial storms throughout the years largely by carefully reviewing their status and the alternatives available to them at each stage of their retirement.

They could have chosen other options – for example, deferring their property taxes in order to have more income. This involves making arrangements to postpone paying property taxes until the house is sold. This measure is available in the Yukon. While this is an option, looking back, they believed that, even doing that, they still would not have been able to remain in their home for as long as they would have wanted to. They reasoned that as property taxes go up, they can become increasingly difficult to afford. They also wanted to remain financially stable and debt-free. For some, however, property tax deferment is a viable solution.

Another possible solution was to rent out part of their house. However, in their case, they reasoned that substantial redesign and renovation would have ruined the integrity and appeal of the original house. The house was very attractive and very solidly constructed and so did not lend itself to that type of renovation.

Other options that they considered included outsourcing management of their house rental, obtaining a reverse mortgage, re-mortgaging their home, joining a seniors' co-op, moving to a smaller house, purchasing a small condominium, town house, or home in a small community, renting an apartment, or living with their children. These other options were taken into consideration, but each had disadvantages that were deal breakers for them. There were other

options, too, like living in a hotel, or on a cruise ship, as some seniors do, but they gave these latter options only cursory attention.

They, of course, factored in their Canada Pension Plan (CPP) and Old Age Security (OAS) payments which provide basic income. Although not applicable to them, some seniors may also be eligible for the Guaranteed Income Supplement (GIS), and other support, depending on their annual income.

*There are numerous possibilities to consider for accommodations.*

While there are numerous possibilities to consider for accommodation needs after retirement, some alternatives may work better than others, particularly in a time of rising house prices. Our example couple was able to find solutions that worked, although the solutions were not obvious even to them in the beginning. Planning and evaluating their changing circumstances allowed them to find solutions that they were happy with. In the end, each individual's planning and choices will need to suit their unique circumstances and comfort level.

**Editor's Note:** *Would you like more articles like this one? We welcome your feedback – please let us know your thoughts on this topic, or on any other strategies that you have found for living well in your retirement years.*

*We also have a version of this article with footnotes that you can use to find more information. If that is of interest to you, please don't hesitate to contact Linnea in our office at 668-3383 or at 4061B – 4<sup>th</sup> Avenue (Golden Age Complex) in Whitehorse.*

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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:
Chris Wheeler, Co-ordinator at
(867) 667- HELP (4357)

Christmas Long Ago

Frosty days and ice-still nights,
 Fir trees trimmed with tiny lights,
 Sound of sleigh bells in the snow,
 That was Christmas long ago.
 Tykes on sleds and shouts of glee,
 Icy-window filigree,
 Sugarplums and candle glow,
 Part of Christmas long ago.
 Footsteps stealthy on the stair,
 Sweet-voiced carols in the air,
 Stocking hanging in a row,
 Tell of Christmas long ago.
 Starry nights so still and blue,
 Good friends calling out to you,
 Life, in fact, will always slow...
 For dreams of Christmas long ago.

-Dona M. Maroney (originally published
 in CountryLiving)

Have you lost
 your taste?

No, this is just
 how I dress.



“As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others.”

- Audrey Hepburn

Charting the COVID Course

The Government of Yukon has released Charting the Course: Living With and Managing COVID-19, which includes next steps that will guide the Yukon's ongoing response to the pandemic.

As the territory and the rest of the world continue to shift from an acute-stage response to learning to live with COVID-19, Charting the Course outlines a sustainable approach to managing COVID-19 while protecting vulnerable populations and supporting Yukoners' wellbeing. The updated approach reflects the latest developments in the COVID-19 pandemic, including new variants that lead to less severe outcomes, the availability of safe and effective vaccines, high vaccination rates, and the availability of treatments that lessen the severity of COVID-19.

Effective November 10, the Yukon government has changed self-isolation guidance to align with other illnesses. Yukoners who have symptoms or test positive for COVID-19 should continue to stay home while symptomatic. However, the requirement to isolate for a specified number of days has been removed. As a result of this change, self-isolation facilities will close on December 16, 2022.

The COVID-19 Testing and Assessment Centre closed as of November 18, 2022. Testing is no longer routinely recommended for Yukoners with COVID-19 symptoms unless indicated by a health care provider in a clinical assessment. Confirmatory lab-based PCR testing remains available for those who need it for diagnostic or therapeutic purposes such as for access to Paxlovid (used to treat mild to moderate cases). Yukoners are encouraged to work with their health care provider, local health care centre, or emergency department to discuss the need for testing and treatment. Yukoners can also call the Yukon HealthLine at 811 to access 24-hour health advice from registered nurses or use the self-assessment tool

online to see if an assessment from a health care provider is required. At-home rapid tests continue to be available. Yukoners can pick up at-home testing kits from participating locations across the territory.

Regardless of taking a test or not, people are strongly encouraged to stay home if they are feeling sick. The Paid Sick Leave Rebate program continues to help Yukoners prioritize their health and reduce the spread of COVID-19. The Paid Sick Leave Rebate for employers and people who are self-employed provides up to 10 days' wages for workers who are sick with COVID-19.

Some settings may continue requiring public health measures and isolation periods to protect vulnerable Yukoners. This includes long-term care homes, health centres, and Yukon hospitals. Yukoners are asked to respect public health measures in these locations as well as those in rural communities, businesses, organizations and other public settings.

Vaccination remains the best way for Yukoners to protect themselves, their loved ones, and communities from severe outcomes related to COVID-19. Vaccines and booster shots remain available and the government will continue to integrate the latest COVID-19 vaccinations programs throughout the territory.

As part of the government's shift towards a more sustainable public health response, the online COVID-19 dashboard will be decommissioned. Historical data will remain available through the open data portal. Recognizing the success of the dashboard model, work is underway to develop a new public health information dashboard that will be available on Yukon.ca starting mid-December.

More information is available at www.yukon.ca.

(From Yukon Government Media Release)



LAST TRAIL



Shelagh Stromberg (Nee Bell)	July 21, 2022	Whitehorse, YT
Richard Miles Stephens	August 19, 2022	Atlin, BC
Michael Callaghan	August 19, 2022	Whitehorse, YT
Michael Schlittenbauer	August 24, 2022	Mayo, YT
Roberta Margaret Marsh	August 26, 2022	Whitehorse, YT
Grant Metcalfe Dowdell	August 29, 2022	Dawson City, YT
Sylvie Salomon	August 30, 2022	Whitehorse, YT
William Jack Aldridge II	August 31, 2022	Whitehorse, YT
Christopher Bruce Sorg	September 1, 2022	Whitehorse, YT
Norman Alexander Ross	September 3, 2022	Whitehorse, YT
Doc Harold James Forbes	September 4, 2022	Whse & Faro, YT
Gordon Phillip Simpson	September 7, 2022	Whitehorse, YT
Frank Leroy Mooney	September 8, 2022	Whitehorse, YT
Murray James Martin	September 10, 2022	Whitehorse, YT
Minnie O'Connor	September 10, 2022	Whitehorse, YT
Charles Edward (Chuck) Ford	September 11, 2022	Alberta
Cameron William MacPherson	September 12, 2022	Whitehorse, YT
Denise Marie Levesque	September 15, 2022	Whitehorse, YT
Patricia (Pat) Murphy	September 15, 2022	Watson Lake, YT
Dorothy Elizabeth Lamoureux	September 21, 2022	Sicamous, BC
Alan Leo Macklon	September 22, 2022	Whitehorse, YT
Wayne Robert Sale	September 23, 2022	Carcross Corner, YT
Linda Mary Martin	September 25, 2022	Whitehorse, YT
David Lee Kalles	September 25, 2022	Watson Lake, YT
Linda Merlene Augustine	September 25, 2022	Carcross, YT
Keitha Aileen "Enid" Tait	September 29, 2022	Haines Jct., YT
Elsie Florence Wilke	October 2, 2022	Whitehorse, YT
Mary Ann Caroline MacDonald	October 4, 2022	Abbotsford, BC
Nora Patsy Jim	October 4, 2022	
Laurelle Marie Widrig (nee Jamieson)	October 5, 2022	Lunenburg, NS
Maggie Anderson (Moses)	October 2022	Whitehorse, YT
Konrad Leopold Weber	October 5, 2022	Whitehorse, YT
Joseph "Joe" Fergusson English	October 6, 2022	Whitehorse, YT
Mark Preston	October 8, 2022	Whitehorse, YT
Ron Hilton	October 19, 2022	Whitehorse, YT
Lee Nunn	October 24, 2022	Whitehorse, YT
William Clarence Sinclair	October 26, 2022	Whitehorse, YT
David Michael Dixon	November 4, 2022	Whitehorse, YT
Margaret Hougen	November 8, 2022	Whitehorse, YT
Barry (Bud) Alan McCue	November 8, 2022	Whitehorse, YT



Edith MacAdam	November 2	Rita Jux	January 9
Michele Clark	November 3	Penny Rawlings	January 10
Chris McKay	November 4	Linnea Castagner	January 13
Wendie Howe	November 5	Axel Baumbach	January 17
Deborah McNevin	November 5	Jim Bailey	January 18
Katie Shewfelt	November 5	Rita Kendall	January 18
Helen Holway	November 6	Elaine Kimball	January 20
Sharie Levesque	November 6	Sandie Diemert	January 21
Audrey McLaughlin	November 7	Dan Dodd	January 21
Don Connelly	November 10	Ernest Fechner	January 23
Don Cheeseman	November 11	Carole MacCannell	January 23
Tony Hanulik	November 11	Grant Satch Atchison	January 24
Dietmar Scholz	November 11	Gisela Sartoni	January 25
Maryanne Ratz	November 12	Wayne Balcaen	January 30
Barbara Jewell	November 13	Elizabeth "Elske" de Visch Eybergen	January 30
Judy Ratcliffe	November 13		
Janna "Marion" Taylor	November 13		
Janet Smellie	November 14		
Johnny Johns	November 17		
James Sherburne	November 20		
Louise Clethero	November 25		
Berthe Larouche	November 27		
Fran Curran	November 28		
Leigh Storey	November 28		
Sherry Fleming	November 30		
Christopher Wheeler	December 1		
Peggy Godson	December 2		
Alice Wilberforce	December 2		
Patricia Kohler	December 3		
John "Jack" Speed	December 3		
Nancy Kidd	December 6		
Norman Randall	December 6		
Debbie Throssell	December 6		
Rob Millar	December 7		
Jackie MacLaren	December 8		
Diane Paquette-Eyolfson	December 10		
John "Red" Hull	December 11		
Ev Pasichnyk	December 13		
Peggy Fisher	December 14		
Mary Seely	December 17		
Leslie Sofko	December 17		
Mig (Miriam) Miles	December 18		
Nancy Sharp	December 18		
Larry Bagnell	December 19		
Aileen McCorkell	December 20		
Sheila Laing	December 21		
Carol Ann Gingras	December 22		
Joan Wilson	December 24		
Joan Steele	December 26		
Elena Ross	December 28		
Ellen Boyle	December 29		
Karin Jasma	December 29		
Karen Randall	January 1		
Angie Dornian	January 5		
Christiane Groove	January 6		
Tony Young	January 6		
James Buckley	January 7		
Penny Sippel	January 7		



The greatest asset of every organization is its members and this is especially true for Yukon Council on Aging. If you have time, and/or a special interest you would like to share in order to contribute to the achievement of the objectives of the YCOA, please let the office or any board member know.

Thank-you!





Membership Application

Name: _____

Renewal

New Application

Mailing Address:

Street or P.O Box: _____ Apartment: _____

City or Town: _____

Territory or Province: _____

Postal Code: _____

Telephone (Home): _____ Telephone (Mobile): _____

Email Address: _____

Date of Birth: _____

Year / Month / Day

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

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**
4061 B 4th Avenue
Whitehorse, Yukon Y1A1H1

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

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More information:
<https://yukon.ca/monkeypox>

What do you do if you're experiencing monkeypox symptoms?

Immediately contact your health care provider, health care centre or the emergency room to get assessed.

YCOA membership as a gift?
 What a great idea!

Information Please...

A Guide to programs and services for Yukon Seniors & Elders

YUKON COUNCIL ON AGING
 4061B 4th Avenue, Whitehorse, Yukon
 Ph: 867-668-3383
 Toll free: 1-866-582-9707

The *Information Please - A Guide to Programs and Services for Yukon Seniors & Elders* is currently under review. If you know of programs or services and/or revisions that could be included in the updated version, please let YCOA know! In the meantime, the booklet is always available from our office and online at www.ycoayukon.com under the Publications tab.



*Merry Christmas
and Happy New
Year!*

Photo by C. Wheeler

Yukon Council on Aging
4061 B - 4th Avenue
Whitehorse, Yukon Y1A 1H1

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