



"Keeping Us Informed"

2000 SPRING ISSUE

INTRODUCTORY MESSAGE

By Don Hunter, 1st Vice President

The members of your new Executive and Board of Directors would like to extend a greeting to the members of the Yellowknife Seniors Society with a pledge to work diligently on your behalf and ensure a range of activities and programs to meet the needs of Seniors.

Those elected to the Executive are:

President	Jan Stirling
1 st Vice President	Don Hunter
2 nd Vice President	George Gibson
Secretary	Wayne Sampson
Treasurer	George Bruce
Past President	Gladys Eggenberger

Directors June Van-Dine Arden, David Wind, Maureen Pirker,
Barb Bromley, Bev Louttit.

Our Executive Director Martha MacLellan and her part-time assistant Sandi Ferraz have worked hard during the past three months as the range of programs and quality of activities speak their own testimony. Martha has earned her holidays and will be away for visiting, rest and relaxation from May 19 to June 11, 2000.

Our President, Jan Stirling, along with Director, Barb Bromely, will also be away May 22 to June 20 on a holiday trip to Europe during which time they hope to attend the world famous Passion Play at Oberammergau, in Germany.

In May, the Yellowknife Seniors Society hired a summer student, Melissa Fletcher who is a third year student taking Anthropology and Sociology at the University in Lethbridge. She will also be working part time for the NWT Seniors. We are most fortunate to have her services as she has quite ably filled the rather large shoes of both the Executive Director and president while both are away on holidays.

The programs and activities of the Seniors Society are very dependent on the services of its many dedicated volunteers that we hope to honor with a Volunteer Appreciation Barbeque on June 11/00.

By the time this newsletter is circulated, you will be aware that June 18 – 24 is Seniors Week and received a brochure of the week's interesting and informative programs. We wish all members to participate in and enjoy current activities as well as those in the remainder of the millennium year.

SENIOR CITIZENS WEEK – MONDAY, JUNE 18 TO 24

Monday, June 19 Art Display

The Baker Center Art Club will be setting up a display of their recent work for general viewing during the week.

Tuesday, June 20 – 2PM: Tour of Aven Manor and Aven Court

Meet at the Baker Centre and be given a guided tour of Aven Manor by Darrell Bower, Executive Director.

Wednesday, June 21 – 1-3PM Fire Extinguisher Training

Yellowknife Fire Department will be demonstrating the proper use of fire extinguishers and you will be given the opportunity to practice your skills. Coffee and Donuts following! **Be honest now, if you already have a fire extinguisher, are you absolutely sure you know how it works? If you don't, this is a perfect time to find out which type of fire extinguisher best suits your needs and see how it works.

Thursday, June 22 – Noon to 5PM Seniors Health & Well-being Fair

Business, organizations and Government departments that provide services to seniors will be setting up displays and information booths. Now would be a perfect time to pick up a variety of brochures that target areas of your specific concerns and to meet and talk to people who can provide you with advice.

Volunteers from the Yellowknife Fire Department will be serving **free hotdogs and hamburgers all day. Remember, this is instead of Lunch for the Bunch on Friday.

Saturday, June 24 – 10 to Noon SENIORS WALK

Enjoy the company of your friends and family members as you take part in the seniors walk. It is approximately 2 kilometers long, and we couldn't ask for a better time of year. If you don't get out much, this is a good time to challenge your self.

The Walk starts at the Baker Center and all participants are invited back for hotdogs, juice and coffee. Many draws will be made for a variety of prizes, so be sure to be there!

IS FLOWER PLANTING AN EVENT?

Except for a slight skiff of snow yesterday, it appears that summer is finally coming. Although Barb is on Holidays this month, she asked me to mention that we will soon be getting assorted bedding plants from the City so that we can plant them at the entrance of Lakeview Cemetery. If you have some time to spare and want to help with this Project, please contact Ester Braden at 873-4735.

COMPANY IS COMING!!!

Elderhost has chartered two tours to Yellowknife later this summer. Guests will be come for the "Yellowknife Experience" on the Saturday, Sunday and Monday of August 5 – 7th and August 19 – 21st.

We encourage anyone interested in sharing your experience and knowledge of our community to volunteer to partake in a Walking Tour that is being planned. We also welcome any ideas or suggestions that you may have that will make their trip a memorable experience.



We are currently looking into the possibility of putting the above image on T-Shirts using the Scanner in the Computer Room if they are not too costly to produce

YOUR HEARING

Written by Ester Braden

Okay, so admit it! You've noticed your hearing loss is getting worse, but you don't think it's bad enough to have your ears checked. You're turning up the TV and radio volume, and driving your family and friends near crazy. In conversation you grope along guessing at that's said or smiling and looking stupid. Or "I'm sorry, would you mind saying that again?" (Of course it's already been said twice.) appearing stupid is the bad part. So often not hearing is to not understand and that means being excluded from the world that everybody lives in.

Because we are human, denial is the most used response to hearing loss. Many people are embarrassed at the thought of wearing a hearing aid that to them suggests "an old foggy" and losing your marbles. It's true that hearing aids carry a much greater stigma than eyeglasses. Few people notice if a person is wearing eyeglasses even though they are more obvious than hearing aids. In fact, being hard of hearing is more noticeable and open to ridicule when not wearing a hearing aid and not responding to questions or conversation.

Hearing loss is believed to be the fastest growing disability in Canada, mostly because of increasing loud noise in our environment and because more of us are getting older. Technology is advancing; better hearing aids and assistive devices are coming on the market. Hard of hearing people must take every opportunity to learn about aids that can make a difference in their lives.

Hearing loss is the invisible disability and, therefore, not always recognized as how serious it can be. People may have mild to great hearing loss and communicate by speech helped by hearing aids, lip reading, facial expression and gestures while using their brain to interpret what they see and hear but not always clearly.

Hearing aids are no guarantee for normal hearing. Background noise is amplified thereby distorting speech and often only 25% of the sound of speech is recognized. Hearing impaired people must concentrate closely in order to understand what is said and this is tiring. Life is not always easy for hard of hearing people but with more and more understanding of the disability both by the hard of hearing themselves and the public, a satisfactory social life, education and employment opportunities are more prevalent. However, difficulty in communication still leads to feeling isolated. This is especially true of young people and the elderly who need special attention.

The YK Branch Hard of Hearing is a support group and available to help. We meet the fourth Monday of the month in the Baker Centre. We are a small group of men and women, retired seniors, business people, engineers, teachers, all with one thing in common, hearing loss. We have lots of fun while offering support to one another and sharing and coping with problems.

For many years, the Elks Lodge and Royal Purple have supported projects in Canada and Yellowknife. They have donated funding for specialized equipment to Stanton Hospital and the Audiology Department to assist in hearing impairment treatment.

The YK Branch Hard of Hearing undertakes various hearing awareness projects. We want to educate the public to understand and respond effectively to concerns associated with hearing loss and hearing loss prevention. At the 1999 CHHA Annual Conference, Canada's former Governor General, the Rt. Honourable Romeo LeBlanc spoke as one of the millions of Canadians who are hard of hearing. He expressed how difficult and how frustrating not hearing well can be. His wife often looks puzzled when his reply isn't even close to what has been asked. Most of us know the feeling.

NWT Seniors' Extended Benefit covers one hearing aid every five years at a maximum cost of \$500. We thank our caring government for this and other seniors' Extended Benefits. **For more information, contact the CHHA – YK Branch at 873-4735.**

NWT SENIORS SOCIETY REPORT, March 2/3, 2000 Written by Don Hunter

As the representative of the Yellowknife Seniors Society, I attended the NWT Seniors Society meeting of the Board of Director on March 2 & 3, 2000 that took place at the Baker Center. Those in attendance were:

President, Bea Campbell, Ft. Smith
2nd Vice, Lloyd Brunes, Hay River
Henry Yelle, Fort Resolution
Treasurer, Bob Spence

1st Vice, Laura Lennie, Norman Wells
Bill Lafferty, Ft. Simpson
Past President, Ester Braden
Secretary, Dusty Miller

Barbara Hood, Executive Director of the NWT Seniors Society, arranged the meeting and agenda.

One of the highlights of the meeting was a visit from the Honorable Vincent Steen, Minister responsible for Seniors, along with Cathy Praamsma, Assistant Deputy Minister, Department of Health and Social Services and Terry Testart, Executive Assistant to the Minister.

The Minister spoke about the International Year of the Older Persons and the 132% increase in the senior's population in the NWT by 2018. He also talked about the need for homecare, long-term care and support. There is also a need for strong social supports for seniors, families and communities. He will be consulting with the Advisory Council on issues relating to Seniors. The Minister said Seniors are to be given a priority by the current Government. He wants to work together and will take our concerns forward to the other members of cabinet. He said the Premier wanted to give Seniors an opportunity for better access to address our issues.

There was a discussion about the irregularities that exist between homeowners and those living in public housing. The MLAs will be sitting down as a group to try and decide the priorities. There was a question about increasing the ceiling on the fuel subsidy. The Minister indicated there are ongoing discussions about doing assessments according to need with further deliberation on the question.

The Minister indicated his office and Cathy Praamsma's would like to receive the minutes from our meetings. If there are items of special interest to them they will contact us for further information or to set up a meeting to discuss them.

The Board approved the hiring of a summer student for up to twelve weeks in a partnership with the Yellowknife Seniors Society.

Information was presented to the Board on a book "Let Me Decide" – Power of Attorney. It was felt important that everyone have a copy of this book and become familiar with personal care directives and Living Wills, etc.

One of the topics that generated a great deal of interest and discussion is that of Elder Abuse. In the past, a great deal of lip service has been given to this topic area. It is suggested that we become more active and explore the possibility of forming a standing committee on Elder Abuse. There would appear to be good reason for committees to be formed within Seniors Organizations and be able to respond to abuse issues in a similar manner to the operation of an Adult and Young Offender Justice Committee dealing with diversion and alternative measures on referrals received from the Courts and other sources. Protocols with various agencies such as the RCMP and Social Services could be examined and terms of reference defined on issues of elder abuse where direct service might be provided by Seniors' Committees. Copies of the minutes are available for reading through Martha, our Executive Director. The next Board meeting of the NWT Seniors Society is June 22/23, 2000.

COMPUTER CLUB

written by David Wind

During the summer of 1999 the Yellowknife Seniors Society acquired computer equipment for use by seniors. With help from the Yellowknife Elks, the Society was able to purchase four computers, a color printer and a flat bed scanner. This equipment was installed in a room in the Baker Community Centre that soon became known as the "computer room". The four computers have since been connected together into a small local area network which supports shared access to Internet and shared access to the color printer. NorthwesTel has donated Internet access and related services.

The computers employ the Microsoft Windows 98 operating system. They all have Microsoft Office 97 installed that gives the computers a number of basic applications including word processing, spreadsheets and slide show presentations.

During the summer, George Gibson, Gordon Walz, Wayne Sampson and others conducted a series of introductory courses to acquaint seniors with an introduction to electronic mail. Quite a number of seniors attended this course as well.

After the training sessions, only a few seniors continued to make use of the equipment in the computer centre. To stimulate interest we have organized a Yellowknife Seniors Computer Club and up to ten seniors have attended our monthly meetings. Members of the club, namely Bob Carr, George Gibson, Wayne Sampson and myself, have volunteered to be available in the computer centre to assist people in making use of the computers.

Computers and the Internet are also being widely used to access financial information, particularly as it relates to investments. We have recently formed the YK Seniors Investment Club and we hope that the members of the club will be able to make use of the computer centre to do their research. This club holds its regular meetings on the third Thursday of every month. If you are interested in using the equipment in the computer centre but have been a little hesitant up to now, why not contact George Gibson, Bob Carr, Wayne Sampson or David Wind? We would be happy to help you make the most of this wonderful facility.

BAKER CENTRE ART CLUB

written by Maureen Pirker

The Baker Center Art Club is entering into its 3rd successful year because of its enthusiastic members and Albert Eggenburger's organizing and planning of many of the lessons. The prime focus of this club is to inspire, encourage and support each other as we create artwork in all mediums. In the process, we learn as much about ourselves as we learn about art. The biggest hurdle is trying to make the picture we put on paper look like the one we see in our head. Each member of the group shares his/her ideas with the group and receives help to improve their work in a very relaxed and friendly setting.

Each week, members put a \$2 dollars in the kitty and this money goes toward the purchase of supplies for special projects for Christmas etc. We have brushes, paints and paper for those who would like to join our Art Group but don't want to go to the expense of buying a lot of materials until they are sure that it's something they will enjoy.

Classes are held at the Baker Centre every Tuesday between 2 and 4. If you would like more information, please call Maureen Pirker at 873-2613 or, stop in and have a tea with us.

LUNCH FOR THE BUNCH

One again, Lunch for the Bunch has had another successful year because of the dedicated volunteer support that ensures its continuance. Our season comes to a close on Friday, June 30 this year. Take special note that during NWT Seniors Week our lunch will be held on Thursday, June 22 and will be hosted by the Yellowknife Fire Department.

This year, the Lunch for the Bunch team has hired Peggy Mercredi to prepare the Friday lunch. However, several volunteers work hand in hand with her to make it a success.

The week's activities for the luncheon involves:

- Wednesday and Thursday: Peggy Mercredi, Sandy Louttit and "Moose" Balsillie plan the menu and shop for groceries.
- Friday: Peggy prepares the lunch with the help of volunteers who also help to serve.
Penny Kocik with the help of other volunteers share in the clean-up.
Drivers pick up and bring elders to the centre.

If you have enjoyed the benefits of this program and feel that you would like to do your part, please call Martha at 873-9475.

BAKER CENTER BRIDGE CLUB

Our Bridge Club began with 7 players: Diane Tonner, Sarah Archer, Wendy Colpitts, Donna Portz, Carolyn England, Stephanie McCluskey and myself, June Van Dine Arden. Then along came a gentleman named George Bruce and we were able to have 2 full tables of Bridge instead of staggering (taking turns).

Since then, we have a total of 45 names of people who are interested in playing Bridge and most often have 5 tables of bridge going on Tuesday evening, beginning at 7:30. Members regularly help with setting up the tables and making sure that the cards and score sheets are looked after which has helped to make the Club a success. If everyone got together at the same time we would have as many as 14 tables of card players. With a little notice, we also include visiting relatives should they be interested in an evening of Bridge. For more information about the Baker Center Bridge Club, please call June Van Dine Arden at 920-4915.



REFLECTIONS ON D'ARCY'S 80th BIRTHDAY

by June Van Dine Arden

I HAVE GOOD NEWS FOR YOU. The first eighty years are the hardest; the second eighty are nothing but a succession of birthday parties.

Once you reach eighty, everyone wants to carry your baggage and help you up steps. Should you forget your name, or anyone promise to be in three places at the same time, or you can't remember how many grandchildren you have, you need only explain that you are eighty!

Being eighty is much better than being seventy. At seventy, people are mad at you for everything. At eighty, you have a perfect excuse, no matter what you do. If you act foolishly, people say it must be your second childhood. Everyone is looking for signs of softening of the brain.

Being seventy is no fun at all. At seventy, you are expected to retire to Florida, complain about your arthritis, and tell people to stop mumbling. (Actually your hearing is 50% gone!)

If you survive until you are eighty, everyone is surprised that you are alive. They treat you with respect just for having lived so long and still be able to walk and talk!

So please try to make it to eighty. It is the best time of life; people will forgive you anything. If you ask me, life begins at eighty.

I SWEAR TO GOD, IT'S TRUE!

Written by Maureen Pirker

Three years ago in the summer, my Son and his girlfriend came up to visit for a week. We had a wonderful time together and, as a parting gift, they gave me a planter of flowers. These flowers were accompanied by a card showing a Cartoon Raven and the caption read, "Thanks for the Visit!"

Well in the fall, the flowers were dead and the card had seen its day so I decided to turf the card into the garbage along with an old hamburger stew that was growing a little bit of wildlife in my fridge.

In the rush to keep an appointment downtown, I hauled the "slightly stinking" bag out onto the deck so that Ray could take it to the dump.

On returning home, I was greeted by a flock of Ravens sitting on my neighbor's roof. Fearing the worst, I quickly ran up the steps to survey the damage. Every piece of garbage that was in the bag and been strewn all over the deck. I looked over at railing at the top of the steps where they had carefully placed my Gift. It was a card, covered in old hamburger and coffee grounds with a Cartoon Raven saying, "Thanks for the Visit!!"

DISCLAIMER!!! _____ As I was reading through a variety of jokes that have been collecting since our last newsletter, I somehow felt a need to sensor them. However, after running a few of them by the members and being assured that they aren't totally X-rated, I have decided to put them in this newsletter and remain _____ Anonymous.

ALL FOR NOT! I

In an ancient monastery, a new monk arrived to dedicate his life and to join the others copying ancient records. The first thing he noticed was that they were copying by hand, books that had already been copied by hand. He had to speak up

"Forgive me Father Justinian, but copying other copies by hand allows many chances for error. How do we know we aren't copying someone else's mistakes? Are they ever checked against the originals?"

Father Justinian was startled! No one had ever suggested that before. "Well, that is a good point, my son. I will take one of these latest books down to the vault and study it against its original document."

He went deep into the vault where no one else was allowed to enter and started to study. The day passed and it was getting late in the evening. The monks were getting worried about Father Justinian.

Finally one monk started making his way through the old vault, and as he began to think he might get lost, he heard sobbing.

"Father Justinian?" he called.

The sobbing was louder as he came near. He finally found the old priest sitting at a table with both the new copy and the original ancient book in front of him. It was obvious that Father Justinian had been crying for a long time.

"Oh, my Lord," sobbed Father Justinian, "the word is 'celebrate'!!!"

THE SENILITY PRAYER

God grant me the Senility to forget the people I never liked anyway,

The good fortune to run into the ones that I do,

And the eyesight to tell the difference.

WHAT DID U SAY?

A 92-year-old man went to the Doctor to get a physical. A few days later, the Doctor saw the man walking down the street with a gorgeous young lady on his arm.

At his follow-up visit, the Doctor talked to the man and said, "You're really doing great, aren't you?"

The man replied, "Just doing what you said Doctor, 'Get a hot mamma and be cheerful'."

The Doctor replied, "I didn't say that, I said you got a Heart Murmur. Be Careful!"

VISITING COUSINS

One summer, the little Saskatchewan Woodpecker went to visit his cousin in BC.

After a while, the little Saskatchewan Woodpecker started to get really hungry.

"You know," he said to his cousin, "In Saskatchewan there's bugs and stuff all over the place to eat. What do you do here?"

"Well," said the little BC Woodpecker, "Here, we have to drill our beaks into the trees in order to get the larvae out. I'll show you how it's done."

He stood back about a foot from the tree and quickly flew forward, drilled his beak into the bark and pulled out the larva.

The little BC Woodpecker, realizing that he didn't have the skill that his cousin had, stood back a hundred feet from the tree and to one mighty flying leap.

He was cruising toward the tree at about a hundred miles an hour when, as luck would have it, lightning struck the tree and broke it in half.

The poor little Saskatchewan Woodpecker went in for an immediate crash landing on the ground.

He slowly picked himself up off the ground, ruffled his tail feathers and limped over to his cousin.

"You know?" he said, "It's Surprising how hard a guys pecker gets when he's away from home."

A husband was once heard to say: "To fail to hear 20% of the instructions your wife gives you is to live longer and happier!!"

PUTTING THE WRONG FOOT FORWARD

This married couple was on a holiday in Pakistan. They were touring around the marketplace looking at the goods and such, when they passed this small sandal shop. From inside they heard a gentleman with a Pakistani accent say, "You, foreigners! Come in. Come into my humble shop." So they came in.

The Pakistani man said to them, " have some special sandals I think you'd be interested in. They make you wild at sex like a great desert camel."

Well, the wife was really interested in buying the sandals after what the man had claimed, but her husband felt he really didn't need them, being the Sex God that he was.

The husband asked the man, "How could sandals make you into a sex Freak?" The Pakistani man replied, "Just try them on."

Well, the husband, after much badgering from his wife, finally conceded to try them on. As soon as he slipped them onto his feet, he got this wild look in his eyes; something his wife hadn't seen in many years – Raw Sexual Power. In a blink of an eye, the husband rushed the Pakistani man, threw him on a table and started tearing the guy's pants off.

The Pakistani man screamed, "YOU HAVE THEM ON THE WRONG FEET!"