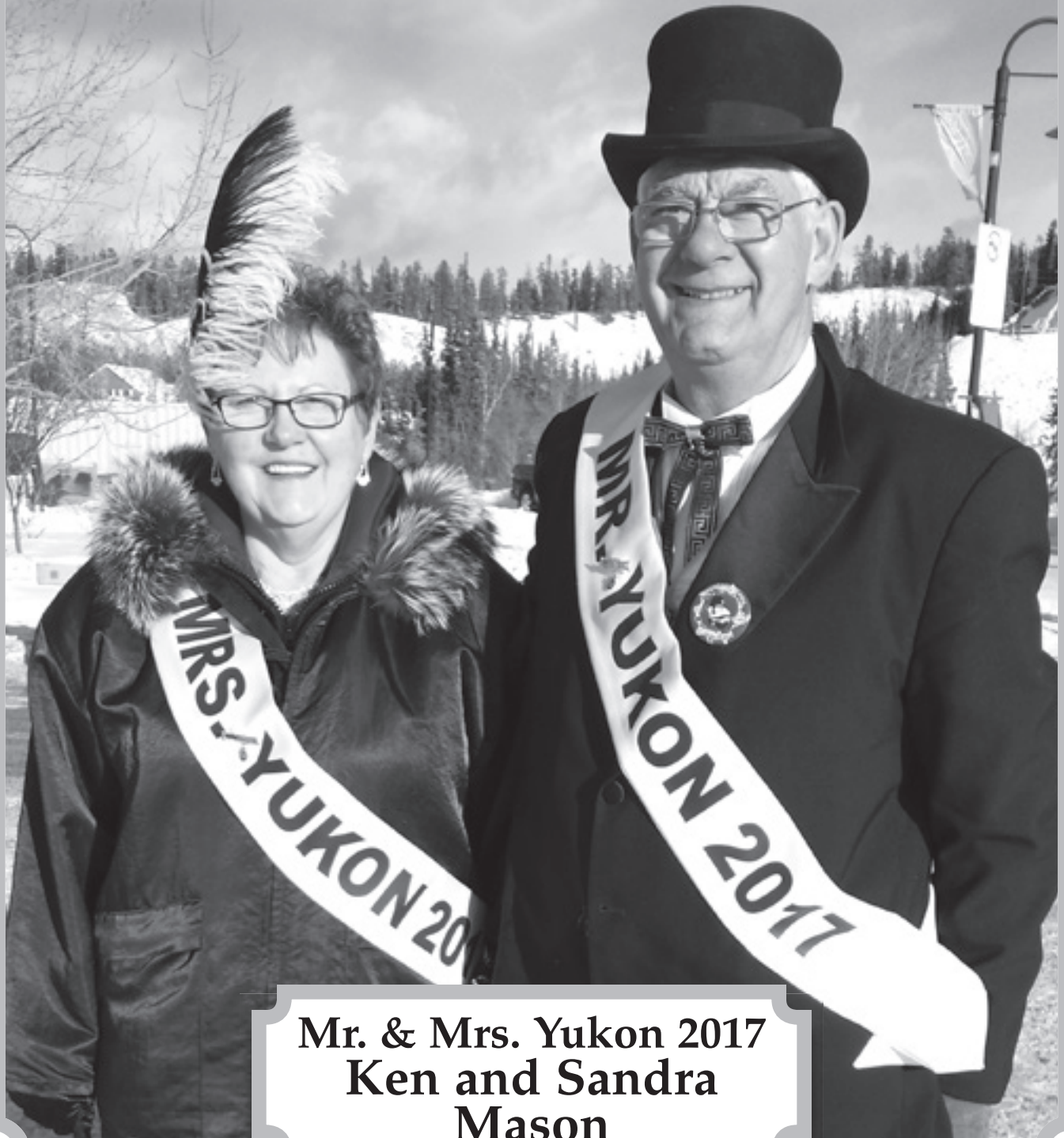


Sourdough Chronicle



YUKON SENIORS' NEWSLETTER VOLUME 40, NUMBER 1, MARCH 2017



**Mr. & Mrs. Yukon 2017
Ken and Sandra
Mason**

Photo credit: Sue Meikle

YUKON COUNCIL ON AGING

Officers:

President: Connie Dublenko
 Vice-President: Jan Trim
 Treasurer: Dwayne Wheeler
 Recording Secretary: Sue Meikle

Directors:

Kathy DeCecco, Graham Jackson,
 Linda Profeit and Frank Bachmier
 A Newsletter for Seniors and Elders

The Sourdough Chronicle

published quarterly in June,
 September, December and March.

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Board of Directors YCOA

Guest writers

Marny Ryder, Bonnie Guy,
 Palma Berger, Hospice Yukon,
 Nancy Kidd, Don Cheeseman,
 Irene Brekke.

Contributions and/or
 suggestions are welcome and
 should be in to the
 Editor or the Senior Centre
 by the
 10th of May, August,
 November and February.

www.yukon-seniors-and-elders.org/

PRESIDENTS REPORT

As President of Yukon Council on Aging, this will be my last report. It was noted in the last newsletter that I am retiring at the next YCOA Annual General Meeting on April 21, 2017. My husband, Lawrence and I will be moving back to our homestead in Alberta.

It has been a privilege to be able to contribute to this organization.

It began in 1977 with a conference on aging, well attended by seniors throughout the Yukon. In October, 1978 a committee was formed identifying issues that had been put forward on how they could assist Yukon seniors/elders. April 7, 1979, the membership ratified the Constitution and By-laws and then was filed with Consumer and Corporate Affairs giving the council status under the Yukon Societies Act. The overall objective of the council was, and continues to be, to promote a better quality of life for all Yukon seniors/elders.

Over the years, YCOA has seen many accomplishments, including advocating for the Pioneer Utility Grant, and Medical Benefits to name a few.

In 1983 the doors of the Seniors Information Centre opened and since then has helped thousands of Yukoners, and in 2003 the Home and Yard Maintenance Program began. Both our staff, Elaine Kimball and Vince Gatien, continue to provide a very high standard of services to our seniors and elders in Yukon.

To keep our membership informed over the years, the first newsletter (then called the Seniors Citizens Newsletter) began in June of 1978. By March of 1998, the name changed to the Sourdough Chronicle, which continues today.

As we all know full well, one thing constant in life is change, and our members will see some changes over the next few months. First and foremost, we were very saddened at the passing of Doug Mowat, one of our very committed Board Members. Doug was passionate about our role in providing opportunities that would improve the quality of life for our aging population. Our sincere condolences go to his partner, Liz Hanson. Doug will be missed.



Photo credit: Sue Meikle



A man tells his doctor that he is addicted to Twitter.
 The doctor says, "Sorry, I don't follow you."

Another change is that Bonnie Guy and Doug Bell, our Sourdough Chronicle Editor and Assistant Editor respectively, recently submitted their resignations. Our Board, and previous Boards alike, appreciates their countless hours of dedication, commitment and work in order to bring our members an informative and entertaining quarterly newsletter. THANK YOU BONNIE and DOUG! Also, we would be very remiss if we didn't mention another Newsletter producer, Pat O'Brien. Thank you, Pat, for the many hours you have provided in the layout of the Sourdough Chronicle.

You may have noticed a more subtle change, and that is our new YCOA LOGO. Our Board decided that we wanted to send a message that we are not the "Yukon Council on Old People".... instead we are the "Yukon Council on Aging". We think, that by adding the 55+ to the Logo, we can better promote the demographic that we are mandated to serve through our Constitution. We also want to attract younger-older adults to YCOA, so that they can pick up the baton and carry YCOA into the future. I think they call that "succession planning".



In October 2017, look for the launch of YCOA's most recent initiative, the "YCOA Learning for Life" (L4L) Program. More details will be forthcoming at the AGM in April, but I have been thrilled to be part of the conceptual planning for this, and I have been very pleased with the huge amount of interest this initiative is stirring.

Through the years, the Council has and continues to collaborate successfully with various funding government bodies and organizations to provide a quality of life for the Yukon's aging population. Through the years, many dedicated volunteers have contributed to making Yukon Council on Aging the success it is today.

Thank you to all (you know who you are) who have walked beside me to continue the advancement of the Yukon Council on Aging. I will miss you.

*Respectfully submitted,
Connie Dublenko
President, YCOA*

Seniors' Home and Yard Maintenance Program



Do you have difficulty in getting out of your upholstered chair at home?

We have an inexpensive product made here in Whitehorse that might be just right for you!

It is a simple platform that sits under your chair and allows you to get on your feet with a minimum of effort.

We also install stair railings, bathtub rails, toilet rails and wheelchair ramps from 2 inches to 3 feet and more.

For more information, contact:

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

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



◀ SORRY

In our last issue these photos of Bear Creek were incorrectly credited to Dave Charman.

Palma Berger is the photographer.

This editorial has one purpose. It isn't intended to make you think or question. It is simply to say so long on behalf of myself and Mr. Doug Bell.

The time has come for us to resign as the Editor and Assistant Editor of the Sourdough Chronicle. Our reasons are both personal and varied.

The experience has been an adventure and at times in all honesty a frustration but worth every moment of our time if it has been helpful, informative, and enlightening for you our readers. We have done our best to make each issue all of those things while doing so with a sense of humour.

I leave you with words from Bob Hope "*thanks for the memories*".

Editorial

by Bonnie Guy

On a personal note I will take this opportunity to thank Doug from the bottom of my heart for being a mentor, a constant

supplier of support and encouragement and most of all a friend. Also to give a heartfelt thanks to Pat O'Brien my print angel. A brilliant and talented layout and graphic designer without whose work the Chronicle would lack it's sparkle. I couldn't have asked for two better people to traverse the hills and valleys with.

I wish those moving ahead good luck and best wishes. I hope you experience the same happiness I have enjoyed through this adventure.

Yukon Seniors/Elders

Have you done your income tax return? Don't delay!

This way if you are a recipient of the **Yukon Seniors Income Supplement** there will be no disruptions in your payments.

Also, to apply for the income tested **Pioneer Utility Grant** this July you must produce a copy of your 2016 Canada Revenue Agency Notice of Assessment — so keep it handy.

For more information call 667-5674 or toll-free 1-800-661-0408, extension 5674.



Yukon
Health and Social Services

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

Laugh Lines



Farmer Jack once lived on a quiet rural highway but as time went by, the traffic slowly built up and eventually got so heavy and so fast that his free range chickens were being run over, at a rate of three to six a week.

So Farmer Jack called the local police station to complain, "You've got to do something about all these people driving so fast and killing all my chickens", he said to the local police officer.

"What do you want me to do?" asked the policeman.

"I don't care, just do something about those crazy drivers!"

So the next day the policeman had the Council erect a sign that said:

"SCHOOL CROSSING"

Three days later Farmer Jack called the policeman and said, "You've still got to do something about these drivers. The 'school crossing' sign seems to make them go even faster."

So again, they put up a new sign:

"SLOW: CHILDREN AT PLAY"

That really sped them up.

So Farmer Jack called and said, "Your signs are no good. Can I put up my own sign?"

In order to get Farmer Jack off his back he said, "Sure. Put up your own sign!!!!!"

The phone calls to the Police Station stopped, but curiosity got the better of the Officer, so he called Farmer John. "How's the problem with the speeding drivers? Did you put up your sign?"

"Oh, I sure did and not one chicken has been killed."

The policeman was really curious and thought he'd better go out and take a look at the sign. He also thought the sign might be something the Police could use elsewhere, to slow drivers down. So he drove out to Farmer Jack's house.

His jaw dropped the moment he saw the sign...

"NUDIST COLONY"

"Slow down and watch for the chicks."



Old stories ~ New stories,
we're interested.
Contact the YCOA and
share *your stories* in future issues.

e-mail: ycoa@yknet.ca
406 1 B - 4th Avenue
Whitehorse, Yukon Y1A 1H1



Keeping Happy During a Long Winter

by Marny Ryder

Early this morning, February 2, 2017, I listened to the radio and heard that Wiarton Willie, the Ontario groundhog, failed to see his shadow and returned to his home underground. No shadow, means spring will arrive six weeks early. His friend from the east, Shubenacadie Sam from Nova Scotia, reported that he could not see his shadow either. Initially, I was happy to hear their reports, until a little later, the reports came in from the west, Calgary Balzac Billy and Winnipeg Wyn, and both of these saw their shadows. My immediate thought was that

because we are closer to these western animals, we must then be presumed to experience more cold weather. I know we are all good old Yukoners, and we can “tough out” the cold weather, but this year our weather has been up and down, and at times I find myself envying those who have taken off to warmer climates. This February 2nd is not a good example for thinking of spring.

Take heart! I have just finished reading an article on “Feeling Happy During a Long Season”, and I am ready to share these steps.



1. **Catch a Sunrise** – Our days are getting longer, and I can see the streaks of pink over Grey Mountain now. Gazing at the colours can boost our levels of serotonin, which is our brain’s “feel good” chemical. If you don’t like getting up early, try to get 30 minutes a day of sunshine, even if you have to sit behind your window, and read, or scan the latest seed catalogue. If you feel a little depression coming on, consider light therapy, in which you sit for about 30 minutes in front of a special light that mimics outdoor light. The Whitehorse Library has this therapy light available for use in the library and there is no cost to use this. The light(s) were donated to the library from the Association Franco-Yukonnaise.
2. **Always Eat Breakfast** – I know some of my friends prefer to skip this meal, but having breakfast does help to regulate your internal clock or circadian rhythm. My preference is oatmeal, the good old-fashioned Robin Hood’s large flakes, or cereal with fruit such as strawberries or bananas. If the fruit becomes too costly, I go to my frozen raspberries, and if I let them sit for 10-15 minutes, they are really good, even if the milk is pink!
3. **Get Some (Fun) Exercise** – Exercise releases mood-boosting chemicals. Try to walk outdoors, preferably in the sunshine for 30 minutes if it isn’t too slippery. I have noted people using the trail walking sticks which help to maintain balance, or the “Ice and Snow” traction aids that fit on the sole of your boots. Recently I am tempted to have a look at a “kick sled” which is recently appearing on the streets of Whitehorse. You hang on to the handle bars of the sled, step on one of the runners, and kick to glide along- with the other foot. It seems to be a good apparatus that keeps the operator moving and upright. Otherwise, there are various ways that you can exercise in the Canada Games Centre, such as moving around in the warm pools, walking along the halls and enjoying the sunshine in the big south windows at the end of the second floor, or walking around the circuit on the third floor level. I have found that if you go to the Centre early, you will meet up with many old friends getting their walking and exercising. It is a good time to socialize.
4. **A Mid-Afternoon Snack** – Cravings for sweets really go up during winter months since they trigger the release of the pleasure producing chemical dopamine. Sugar will



increase your blood sugar level to spike and then crash leaving you hungrier. A better choice includes apple slices with peanut butter, popcorn sprinkled with parmesan cheese or nuts such as pistachios, almonds or walnuts.

5. **Do Something Nice for Someone** – Small random acts of kindness can lift your spirits. If you start to feel grouchy, think of something that you can do, such as write a short “thinking of You ” note to someone whom you have not heard from for a while. I find I get over my grouchiness by scanning some of my cookbooks and finding a new recipe for muffins, which I can give to friends or my family. I also try to phone friends who do not have a vehicle and ask if I can get something for them when I am going to shop. A little kindness goes a long way.
6. **Relax Before Bedtime** – Setting yourself up for a good night’s sleep will counter effects of stress that may have piled up during the day. Avoid taking a phone call during your dinner, eat slowly, and skip caffeine such as in coffee or tea. Try soaking in a warm bath and enjoy a drink of hot chocolate or caffeine free tea. If possible listen to some soothing music, although I find that this is hard to find on most of the radio stations in the evening. Count your blessings which will help you fall asleep. Studies have found a correlation between reflecting on the things you are grateful for and a more positive emotional state.

Now, all I have to do is practice what I speak! Remember, the Sourdough Rendezvous is not far off, and the sun is truly shining brighter and warmer every day.

Laugh Lines

NOW THAT I'M OLDER HERE'S WHAT I'VE DISCOVERED:

1. I started out with nothing, and I still have most of it.
2. My wild oats are mostly enjoyed with prunes and all-bran.
3. I finally got my head together, and now my body is falling apart.
4. Funny, I don't remember being absent-minded.
5. Funny, I don't remember being absent-minded.
6. If all is not lost, then where the heck is it?
7. It was a whole lot easier to get older, than to get wiser.
8. Some days, you're the top dog, some days you're the hydrant; the early bird gets the worm, but the second mouse gets the cheese.
9. I wish the buck really did stop here, I sure could use a few of them.
10. Kids in the back seat cause accidents.
11. Accidents in the back seat cause kids.
12. It's hard to make a comeback when you haven't been anywhere.
13. The world only beats a path to your door when you're in the bathroom.
14. If God wanted me to touch my toes, he'd have put them on my knees.
15. When I'm finally holding all the right cards, everyone wants to play chess.
16. It's not hard to meet expenses . . . they're everywhere.
17. The only difference between a rut and a grave is the depth.
18. These days, I spend a lot of time thinking about the hereafter . . . I go somewhere to get something, and then wonder what I'm "here after".
19. Funny, I don't remember being absent-minded.
20. HAVE I SENT THIS MESSAGE TO YOU BEFORE.....?

DATES TO REMEMBER

St. Patrick's Day
March 17

Spring Begins
March 20

Official vernal equinox

Monday, March 20, 3:29am (YukonDT)

YCOA Memberships are due
April 1 (*no foolin'*)

Passover
April 10 - 18

Good Friday
April 14



Easter Sunday
April 16

YCOA Office closure
Friday April 14 (Good Friday)
& Monday April 17 (Easter Monday)



YCOA AGM
April 21

Earth Day
April 22



Income Tax due
May 1, 2017

Sourdough Chronicle
stories to the editor - May 10



Mother's Day
May 14

Victoria Day
May 22

In memory of Doug Mowat

It is with a sad heart that the YCOA Board and Staff announce the passing of one of our directors, Douglas Mowat. Doug passed away in early January 2017, surrounded by family. He was a husband to Liz Hanson and a father to two daughters.

Doug was actively involved with his community, as a member of a number of volunteer organizations including the Yukon Council on Aging. Doug became a director on the YCOA board in April 2014. Doug was very interested in senior health issues, and one of his first proposals was for the board to develop a health committee, of which he took the lead on.

Doug always had something of value to contribute to the board meetings. He will be greatly missed.

YCOA Board and Staff.



Birthday Wishes



| | | | | | |
|------------------|----------|--------------------|----------|---------------------|---------|
| Alan Dibbs | April 2 | Lou Bradley | April 24 | Rick Dagneau | June 1 |
| Frances Hennings | April 5 | Samuel Rushtenburg | April 26 | Val Boose | June 4 |
| Frank Bachmier | April 7 | Percy Andrews | April 29 | Julie Farr | June 6 |
| Dorothy Smith | April 9 | Margaret Campbell | April 29 | David Keating | June 11 |
| Joseph Hanulik | April 10 | Doris Dryke | May 2 | Beverley Whitehouse | June 11 |
| Anton Kusuta | April 12 | Laurent Morissette | May 4 | Doug Bell | June 15 |
| John Higgins | April 15 | Joseph Bruneau | May 11 | Irene Walker | June 17 |
| Val Benoit | April 17 | Marny Ryder | May 15 | Katherine DeCecco | June 18 |
| Alex Jolley | April 17 | Alzbeth Herzog | May 16 | Madeline Boyd | June 21 |
| Joyce Armstrong | April 20 | Helen Bebak | May 16 | Maurice Byblow | June 23 |
| Doris Roberts | April 20 | Joanne Graham | May 17 | Blake Baxter | June 24 |
| Ellen Eby | April 23 | Ann Dibbs | May 25 | Merton Friesen | June 24 |
| Phyllis Hotte | April 23 | June Cable | May 27 | Mona Bergen | June 29 |
| Vicky Wilson | April 23 | Elaine Hanulik | May 29 | Lawrence Dublenko | June 29 |
| | | Muriel Frizzell | May 31 | | |

Memorabilia are Memory Balm

by Don Cheeseman

Throughout our lives, we collect short vignettes of "us" gone by. They're stored as memories of cherished friendships, songs heard in our youth, still hummed in quiet times. They may be held within small souvenirs of trips, holidays, of happy times, now valued more than gold. Kept in our homes or just in our mind's eye to be brought out to be re-cherished. Some of us collect spoons, stamps, coins, cup and saucers, guns, cars or odd eclectic unrelated items that generate strong mental images or stronger still, emotions. We can pick up a item, hear a song, read a letter to be mentally transported back in time to feel our hearts leap with joy or crushed with sadness at the thought of a child gone too soon, a friend, a lover, a spouse now out of our lives, of a time gone by!

In my own life, I have tried not to collect the things that others collect. I find myself truly embarrassed when I actually take stock of what memorabilia I do value after some seventy-plus years having quite unconsciously collected same.

Although I would like to think I am practical, no nonsense, neat, and a non-hoarder, I confess I am guilty! From where I sit secluded, privately writing this article I can see my guilt all around me. I see the corner nick-knack shelves that my dad hand fashioned in 1929 in school shop. On these small selves is ample evidence of my non-defensible guilt of saving my own weird memorabilia.



On the small top most shelf is the delicate Murex ternispina seashell that I found deep in the sands of the empty quarter of the Arabian desert. On the next shelf down stand Staunton kings and queens of my own carving. Below this chess royalty is a small painted plaster pig that, as a small boy, I cast, then painted, as a gift for my loving mother. Below the pig, a slightly larger shelf holds a comfortable cotton-wool bed in an old Tupperware sandwich box. It serves as a mausoleum for my, now embalmed, Baboon spider that shared my home with me since 1973 in Luanshya, Zambia, Central Africa.

I could go on listing ad nauseum, but by now the reader gets the idea. Each of us has memorabilia of some description. Be it letters, music, art, photos, collections of unique item of singular importance to us alone.

These items stimulate private, unique memories or emotions or both. These "triggers" make us who we are! They should be respected and valued by all those around us. This is especially true if we are acquiring or delaying any memory loss. Tangible things, sights and sounds are all powerful stimuli for our brains, hence our overall well-being. As we age we need stimulation of memory. Most memorabilia triggers happy positive memories that bring a smile to our faces and add warmth in our souls. Please value all memorabilia until we, each in our turn, have need of them no more.



Mr. & Mrs. Yukon 2017

Photo credits: ▲ Jocelyn Curteanu ▼



Photo credit: Sue Meikle



credit: www.myfreetextures.com



Photo credits ▲ ▼ : Manu Keggenhoff Photography



2017 ~ Ken and Sandra Mason



Photo credit: Matt Jacques Photography



Photo credit: Matt Jacques Photography



Photo credit: Sue Meikle

Update on Whistle Bend Continuing Care Facility Project

by Nancy Kidd, Director,
Whistle Bend Continuing Care Facility

Happy New Year everyone!

While progress on the Whistle Bend construction site continues, work slowed down over the holiday season and through the cold temperatures; the crane cannot operate in some of the winter temperatures we have been experiencing.

There has been significant work done on the equipment and furniture lists and our first purchase tenders are being developed.

Mock-ups of a few key rooms are being finished, along with equipment installation over the next weeks. Once completed, teams of staff users will have opportunity to experience these rooms as planned and provide feedback. Ultimately these rooms will be used as models for all contractors to ensure the rooms are built consistently.

We continue to refine the staffing models, and plan for recruitment.

While the wait lists for facility care vary, the number of individuals waiting for long term care has recently ranged between 80 and 95, with approximately 22 of those individuals residing at a hospital.

In the fall, in order to support the needs of applicants on the waitlist, 10 additional extended care beds were opened at Thomson Centre and four new extended care beds were opened in McDonald Lodge in Dawson City. McDonald Lodge has always been designated to provide the lightest care within the territory however, the hiring of Licensed Practical Nurses and addition of appropriate equipment will now allow admissions of people with greater care needs.

Therapeutic staff have been hired to provide programming for those waiting for long term care while living in the Whitehorse General Hospital. Enhanced Home Care services are being provided to a number of individuals who would be unable to remain at home, preventing their admission to hospital.

On behalf of Continuing Care, we wish you all the best in 2017.

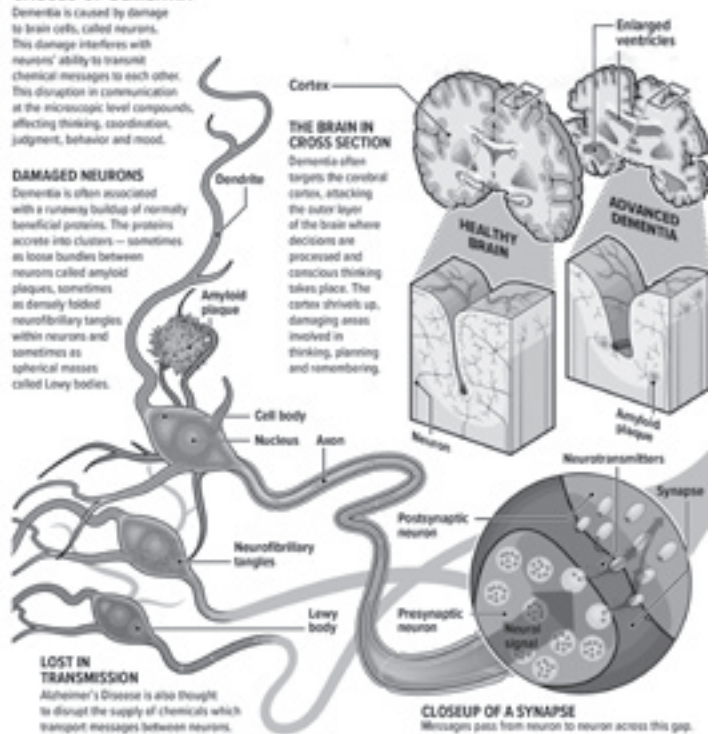
THE MIND IN DECLINE

CAUSES OF DEMENTIA

Dementia is caused by damage to brain cells, called neurons. This damage interferes with neurons' ability to transmit chemical messages to each other. This disruption in communication at the microscopic level compounds, affecting thinking, coordination, judgment, behavior and mood.

DAMAGED NEURONS

Dementia is often associated with a runaway building of normally beneficial proteins. The proteins accrete into clusters—sometimes as loose bundles between neurons called amyloid plaques, sometimes as densely folded neurofibrillary tangles within neurons and sometimes as spherical masses called Lewy bodies.



Dementia is a progressive and degenerative condition that robs an individual, over the course of many years, of the ability to live and function independently.

Persons affected by dementia can continue to live independently for some time; however, as their condition progresses, they require increasing levels of care. In the last stage of dementia, individuals lose the ability to convey when they are in pain, as well as to walk, talk, chew and even swallow.

The toll dementia takes on Canada's population and its economy will double over the next 15 years as the country's aging population grows and the costs associated with supporting them increase.

It was within this context that the Senate Committee on Social Affairs, Science and Technology undertook a study to determine the actions that should be taken to most effectively and efficiently meet the challenge of the disease and its treatment.

To read the report, it can be found at:
<https://sencanada.ca/en/sencaplus/news/national-dementia-strategy-needed-to-foster-dementia-friendly-communities>

STAGES OF DEMENTIA

Symptoms of dementia worsen over time, although the rate of decline varies. The loss of cognitive ability happens in stages and may take decades to unfold.



Mild cognitive impairment (MCI)

- Cognitive changes are serious enough to be noticed by the individuals experiencing them but not severe enough to interfere with daily life



Early stage

- Recent mild memory loss
- Repeating questions
- Depression and apathy
- Mood swings
- Mild language problems
- Failing sense of direction



Middle stage

- Persistent memory loss
- Inability to recognize friends and family
- Delusions and aggression
- Coordination problems
- Requiring assistance with daily living



Late stage

- Inability to process information
- Mood problems and hallucinations
- Inability to care for oneself
- Increased communication difficulties

COMBATting DEMENTIA

There is no cure for progressive dementia and no treatment can halt its progression entirely. Nonetheless, adapting certain crucial lifestyle changes can slow or reduce dementia's onset.



Quit smoking

This is the single most effective lifestyle change a person can make for the sake of their long-term health. This is particularly true when it comes to mental health.



Maintain a healthy diet

High cholesterol and high blood-sugar levels can trigger a number of conditions, including dementia. Low-fat diets that are good for the heart tend to be good for the brain.



Get regular exercise

Regular exercise has long been known to combat the ravages of age. Recent studies, moreover, suggest exercise is particularly effective at preserving, and even improving, cognitive function.



Maintain cardiovascular health

Damage to blood vessels deprives brain cells of oxygen and nutrients. Damage to cerebral blood vessels is linked to the second most common form of dementia, vascular dementia.



Be mentally active

Studies show that intellectual and social engagement can delay or limit the onset of dementia. Studying a language or playing music seem to be particularly effective.

DEMENTIA'S SOCIAL AND FINANCIAL TOLL

Treating people suffering from dementia will be a major concern in the future. Within 20 years, more than one in four Canadians will be over 65 years of age and 62% of the healthcare budget will be dedicated to the care of seniors. The number of Canadians suffering from dementia or its precursor, mild cognitive impairment, is expected to almost double in the next 15 years.

750
thousand

Number of Canadians with dementia or mild cognitive impairment, in 2011.

1.4
million

Projected number of Canadians with dementia or MCI in 2031.

60%

Number of people in Canada with mild cognitive impairment who progress to dementia and experience disability.

\$33
billion

Estimated 2015 direct and indirect costs of caring for dementia patients in Canada.

\$293
billion

Projected 2040 direct and indirect costs of caring for dementia patients in Canada.

LAST TRAIL

| | | |
|-------------------------------------|--------------------|---------------------|
| Paul Joseph Savoie | August 30, 2016 | Moose Jaw, SK |
| Eileen Elizabeth Beloud | September 29, 2016 | Dawson Creek, BC |
| Janet Mackenzie Watson | October 27, 2016 | Edmonton, AB |
| Barrie Sutherland Carlson | November 2, 2016 | Whitehorse |
| Captain James Albert Neville Mercer | November 5, 2016 | Vancouver, BC |
| Virginia Grace Lindsay (Nee Slim) | November 6, 2016 | Whitehorse |
| Johannes Henricus (Hans) Ponsioen | November 8, 2016 | Whitehorse |
| Donald Robinson | November 9, 2016 | Whitehorse |
| Gary Jimmy Sam | November 10, 2016 | Carmacks |
| Bruce Wesley Baker | November 15, 2016 | Whitehorse |
| Glenys Elek | November 15, 2016 | Whitehorse |
| Jean Graham | November 18, 2016 | Whitehorse |
| Emma Ina Shorty | November 19, 2016 | Carmacks |
| Roberta (Bonnie) Lewis | November 20, 2016 | Whitehorse |
| Donnie Sam | November 21, 2016 | Whitehorse |
| Edward Samuel McKay | November 21, 2016 | Summerland, BC |
| Jewell Peacock | November 22, 2016 | Whitehorse |
| Frank Wengzynowski | November 27, 2016 | Marsh Lake |
| Veronica Malerby (Nee Gartside) | November, 2016 | Whitehorse |
| Carol Lee Adora Jennex (McLaughlin) | December 4, 2016 | Whitehorse |
| Lynne Anore Conant | December 11, 2016 | Bellingham, WA, USA |
| Raymond Eric Magnuson | December 12, 2016 | Whitehorse |
| Helen Balla (Nee Boily) | December 13, 2016 | Whitehorse |
| Phyllis Simpson | December 13, 2016 | Whitehorse |
| Allan Verishine | December 18, 2016 | Nanaimo, BC |
| Gary "Skip" Beese | December 20, 2016 | Whitehorse |
| Margaret Grace Wheeler | December 22, 2016 | Victoria, BC |
| Michele (Mike) Silvestria | December 23, 2016 | Langley, BC |

Hospice can support you in times of loss

submitted by Deb Higgins, Project Coordinator~Hospice Yukon Society

Often when people hear the word 'hospice' they think it means they or their loved ones are close to dying and they don't want to have anything to do with it. This is unfortunate because what we offer at Hospice Yukon consists of so much more than support during just the last days of life.

The definition of 'palliative' used to mean that the patient had received a diagnosis of 6 months or less to live. But because people are now living longer with life threatening illnesses this definition has changed. It now includes anyone with a progressive life threatening illness. This means that we sometimes support clients for 3 or 4 years.

Palliative care focuses on improving quality of life. It is comforting care rather than care focused on curing. When we or our friends and family are faced with a

challenging illness we experience many types of loss. Being able to talk about how we feel and learn new ways to reduce anxiety and cope with day-to-day challenges can be a great support.

Our counsellor at Hospice Yukon, Anne Macaire, is here to help. She offers counselling at our downtown office space, in any of the care facilities, or in the patient's own home. We also offer telephone support for those outside of Whitehorse.

Healing Touch is a relaxing, energy therapy that supports a person's physical, emotional, mental and spiritual health. It brings a feeling of deep comfort and well-being and is complementary to standard medical care. Through Hospice Yukon's Healing Touch Program this gentle, restorative therapy is available to our clients.

| | | |
|---------------------------------|-------------------|----------------|
| Mark D. Sprague | December 25, 2016 | Mexico |
| Martha (Burian) Collins | December 27, 2016 | Whitehorse |
| Garth Brown | December 30, 2016 | Whitehorse |
| Sarah Wolfe (Nee Smarch) | December 31, 2016 | Carcross |
| Joe "Toque" Derooy | January 3, 2017 | Whitehorse |
| Michael Todd Lane | January 3, 2017 | Whitehorse |
| Neil Kerr Wright | January 6, 2017 | Whitehorse |
| Terry Boyes | January 7, 2017 | York, England |
| John Joseph Patrick (Pat) Kehoe | January 9, 2017 | Whitehorse |
| Florence Roberts | January 10, 2017 | Whitehorse |
| Mary (Louise) Ford | January 11, 2017 | Whitehorse |
| Werner Leibau | January 12, 2017 | Whitehorse |
| Douglas Mowat | January 12, 2017 | Whitehorse |
| Victoria Kosuta | January 17, 2017 | Whitehorse |
| Frank Sias | January 17, 2017 | Whitehorse |
| John Charles "JD" Dines | January 17, 2017 | Whitehorse |
| Alexander Matthew Hughes | January 18, 2017 | Summerland, BC |
| Lulubelle (Lulu) Tizya | January 20, 2017 | Whitehorse |
| Faye Marilyn Isaac | January 26, 2017 | Whitehorse |
| Tom Gill | January 28, 2017 | Pelly Crossing |
| Charles MacGregor Halliday | January 30, 2017 | Sechelt, BC |
| Charles Gordon Michener | January, 2017 | Orillia, ON |

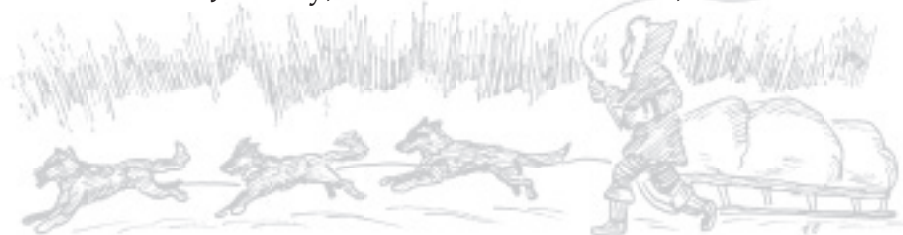


Photo Credit: archbould.com

We also offer a range of grief groups, including a walking group that can offer support and comfort to those who are grieving the death of a loved one.

We have an extensive library of books, handouts

and CDs covering a wide range of topics: wellness, meditation, cancer, dying, grieving and much more. We invite you to browse the library weekdays, 11:30 – 3:00. Our website is also a wonderful resource and is only a click away: www.hospiceyukon.net.

Please know that supports are available to you in many forms.

We invite you to contact us. We can decide together what services may fit your needs to offer support, comfort and care to you and to your loved ones.

409 Jarvis Street
Whitehorse Y1A 2H4
(867) 667-7429 or (867) 633-8990



www.hospiceyukon.net

the AVID READER

by Irene Brekke

Book Suggestions for Seniors

All available at the Whitehorse Public Library

With help from internet reviews, I would like to suggest four recent books that I have read. I enjoyed all of them.

They May Not Mean To, But They Do

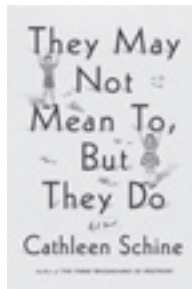
by Cathleen Schine

The title comes from the British poet, Philip Larkin. *"They f--- you up, your Mum and Dad. They may not mean to, but they do."*

This 2016 book is billed as a hilarious new novel about aging, family, loneliness, and love. The main character, Joy, at 86, is still working and looking after her ailing husband who is ailing cognitively and physically. Their children, of course, have many not so well accepted solutions for their Mum.

This book is set in a large apartment in the heart of New York City.

There is plenty of humour in this book, but with seniors potentially facing the same life situations, this book may strike a little too close to home.



North of Normal

by Cea Sunrise Person

Did you ever wonder what became of children born to hippie parents in the 60's?

This novel is of special interest to Yukoners as it is set in the wilderness of Northern Alberta and Yukon. At age 5, the writer of this memoir, realized that her life was not "normal". Cea, born to a 16 year old mother, writes about her very dysfunctional family – pot smoking, free-loving, and clothes optional.

Her grandfather is known to long time Yukoners, because he lived year round for 15 years in a tepee along the Teslin River.

As unbelievable as it may seem, Cea becomes an international model.

Cea has recently published a second novel, *Nearly Normal*. Our library hosted her for a book talk last summer. Now living a 'normal' life with a beautiful husband, son, home, and modeling career, she is searching deeper for understanding of her early life.

As unbelievable as it seems, Cea has been circulated and reviewed widely by many magazines. The book engendered a very good discussion in my book club about the meaning and effect of family.

Coincidentally, the Friday, February 3, Yukon News has a page long feature about Dick. Called "When To Punch a Bear". He passed away some ten years ago.



Photo credit: Sue Meikle



Rendezvous parade revelers - 2017

Just grant me the senility to forget the people I never liked, the good fortune to remember the ones I do, and the eyesight to tell the difference.

They Left Us Everything

by Plum Johnson

Want to downsize, but can't quite get committed? Husband, wife or partner not exactly cooperative?

This book, is a memoir by Plum Johnson, who with the help of three brothers, is confronted with downsizing her parents. This, after being their caretaker for 20 years.

Almost nothing has changed in the Lake Ontario 23 room home. As well as stuff, her parents have valuable documents and memorable items from their many years living internationally. The house, which in the 50's was worth \$10,000 now commands \$2.5 million.

At first Plum believes that everything in the house must really have meant something to her parents, but that mind-set soon dulls. Trash/Treasure, Relief/Grief.



THOUGHTS
OF SUMMER
TO COME &
CYCLING
FUN



Photo credit: Life magazine archives on Google

Tin Fish Gourmet

(Gourmet Seafood from Cupboard to Table)

by Barbara-jo McIntosh

Great ideas on how to use the humble and underrated tin of seafood.

The book has 'gourmet' recipes for using anchovies, caviar, clams, crab, herring and mackerel, oysters, salmon, sardines, shrimp and tuna.

I have made several recipes from this collection, most recently Apple, Cheddar and Tuna melt. As a high school student, one of my all time favourites was tuna casserole made with noodles and mushroom soup with a crust of crushed potato chips. (Too boring for this book, but given the escalating food prices, a good option).



Photo credit: The Horton Collection



Eileen Sheridan
- UK's celebrated cyclist of the 1950's. Born in 1923, and pictured here in 2014 when a short film, "Come on Eileen" about her cycling career was premiered.



Photo credit: Jude Brosnan, ispeakbike.blogspot.ca

Farewell to Connie Dublenko, YCOA President Extraordinaire!

We all know how difficult good-byes can be, and this one is no exception. On the one hand, we are very happy for Connie and Lawrence as they make preparations to head back to their homestead in Alberta.

On the other hand, it won't be easy to say goodbye to our President, who has been part of the fabric of YCOA for over 12 years, and has been (and continues to be) a role model in so many ways.

Connie began her "career" with YCOA as Treasurer in 2005, and since then has also held the positions of Director, Vice President and President. In each of these positions she worked tirelessly on so many things that would help improve the quality of life for Yukon seniors and elders.

How is she a role model to the rest of us on the Board? First, she is a Leader by example. She carries her fair share of the workload, never with complaint. She just puts her head down and gets things done.

Second, she never, ever seeks the limelight. In fact, she shys away from it whenever she can! She is a constant "behind the scenes" worker, preferring to have one-on-one conversations with Yukoners that ultimately result in something positive for the YCOA.

Connie is always thinking ahead, looking to what we might do to improve our services to our



Connie received an award for her volunteer contributions at the Commissioner's Levee, January 2017

Photo Credit: alistairmaitland.com

clients and Yukoners in general. She is always very supportive and kind to our Staff, Elaine and Vince, recognizing the valuable service they provide with such professionalism and enthusiasm.

We could use the entire Chronicle to list off all the things she has done for the Yukon Council on Aging!

As with all things, there is a beginning and there is an end, and now it is the end of Connie's time with the Yukon Council on Aging Board of Directors. The words "thank you" are simply not enough to convey the appreciation for your commitment to enhancing the quality of life for Yukoners.

Fare-thee-well and may the sun shine upon your faces as you close the door on this chapter of your lives and open the next one in Alberta. We will miss you dearly.

*from Board of Directors
the Yukon Council on Aging*



2017 Rendezvous snow sculpture entry from Team Alaska



Photo credit: Sue Meikle



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 4th 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 _____



BULLETIN BOARD

FEEDBACK

Now it's YOUR turn. Please write us. Our e-mail address is ycoa@yknnet.ca
 Take the time to check out our newly revised website:
www.yukon-seniors-and-elders.org

Don't forget to renew your membership to the YCOA

Support for this Newsletter is provided by:

Yukon
 Health and Social Services
 the Yukon Order of Pioneers



Yukon Council on Aging Annual General Meeting, April 21, 2017 at the Golden Age Centre. Doors open at 9am with the meeting starting at 9:30am. Guest speaker to be announced. Lunch will be served.



APRIL

Blood Pressure Clinics

3rd Tuesday of each month

Closeleigh Manor, 100 Lambert St.;
 9:00-10:00 a.m.

Greenwood Manor, 3090 – 3rd Ave.;
 10:15-11:15 a.m.

Yukon College Seniors' Complex
 1:00-2:00 p.m.

Spook Creek/Waterfront Place
 1:00-2:00 p.m.

Riverdale Manor, 20 Duke St.
 2:30-3:30 p.m.

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

THOUGHTS

As I was lying around, pondering the problems of the world, I realized that at my age I don't really give a rat's ass anymore.

If walking were good for your health, the postman would be immortal.

A whale swims all day, only eats fish, drinks water, but is still fat.

A rabbit runs and hops and only lives 15 years, while a tortoise doesn't run and does mostly nothing, yet it lives for 150 years. And you tell me to exercise?? I don't think so.

Foot Clinic by public health nurses
 1st Tuesday of each month
 8:00 a.m. at the Golden Age Center.
 Bring your own basin and towel.
 Sponsored by the Ladies Auxiliary of the Yukon Order of Pioneers.

Photo Credit: Hanna Schiller

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