



**CALGARY CHAPTER
ALBERTA ASSOCIATION ON GERONTOLOGY**

ANNUAL REPORT

Annual General Meeting June 16, 2009

PRESIDENT'S REPORT

Jaryll M. Dunne

What is Gerontology?

Gerontology is the interdisciplinary study of aging. It encompasses the biological, psychological, sociological, health and economic aspects of aging. As both a basic and applied social science, it studies aging from the individual as well as from the societal perspective.

Gerontologists might have a degree in gerontology, or may have a specialization in aging within another discipline. They can work in a variety of settings such as health facilities, mental health services, social service agencies, marketing and communications, retirement planning, recreation and leisure, housing agencies, government agencies, community agencies, advocacy groups, or research and educational institutions, to name a few examples. Because of their broad understanding of aging, gerontologists are able to assume many different roles and provide perspective to specialists in other fields whose work leads them to deal with the older population.

The Alberta Association on Gerontology (AAG) is a province-wide interdisciplinary organization that seeks to enhance the lives of the aging population through support of persons involved in and concerned with gerontology.

AAG seeks to provide a vehicle for networking among individuals and organizations interested in gerontology in Alberta and to stimulate the development of opportunities that enhance the knowledge and practice of people interested in gerontology in Alberta.

Volunteers operate the Association. Through the Council of Associated Organizations, the AAG is linked to the Canadian Association on Gerontology.

AAG's Goals Include:

1. To strengthen communications among individuals interested in gerontology for mutual benefit and exchange of information.
2. To increase public awareness of gerontological issues.
3. To encourage and develop educational opportunities to enhance the knowledge and practice of individuals interested in gerontology.
4. To increase and maintain membership of the Alberta Association on Gerontology.

5. To work continuously towards financial stability.
6. To encourage and support basic and applied research within the field of gerontology.
7. To improve communication among the chapters and between chapters and the provincial board.

Dues:

The membership year runs from April 1st to March 31st. Annual membership dues are:

- Student - \$15.00
- Senior - \$20.00
- Individual - \$40.00
- Organizations - \$60.00 (up to 3 individuals may attend functions under this membership)

With your AAG membership you are automatically a member of a local chapter. Alberta Chapters include: Calgary and Edmonton. Your membership with Calgary includes opportunities to attend educational events, networking functions and access to AAG's newsletters. Many of these events and activities are highlighted in the reports from each of the Chairs (see following pages). We are a strong, vibrant Chapter that works hard to create opportunities for networking, education, and resource sharing. Your Board of Directors and committee volunteers contribute countless hours. The following depicts a year in review for the Calgary Chapter, Alberta Association on Gerontology.

We made it through another amazing year! The Board of Directors is really an incredible group of people. They are full of creative ideas and positive energy.

We, the Calgary Chapter, continued to work hard this past year. With the implementation of new initiatives and annual events we still showed signs of an abundance of energy. We welcomed new Board members Tamara McLoughlin, Donna Malone, Inese Hanson and Terry Brown. We welcomed back our experienced Board Members of Lynn Podgurny, Glenn Skimming, Roopa McKellar, Marianne Rogerson and Kent Saga.

And so our Board year began. We quickly attended to our commitments and endeavors, which are reflected as such:

- Increase membership
 - Mount Royal Gerontology Studies \$500 award (winner Donna Malone)
 - Continually revamping our website (www.ccaag.com) as a result learning new marketing skills.
 - 21st Annual Seniors' Resource Fair to be held May 31st at City Hall Atrium, Calgary
 - Outstanding Seniors Awards held at the Seniors' Resource Fair on June 7th.
 - Networking
 - Increased public awareness/booth displays/interviews/newspaper articles
 - Winds of Grey Symposium educational/networking events
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- **April 10 – Elder Friendly Community Projects.** An educational presentation by Rick Kanik, Manager Seniors Services Division, Community and Neighbourhood Services, City of Calgary. Rick talked about Understanding Community Development and Service Coordination to Enhance Seniors' Quality of Life.

 - **June 24 – “STRESSED is DESSERTS spelled backwards”** by Cheryl Ann Oberg, Certified Laughter Leader, founding member of the Canadian Assoc. for Therapeutic Humour. Cheryl talked about learning how to laugh and how humour can be utilized in the work place/volunteer environment to reduce stress, enhance creativity, increase productivity, and keep the team on your track.

 - **March 31 – Alberta's Continuing Care System-Overview, Challenges and Opportunities:** Presented by Bruce West, Executive Director, Alberta Continuing Care Association. Bruce talked about key drivers affecting continuing care including the aging population, needs and expectations of current and future continuing care clients, health system changes, aging infrastructure, workforce challenges and new technologies.

We quickly approached our year-end and regrettably will be saying goodbye to the following Board Member:

Erin Williams was completing her last year at the University of Calgary and needed to focus on her studies. We will miss Erin's innovative ideas and her time she contributed over the years with the Calgary Chapter.

I would like to thank all the Board members from the past for sharing their knowledge and expertise with the Chapter in years gone by. I can not, nor will not neglect to express my gratitude and appreciation for the Board members of 2008. We have had a number of new challenges this past year which were handled by our creative, dynamic Board with much success.

I thank all of you for your never ending energy, your commitment, your ideas (not created by turning on the light switch) and laughter (this Board has the fittest stomach muscles of any Board of Directors in Calgary)!

I look forward to serving you next year and I can hardly wait for the upcoming year's adventures. The Calgary Chapter, Alberta Association on Gerontology is Calgary's charitable organization of the future. We can only get better in achieving our goals of meeting you, our members' needs.

Sincere Yours,
Jaryll M. Dunne
President,
Calgary Chapter, Alberta Association on Gerontology

TREASURER'S REPORT
Jaryll Dunne
(In absence of a Treasurer)

The Calgary Chapter, Alberta Association on Gerontology continues to be in a sound position, with a bank balance in our **General Fund Account** of \$3,265.31 on March 31, 2008 and \$12,683.64 of term deposits.

The 2008 – 2009 Financial Report shows an increase in the net operating amount of \$204.77, which is the first increase in two years. Our budget's projection actually indicated there may be a deficit.

Our projected revenues were actually down from the projected amount for the Seniors Resource Fair in 2008 – we needed to include \$1,900.00 in revenues for the 2009 Seniors Resource Fair in our reporting though, due to early payments from the Booth Holders.

Our Membership Fees show an increase over our projection due to the fact these again are combined 2008 and 2009 fees. 2008 Membership fee disbursement are actually down from our projections due to the decrease of Chapter members.

Winds of Grey have not created the revenues as expected, however with increased attendance and a continuance of excellent speakers; we still foresee a break even point being achieved in the 2009 – 2010 term.

It is important to note the Outstanding Calgary Seniors Awards account is reported on separate financial sheets. This was the mandate set out to the committee upon accepting the proposal of being the sponsoring agency. It was imperative the Outstanding Calgary Seniors Awards be a self sustaining committee without the financial support from the Calgary Chapters revenues. To date this has been achieved.

The Calgary Chapter, Alberta Association on Gerontology does not have any outstanding liabilities.

ASSETS

First Calgary 6 Plus 6 Term Deposit #004 (Matures December 10, 2009)	\$4,781.81
First Calgary 6 Plus 6 Term Deposit #005 (Matures December 10, 2009)	\$3,120.02
First Calgary 6 Plus 6 Term Deposit #006 (Matures December 10, 2009)	\$4,781.81
First Calgary Select First Rate Investor Operating Acct as of March 31, 2009	<u>\$4,163.61</u>
TOTAL ASSETS GENERAL REVENUES	<u>\$16,846.95</u>

The **Outstanding Calgary Seniors Awards** Committee continues to be in a workable financial position, with a bank balance of \$1,873.08 on March 31, 2008.

Although the 2008 – 2009 Financial Report shows an operating deficit of \$2,093.07 for the year, this was less than the projected \$3,800.00

The 2008 Outstanding Calgary Seniors Awards committee had been granted special considerations in the utilization of the residual funding of the Alberta Lottery Fund Grant issued in May 2007, with the exception of \$255.43. The committee was successful in reducing the expenditures of the awards and still had surplus funds which were made available for the 2009 Outstanding Calgary Seniors Awards.

ASSETS

First Calgary Select First Rate Chequing Account as of March 31, 2009	\$1,873.08
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TOTAL ASSETS OF OUTSTANDING CALGARY SENIORS AWARDS

\$1,873.08

On behalf of the Calgary Chapter, Alberta Association on Gerontology, I would like thank Zenon Bereznicki for carrying out the audit of the Calgary Chapter's accounts for 2008 – 09.

Respectfully submitted,

Jaryll Dunne
Acting Treasurer
Calgary Chapter,
Alberta Association on Gerontology

WINDS OF GREY SYMPOSIUM REPORT

Inese Hanson

This year the Calgary Chapter held three Winds of Grey Symposiums. The topics of these events were:

April 10 – Elder Friendly Community Projects presented by Rick Kanik.

June 24 – “STRESSED is DESSERTS spelled backwards” presented by Cheryl Ann Oberg.

March 31 – Alberta’s Continuing Care System-Overview, Challenges and Opportunities presented by Bruce West.

Our symposium was held March 31, 2009 at Hillhurst/Sunnyside Community Centre, 1320 5th Avenue N.W. Calgary, Alberta. The function started at 5:30 with wine and cheese followed by appetizers and networking. The presentation started at 7:00 with our guest speaker Bruce West, Executive Director, Alberta Continuing Care Association. His topic was “Albert’s Continuing Care System-Overview, Challenges and Opportunities”.

We had 33 attendees to our function. Members of the Gerontology Association, who registered for the event, had the added bonus of displaying their business brochures and marketing material on tables set around the room. Our door prize was an individual membership for the following year.

Although this event had a deficit of \$431.17, it was not imperative but goals set to generate a positive cash flow.

Submitted by
Inese Hanson

SENIORS' RESOURCE FAIR REPORT, 2008

Roopa McKellar and Marianne Rogerson

The 21st Annual Seniors' Resource Fair held May 31st, 2008 at the Calgary City Hall Atrium was another success, with attendance of over 2000 members of the public. We achieved our goal to attract 100 diverse booth holders (from housing, to Himalayan Goji juice, to companionship booths). As with prior years, various entertainers throughout the day enhanced the experience for all. Introduced this year were "Spotlight" sessions, which allowed 12 pre-selected booth holders to engage the audience and discuss what their organization can do for seniors and their families, and for others in the industry that provide products/services for Calgary's aging population.

An important note for this year's fair is that the Calgary Outstanding Seniors Awards were held on a June 7th at the John Dutton Theatre – in prior years, the Awards presentation has been held at the City Hall Atrium during the afternoon of the fair.

The committee

The success of this year's fair is due to monthly meetings of an energetic committee consisting of Board members. Core committee members and associated responsibilities were as follows:

<i>Roopa McKellar</i>	Co-chair/Logistics
<i>Marianne Rogerson</i>	Co-chair/Marketing/Advertising/Media
<i>Jaryll Dunne</i>	Marketing/Advertising/Media
<i>Lesley Rybchynski</i>	Registration
<i>Glenn Skimming</i>	Volunteers/Evaluations/Entertainment

Other previous and current members of the CC-AAG Board contributed greatly and are much appreciated! Also appreciated was the feedback received from the public at last year's fair, as recommendations/suggestions were reviewed to ensure that any feedback was implemented as was possible.

Volunteers

The committee members (and related family) volunteered for the day to assist with:

- Attendance counting and map distribution
- Float to assist booth holders and public where possible
- Distribute and collect booth holder/public evaluation forms

Booth Information

The booth rental prices were maintained as per last year.

Not for Profit - 90.00

Business or government - 155.00

These rates are seen as reasonable and attractive for both small and large organizations that apply for booths at the fair.

Advertising

Our advertising plan was intended to attract interested individuals and increase public awareness. Advertising was varied; ads were placed in the Calgary Herald, and an article in Mature Living leading up to the Fair. Flyers/posters were distributed to seniors clubs and community associations, public service announcements were delivered, and banners were placed in key locations throughout the city to raise the community awareness.

Entertainment

The entertainment consisted of:

- Song Bird Debbie Myles
- A Tai Chi demonstration and a cultural dance by the Elder Friendly Community Program
- A Magic Show by Mr. Magic Inc. (Alnoor Jaffer)
- Korean Dancing by the Korean Seniors Association
- Singer Charlie D
- Al Owchar - cowboy poet

26 Door prizes, donated by booth holders were also drawn and handed out to attendees. If attendees were absent, then the prizes were delivered to them after the fair had ended.

As a committee, we decided not hold the 50/50 draw this year.

Services

The catering was arranged through City Hall. The exhibitor's hospitality room offered complimentary coffee/tea and pastries and feedback received the day of the fair was very positive. The cafeteria offered a lunch special consisting of one hot entree and/or a soup and sandwich special, which provided the exhibitors a nice break to enjoy a lunch in an expedient manner. In addition, volunteers received lunch coupons that entitled them to a sandwich, soup, and pop.

Evaluations

Evaluations were provided, filled out, and collected from booth holders and the public. This information will be reviewed by the committee to enhance/improve the 2009 Fair, our 22nd anniversary.

22nd Annual Seniors' Resource Fair

We have a large task this year to maintain the interest and support for our 22nd Annual Seniors' Resource Fair in the midst of a tough economy. Plans are well underway. The fair will be held on Saturday May 30, 2009 at City Hall Atrium. Our goal is to attract at least 100 booths and to be attended by over 2000 members of the community keen to seek information and knowledge relating to seniors.

Summary

In summary, the SRF this year was successful, both in the number and diversity of the booth-holders as well as the attendees. We will continue to meet as a committee to review the evaluation summary and how we might implement changes/improvements for next year.

Our sincere thanks go out to all the committee members and volunteers who effortlessly give of their time and support to ensure the success of the fair. See you next year!

Respectfully submitted,
Roopa McKellar and Marianne Rogerson
Co-Chairs

Outstanding Calgary Seniors Awards Committee 2008/2009

Lynn Podgurny

The Outstanding Calgary Seniors Awards Committee put on a very successful event that was held on Saturday, June 7, 2008 at the John Dutton Theatre at the W.R. Castell Central Library. Sharon Pollock, actor and playwright, agreed to be the MC. Previously the awards had been held in conjunction with the Seniors Resource Fair but this had become unwieldy and the expense of the temporary chair rental higher than a room rental. The library location, while economical and central, did have problems of access and parking. Despite these limitations, over 100 people showed up to celebrate the 38 nominees who had contributed to the Calgary community. Winners of five categories (Volunteerism, Leadership, Active Living, Arts, and General) were presented with a trophy shaped as an Inukshuk. Unfortunately no nominations were received for the Caregiving category. The total expenses for the awards were \$3094.71.

In September the committee began working on the 2009 awards. With the lessons learned from the previous awards, it was decided to establish three subcommittees that could target particular issues. These committees are: Fundraising, Marketing and Logistics. As of this date, the three subcommittees have been very successful and will likely carry on for the 2010 awards. The Marketing subcommittee developed a detailed marketing plan. In particular they wanted to highlight the Caregiving category. The Fundraising committee developed and mailed out a donation request letter. In particular, quite a bit of money was raised through the efforts of Abdul Makalai. The logistics committee recommended a change of venue to the Dream Centre and created a schedule for the event.

Submitted by
Lynn Podgurny

Nominations Report Jaryll Dunne

The by-laws of the Alberta Association on Gerontology require a board of 10 – 16 members. This includes four directors who are officers (President, Vice-President, Secretary and Treasurer), the Past President (during the first term of the current President), members at large and one representative from the chapters (appointed by the chapters themselves). There are currently 10 members on the board.

Current Officers of the Board

President:	Jaryll Dunne
Vice-President:	Glenn Skimming
Secretary:	Lynn Podgurny
Treasurer:	Vacant

Retiring Board Members

- Erin Williams (resigned)

Continuing Board Members

- Roopa McKellar – Member at Large
- Marianne Rogerson – Member at Large
- Kent Saga – Member at Large
- Jaryll Dunne – President
- Glenn Skimming – Vice President
- Lynn Podgurny – Secretary

Chapter Representatives

Chapters appoint their own representative from their Board of Directors for Provincial representation.

Kent Saga is the Calgary Chapter's representative reporting to the Provincial Board.

Nominations for Election to the Board

Terry Brown is the Owner and Business Manager of Relocate Stress Free Inc. She has over 30 years in the financial industry working for some of the largest financial firms in Canada, which include the Bank of Montreal, Nesbitt Burns, Royal Trust, RBC Dominion Securities, Mutual Group and Raymond James Financial. Terry has also worked offshore managing money for offshore trust. Her education was developed through ongoing courses and training throughout her various positions with the financial industry.

Terry has been a member of the Rotary Club, treasurer of the United Way and Crime stoppers, as well as Business Director for the Salvation Army. She has also been on the executive of the Business & Professional Women's club.

Terry has had to deal with looking after her mother while she was sick, making decisions to relocate her into an assisted living situation and then having to handle her estate after her passing. It is Terry's "passion to work with the aging generation" to help them live the remaining years with health, wealth and information to allow them to make decisions on their remaining years.

Inese Hanson is owner/operator of Comfort Keepers, a non medical support service for older adults, new moms and those recovering from surgery.

Inese brings a vast array of experience to the board. Graduating from the University of Manitoba with a degree in Physical Education, Inese went on to develop her skills as a Recreational Therapist. Over the years she has been involved with special needs children. She was the Recreational Therapist at Hull Home, a residential treatment center for emotionally challenged children. She continued to work in the area of the special needs population with children at Renfrew Educational Services as well as the Calgary Board of Education.

After having small business experiences, Inese feels that a business, which strives to serve the needs of the elderly, is where she feels most fulfilled and can make a meaningful contribution.

Inese's husband David is an educator with the Calgary Board of Education, and is integrally involved with Comfort Keepers. Their eldest son, Kyle is in his second year of college in Maine on a hockey scholarship and Katie their eighteen year old daughter, much to the delight of Inese is (for the time being) in Calgary going to Mount Royal College and dancing.

Inese fully supports the mission of the CCAAG and feels she would like to utilize her experience, skills and creativity to help further develop the organization's goals.

Donna Malone is employed with the City of Calgary, Seniors Services Division, City Links Program as a Housekeeping Supervisor and has been for the past 12 years.

Donna is a continuing student in the Gerontology Certificate program in the Faculty of Health and Community Studies at Mount Royal College. She enjoys working with seniors and hopes to continue doing so in the future.

Tamara McLoughlin is a Recreational Therapist with Diversicare, Trinity Lodge.

Retiring Board Members

We would like to acknowledge the hard work and commitment from our resigning Board Member. We wish Erin much happiness and success in her future endeavors and we sincerely appreciate her contributions to the Calgary Chapter, Alberta Association on Gerontology.

Submitted by
Jaryll Dunne

OPPORTUNITIES WAITING

Do you want to be more active with CC-AAG? Why not volunteer for one or more of the following positions:

Seniors Resource Fair

- Advertising/Marketing
- Registration
- Entertainment

Outstanding Seniors Awards

Winds of Grey Symposium Planning and Implementation

- 4 working committee persons

Membership

- 2 working committee members to recruiting and surveying members.

New member Orientation

Committee is in the process of being structured.

- 2 to 3 working committee persons.

Thank you for your continued support with the Calgary Chapter, Alberta Association on Gerontology. Your attendance at the AGM, volunteer positions, participating and/or attending in our events, outgoing interest and/or contributions towards seniors' issues, and remaining with the Calgary Chapter is greatly appreciated. Our commitment is to continue to provide strong representation for our Calgary Chapter and attain our Chapter goals.