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Welcome, Swift Current Chapter of S.T.S.

"There are no speed limits on the road to success."

Another fantastic year is almost finished in the Swift Current Chapter of STS. We have one activity left to complete the year before we look at planning for next year's activities. I hope you have enjoyed the events and activities we planned for this past year.

We had a successful Spring Fling Celebration on April 13th, with guest speaker, Jean Cyca, providing armchair travel as she spoke about her travels to central Mexico to learn Spanish. The pictures and stories were outstanding. Everyone enjoyed the evening and had another location to add to their "bucket list" to visit someday. A big thank you goes to Jean for sharing her travel adventure with us. Pictures and a write up of this event can be found on the Swift Current STS website, scchapter.ca

Thank you to our delegates, Shirley Dyck, Clara Loeppky, Nancy Baumann Wall, Jeanette Eckert, Jo Ann Heeg Williams, Rosalie Flynn and Leon Eckert, who attended the Provincial STS AGM in Saskatoon from May 9th to 11th, 2017. Their reports are found here on pages 3 and 4 and also on our website. Next year, consider volunteering to be a delegate for the Swift Current Chapter to the provincial STS AGM.

Upcoming is our end of the year adventure to the Saskatoon area, on June 21st. The Swift Current Chapter would like to thank Clara in advance for planning and organizing this outing. The year-end trip promises to be a wonderful day, from Aboriginal Day at Wanuskewin Heritage Park to a live theatre performance of Jake and the Kid, by WO Mitchell, at the Barnhouse Theatre. I hope to see you on the bus for an exciting day.

I would like to thank you all for the support you have extended to me over the past year. Have a wonderful summer and practice your golfing so that you will be ready to be part of the 'Heck With the Bell' Golf Tournament, in September. The more people participating in the tournament, the more fun it becomes.

Joyce Hoffman, President
 Swift Current STS Chapter

Happy Birthday!

June Buhr	05	June	Sharon Litowski	21	June	Eileen Yake	28	July
Nancy Baumann-Wall	06	June	Betty Thompson	21	June	Phil Koethler	29	July
David Niessen	06	June	Marg Sillerud	22	June	Lubie Bobick	30	July
Janet Little	07	June	Jean Pearson	23	June	Gayleen Turner	06	Aug
Fred Heese	08	June	Vic Klymyshyn	25	June	Vic Friesen	07	Aug
Joyce Hoffman	11	June	Dan Siebert	27	June	Jim Bobick	10	Aug
Donna Lock	12	June	Zoria Shumay	29	June	Charlene Hayes	10	Aug
Gail Wesolowski	15	June	Eileen Hartman	01	July	Donna Gillespie	12	Aug
Shirley Brennan	16	June	Gloria Jacobsen	01	July	Henry Fehr	13	Aug
Helen McGovern	16	June	Al Sigurdson	01	July	Sandra Glover	21	Aug
Mel Friesen	17	June	Paulette Bradley	11	July	Ross Orth	21	Aug
Jan Duncan	19	June	Margaret Monk	11	July	David Stewardson	21	Aug
Gail Giesbrecht	19	June	Eileen Diehl	13	July	Ron Toles	21	Aug
Mary Mudry	19	June	Margaret McGill	17	July	Rick Oleksiak	27	Aug
Dorlas Bratvold	20	June	Clara Loeppky	19	July	Denys Stubbins	29	Aug
			Al Romankewicz	23	July	Diane Chartrand	31	Aug
			Shirley Quintin	24	July	Elayne Olson	31	Aug
			Leona Peters	27	July	Sue Waker	31	Aug
			Dianne Miller	28	July	(Is your birthday missing? Tell Loretta)		

FINANCIAL STATEMENT
MARCH 13-MAY 18, 2017
ROSALIE FLYNN

Chequing Acct. Balance Mar. 13	1990.10
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RECEIPTS

Spring Fling Revenue	560.00
Interest (Mar & Apr)	.17
TOTAL DEPOSITS	560.17
	2550.27

EXPENDITURES

Wong's Kitchen	
(Spring Fling Buffet)	585.53
J. Hoffman Door Prizes	17.78
Rosalie Flynn Envelopes & Stamps for Summer In Touch	151.13
Loretta Romankewicz	
Photocopying Spring "In Touch"	36.00
L. Romankewicz Stamps and Envelopes for Spring "In Touch"	142.14
L. Romankewicz Sympathy cards	6.60
TOTAL EXPENDITURES	939.18
	1611.09

Member Rewards Balance May 18	6.79
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High Interest Savings Acct. Mar 13	6132.29
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RECEIPTS

Interest (March & April)	5.12
TOTAL	6137.41

EXPENDITURES	0.00
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SPRING FLING 2017 (Clara Loeppky)

On April 13, 2017 thirty Superannuates, friends and guests enjoyed a Chinese smorgasbord at Wongs' Kitchen in the banquet room. All present enjoyed an evening of arm chair travel with **Jean Cyca**. Jean spoke about her adventures while living and learning to speak Spanish in the cultural city of Oaxaca, located in Central Mexico. Jean included pictures and interesting facts about the people and the challenges she experienced in learning the language.

Shirley Dyck sold tickets in support of the McDowell Foundation .

Everyone enjoyed a relaxing evening learning about a new culture and visiting with their friends and colleagues without having to leave Swift Current.

Pickleball 2017 (Clara Loeppky)

This year the STS SC Chapter hosted eight sessions of pickleball at the Colonel Clifton Center. The time spent was fun and a time to get to know our fellow colleagues. The beginner players were taught the skills while the others honed their skills with lots of practice.

Rosalie Flynn taught the beginners and had them playing in no time. A big thank you goes out to Rosalie! She reviewed the skills and went over the rules with everyone. The players said a farewell until next year.

Rosalie informed everyone there is league play at the Colonel Clifton Center ladies- Monday, Tuesday, Wednesday, and Friday during the winter months, as well as mixed team play at Fairview school on Thursday evenings and Sunday afternoon.

In the summer months there is play outside at the tennis courts at the Southside Park. ladies- Mon., Thurs., Fri. 9:30am; mixed- Tues., Thurs.-6:30pm, Sun.-3:00pm

A big **Thank you** goes out to all of you who came out to play. It was fun and learning a new skill is always educational for us seniors!

There are no speed limits on the road to success.

JUNE OUTING 2017

Destination: Saskatoon and the Barn Playhouse

Date: Wednesday, June 21, 2017

Activities: participate in "Aboriginal Day", festivities at the Wanuskewin Heritage Park, shop at the Lawson Heights Mall and watch a play called "Jake and the Kid", by WO Mitchell at the Barn Playhouse Theatre.

Cost: \$75.00 per person which includes the bus rental, Wanuskewin gratuity, and Barn Playhouse Theatre tickets.

Interested? Call Joyce Hoffman 306-773-2453, or Clara Loeppky 306-773-4876 to find out whether there is still a spot for you.

CONGRATULATIONS to Agatha Dyck for her 50 years of commitment to the Tourism Board.

SINCERE SYMPATHY to Dorlas Bratvold on the loss of her father, Glenn. God bless and comfort you.

2017 STS AGM Interest Session Reports

Topic: STS Financial and Benefits
Presenter: Fred Herron
Submitted by Rosalie Flynn

STS Financial:

- The STS continues to maintain a strong financial position.
- STS experienced a surplus of \$33,695.00 for the 2015-16 fiscal year.
- Membership fees have not increased since 2006.
- The administration commission that STS receives increased from 3% of total premiums to 3.5 % of total premiums from the Extended Health Plan effective July 1st, 2016. This change generated approximately \$60,000.00 additional revenue for the STS Operating Fund.

Extended Health and Dental Plan *(the number of participants increased from 6907 to 7252 over the past year)*

What is the difference between the STF Health Plan and the STS Extended Health Plan? The STF Health Plan is funded by the Government of Saskatchewan whereas the STS Extended Health Plan is funded by STS members. “We (the members) own the plan, the surplus and the debt” Doug Haroldson (Past STS President)

- The STS is in the second year of a three-year contract to June 30th, 2018
- The Extended Health and Dental Plan has presented some concerns for the STS as follows:

TRAVEL: Travel Claims have substantially exceeded premiums over the last several years. As a result of this negative experience STS has agreed as part of the current agreement with the Sask. Blue Cross to increase the premium portion of our provision for travel from: (Single) \$3.75 to \$9.50, (Couple) \$7.50 to \$19.00 (Family) \$8. to \$22.

<u>FISCAL YEAR</u>	<u>PAID CLAIMS</u>	<u>PAID REVENUES</u>
July 1, 2010 – June 30, 2011	\$238,494	\$292,442
July 1, 2011 – June 30, 2012	\$468,172	\$330,107
July 1, 2012 – June 30, 2013	\$325,014	\$370, 331
July 1, 2013 – June 30, 2014	\$860,534	\$396,633
July 1, 2014 – June 30, 2015	\$1,260,956.71	\$425,457.83
July 1, 2015 – June 30, 2016	\$597,442.21	\$1,157,865.23

In addition STS has agreed to a one-time payment to Sask. Blue Cross of \$250,000.00 from the Unappropriated Surplus in order to hold premiums from the Extended Health Plan at affordable levels.

Extended Health & Dental Claims Experience:

- The first year’s experience was positive with a surplus of \$264,739. The current year has been a very different story with claims exceeding premiums by over \$600,000. as of December 31, 2016.
- Factors that have caused the present deficit are;
 - 1) Overall increase in the utilization of the plan,
 - 2) Increase in prescription fee from \$20. to \$25.
 - 3) Improvements to the Plan such as paramedicals (physiotherapy, acupuncture, etc) and drug coverage have cost the plan more than expected.
 - 4) Inflationary costs for drugs continue to escalate at unreasonable levels.

The Unappropriated Surplus will allow the STS to hold premiums and coverage at current levels until June 30, 2018.

Topic: Zumba Gold
Presenter: Kelly Duncalfe-Baker
Submitted by **Clara Loeppky**

Zumba gold is a class of lower intensity moves for active older adults. The design of the class introduces easy to follow Zumba choreography that focuses on balance, range of motion and co-ordination. Participants go, ready to sweat and be prepared to feel empowered and strong. The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.

Zumba encompasses many classes from the young to the seniors. There is Zumba step, Zumba toning, aqua sentoa, Zumba gold, Zumba gold toning, Zumba kids, Zumba kids junior, Zumbini, and Zumba in the circuit.

Kiva Studio here in Swift Current downstairs in the Carmel Building offers some of the Zumba classes.

Monday	5:30 pm	Zumba beginners
Tuesday	12:05 pm	Zumba
	7:00 pm	Zumba
Thursday	4:00 pm	Zumba kids
	7:00 pm	Zumba
Sunday	11:15 am	Zumba

The session I attended was very busy and intense. We choreographed to music only stopping to keep hydrated. I found the class rigorous, intense and busy. I found what Zumba was all about by googling it. I feel this would be a great class to pursue in the winter months to increase stability, flexibility and endurance.

Topic: Podiatry
Presenter: Dr. Sarah-Jane Roche
Submitted by **Jo Ann Heeg-Williams**

On Wednesday, May 10, 2017, I attended the Podiatry Interest Session at the STS AGM, 2017.

Dr. Sarah-Jane Roche from the Saskatoon Family Podiatry was the presenter. Dr. Roche specialized in Podiatry at Queen Margaret University in Edinburgh, Scotland, and also has additional accreditation in the area of Physiology and Health Science from the Carlow Institute of Technology in Carlow, Ireland. Dr. Roche practiced privately in Dublin, Ireland, prior to coming to Canada in 2008. She practiced in Regina in 2008 and then moved to Saskatoon in 2009. Sarah was born and raised in Ballickmoyler, Ireland, and continues to be passionate about basketball, Gaelic football, running and many other sports.

At the session Sarah talked about how complex our feet are. She said lots of teachers have plantar fasciitis and heel spurs from being on our feet so long. She said that orthotics, physio and acupuncture usually help this problem. She talked about bunions, which are usually caused by shoes as well as inherited. Once again she stressed that the right shoes and/or orthotics should help reduce pain and support the foot. Orthotics can be made for most shoes; however, they are quite costly. Other common foot ailments are corns and warts, pincer and ingrown nails (make sure you trim your toenails straight across) and fungal nails. (This can be cured by medication and/or surgery)

Dr. Roche said it is very important to make sure you get measured and fitted for good shoes. Fosters Shoes in Saskatoon and Regina can provide these services. Types of good shoes are New Balance, Asics, Aravon and I'm sure there are more. She said you will likely have to pay at least \$200.00 for a good pair of shoes. She recommended you change your shoes every 18months-2years if you are doing lots of walking. Also, people with diabetes should have their feet checked once a year.

Dr. Roche can be reached at 204-502 Cope Way, Saskatoon, SK, Phone 306-975-0205, Fax 306-975-0206.

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Topic: Diabetes Canada.
Presenter: Tova Dybvig
Submitted by Leon Eckert

Tova Dybvig increased our knowledge and understanding about diabetes. She gave a good presentation on diabetes resources and the tools to help us prevent and manage our diabetes. She tried to empower us to lead healthy lives.

She reported that there are 11 million cases of diabetes in Canada. This is expected to rise to 14 million by the year 2027. (10 years from now!!!!)

Tova informed the room-filled audience of the signs and symptoms of diabetes. There are two types of diabetes -- Type 1 and Type 2 - both impact our lives -- heart attacks, strokes, blindness, kidney failure, leg and foot amputation - diabetes is a SILENT KILLER.

Attack diabetes with choices -- eat in moderation, eat healthy foods, eat every six hours or less (smaller portions rather than a feast); add fibre to your diet, and become active -- 20 minutes of exercise per day. Set your goals for success.

Wednesday night Banquet Awards

Submitted by Nancy Baumann Wall

After a delicious roast beef meal the Honorary Life Members were introduced. They are as follows:

- a) **Maureen Donald** from the Tisdale Chapter; b) **Kate McCorriston** from the Nipawin Chapter and
- c) **Stella Shulhan** from the Saskatoon Chapter.

After the awards were given and the photos were taken we were entertained by a group called “Back of the Bus”.

Elections

Submitted by Nancy Baumann Wall

The following were elected by acclamation

President – Maxine Stinka
Vice-President – Sunil Pandila
ACER-CART _ Marie LeBlanc-Warick

Councillors declared elected:

Don Gabel Wakaw Chapter
Joyce Hoffman Swift Current Chapter
Mike Kaminski Assiniboine Chapter
Alan Laughlin The Battlefords and District Chapter
Helen Sukovieff Regina Chapter

Members at Large elected by acclamation

Susan Amundrud Carrot River Chapter
Laurie Dube Mainline Chapter
George Huczek Prince Albert Chapter
Jane Isinger Saskatoon Chapter
Doreen Rathgeber Yorkton Chapter
Doug Still Regina Chapter
Anna Wehrkamp Carrot River Valley Chapter

Executive Secretary – Fred Herron

TOPIC: The Role of the Pharmacist in Modern Healthcare

PRESENTER: Joan Cochrane

Submitted by Jeanette Eckert

Recent trend in healthcare is professionals working together more than in the past.

Generic – means cheaper brand of the same drug.

MODERN PHARMACY

- sit down with patients and discuss meds and question and answer
- now able to prescribe for minor ailments
- give vaccinations
- prescription refills can be extended for 100 days except narcotics

OTHER

- Sask Drug Plan – mandates prices
- government still puts more money into meds than counselling
- non-prescription drugs are not taken seriously enough by the general public
- natural products – don't order online as there is no control on content and labelling
- medical marijuana legal in future * whether legal or recreational pharmacists need to know if you are a user as it may have an effect on your medications. Important to discuss with your pharmacist as with any other pills taken whether prescription or over the counter, herbal supplements, vitamins, etc.

RESOLUTIONS STS ANNUAL GENERAL MEETING -

Submitted by Shirley Dyck

There were twenty-four resolutions presented for discussion at the Annual General Meeting; fifteen were directed to the STS, six directed to the Government and three late resolutions.

Of the twenty-four resolutions, sixteen were carried and eight were defeated.

At our meeting we discussed only those resolutions that were carried.

The resolutions will be printed in the Outreach with the exception of By-Laws, please read them there.

The Bylaw resolutions that passed were:

1. BE IT RESOLVED that the STS annual fee for 2017-2018 be \$30.00 per person.

STS Executive carried

2. BE IT RESOLVED that the STS annual rebate to each Chapter for 2017 – 2018
Be \$400.00 plus \$8.00 per member.

STS Executive carried

3. BE IT RESOLVED that Bylaw 2 - Officers and Committees 3.3 12 Support Services Planning Committee
be removed from the STS Policy Handbook.

STS Executive carried.