



Annual General Meeting and Volunteer Recognition Day

On a very rainy, blustery May 1st, 2017, the Senior Alumni Association held its Annual General Meeting and Volunteer Recognition Day in Lecture Room 140 of University College. The meeting and following reception were held in a different venue than previous years due to planned construction in our old venue, Croft Chapter House. Despite the weather, we easily reached our quorum to conduct the business of the SAA.

The formal business of the meeting (2016 meeting minutes, the President's Annual Report, Treasurer's Report and the election of the 2017-18 SAA Executive) was conducted efficiently and quickly by SAA President, Ihor Prociuk.



The keynote speaker was the Rt. Reverend Mark MacDonald, the first National Indigenous Bishop of the Anglican Church of Canada and the North American President of the World Council of Churches. He proved to be a charming, insightful and informative speaker on his topic "The Discovery of an Indigenous Christianity" which resulted in a number of questions from the members during the question period.

Recognition of our hard-working volunteers followed with the presentation of one- and five-year service pins. Gift presentations were given to volunteers with ten years of service to the SAA and the University. A special presentation was made to Kristine Thompson who was stepping down from the position of chair of the Canadian Perspective Lecture Series committee after many, many years of service. But she won't be going far: Kristine will still be a committee member.

The reception which followed offered delectable treats, coffee, tea and beverages and an opportunity to chat with other members, the SAA Executive, and the Bishop. We hope you can join us next year in May for our 2018 AGM.

The 2017-18 SAA Executive and Chairs of the Executive Committees elected at the AGM are listed at right.

Wendy Talfourd-Jones, events chair

A Monumental Walk!

On Thursday, May 4, a small, intrepid group (see the photo on the right) met in the shadow the statue of Sir John A MacDonald at the south end of Queen's Park to discover the statues and monuments that are placed around and within the green oval.

The first one we came across was a monument honouring those who fell during the North-West Rebellion of 1885 led by Louis Riel. The sculptor for this one, and many others in the Park, was Walter Allward. Unveiled in 1895, it was his first publicly-commissioned work, completed when he was just 19 years old! Other monuments by Allward in the Park include John Graves Simcoe, John Sandfield MacDonald, and Oliver Mowat. Allward's best-known work is the Vimy Ridge monument in France.

...continued on the right

2017-2018 SAA Executive

President	Ihor Prociuk
Past President	Maureen Somerville
Treasurer	Anna Kennedy
Assistant Treasurer	Ruth Cameron
Secretary	Danuta Smith
Assistant Secretary	Beverley Coburn

Committees of the Executive

Communications Chair and Newsletter Editor	Ihor Prociuk
Assistant Newsletter Editor	Maureen Somerville
Events Chair	Wendy Talfourd-Jones
Assistant Events Chair	Irene Devlin
Planning Chair	Gloria Buckley
SA Volunteers Co-Chairs	Mary Vohryzek Beverley Coburn
Historian/Archivist	Wendy Talfourd-Jones
Members-at-Large	Dianna Craig Irene Devlin

Canadian Perspectives Lecture Series (CPLS)

Co-Chairs	Maureen Somerville, Brian Yawney
Member	Laura Cooper, Dianna Craig, Dagmar Falkenberg, Kristine Thompson, Ken Ward, Kathlene Willing

...continued from the left

The Veterans' Memorial remembers Canadian military involvement from Confederation to the present, not only for those who died but those who participated. Queen Victoria and King Edward VII are represented, the latter on horseback, brought



from India in 1969, as he was no longer welcome there! There's a great Canadian poet, Al Purdy, relaxed on a chair, and Hon. George Brown high on a plinth. William Lyon Mackenzie is represented in two ways: in a bust with wild hair, and in a monument to the 1837 rebellion: very symbolic and more than a little cryptic. The final monument we examined is at the very north end of Queen's Park. The battles in which the 48th Highlanders Regiment participated are listed around the base. One oddity is the words "Hitler's War" on the south side. It's the only monument I've ever seen with those words on it.

Maureen Somerville, past president



Senior Alumni Volunteer Opportunities

One of our objectives is to provide opportunities for senior alumni to serve the University. We hope you will try one of these opportunities.

University Health Network Volunteer Opportunities



Are you retired and/or looking to get involved in something meaningful? Come and volunteer with us at University Health Network, where you can meet new friends and gain a different experience while making a positive difference in someone's life. We have a lot of opportunities in the areas of patient support, clinic or unit support, waiting room support or administrative support across our hospital sites. The programs we would like to highlight are:

- **Hospital Elder Life Program (HELP)** – Volunteers' involvement allows elderly patients to stay physically and mentally active during their time at the hospital through activities, mobility exercises and communication with the healthcare team. This ensures patients receive the best care possible.
- **Engage Program/Creative Arts Program** – Volunteers engage patients through music, art, or crafts primarily in inpatient units. Typically, we are looking for volunteers who play the guitar, flute, violin, erhu, banjo, bandura, clarinet, keyboards and piano, and volunteers who enjoy drawing and sketching or doing crafts such as origami with patients.
- **Waiting Room Program** – Volunteers liaise between families and friends of patients, and the clinical staff. They provide friendly and compassionate support and general assistance to family and friends of patients in waiting rooms, keep staff informed of any questions or concerns of visitors and assist them administratively.
- **Navigator Program** – In their role as Navigators, volunteers are situated at information desks, at entry points of the hospital or near elevators. From there, they greet, direct and escort patients, families, and visitors to different areas of the hospital; ambulatory clinics, inpatient units, waiting rooms or to administrative areas.
- **Healing Beyond the Body (HBB)** – Volunteers contribute to patient care by offering enhanced emotional support and system guidance at every stage of the cancer journey.
- **Inpatient Visiting Program** – Volunteers provide emotional support to patients and their family members in inpatient units, listening to them, engaging them in conversation, games or other activities, reading to them or providing them with reading material.

Contact Ivetka Vasil, 416-603-5800 ext. 2362

For more information or visit:

http://www.uhn.ca/corporate/ways-help/Volunteering_UHN



Events



Senior Alumni Association
**Canadian Perspectives
Lecture Series**

The 2017 *Canadian Perspectives Lecture Series* is starting soon with an excellent lineup of lecturers and topics! There are two series of seven lectures each: Wednesday mornings, starting October 11, from 10:00am–noon and Monday afternoons, starting October 16, from 1:00–3:00pm. All lectures take place at the Carlton Cinema, 20 Carlton St. (at Yonge St.) which is easy to reach by the TTC. The best value is to select all the lectures in a series (\$75) but you can also pick only the lectures that interest you (\$15 each). The lectures are open to the general public of all ages so bring along your friends.

We offer secure, online registration (MasterCard and VISA) on our website at <http://uoft.me/saacp> or contact the Senior Alumni Office:

416 978-0544

senior.alumni@utoronto.ca



... More Volunteer Opportunities

Healthy Participants Needed for Driving Simulator Study (St. Michael's Hospital)



St. Michael's Hospital is seeking **healthy control subjects** to participate in a driving simulator study **aimed to understand how disorders of the brain affect driving abilities**. You may be eligible if you meet **ALL** of the following criteria:

- You are 50 or older.
- You have a valid Ontario G class driver's license.
- You have NOT had a history or past diagnosis of a neurological or psychiatric condition.
- You live in Toronto or the GTA.

The study will require you to undergo behavioural testing (including driving simulator and cognitive tests), and possibly return on a separate day to complete driving simulation in an MRI scanner for approximately one hour.

You will be compensated for participation if you are eligible. A phone screening will be required to determine eligibility. The study will be conducted at St. Michael's Hospital.

If you are interested, please contact:

The Cognitive Neuroscience Lab

Email: cognitive.neurolab@gmail.com

Phone: 416-864-6060, ext. 77342



Participants needed for Real-World Multitasking Challenges Study

Toronto Rehabilitation Institute, University Health Network is looking for **healthy adults (60+ years old)** as well as individuals who feel that their **memory or thinking is becoming worse**, or who have been diagnosed with **mild cognitive impairment or mild dementia**. Participation will involve measures of hearing, vision, balance, and cognition, and the experiment will take place in a state-of-the-art virtual reality laboratory. Participation is completely voluntary and is scheduled at your convenience. **Participants will be compensated at a rate of \$10/hour for their time.**

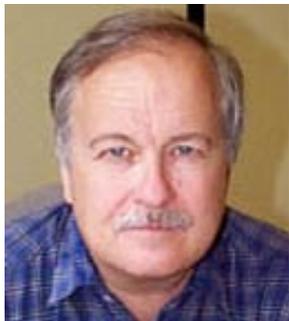
WHERE: Toronto Rehabilitation Institute, 550 University Avenue, Toronto, ON, M5G 2A2

WHAT: Two sessions lasting 2 hours each.

CONTACT: Sophie at mivelab@outlook.com or call 416-597-3422 x 7879 for more information.



President's Corner



Welcome back everyone! I hope you had a great summer. For Canadians, talking about the weather is always a safe way to start a conversation. This year I think we've had *too much* weather! Whether you believe in climate change or not, there was (and still is) a lot of weather-related stuff going on to keep the conversation going for some time.

To me, September feels much more like the beginning of the year than January does. I'm sure it's the same for all the fresh new student faces on all three University of Toronto campuses—all 15,299 of them! And you'll be happy to know that as an alumnus/alumna of U of T, you are now part of a world-wide community that numbers over 562,000 (as of the Fall of 2016). If you want some fun facts to impress your friends—or even yourself—visit <https://www.utoronto.ca/about-u-of-t/quick-facts>.

I always think of the September/October issue of the *SAA News* as the “in-between issue”. We have some news to catch up on from the spring and start talking about our activities starting in the fall.

We had a very successful AGM on May 1 (see page 1). Despite the rain and the “new” location, we had a very good turnout. I'd like to thank Barbara Dick, Assistant Vice-President, Alumni Relations, who spoke on the University's behalf and helped with the door prize draws. Also thanks to Anne Cobban, Satpal McCaughey and Olga Klenova (our administrative assistant) from Alumni Relations for helping make the AGM a success.

Although the turnout for the tour of the monuments of Queen's Park was small (see page 1) Maureen Somerville, our past president and tour leader, said that everyone found the tour quite informative.

The Canadian Perspectives Lecture Series (CPLS) starts soon (see page 2). Need I say more? The CPLS committee always puts together an outstanding collection of lecturers and lecture topics and this fall's series is no exception. Register soon.

There's still time to register for our trip to Stratford to see Shakespeare's *Twelfth Night* (see page 4). The trip occurs on October 19 but the registration deadline is September 23. We've been using Mary Morton Tours for a long, long time and they always put together a great package.

SAA members may be interested in participating in the development of the SF7 Toolkit for Self and Family-Focused Care (see the story on the right). This is an excellent opportunity to provide input into the toolkit which is intended to extend the focus on the care of older adults beyond when they are in hospitals and will be helpful in primary, home and community, and especially self and/or family focused care.

Ihor Prociuk, president, SAA

“Quotable Quotes”

A ship in harbor is safe, but that is not what ships are built for.

– John Shedd, writer



“When my dad became unwell there was so much I needed to know.”

[Dr. David Ryan, Ph.D. C.Psych., is Director of Education & Knowledge Processes in the Regional Geriatric Program of Toronto. He would like to make our SAA membership aware of, and participate in, the co-creation of the Senior Friendly Seven Toolkit (SF7) for the Self and Family Care of Older Adults. – editor]

Better Health Outcomes for Frail Seniors is the vision of the Regional Geriatric Program (RGP) of Toronto (<https://rgp.toronto.on.ca>) and we have developed the concept of Senior Friendly Care to help us achieve this vision. Beginning with a focus on the care of older adults when they are in hospitals (<http://seniorfriendlyhospitals.ca>) we are evolving use of the concept to be helpful in primary, home and community, and especially self and/or family focused care.

Our experiences and the research in our field increasingly confirms that interventions in seven areas – cognition, mobility, nutrition, continence, poly-pharmacy, pain management and social engagement – promise the greatest benefits in preserving the resilience of older adults. We have come to call these areas the Senior Friendly Seven (SF7) and we are building SF7 toolkits to optimize achievement of these benefits.

The RGP's Annual General Meeting will be held on November 30th at Sunnybrook Health Science Center's Vaughan Estate and its highlight will be a series of workshops to develop the SF7 Toolkit for Self and Family Focused Care. During the workshops that will begin in the early afternoon, small groups of older adults and family caregivers will work with our staff to co-create the toolkit in ways that optimize its usefulness to them. The workshops will be followed by a brief public business meeting, the Annual Rory Fisher Lecture on Geriatrics and a reception ending at approximately 5 pm.

We would like to invite you to help us develop the SF7 Toolkit for Self and Family-Focused Care. If you would like to participate or if you would like more information please email Dr. David Ryan (david.ryan@sunnybrook.ca) or call him at 416 480-6100 ext 3369.



The Robarts Library regularly gets donations of all sorts of books. Some of them are added to the Library's holdings but those that aren't (often because the Library already has copies) are sold—at really great prices—in the Robarts Library Book Room.

Volunteers are needed for the Book Room to sell these donated books. The proceeds go to the Robarts Library. The only physical requirement is that you must be able to wheel book carts. Hours are every Thursday from 9:30am to 3:30pm. The Book Room is closed for the Christmas period and for the months of June, July, and August. Please call Sylvia or Ross Petras 416 944-8334.

THE SENIOR ALUMNI ASSOCIATION

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Senior Alumni Newsletter Staff

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Trips of Stratford plays always great fun



On a very beautiful, sunny and warm May 17th this past spring, some members of the SAA joined a Mary Morton bus to Stratford to

see *HMS Pinafore* by W.S. Gilbert and Arthur Sullivan. On the way to Stratford we stopped in New Hamburg for lunch at a wonderful, new (to us) restaurant, Puddicombe House, situated in a lovely old building. The food was excellently prepared and the service was very friendly and efficient.

Stratford's Main Stage produced an excellent rousing rendition of Gilbert and Sullivan's musical satire of British class society. Directed by Leslie Wade and choreographed by Kerry Gage, the cast, as is the Stratford norm, was well selected and the voices and performances were top notch. And again, as expected at Stratford, the sets and costumes were excellently designed and worked very well for the production.

This fall, on Thursday, October 17th, The SAA will be going back to Stratford to see Shakespeare's *Twelfth Night*. A registration form is on the right. **The deadline for registration is September 23.** You can call Mary Morton Tours, 416 488-2674, to reserve a spot and send the form later.

Wendy Talfourd-Jones, events chair



Back in June 2017, the University launched the campaign for the Landmark Project. This Project aims to integrate the core of the St. George campus, uniting four historic areas—King's College Circle, Hart House Circle, Sir Daniel Wilson Quadrangle and the Back Campus. Once the project is complete, parking on King's College Circle will be moved underground, and existing roadways will be replaced with elegant granite pavers. A "necklace" of pathways, dotted with gardens and seating, will wind its way to several new public spaces along the circle. New plazas will become gathering places for students, alumni and visitors outside the J. Robert S. Prichard Alumni House, Convocation Hall, the Medical Sciences Building and Hart House.

With the launch of the campaign, the University of Toronto Alumni Association (UTAA) partnering with the University, provided a \$2 million lead gift. The UTAA committed \$1 million and the University contributed the other \$1 million from a portion of unrestricted funds already raised through the Boundless campaign.

The University aims to raise \$20 million towards this project with the support of its community. To find out more about the many opportunities to get involved, visit www.landmark.utoronto.ca.

Twelfth Night

Application form For *Twelfth Night*

Cost: \$165.00 per person (taxes included)

The cost includes taxes and gratuities. You will receive a receipt. Make your cheque payable to **Mary Morton Tours**. Complete the form below and mail *directly* to:

Mary Morton Tours
11316 Petty Street
Ailsa Craig, Ontario N0M 1A0
Phone: (416) 488-2674

Deadline: Friday, September 23, 2017

The completed order form must be received at Mary Morton Tours by the deadline date.

Date of Trip: Thursday, October 19, 2017

Be at 50 Carlton St. (Loblaws entrance of the old Maple Leaf Gardens), east of Yonge St.) **by 9:15 a.m. for a 9:30 a.m. departure.**

If you wish to be picked up at the Islington Subway Station, please be there by 9:45 a.m. for a 10:00 a.m. departure. The bus pick up is on the east side of Islington Ave., by the phone booth.

Trip Details:

Lunch will be at Borealis in Kitchener. Salad, dessert, and coffee or tea are included. Please include any dietary restrictions. Wine, etc., are available, but is not included in the cost. We will arrive in Stratford in time for the 2:00 p.m. matinee of the play.

Return:

We will arrive back in Toronto on Carlton at approximately 7:30 p.m.

**University of Toronto Senior Alumni Association
Twelfth Night — Thursday, October 19, 2017**

Full Name: _____

Address: _____

City, Province: _____

Postal Code: _____

Email: _____

Home Phone: _____

Cell Phone: _____

COST: \$165.00 per person (taxes included)

PAYMENT: Make cheque payable to Mary Morton Tours

BUS PICKUP: Carlton St. Islington Ave.

LUNCH: Stuffed chicken Baked Atlantic salmon

Indicate any dietary restrictions below.

**REMEMBER: This completed form must be received
at Mary Morton Tours by Friday, September 23, 2017.**