

# Sourdough Chronicle



YUKON SENIORS' NEWSLETTER VOLUME 44, NUMBER 1, FEBRUARY 2021

2	President's Report	10	The Biggest Nut	16	YCOA Survey
4	Editorial	12	Retirement Income	17	Last Trails
6	ElderActive Update	14	Birthdays	18	Yukon Learn
8	Age-friendly Communities	15	Laugh Lines	20	Notices



© Jan Trim

Photo courtesy of Jan Trim

The "Kissing Buildings" in Dawson City



**THIS  
ISSUE**

*Please fill out and send in the  
YCOA Survey on Page 16.*

by Doug MacLean,  
President YCOA

# President's Report



This is the fifth newsletter since the COVID-19 pandemic public health emergency was declared almost a year ago. The "Safe Six" has become the Safe Six plus one, as non-medical masks are now required in all indoor public spaces. Masks are getting better, too, as people come up with innovations, such as ways to make them seal better, a salt coating to destroy viruses, and an insert to keep them away from your face. There are even masks designed for athletes and for singers. These measures will help keep us safe. I know that many of you, like me, already have received your first vaccination. Until vaccinations are completed and case counts drop, we encourage you to support your family and friends as this is a challenging time. And, please be aware that there are scammers calling to offer home vaccination kits for an upfront fee. The federal government is offering vaccines for free for all Canadians.

We were asked before Christmas to reduce the size of our social "bubbles" at gatherings, and we are now required to self-isolate for 14 days when entering Yukon, with some exceptions. Non-essential travel outside the Yukon is now not recommended.

While there is some good news, what we have seen is more and more "COVID fatigue" — people wanting to get out and see others, chat a bit, and socialize. Attempts have been made to do more get-togethers over Zoom or Facetime, with some success. An example is the Bridge club, which some of you belong to, which has turned to playing on-line. As another example, some are playing scrabble with relatives on their cell phones, and having quite a bit of fun. Some seniors are taking the computer courses

offered by Yukon Learn over Zoom and finding them really quite helpful. Seniors, and others, are adapting, and it is working. But it hasn't been all sweetness and light.

For example, there have been concerns expressed about internet speed, internet capacity, and dropped frames in some live-streaming videos. And one could argue that, perhaps because of the pandemic, internet capacity and speed will improve faster than it might have otherwise. One sign of that is the news that work is being done to move up plans to improve access to high-speed internet in rural and remote communities in response to the pandemic. An example is the news that testing of internet using low-earth orbit (LEO) satellites has started in some rural Canadian communities in advance of a full launch of the service, possibly in mid-year.

More seniors than ever are using the internet, and it is, at least in part, because it allows us not just to talk to our families, but also to see them. If we can't hug our grandchildren, at least we can talk to them, or even read them a bedtime story using the internet, a "virtual visit" if you will. Some have been doing this for a while, of course, but for some, particularly for those who could easily visit with their grandchildren before, it is perhaps something new, and certainly something appreciated. For some, it is something that makes getting older a lot easier -- and not just for visiting virtually with family. There are all the other benefits that we have almost started to take for granted, like email, online buying, banking, and more online meetings than we have ever done before. The internet is age-friendly -- it can make life a lot easier for seniors.



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



Interestingly, the World Health Organization (WHO) has worked on this age-friendly concept. Their recommendations, where already implemented, have helped seniors keep from being or feeling isolated, and made a real difference in their lives in a number of ways. There is more information on this beginning on page 8 of this issue.

While the last year has been difficult because of the pandemic, where there are problems there are opportunities. Achieving better internet access for all certainly seems to be one of those opportunities. There is a grant available to help you connect to the internet and reduce the cost. More information is in the ad below. Let's seize on this opening. And please do have a look at the article on age-friendly communities and let us know what you think. You can reach us on Zoom, Viber, "old-fashioned" email, or, of course, just call or write!

Regards,  
Doug MacLean – President

#### Notes:

1. For information on testing of low-earth satellites for internet access in Canada, see <https://www.cbc.ca/news/canada/new-brunswick/satellite-internet-low-earth-orbit-streaming-video-conferencing-1.5817966>
2. For information on plans to improve internet speed in rural and remote areas of Canada, see <https://www.cbc.ca/news/politics/broadband-internet-covid-1.5552261>



## Canada Yukon Housing Benefit

There is now a grant available to help low to moderate income Yukoners who cannot afford rent. This program is funded by the Government of Canada and the Government of Yukon. For more information, contact Yukon Housing at 667-5712, or Linnea in the YCOA office at 668-3383.

## Grants Are Available Internet Access for Seniors and Elders

A grant program to help Yukon seniors and elders connect to the internet at reduced cost is now available. Training is also available through Yukon Learn. For more information, please see their ad on page 18.

Seniors and elders who have internet access are using it for a variety of purposes, including contacting family and friends. They are able to see the people that they are talking to, using programs like Zoom and Facetime.

Funding is being provided through the United Way Yukon.

For more information, please contact Susan at 668-5538, or visit the Golden Age Society office at 4061A – 4th Avenue.

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## The Sourdough Chronicle

A Newsletter for Seniors and Elders  
published quarterly.

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Publisher: Yukon Council on Aging  
Design/Printing: Heather Steinhagen,  
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Contributions and/or suggestions  
are welcome and should be in to  
the

Editor or the Senior Centre  
by the  
10th of May, August,  
November and February.

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

# Editorial

by Janet Smellie



It's hard to believe that a year has passed since we entered this new age of COVID-19. Like all Canadians, Yukoners are in the midst of a vaccination rollout. Ours began on January 19th, and if everything goes according to plan, we will reach the much-desired herd immunity level of 75 per cent by April. If that sounds like good news that is because it is. We are unique here in Yukon due to our small population and isolation factor. Thanks to our health care providers, we are well organized and well ahead of everyone else. At the time of this writing, the Yukon has seen more than 12 per cent of the population vaccinated. And while other jurisdictions in Canada and in the US scramble to make sure they have enough vaccine to meet demand, we can be confident Yukon has enough supply for everyone who wants a vaccine to receive their two doses. It's still too early to see what percentage of Yukoners chose inoculation, but if national trends are an indication, we will have enough people to reach herd immunity in the long run.

According to an Angus Reid Institute (ARI) survey in September only 39 per cent of Canadians said they would get vaccinated. But as of early January, as both vaccines available in Canada (Pfizer-BioNTech and Moderna) began arriving at health centres, that number, according to ARI, grew to 60 per cent. Here in Yukon, 6,500 had been vaccinated as of January 28. This number includes Yukoners aged 65 and older, those with chronic conditions, as well as health officials and Yukoners who work with vulnerable people. As of February 1st, those 60 and older were to be able to get the vaccine. As of February 10th everyone else over 18 years of age was able to get the vaccine. But will herd immunity still work with new variants of COVID-19? What will this mean for lifting the emergency measures in place? These are questions we all likely have, but we also need to realize we may need to wait to get the answers.

Dr. Brendan Hanley, Yukon's Chief Medical Officer of Health, has been steadfast in his efforts to keep Yukoners up to date on all information on the pandemic, including the risks of new variants, how they affect herd immunity, and other concerns. At a press briefing in January, Hanley expressed confidence that Yukon was on the right track with the vaccine rollout, despite the unknowns before us. About the vaccine, Dr. Hanley admitted that while "we don't know all the answers with regard to how long it lasts and regarding effects on transmission," he expects "It will likely have an impact on transmission." He explained that as the population is vaccinated the virus won't spread as easily, because the population will become less susceptible. "We need to get to herd level immunity and understand more about the impact of the vaccine before we

reduce health measures. The sooner we reach herd immunity, the better off we'll be to deal with/limit COVID variants," Dr. Hanley said, adding, "The vaccine will give us more protection, and we will analyse how we can gradually lift measures. We need to get there first."

So, patience seems to be the best answer for now. But that is okay. Yukoners are used to being patient. After all, it is usually the key ingredient needed for success. Also, we need to remember that until we hear otherwise, it is very important that we continue practicing the Safe 6 and the mandatory mask regimen. We're almost there. Just like spring, now showing its promise around the corner, so will be our ability to survive this. Until then, don't forget to take care of each other and keep all Yukon's hard-working health care providers in our thoughts. They are busy and we thank them from the bottom of our hearts. For more information on the vaccination program and to check for up to date case and vaccination counts go to: [yukon.ca/en/case-counts-covid-19](http://yukon.ca/en/case-counts-covid-19).



The Yukon's rollout of the COVID-19 Moderna Vaccine began on January 19th. Starting with seniors, the inoculation rollout is expected to continue until March. Health care providers are hoping to see 75 per cent of Yukoners vaccinated by then, enough to develop herd immunity against the virus.





# ElderActive Recreation Association

by Alex Jegier  
and Lee Joyce



Snowshoeing is ERA's newest program.

As Spring approaches, and the rollout of the COVID-19 vaccine steams ahead, we're beginning to see the first blossoms of a collective hope and optimism since the beginning of the pandemic.

Staying active and engaged throughout this pandemic has been a challenge for many, and we at ElderActive feel truly privileged to have been able to positively contribute in some way to the mental/physical/social wellbeing of Yukon older adults.

Even in spite of (and in some ways, because of) all the constantly shifting COVID guidelines and restrictions in place, it's been an incredibly busy

quarter for ElderActive! With funding from the Emergency Community Support Fund (ECSF), through our partnership with the Canadian Mental Health Association, Yukon Division (CMHA), we've been able to offer an array of programs aimed at supporting the health and wellness of 55+ Yukoners. This Winter we've given Yukon older adults the opportunity to get involved in Tai chi, yoga, community drumming, mindfulness, and our newest program, snowshoeing. Additionally, our new rental of the Elks Lodge has afforded us a much larger space to run our programs, which has made it possible to safely increase the number of participants in all our programs. Even with

larger capacities our programs have been filling up very quickly, and it's been tremendously encouraging to see this hunger and enthusiasm for recreation programming in our community.

As of January, we're very excited to have partnered on a pilot project, in collaboration with the Yukon Anti-Poverty Coalition (YAPC), to bring recreation and wellness activities into 6 different Yukon Housing seniors buildings. The purpose of this project is to bring accessible, low-barrier programming to Yukon older adults where it is most needed.. We have already run free workshops for residents on mindfulness, chair yoga, Tai chi, and drumming, with more on the way soon! If you live in one of these buildings and would like to know more, do not hesitate to give us a call: 456-8252

The best way to stay up-to-date with all the

happenings at ElderActive is to become a 2021 member. Beyond staying informed about events and activities, there are a host of other benefits of being an ElderActive member including deals at local businesses, discounted passes to the Canada Games Centre, and member-priced tickets to ElderActive programs. Again, feel free to give us a call to learn more, or stop by the office anytime between Tuesday and Thursday from 9am to 1pm.

Stay Active,  
Alex and Lee  
ElderActive Recreation Association  
[facebook.com/elderactive](https://facebook.com/elderactive)  
[elderactive.ca](https://elderactive.ca)

## Chat Line Now Operating

A 24-hour chat line, set up by volunteers, has been taking calls in Yukon. The idea is to help people stay connected even as they need to keep physically distanced from each other.

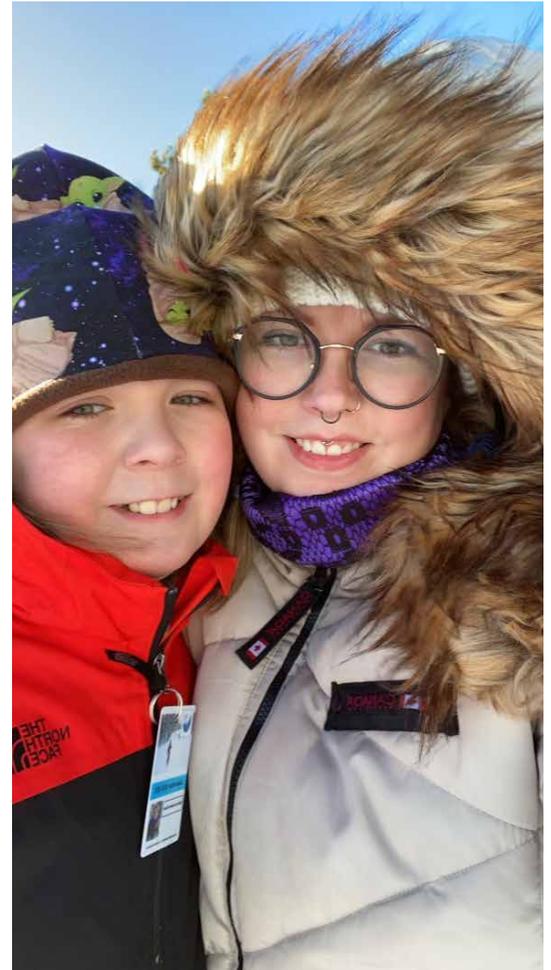
Amy Labonte, with help from friends, has set up "Let's Chat Yukon", a 24-hour phone line so that Yukoners can reach out and connect with each other from a safe distance.

"We wanted to come up with something that brought people closer together," she said. "It's not for crisis, it's not for counselling, it is just for human connection."

The launch was last April, and Labonte says the response was immediate and amazing. And they've got a list of volunteers to take calls at different times of day, too.

"People are really wanting to connect with somebody who is feeling those same feelings of, you know, loneliness, maybe a little bit of uncertainty, and they want some reassurance from people that they're not alone," Labonte said. "Even though we're physically alone right now, we don't have to be emotionally alone."

Let's Chat Yukon can be reached at 867-322-2772 or toll free in Yukon at 877-321-1001. You will be asked to leave a message, and someone will call you back. Normally, you should receive a call within one to two days. If you are interested in volunteering to help with answering calls, you can call to one of the numbers above, as well.



Amy Labonte, seen here, with her son, Seamus.

# Creating Age-friendly Communities

The world has not seemed so friendly to some seniors lately. Some have felt isolated from their friends and family as they have only been able to socialize in small groups out of fear of contracting COVID-19. This is particularly so for those who have pre-existing health conditions that make them even more at risk than the rest of us. We in Yukon have been much better off than most, as the number of cases here has been low. Nonetheless, we have had to be careful. Self-isolation may be required, and gathering sizes are limited (to 10 indoors for social gatherings, for example). Wearing masks became required in all indoor public spaces in Yukon. Now, with vaccinations under way, we can look forward to enough people being vaccinated that the chain of transmission can be broken. Once enough people are vaccinated, the disease cannot so easily spread. This is sometimes referred to as achieving “herd” immunity.

Thankfully, under these unusual circumstances, steps have been taken by a number of organizations to help seniors. For example, courses are now offered by Yukon Learn on how to use computers and the internet. Funding is available to help seniors connect to the internet at reduced cost. There are delivery services that cater to seniors. One was profiled in the August issue of this newsletter. There are still opportunities for seniors to socialize and participate in a few activities (socially-distanced, and with face masks on, of course). All of these things help make living in Yukon more age-friendly during this pandemic.

It is perhaps not well-known, but the World Health Organization (WHO) has studied age-friendly communities. They have published a guide on age-friendly communities and a “framework” document. In their guide, they start by defining underlying concepts, such as active ageing. They describe active ageing as the process of optimizing opportunities for

health, participation, and security in order to enhance quality of life as people age. In other words, active ageing is the enhancement of what is needed to have a better quality of life as we grow older. This lifelong process is shaped by several factors that favour health, participation, and security in older adult life.

Based on research, the WHO guide notes that whether or not we thrive as seniors appears to depend largely on a number of factors (influences or determinants). The main ones identified are: economic influences, health and social services, behavioural factors, personal factors, physical environment, and social factors. For example, our quality of life as we age is affected by our lifestyle (behaviour), as well as external social, environmental, and economic factors. Gender and culture are “cross-cutting” active ageing influences, that can influence how much seniors are involved in various types of activities.



Fig. 1. What we need to have a good quality of life as we age (active ageing)

Also, eight categories that were found useful to give a comprehensive picture or indication of a community’s age-friendliness are: outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, civic participation and employment, communication and information, and community support and health services. As

an example, having good outdoor spaces and buildings, transportation, and housing all have a strong influence on personal mobility, safety, security, health, and ability to participate in social activities.

The work done by the WHO suggests that these areas do interact with each other as shown graphically in fig. 2, For example, transportation allows people to meet and connect. But without adequate transportation, facilities and services that support active ageing may not be accessible.

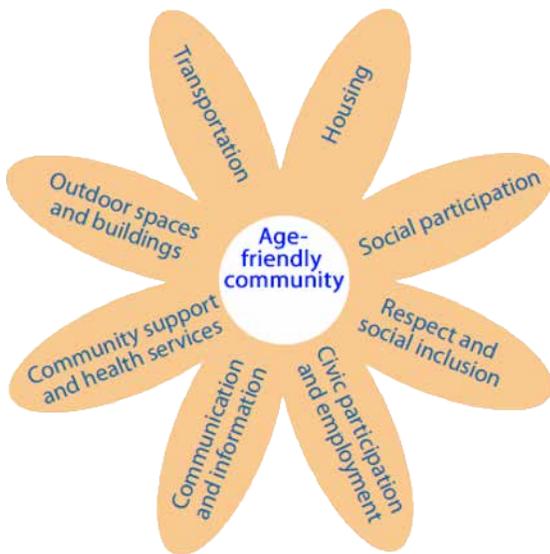


Fig. 2. Things that help create age-friendly communities

Within each of these categories are a number of subcategories. For example, outdoor spaces and buildings includes: pleasant and clean environment, importance of green spaces, somewhere to rest, safe pedestrian crossings, accessibility, walkways and cycle paths, and good older-customer service. This checklist of core age-friendly features, with its categories and sub-categories, is a useful tool to assess progress and success in creating and sustaining an age-friendly community.

The WHO guide on age-friendly communities notes that since ageing is a lifelong process, an age-friendly community is not just “elderly-friendly”, because other age groups benefit, too. For example, barrier-free buildings and streets enhance the mobility and independence of

people with disabilities and the young as well as seniors. Similarly, secure neighbourhoods allow women and children, as well as seniors, to venture outside with confidence and to be physically active and socialize. Families experience less stress when their older members have the community support and health services they need and can help younger members out. The whole community benefits from the participation of older people in both volunteer and paid work. Finally, the local economy profits from the patronage of older adult consumers.

A feeling of isolation can be mitigated if there is a place in a community to go where there are a good variety of social activities – like our Golden Age Society centre in Whitehorse, or the community halls in many towns. Good communication is important, too, so that people are aware of the activities available, and how to participate.

In Yukon, much of the planning for age-friendly communities has been done with the Aging in Place Report and Action Plan, the Health Status Report – Focus on Seniors, and the Putting People First Final Report – a comprehensive review of health and social services in Yukon. This has been groundbreaking work. The question now is what can we do to capitalize on this work, and help and support the next steps needed to make our communities more age-friendly?

Editor’s Note: There are many things that we could do to help make the Yukon an even better place for seniors and elders. Many have been outlined in the reports mentioned above. What do you think that we should focus on in both the near- and long-term? What are seniors and elders in other places doing or experiencing that has worked well and could work well here? How can we build on the work that has been done already to make Yukon more age-friendly? Please let us know your experiences, thoughts, ideas, and suggestions.

# The Biggest Nut

by Don Cheeseman

*In lock-down we all may need a bit of a diversion even if it is short lived. What follows is truly a diversion from Yukon life during the COVID-19 pandemic.*

I will explain my above statement with a bit more detail.

The Coco de Mer (Coconut of the Sea) is the stuff of many legends. It is one of the wonders of the world and a giant in the plant kingdom. The Coco de Mer grows naturally only on two of Seychelles' islands in the Indian Ocean.

## **World's biggest nut**

The most renowned feature of the Coco de Mer is its enormous fruit which is the largest in the plant world. The fruit takes between 6 to 10 years to mature and is generally two-lobed but may have four or even six lobes. It typically reaches a size of 40–50 cm (16 – 20 inches) in diameter.

## **World's heaviest nut**

The fruit of the Coco de Mer typically weighs between 15 to 30 kg (33 – 66 lb). The largest fruit recorded weighed 42 kg (That for us older folks, is  $42 \times 2.2 = 92.4$  pounds.) making it the world's heaviest nut. The seeds need two years to germinate, and the plant must grow 20 to 40 years to start flowering. When the husk is removed the seed resembles the shapely form of a woman's buttocks.

## **World's longest leaves of any flowering plant**

In mature trees, the leaf blades can measure up to 6 metres (20 ft) long and 3.5 metres (11.5 ft) wide. Withered leaves hang from the palm below the vibrant, healthy green crown.

The Coco de Mer leaves have a remarkable lifespan of over 50 years, perhaps the longest lifespan of any leaf in the plant kingdom.

The leaves have an interesting design. They form into a gigantic funnel. This ensures that

almost all the rain which falls on them is directly channelled to the base of the trunk, while organic matter on the leaf surface such as pollen and nutrient-rich animal or reptile faeces gets flushed to the bottom of the tree along with the water.

## **The world's longest male flower**

Unlike other palms, the male and female flowers of the Coco de Mer are borne on separate trees. The male flowers look like catkins and can measure up to 1 metre (3.3 ft) long, making them the longest male flowers in the world.



Fig. 1. Coco de Mer Palm Tree

## **Legends of the Coco de Mer**

Seamen had seen Coco de Mer nuts "falling upwards" from the sea bed, and so they had reasoned that these nuts must grow on underwater trees, in a forest at the bottom of the ocean.

Some also believed that sometimes the Coco de Mer trees rose up above the ocean surface, and when this happened, the waves that the trees created did not allow any ship nearby to sail away and the helpless sailors were eaten by large birds.

Some nuts that were found no longer had a husk, and resembled the dismembered lower part of a woman's body, including the buttocks. Historically, these floating "beautiful rumps" were collected and sold for a fortune in Arabia and in Europe.

In the Maldives, any Coco de Mer nuts that were found in the ocean or on the beaches were supposed to be given to the king, and keeping a nut for yourself or selling it could have resulted in the death penalty. João de Barros believed that Coco de Mer possessed amazing healing powers, superior even to those of "the precious stone Bezoar". In one of his books, Dr. Berthold Carl Seemann mentioned that many believed the nuts to be an antidote to all poisons. The nuts were praised not only by scientists and botanists, but also by poets.

Because of the fruit's unusual, erotic shapes, some people believed that the trees made passionate love on stormy nights. According to the legend, male trees uproot themselves, and approach female trees. Apparently, the love-making trees are rather shy, and the legend has it that whoever sees the trees mating will die or go blind. The fact that even now the pollination of the Coco de Mer is not fully understood is one of the factors behind the legend.

When you look back at your time in lock-down in Yukon during the coronavirus pandemic, you can reflect that without it, you may never have known about the Coco de Mer!



Fig 2. Coco de Mer Nut

## Wills

Now is a good time to think about making a will and selecting someone to give power of attorney to should you need help. If you would like help, you can contact Linnea Castagner at 668-3383 or make an appointment to meet with her in the YCOA office at 4061B – 4th Avenue in Whitehorse.

## Did you know?...

...Amendments to the Wills Act:

The Yukon legislature passed amendments to the Yukon Wills Act effective December 22nd, 2020. These amendments: clarify technical requirements for wills, enable the creation of a wills registry in the future, update provisions regarding marriage, include new provisions in the case of divorce and common-law relationships, and ensure the validity of Yukon wills in other countries and vice versa. The changes are not retroactive.



Sign of the Times: A sign posted at Whitehorse United Church

# Retirement Income Sources & Supplements (Part 3)

Editor's Note: This is part 3 of a series on financial topics. The first article appeared in our August issue. In it, Jerry Zakariasen covered Old Age Security, Guaranteed Income Supplement, the Allowance, the Allowance for the Survivor, Yukon Seniors Income Supplement, Yukon Supplementary Allowance, and the Pioneer Utility Grant (PUG). In a separate article in the same issue, we covered Deferring Property Taxes. In the second article, Jerry covered the Home Owner's Grant, and registered pension plans. If you would like a copy of those issues, please contact Linnea Castagner in our office in the Sport Yukon Building, 4061B – 4th Avenue. Ours is the first entrance in the north parking lot nearest 4th Avenue.

In this article, Jerry talks about registered retirement savings plans.

If you are close to retiring or recently retired – or even have been retired for a while -- you may be wondering what income sources are available to you to supplement your savings and any pension that you may have. Here are some more options for you to consider.

**Registered Retirement Savings Plans (RRSPs)** – RRSPs are a very common money source that can be used to generate income in retirement. These plans can either be set up by an employer or by individuals. The plans sponsored by an employer are generally referred to as Group RRSPs. With these plans you and/or your

employer make regular contributions to the plans. Normally the plan owner has choices in terms of the investments held inside the plan. This means they have some control over the rate of return the plan will generate. Like a Defined Contribution Pension Plan, the amount of income the RRSP will generate in retirement will depend on how much was contributed to the plan and what rate of return was earned inside the plan and how long the plan had to grow in value.

Individual RRSPs are similar to Group RRSPs in some respects. An individual RRSP is something you choose to set up yourself and so there are no employer contributions made to these plans. The owner chooses how much to contribute within the range allowed by the Canada Revenue Agency (CRA). The owner also has a full range of choices as to what plan sponsor they use, as well as which of that sponsor's offerings will be held within the plan.

When it is time to convert the RRSP into a source of income, it is converted into a Registered Retirement Income Fund (RRIF). RRIFs can hold all the same investments as an RRSP but they do have the requirement that at least a little bit of income be drawn out of the plan each year. The income that must



## Assistant Editor/Reporter/Writer



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

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

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

be withdrawn each year is referred to as the stipulated account minimum. Prior to age 71 the amount that must be withdrawn each year is calculated by a formula. The formula takes the value of the plan on December 31 of the previous calendar year and multiplies it by a

fraction defined as  $1/(90 - \text{Pensioners Age})$ . After age 71 the minimum required income is calculated by multiplying the Dec. 31 value by a specific percentage that is laid out in a table. The percentages get a bit larger as one gets another year older. This table is shown below.

### How the minimum amount is calculated

Age on January 1	Minimum amount*	Age on January 1	Minimum amount*
65	4.00%	80	8.75%
66	4.17%	81	8.99%
67	4.35%	82	9.27%
68	4.55%	83	9.58%
69	4.76%	84	9.93%
70	5.00%	85	10.33%
71	7.38%	86	10.79%
72	7.48%	87	11.33%
73	7.59%	88	11.96%
74	7.71%	89	12.71%
75	7.85%	90	13.62%
76	7.99%	91	14.73%
77	8.15%	92	16.12%
78	8.33%	93	17.92%
79	8.53%	94+	20.00%

\*The minimum withdrawal amount is based on the value of your RRIF on December 31 of the previous year.





Jenny Gruber	February 1	Connie Dublenko	February 25	Sandra Mason	March 21
Carol Johnson	February 2	Bill Neal	February 25	Ted Tullis	March 25
Suzanne Guimond	February 3	Wray Lyons	February 26	Judith Renwick	March 28
Paul Sheridan	February 5	David Boorse	February 28	Wally Sutherland	March 26
Cecile Sias	February 5	Andrew Gaulin	March 1	Marcia Seely	April 4
Edward Dergez	February 7	Joan Gould	March 1	Jean Johnson	April 7
Donna Jones	February 7	Lorne Whittaker	March 1	Keith Kendall	April 7
Keith Kelly	February 9	Gail Craigen	March 3	Joseph Hanulik	April 10
Edward Florian	February 10	Jean Smeeton	March 3	Melissa Pigeon	April 10
Marie Cox	February 12	Brian Huber	March 4	Frances Woolsey	April 18
Don Sippel	February 14	Birgit Geisler	March 5	Ellen Johnson	April 20
Marla Veliscek	February 14	Audrey Vigneau	March 5	Doris Roberts	April 20
Gordon Williamson	February 16	Denise Berken	March 6	Deb Bartlette	April 21
Andrew Kaegi	February 18	John Robbins	March 12	Ellen Eby	April 23
Glenda Walker-Verm	February 19	Palma Berger	March 13	Vicki Wilson	April 23
Mary Inverarity	February 20	Mauretia Holloway	March 13	Hailie Anderson	April 26
Jan Klippert	February 20	Graham MacCannell	March 13	Gil Beaudin	April 26
Gwen Sawrenko	February 21	Ingrid Schmitt	March 17	Ferne Frotten	April 27
Joseph Lishman	February 23	Shirley Jarvis	March 18	Anne Kelly	April 27
Martin Carroll	February 24	Sandra Helland	March 19	Russel Osland	April 27
Ken Mason	February 24	Pricilla Peever	March 20	Elizabeth Moses	April 29
Leon Blanchette	February 25	August Lefebvre	March 21	Jo-Anne Johnson	April 30



## Seniors' Home and Yard Maintenance Program

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

These may include:

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

For more information, contact:

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



## YCOA Member Survey

We would like to hear your opinions and suggestions. Please answer the questions below, and then tear out this page and mail it, or drop it off, at the Yukon Council on Aging at 4061B – 4<sup>th</sup> Avenue, Whitehorse, YT, Y1A 1H1. If you need more space, please continue on a separate piece of paper.

1. First of all, in the space below, please tell us how you are doing after nearly a year of coping with COVID-19. By the way, when we asked almost a year ago, most of you reported doing well, thank you. Some did have a drop in income, but surprisingly few. If you are now running into concerns, please let us know.

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2. Have you been able to keep in touch with friends and family? How do you keep in contact? Previously, most of you told us that you were able to maintain contact in most cases, either by phone, on the internet, or in person.

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3. Do you have a connection to the internet in your home or on your cell phone? Is connecting to the internet a problem? Is it helping with daily life and in coping with COVID? We know from previous comments that most of you with an internet connection are using it for talking with family and friends, sending and replying to emails, banking online, paying bills, shopping, looking up information, and many other things as well. You told us previously that overall, there are more than 20 things that you use the internet for.

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4. How would you prefer to receive the Sourdough Chronicle – delivered in the mail as we are doing now for those on our membership list, by email as we do for those on our email list, dropped off at your apartment building as we do in some cases, by pick up at the YCOA office, or by other means? Please let us know below.

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If you wish, please provide your name, so that we can deliver the Chronicle to you using the means that you prefer. Otherwise, providing your name is optional. If you are a member, we already have your contact information. If you aren't a member, and would like to receive the Chronicle, please fill out the membership application form on the second last page and mail or bring it to our office at 4061B - 4<sup>th</sup> Avenue, Whitehorse, YT Y1A 1H1 along with the annual membership fee of \$10.00, which helps us cover our costs.

Name: \_\_\_\_\_

# LAST TRAIL

Johannes (John) Olson	November 21, 2020	Devon, AB
Evelyn Neave	November 23, 2020	Whitehorse
Donald James Gill	December 2, 2020	Whitehorse
David Elton Clarke	December 6, 2020	Sydney, BC
Arthur MacDonald Pearson	December 8, 2020	Whitehorse
Constance "Connie" Joan Stack	December 9, 2020	Whitehorse
John William Gullison	December 13, 2020	Whitehorse
William Arthur Miller	December 13, 2020	Lindsay, ON
Donald Clinton McDermott	December 17, 2020	Victoria, BC
Percy Everet Andrews	December 19, 2020	Marsh Lake, YT
Jo-Anne Louise Smith	December 19, 2020	Marsh Lake, YT
Genny Piper (McCowan)	December 20, 2020	Whitehorse
Sheila Ruth Firth	December 21, 2020	Whitehorse
Dorothy Johnson	December 25, 2020	Whitehorse
Patrick Selby Johnson	December 29, 2020	Whitehorse
Gail Ann Marie Anderson	January 3, 2021	Whitehorse
Kim Dormandy	January 3, 2021	Whitehorse
Cyril Lane	January 7, 2021	Calgary, AB
Ellen Marie Lopushinsky	January 8, 2021	Whitehorse
Robert W. Hein	January 14, 2021	Whitehorse
Wilfred Joseph Morrisseau	January 15, 2021	Whitehorse



## CRA Webinars for Seniors in February, March and April

The Canada Revenue Agency (CRA) is offering a new webinar. The topics include the COVID-19 Recovery benefits, common income types for seniors, the GST/HST credit, common tax credits and deductions for seniors, various CRA services, and best practices against scams. The webinar is being offered on four different dates in February, March and April.

### Canada Revenue Agency's Seniors Webinar -- Presentation Dates:

**Tuesday, February 9, 2021 - 11:00AM – 12:30AM YST**

**Thursday, March 4, 2021 - 2:30PM – 4:00PM YST**

**Wednesday, March 17, 2021 – 2:30PM – 4:00PM YST (in French/en français)**

**Thursday, April 15, 2021 - 2:30PM – 4:00PM YST**

For more information, please contact Linnea in the office 668-3383

### FREE TO SENIORS

Using world-recognized COVID-prevention system:  
ZOOM

**Mondays 10:00 to 2:00** Drop-in technical help. Bring questions & get answers, bring problems & get solutions.

**Tuesdays 1:30 to 3:30** Open lab. Questions, answers & discussion on a wide range of topics, always interesting and lively.

**Wednesdays 10:00 to 12:00** Tech Talks. Instructor-led workshops on a range of topics. View the Calendar at [www.yukonlearn.com](http://www.yukonlearn.com) for upcoming topics.

**Thursdays 1:30 to 3:30** Instructor-led workshops (see next column).

**AND ...** by appointment. One-on-one help with computers, smartphones, internet ... just about anything technical. COVID-safe.

To register call: 668-6280 (toll free: 1-888-668-6280), for more information email: [ted.ackerman@yukonlearn.com](mailto:ted.ackerman@yukonlearn.com)

With funding from Canada and CIRA's Community Investment Program.

Presented in partnership with Elder Active Recreation Association and Computers For Schools Yukon

### Upcoming Thursday Workshop Topics

Internet usage – lots of interesting info out there, lots of nonsense too. Learn to find the good stuff

Smartphone gestures – short tap, long tap, swipe, pinch, shake, chop ... let's learn a few useful ones

Connecting things – computers to TV's, phones to computers, USB devices, ports, adapters ...

Browser settings – just the important ones, like privacy & security

Accessibility – computers and smartphones can provide help for aging eyes & ears

Online shopping – the deals get better all the time. Here's how to find them safely

Facebook – if we're still using it then we should keep up with the changes. If we're not still using it then I'll show you how to make it go away.

## Shingles Vaccine Available

Beginning in January, 2021, Yukoners between 65 and 70 years of age, can register to receive free shingles vaccinations by contacting their doctor. Two vaccination inoculations are required. If you would like more information, please do not hesitate to contact our Information Centre Coordinator, Linnea Castagner at 668-3383 or visit us at 4061B – 4th Avenue (in the Sport Yukon Building).

Shingles is a viral disease that causes a painful skin rash and blisters. The rash usually disappears in two to four weeks, although some people develop ongoing nerve pain that can last for months or years. A major cause of shingles is having had chicken pox at an early age. The disease can be very painful, and getting the vaccine is recommended by Health officials.





# Membership Application

Name: \_\_\_\_\_

Renewal:       New Application:

Mailing Address:

Street or P.O. Box: \_\_\_\_\_ Apt: \_\_\_\_\_

City or Town: \_\_\_\_\_

Territory or Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Day / Month / Year

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

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

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

(April 1st to March 31<sup>st</sup> the following year)

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

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

**For office use only:**

Receipt Number: \_\_\_\_\_ Amount Paid: \_\_\_\_\_ Membership Expires: March 31, 20\_\_

Entered    Date: \_\_\_\_\_     General Member     Associate Member

# FEEDBACK

Now it's YOUR turn.  
Please write us.  
Our e-mail address is  
ycoa@yknet.ca. Take  
time to check out our  
website:  
www.ycoa Yukon.com



Grey Jay on a Spruce Tree Photo Credit: Jan Trim

Please don't forget to  
fill out our survey on  
page 16.

## Notices

*Foot Clinic postponed  
until further notice.*

*Please contact Linnea at 668-3383 or  
stop in to update your membership.*

Support for this  
Newsletter is provided by:

**Yukon**

Health and Social Services



Yukon Order of Pioneers  
(YOOP) Ladies' Auxiliary

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