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WINTER CITIES

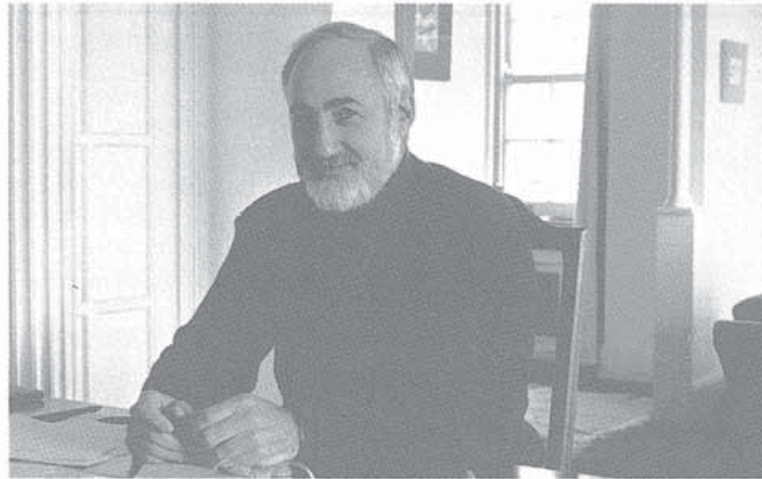


SENIORS IN WINTER

VOLUME 3, NUMBER 1



PRESIDENT'S MESSAGE



Harold Hanen

The joys of winter past!

The arrival of spring seems like a good time to review the momentum and development of the Winter Cities Association's past season.

It has been a very satisfying time. One in which the Winter Cities Association family has expanded its presence around the circumpolar world while correspondingly enriching its local regional sensitivity. Tromsø '90 was a milestone in furthering the winter city movement's agenda and encouraging the making of new friends and linkages within the five circumpolar regions.

During the past year we have seen a strong emphasis in the emergence of special conferences, the extension of our affiliate network to Europe, our city memberships to Asia, new research projects and a dramatic shift in our publication's format.

In progress we have proposals for new institutes, new publications, new special interest conferences and new initiatives for improving the winter environmental design educational curriculums. Administratively we have streamlined our systems and are evolving towards the succession process which will provide greater stability and continuity for future executives.

During the summer we will review our next season's priorities. The challenge for us will be to expand the winter city family and its activities without losing the openness, humanness and values that have characterized the Winter Cities Association's effort to date.

We will be soliciting your input to enrich our visions of the new futures for the winter cities movement.

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WHERE DO WE GO FROM HERE?

To answer the question "Where do we go from here?" I think first we need to ask the question "Where is here?" So much has happened to the Winter Cities movement in a very few years, it is hard to keep track of it all. But if we take a few minutes to size up where we are and how we got here, we may be able to look down the road a little further.

It has been said that the sudden sweep of the winter cities movement has been dramatic and surprising. That magic phrase "Winter Cities", or *Vinterbyer* in Norwegian, or *Whuyu Toshi* in Japanese or *Villes d'Hiver* in French was unknown a mere 30 or so years ago in the generic context in which we use it here today. It is also impressive that so many people have played a part in this significant development in human history.

Some trends now seem to include these:

The Northern renaissance is clearly gathering momentum. Humankind appears to have accepted that it really has no choice but to begin to look upon the whole earth as its home. More of us are appreciating that we must try to understand and cherish every square inch of our planet.

Second, we must face the possibility that our spacious northern lands could one day — perhaps not too far in the future — be considered a promising alternative by masses overpopulating more temperate regions.

Again, most northerners are already aware that destruction of our natural environment is a more serious matter for us with our lower solar energy budget. We must develop the political will to be world leaders in the environmental movement.

On climate change and the greenhouse effect, what inferences dare one draw? If the greenhouse effect diminishes our snow and ice, we shall certainly appreciate them more. If the band of winter cities shifts to the north, there will still be winter cities, perhaps even more than now because of earth's rising population. Meteorologists assure us there will be ski resorts, skating rinks, snowy hills for sliding and a market for snowplows for many years to come.

Interestingly, the great driving force in the worldwide Winter Cities movement is the power of cities.

Visionary and talented individuals have played a big

role in the movement. By working in and through cities they have multiplied their effectiveness. Tromsø is an excellent example. This city may not be large in population, but it is a giant in vitality and entrepreneurship.

How wonderful to learn that Tromsø now intends to thrust forward as a key city in the movement by creating an affiliate of the Winter Cities Association, thus becoming leader and focal point for the movement in Norway, and possibly all Scandinavia.

Another example — Sapporo is guided and led by the genius and powerful qualities of Mayor Itagaki. Here the Winter Cities movement was launched on the international scene. But, beyond that, Mayor Itagaki through his leadership and in the name of Sapporo has surely in the space of a decade noticeably elevated mayors and cities around the northern world to new levels of importance and influence. This is as it should be considering that primary and hands-on responsibility for human habitat and day-to-day well-being rests on them. Mayors and cities in other climatic regions might well take note and catch the spirit.

Sapporo has consolidated a leadership position in our movement by establishing the Secretariat of the Northern Intercity Conference Committee and we congratulate the charming and capable Akiko Sugioka on her appointment as its Secretary General.

Another example — Edmonton. As we all recall, Edmonton staged the first two broad-scale international Winter Cities conferences and made the world and the media sit up and take notice.

Now we learn that Edmonton has also staked a commanding position in this movement by establishing the Secretariat for the International Winter Cities Committee. We offer congratulations to I.W.C.C. chairman, Arni Fullerton, to Edmonton's Mayor, Jan Reimer, to Bruce Duncan who will represent the city on I.W.C.C. and to Debby Kronewitt-Martin who, as full-time staffer, will have plenty to do.

And now, Montreal? Shortly the Winter Cities scarf will pass to Montreal, one of the world's most dynamic cities ... Montreal, host to one of the most successful of all World's Fairs, of the Summer Olympics and of many other world-scale events.

What a mighty lift to our young movement to be linked



It has been said that the sudden sweep of the winter cities movement has been dramatic and surprising. That magic phrase "Winter Cities", or Vinterbyer in Norwegian, or Whuyu Toshi in Japanese or Villes d'Hiver in French was unknown a mere 30 or so years ago in the generic context in which we use it here today.

with Montreal! With Mayor Dore's inspiration and Montreal's characteristic vigour and style we may be sure Winter Cities Showcase 1992 will be an event that will stir the world and surely add impetus to the northern renaissance I mentioned earlier.

After Montreal will come other cities. The Showcase host for 1994 will be announced in a few months. Each host-city will no doubt strive to outdo its predecessors, thus contributing to the growth of the movement.

Meanwhile other cities have launched winter cities projects and activities and others are contemplating doing so. Here are some examples:

Minneapolis, urged on by Mayor Donald Fraser and inspired by our North American founder and pioneer, Dr. William Rogers, has linked with Novosibirsk in U.S.S.R. The Minnesota affiliate of the Winter Cities Association always seems to have some project afoot.

Sault Ste. Marie, Ontario, led by energetic Jim Hilsinger, is busy organizing a timely conference on "Sustainable Development" a theme that holds particular interest for northern cities and communities uncertain about their economic futures.

Calgary, sparked by Harold A. Hanen, president of the Winter Cities Association — and publisher of Winter Cities magazine — has created a Winter Cities Council bringing together the city, the Chamber of Commerce, the Winter Cities Association and other bodies to plan and coordinate projects and activities to help make the city more attractive, comfortable, convenient and altogether enjoyable in the season of snow and cold.

I could list numerous other examples which show the growing role of cities in getting our movement to where it is and leading it into the future.

I want to mention one of the many visionary individuals who have played a significant role in our movement. I refer to Ralph Erskine, one of the earliest winter cities pioneers

Based on Stockholm Ralph Erskine has for many years designed cities and structures in Sweden and elsewhere that embody winter cities concepts. We now welcome him as a member of the International Winter Cities Committee.

I wish briefly to call attention to one important aspect of the work of the Winter Cities Association. As you know, this organization reaches out internationally with a variety of educational programs. It publishes Winter Cities Magazine, occasional papers and other publications including books. It organizes workshops, conferences, presentations and seminars, tunes into and facilitates research and generally promotes the movement to the total extent of its ability.

One of its functions is to serve the needs of winter cities for specific information on what's going on around the world, what new research is being done, what new and better methods are available.

The Association has yet another function that has very

much to do with the future of our movement. It is to promote the creation of local groups and affiliates and to assist them to effectively bring the winter cities message to bear at the local level. The local groups look for opportunities to improve the winter livability of their cities. They undertake projects looking for solutions and rally support for worthwhile winter cities undertakings. There are now some dozen or so such local groups scattered across North America. Tromsø has formed one and there are nuclei and core groups in numerous other places.

Such local groups bringing back ideas from forums like this one, provide a bridge between business, professional and civic leaders and keep their cities up to date on winter cities opportunities and developments.

I happen to come from Toronto and at this time the local Winter Cities Association affiliate is working with Metropolitan Toronto Board of Trade in preparing a proposal for the creation of wintertime attractions on the waterfront. This is an example of the role local groups can play.

Where do we go from here? With the powerful leadership of a growing group of cities, and the involvement of an increasing number of talented individuals, the movement will unquestionably continue to thrust ahead at a rapid pace. The troika of organizations I have mentioned, the Northern Intercity Conference Committee, the International Winter Cities Committee and the Winter Cities Association have developed complimentary services and are working closely together. A troika is better than a single horse.

Having the three will provide broader programs, support and greater flexibility than if there were only one.

Looking to the future, I venture to suggest there may exist a still larger opportunity for our movement.

Is it too daring a thought to suggest that our troika of organizations, N.I.C.C., I.W.C.C. and W.C.A. become a rallying point for a wide range of organizations, groups and associations that identify with the north?

Such organizations might include the North Callotte group of Scandinavia, ISCORD (the International Symposium on Cold Region Development), Northern Regions Centre of Sapporo, the Arctic Institute of North America; our troika would be included, of course; and there would be others.

In the increasingly complex and hectic years ahead, who is going to give leadership in assuring adequate handling and development of our northern lands with their delicate ecology and their unique problems?

Who else if not the winter cities movement and its friends and supporters? In other words, who else if not you and me?

(Jack Royle - Editor Emeritus WCA)

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TROMSØ '90 . . .

M A G N I F I C E N T !

Just a few first impressions and highlights. Think of some achievements of Winter Cities Tromsø '90. The event ...

* Brought some 800 people from well over 100 winter cities in 15 countries together to communicate, celebrate and do business. There were 515 registered Forum delegates by unofficial count, 20 mayors attending the Northern Intercity Mayors Conference, numerous speakers at Forum sessions, plus a few hundred involved in the exposition, celebrations and other activities. With the closing ceremonies the medium sized (50,000 pop.) northern city of Tromsø could claim to have eliminated any possible doubt that the winter cities activity is a full-blown worldwide movement.

* Completed the circle. By the presence of delegates from the U.S.S.R., China, and Greenland, the polar circle was forged with all northern countries now entering the movement.

* Established the Showcase exposition as a major and profitable event. 310 booths, completely filled the 7,000 sq. meter Nordic Centre, an enclosed soccer football field. Many languages were spoken on the exposition floor but northerners understood one another and many sales resulted.

* Gave everyone a rousing good time. The cities of Montreal and Sapporo presented lively shows displaying their art and culture. It was superb entertainment.

Side events included a variety of tours and visits to a large display of northern housing under construction which allowed architects and contractors to examine each detail and discuss features with the builders. Displays of snow and ice sculptures could be seen throughout the city. Sculptors had been brought from Sweden, Montreal and Sapporo to create these, some taking the form of children's play structures. Montreal's civic emblem, officially presented by Mayor Jean Dore was reproduced in an ice sculpture four meters high.

Winter Cities Tromsø '90 extended for eight days beginning March 1 and included four major events. These were the Northern Mayors' Conference, the Showcase, the Forum and international design competitions with presentations of awards taking place each day.

During the Mayor's Conference, 21 mayors gave presentations and two were observers. The presenters were: Mayor Romuald Neischer, Innsbruck, Austria; Deputy Mayor Ray Clark, Calgary, Canada; Mayor Jan Reimner, Edmonton, Canada; Mayor Michel Legere, Hull, Canada; Mayor Dore of Montreal; City Director Ilmo Paananen, Oulu, Finland; Vice Mayor Erkki Iielonen, Tampere, Finland; Mayor Henry Dujol, Albertville, France; Mayor Kunuk Lyngge, Nuuk, Greenland; Mayor Takeshi Itagaki, Sapporo, Japan, founder of the Northern Intercity Conference of Mayors and host; Mayor Kiyoe Yoshioka, Takikawa, Japan; Mayor Audon Tron, Lillehammer, Norway; Mayor Albert Nordengen, Oslo, Norway; Mayor Erland Rian, Tromsø; who presided jointly with Mayor Itagaki; Vice-Mayor Cheng Daoxi, Harbin, China; Vice-Mayor Zhang Yumao, Shenyang, China; Mayor Kjell Mickelsseon Lulea, Sweden; Vice-Mayor Lennart Rydberg, Stockholm, Sweden; Mayor Tom Fink, Anchorage, USA; and Mayor Donald Fraser, Minneapolis, U.S.A.

Observers were Mayor J.L. Carter, Leeds, England and Mayor Patricia McMahon, Yellowknife, Canada.

Cities throughout the world had the opportunity to make verbal presentations to host an international Winter Cities Mayors' Conference and Forum/Showcase event in 1994. Only one presentation was received and heard by members of the Northern Intercity Conference Committee. The presentation was made by Mayor Tom Fink of Anchorage Alaska on behalf of his city with assistance of a number of department heads and civic leaders. Other cities have the opportunity to make written presentations within three months.

Montreal, host of the international event in 1992, was represented by a large delegation headed by Mayor Dore and Ronald Corey, Chairman of the Winter Cities Montreal 1992 Organizing Committee.

Montreal has chosen a strong committee of business and community leaders to organize the 1992 event which will kick off a year long celebration of the city's 350th anniversary.

Lions' share of credit for the success of the Tromsø event goes to the city itself and particularly Mayor Erland Rian who gave powerful leadership throughout the organizational process. Are Johnsen, Managing Director of Winter Cities Tromsø 90 and Svein Kristiansen, Public Relations Director played a primary role in organizing the Showcase and headed a strong team of specialists and assistants.



NEWS BRIEFS

MOUNT PEARL COLOR CODES ITS NEIGHBORHOODS FOR ITS FROSTY FESTIVAL.

The City of Mount Pearl, Newfoundland though barely a decade old, brought its vibrant community spirit to Frosty Festival the theme of their 8th winter celebration.

The City was divided into nine districts color coded purple, blue green, red, white, orange, yellow, brown and black. This allowed for friendly competitions between neighborhoods in five new events including chuckwagon races, beard growing, tug-of-war, scavenger hunt and log sawing. Other special events included the Biathlon, Ladies Night Out, Lip Sync Contest, Costume Skating Party, minor hockey Frosty Festival Challenge Cup, fashion show, basketball contest, Sweetheart Rodeo, finishing with a Snowball Dance.

Though Mount Pearl is a small city by international standards (population about 25,000) the event attracted people from all over Newfoundland. The Chairman, Gordon Seabright cites the support of many sponsors, planning committees, service clubs and above all, participation by most of its residents as the reason for the success of the winter festival.

MONTREAL UPDATE

Quality of life in a snow bound environment is a major concern.

Montreal Mayor Jean Dore stated that the quality of life and safety of its citizens are major preoccupations of his city's administration when dealing with the business of winter, and especially with the question of snow removal from city sidewalks and streets.

Technological innovations in snow clearing and removal operations have contributed to making city streets and sidewalks safer for pedestrians and motorists alike. At the same time, ensuring Montreal's continued economic competitiveness and viability despite snowfalls that would cripple other large cities.

I think we can be justly proud of our response to snow.

Our snow-fighting forces, some 3,000 strong, using 1,400 pieces of machinery, can completely remove all traces of a 20-centimetre snowfall, from 1,900 km of streets and 3,200 km of sidewalks, within just 72 hours.

During his presentation to the Fourth Northern Intercity Conference, an international meeting of mayors from winter cities recently held in Tromsø, Mayor Dore discussed the problems of disposing of the snow once it has been removed.

"In snow removal, and in many other aspects of city management, we're challenging city engineers to

turn their snow removal efficiency towards new questions, that has led to more Research and Development," Mayor Dore said.

The city's academic community has been challenged to search for new ways of disposing of snow and the development of melting agents that are safer for the environment and traffic.

Montreal, site of the Fifth NICC mayors' conference and Winter Cities 1992, benefits from a substantial number of research and development centres, more than 450 in all, including those in the city's four universities. The development of winter-related technologies is a major concern for a large number of those



centres, many of which have earned an international reputation in their respective fields.

In addition, the City has developed considerable expertise in the field of winter sports and recreation, an important part of the life of Montrealers.

"Part of the paradox of winter is that nature made it a play ground".

The challenge is to go outdoors, not to hide from winter but to embrace it, to make the most of daylight and fresh air," Mayor Dore stated.

In closing, he invited the mayors to

Winter Cities Montreal 1992 and the Fifth NICC conference which will coincide with the festivities marking the 350th anniversary of the founding of Montreal.

JILIN DELEGATION ATTENDS TROMSØ '90



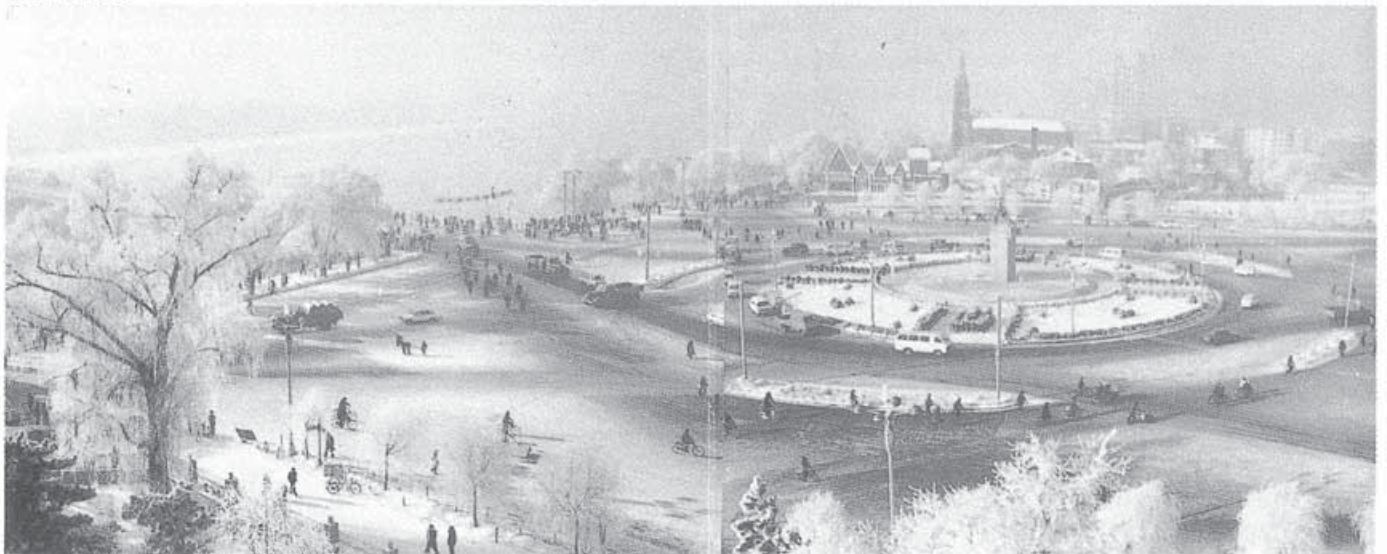
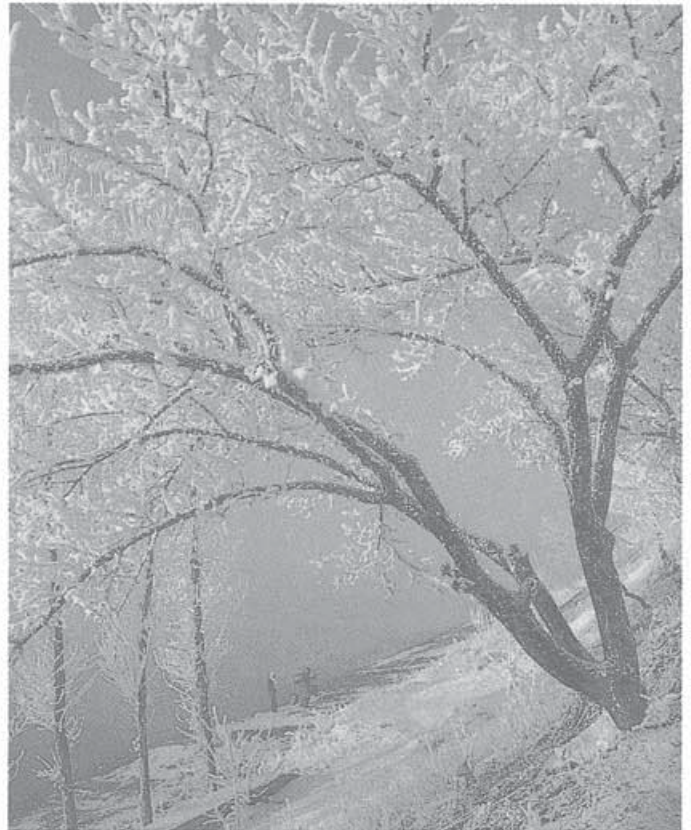
LOOKING TO FUTURE INVOLVEMENT IN WCA

Located on the bank of Songhua River in Jilin Province, Northeast China. Jilin is a city well-known for its beautiful scenery in winter. Especially, the unique and incomparable Jilin Rime is praised as one of the Four Natural Wonders in China.

Rime, locally called "Rimed Trees", "Silver willow" or "ice-flower" is the result of the Songhua river winding through the city and special geographical, geological and climatic features. When the water runs through the hydroelectric power plant and rushes out under the dam, the surface of the river including the urban area is filled with steam. The steam freezes on the branches of trees along the river and the bank becomes crystal-like frost. Walking in the world of Rime, you will feel like walking in a white fairy land of crystal.

When the sun rises, the fog disperses, the Rime glitters in the blue sky. At noon, the silver coat of the trees begins to fall like flakes of snow. Such picturesque scenery interests thousands of travellers from all corners of the world.

Jilin Rime appears in the period from mid-November to the end of March. Usually, it shows up 60-70 times during the winter.



CHIPS, FLAKES AND GUSTS

by Bill Rogers

Some Subliminal Thoughts While Walking the Dog in Winter. Why do some people put on their gloves after going out, while some, more sensibly, do it before going out in the cold, while others, like me, do it before sometimes and after other times?

During one period of 52 days temperature here never went below zero. Are we still a winter city?

Will Steger's Antarctica expedition is the most highly "hyped" cold weather event since the winter Olympics. It has its own newsletter called (of all things) "Think South". It has twenty-four corporate sponsors. The sled dogs wear "Gore-Tex" jackets and presumably eat "Hills Pot Products" and have their pictures taken with "Eastman Kodak Film".

Modern Finnish architects who like unadorned, stark white buildings would do well to look at "Wooden Charm of the Old Town", an article in Look at Finland (4/89). The old wooden churches are handsome, and so are the streets of Rauma. The biggest wooden town of the North, "with 600 buildings painted in handsome yellow, pinks, lively blues and reds with windows that are windows and not just fenestration".

Gilean Ray, Russian teacher and winter garden specialist, appeared on the Star Tribune front page (in colour) running in snow on January 8 without a shirt. Ray believes in catching that winter sun on warmer days and in protected locations the way the Russians do.

The New York Times "Fashion" section broke down in February and showed men wearing hats and "woody wool jackets". Included were "classic old timers in familiar black-and-red check patterns". Ralph Lauren features an all season removal look with large fake-fur collars.

Last January more than 5,000 Mongolian demonstrators were described by the New York Times as wearing "thick fur hats and several layers of clothing." Buddhist monks wore "padded purple silk robes with bright yellow sashes" as they mingled in minus 10 degrees weather with "Kazhak headsmen in wool lined robes and knee-high sheepskin boots" (probably felt boots). All together a well dressed winter crowd, by our standards.



North Dakota's first blizzard of 1990 was named "Orne" by the Grand Forks Herald. Other names in reserve and largely Scandinavian, were Frigg, Gunder, Helga, Inoga, Knut and Lars.

Our Alma Mater, the University of Chicago featured "snow" in a recent issue of the Chicago Majors stated that "the rigors of Chicago academics are, some say, matched only by the rigors of Chicago winters. "(Both come as a surprise to this small town Kansas boy)

Log houses, built with mail order kits, are gaining in popularity. We think the log house is the ideal winter structure. They range in price from \$5,500 to \$150,000. The industry is selling nearly a half billion dollars worth a year. Mail order houses are nothing new however. Montgomery Ward was selling them in the early 1900's and they still look pretty good in places where they can be observed 75 years or more later in our Twin Cities. (They weren't log houses back then, of course). Most of today's log houses are in Northeast U.S. There are 450 log home kit manufacturers in the U.S. which are concentrated in New England.



“Our Winter City - A Senior’s Point of View”

Introduction

Byron Johnson Coordinator -Forum '89

How do senior citizens view winter? My awareness changed greatly during the past two years in the preparation for FORUM '89, “Our Winter City - A Senior’s Point of View” held in Ottawa, Canada in October 1989. I am now aware of three prevailing and distinct attitudes to winter.

First, there is the desire to avoid winter. People temporarily or permanently travelling to more hospitable climates believing the problems posed by winter to be insurmountable.

Clearly the Canadian economy is stressed by the resulting flow of pensions and personal saving out of the country. My concern is that as the more affluent post-war generation reaches retirement, more and more will seek “escape” to southern climates.

The second, and I suspect most common attitude, is to stay home and endure. Seniors can find themselves in a vicious cycle where the fears of winter reduce their abilities to cope to a point where isolation and illness create the need for hospitalization. As the Canadian population ages, the social costs, both hidden and obvious, will be more than our economy can handle.

The third, and certainly least prevalent attitude is that steps can be taken to improve the quality of life by improving our winter cities.

FORUM '89, Our Winter City - A Senior's Point of View held in Ottawa in October '89 addressed these attitudes. Jointly sponsored by the Winter Cities Association, Ottawa Affiliate and the National Advisory Council on Aging this one day event offered a variety of programs to participants from many Canadian communities. The Right Honourable Roland Michener, Canada's retired Governor General, presented an inspirational opening address. Workshops addressed the issues of Public Spaces, Public Transportation and Winter Recreation. Panel members discussed such themes as Creating the Livable Winter City for Seniors, Keeping Warm and Healthy and Enjoying Winter.

In response to the challenges presented by a wide variety of speakers, recommendations were formulated for presentation to local authorities, Provincial and Federal Governments.

The following “Seniors in Winter” theme articles include a sampling of some of the papers presented during Forum '89. They are supplemented by other contributions from China, Norway and the Ranchlands of Alberta. We hope their diversity and wisdom will assist in clarifying the need to address the subtle and complex issues involved in increasing the quality of life for circumpolar elders.

...steps can be taken to improve the quality of life by improving our winter cities.

...diversity and wisdom will assist ... in increasing the quality of life for circumpolar elders.

ACKNOWLEDGEMENTS

No event of this nature can be accomplished by a small number of people. The Winter Cities Association and the National Advisory Council on Aging wish to acknowledge the special effort of those who made Forum '89 possible.

The Seniors' Independence Program of Health and Welfare Canada and the Official Languages Program of the Secretary of State provided financial assistance. The Canadian Association for Gerontology and One Voice - the Canadian Seniors' Network provided organizational support. The Elizabeth Bruyere Health Centre provided the venue for the event. Members of the Forum steering committee put in a great amount of personal time. They were, on behalf of the Winter City Association; Byron Johnson, Sheila Pepper, Rose Kung and Barry McMahan. On behalf of the

National Advisory Council on Aging, they were; Dr. Charlotte Mathews, Francine Beaugard and Judith Strickman. Others were Germain Aubut and Jo-Ann Egan.

Assisting with the winter city survey were number of volunteers: Charlotte England, Darlene Gale, Bea Cleary, Vicki Thompson, Bill MacDonald, Una Beaudry and Una Stoppa. Assisting with its planning and implementation were Alderman Michael McSweeney and Joan O'Neil, the Nepean Parks Department and the Nepean Seniors Council. Keeping the accounts in order was Geraldine Johnson. Assisting on the day was Kathleen Johnson, Becky Egan and Michelle O'Conner.

A very special thanks is offered to The Right Honourable Roland Michener whose presence was truly inspiring. His contribution made Forum '90 much more memorable.

An Older Person's WISH LIST for WINTER

Dr. Charlotte Matthews, Gerontologist

In many ways, a winter wish list by older persons is the same as for any other age group. Most older persons want to remain an integral part of society. Many are reluctant to ask for special privileges. However, aging involves much swimming against the stream. Aging brings in its wake a number of predisposing conditions that make winter conditions a common issue. For example, fear of a fall on ice is ever-present; older persons have a keen awareness of the catastrophic consequences of a fall, and some may be consumed with anxiety. Isolation and behaviour changes may follow. Opportunity for interaction is needed most.

Aging is a balancing act. On one hand an older person strives to remain independent; on the other hand there is the need to maintain interpersonal relationships. The process of aging often leads to some closing out of life's options. Yet there is an attempt to avoid such a closing out. It is a tenuous task. Winter harshness either reinforces or tears apart behavioural and special relationships.

Because aging may involve threats to identity, an environment must be sustained to assist the older person towards a positive identity. As well, concern should be directed to deterrents to mobility, those things that limit the older person's life space. The older person's balancing act must transcend climate.

THE IMPERSONAL, TANGIBLE WISH LIST

- Ice removal by non-corrosive means;
- Safety and security devices that demonstrate the inexhaustible inventiveness of the human mind;
- Innovative housing designs to reflect the requirements of older persons; cluster housing; low-cost retrofit;
- No wind tunnels; protected walkways;
- Adequate outdoor lighting at night;
- Television programs that do not insult your intelligence;
- Party rooms in congregate housing;
- Bright passageways and steps; hand-rails on both sides;



- Entrance areas to accommodate an older person's slower eye adjustments to darkness/brightness;
- Bus shelters; bus stops cleared of snow and ice;
- Boxes for posting mail located inside congregate housing;
- Easily operated snow blowers;
- Automatic garage doors;
- Greenhouses, winter gardens;
- Elimination of exterior steps, or protection against ice formation on steps: simple covers/electric cables;
- No cold blasts from heating systems; humidity control;
- Standards for quality of indoor air: filters, ventilation;
- Clothing with modern insulating qualities;
- Winter footwear with solid grips;
- Easily operated fire extinguishers;
- Communications maintained: no interruption of telephone, mail or newspaper services;
- Riddance of journalists who denigrate winter and laud other climates;
- More planners, designers, developers who know the basics of the aging process and environment/behaviour relationships;
- Low window sills and places to enjoy natural light, winter sun and the streetscape;
- Driving tests in winter conditions;
- Winter festivals: cultural and sports, for all ages.

**THE PERSONAL, TANGIBLE WISH LIST**

- Opportunities to connect to the social system;
- Friends who offer you rides;
- Enough income to use taxis frequently;
- Reliable workmen for heating systems;
- Optimal functional ability for independent/autonomy, yet help in time of crisis;
- Realization that long-time residence in a community helps to build informal support systems;
- Ability to show a tougher face in view of the necessity of dealing with inevitable weather conditions;
- Tolerance for 'snowbirds' (traitors!) who leave cold climates for long periods yet continue to collect social benefits;
- Food for winter birds — an endless source of delight;
- Appreciation for winter magic: sparkle, glitter, freshness;
- Acquaintance with younger people who want to earn money running errands;
- A firm belief that winter cities can transcend the adverse labels now attached to them; bold experimentation is needed.
- A firm belief that winter has a beauty all its own.

CONCLUSION

Fulfilling these wishes is a complex task, beyond the scope of any one discipline or organization. Yet the decision-makers in our midst are given much responsibility. Let's challenge the decision-makers. They can be altered to the implications of their various actions and show more sensitivity to the needs of various age groups. It is realistic to aim for a range somewhere between the possible and the ideal.

The decision-makers should consult with older persons. Today's elderly are active, educated and perceptive. Older persons are noted for their creativity in later life. Older persons have the ingenuity and can contribute to the task of smoothing winter's inconveniences. Older persons can join in and help to erase the repressive image of winter. The wish list is a beginning.

“The Freedom to Move - Or Transit for all Seasons”

by Mary Tate


In March, 1987 the Ontario Advisory Council on Senior Citizens, together with the Ontario Advisory Council for Disabled Persons, jointly released a report on transportation in Ontario called *The Freedom to Move is Life Itself*. The Councils are mandated to advise the government of Ontario on issues affecting the lives of their respective client groups.

Although the Councils are strictly advisory, the recommendations they make incorporate an implicit advocacy function. The Councils' "arm's length" relationship allows them to "say it as it is" to the government - and this is exactly what they did in the 56 recommendations within the report.

The background of the report, deals with Human Rights issues. I hope this article will refresh for you the effect Human Rights Legislation has on transportation issues.

The Canadian Charter of Rights and Freedoms provides, among other

things, for equality without discrimination on the basis of age or disability: the Ontario Human Rights Code guarantees the right to equal treatment with respect to services, goods and


As such, equality with respect to accessible and usable transportation services is now mandated as a right, on an equal basis, to all residents of Ontario, wherever they live.

facilities without discrimination. The recent release of guidelines regarding reasonable accommodation makes it quite clear that transportation systems are not exempt from these requirements.

The Councils therefore developed their vision of transportation from the proposition that transportation is a service. As such, equality with re-

spect to accessible and usable transportation services is now mandated as a right, on an equal basis, to all residents of Ontario, wherever they live. That equality of access also applies to terminals, airports and other points of access to transportation and is reflected in the Federal and Provincial Building Codes.

The key elements of the Councils' vision are accessibility and integration; not just increased mobility. We see a system that does not handicap or disable its users by presenting an environment that is inaccessible. We do not see services that segregate some users by defining them as elderly, frail, disabled or handicapped. The Councils believe that a transportation system which is not accessible or available to all residents handicaps the community; it goes without saying that, a community without transportation handicaps its residents. The councils also believe that lack of ac-

cessibility not only creates a handicapping environment but perpetuates systemic discrimination and segregation.

Councils suggested the recommendations in the report should be implemented by the year 2010. They are designed to produce transportation systems that may have many components but systems in which every component will be as fully accessible to as many people as is technologically possible. They will certainly include specialized transit services to meet the needs of those who will always need door-to-door services, but may also include accessible taxis, subway trains, rail, bus and air services.

Although the government has not yet accepted Council's recommendation that the provision of provincial funding for transportation should be dependent upon the acquisition of accessible equipment, the message we gave that "nothing will cost more than doing nothing now", does not appear to have been unheard. The

province is now paying an increasing amount of attention and dollars toward transportation, especially services for seniors and disabled persons.

I am pleased to report that the number of municipalities providing specialized services has grown from 55, when we prepared our report, to 80 today. The Ministry of Transportation of Ontario, Transit Office has also formed a Task Force on the Implementation of Improved Accessibility to Conventional Transit Services (IACTS). Among other things the Task Force has identified 90 accessibility improvement features for regular transit services and transit authorities in 18 municipalities are participating in demonstration projects. St. Catharines, with its very large senior population, has already introduced special buses with 14 such improvements. For example, although research on buses with lowered floors is underway, many transit systems will be acquiring currently available buses with the kneeling feature; improved exterior and interior lighting, heaters

on the riser of steps which acts as a de-icing feature for the steps; angled priority seating for elderly persons; improved stanchions with foam padded grips and public address systems that can be heard by passengers waiting to board. Ottawa Transportation



I hear one word loud and clear from both seniors and people with disabilities today: it is INDEPENDENCE

will also be experimenting with the installation of a talking bus stop. The hardware at the bus stop is connected with the automatic vehicle location system and announces the route number of the bus before it arrives at the stop. This is a further refinement on the bus hailing card used by blind persons to flag the bus route. Other government initiatives that respond to some of Councils' recommendations have included funding for accessible taxis now operating in a total of 10 municipalities including Sudbury, Sault Ste Marie, Richmond Hill, Toronto Airport and elsewhere. An additional 50 million dollars over five years has been announced to increase the quality and extent of existing specialized transit services as well as to widen the eligibility guidelines for those needing specialized services.

The Minister of Transportation recently announced expansion of the guideline beyond the former "unable-to-board" regular transit vehicles to include those who are unable to walk 175 metres, the average distance to public transit stops. The Ministry believes this expansion alone will generate an additional 600,000 trips annually on specialized services by the end of five years as it increases the number of eligible users by approximately a third.

Not everyone is happy about the impact of the expanded clientele. The Toronto Transit Commission recently released a report on services to Elderly and Disabled Persons. The report indicates concern about the impact on Wheeltrans of the expanded eligibility guidelines, since in 1988 the service already had to reject 11.9% of



all requests, in spite of requiring 4 days notice of need for service.

However, having brought our report and some of the responses to your attention, I want to focus on the importance of accessible transportation in and between our winter cities. I hear one word loud and clear from both seniors and people with disabilities today: it is INDEPENDENCE. This is reflected in all the current projects we hear about - to de-institutionalize and to reform long-term care so that we respect everyone's right to choose to be independent for as long as possible.

The personal automobile is the way most of us prefer to travel when we want to be truly independent. But as we grow older, ownership of a car, with insurance, maintenance and rising licensing costs, can become difficult. There are also a number of seniors who feel strongly that the requirement that one must have one's skills re-tested at age 90 on an annual basis, is very unfair. The Councils debated this latter issue at length but concluded that competent drivers should not have a problem passing a driving test. They, in effect, said safety is the primary concern in this case but they also recommended the Ministry of Transportation should review the manner in which older drivers are tested, and this included better training of staff giving the tests.

Winter weather certainly brings a new dimension to driving and, through Especially for Seniors, the quarterly newspaper the Senior's Council mails to almost 1 million seniors in Ontario, we try to alert senior drivers to some ways to avoid hazards.

Cellular phones, or CB radios, can be a boon to older or disabled drivers, especially those who must drive in winter conditions. You may recall the tragic death of a young disabled woman from hypothermia. She and another disabled person went off the road in a snowstorm. They were unable to get themselves out of their accessible vehicle and, without a CB or phone, were unable to call for help. Given the number of seniors moving out of major urban centres because of increasing housing costs, we will see more seniors facing rural winter driving condi-

tions and the consequent increased risks. Cellular phones and CB radios could be very helpful to them, although costly.

I would argue that without accessible transportation, particularly within winter cities, in all senses of the word - one does not have the freedom to move and one cannot therefore be independent. If the sidewalks

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We could all benefit from the use of international signage and colour coding on our transit systems, as well as better training of operators to help them become more sensitive to the needs of all users - regardless of age, ability, or language spoken.

are not kept free of ice and snow, we cannot get to public transportation or to specialized services. If the roads aren't ploughed we cannot drive our own vehicles and we struggle through unploughed parking lots. If seniors housing is located on the fringe of a community, then the chances are that there will be no sheltered walkways, or waiting places for transit that are sheltered within buildings. Windbreaks will be few and far between and there may be no rest areas enroute or seats at the stop, the availability of which often determines whether you can use public transit independently or must remain dependent on others. These issues affect all members of the community.

I believe it's important that in advocating for improved services particularly transportation, we don't set the needs of one constituency against the needs of others. The Councils would argue that accessible transportation serves everyone in the community - the baby in the buggy - the senior taking cross-country skis on an outing - or the person using a mobility aid. They were very careful not to set the needs of seniors or disabled persons against the needs of others in society.

As an example of the needs of other constituencies, the Seniors Council has just released a report on Aging Together - an exploration of attitudes

toward aging in multicultural Ontario. In our extensive consultations across Ontario we heard how inaccessible public transit can be to many people who were not born in Canada because not only do they not speak English or French, but they may not be literate in any language, including their own. Very little information about our transportation systems is available in other languages; even less on cassette or in Braille. We could all benefit from the use of international signage and colour coding on our transit systems, as well as better training of operators to help them become more sensitive to the needs of all users - regardless of age, ability, or language spoken.

May I close by sharing with you some poetry written by Richard Margolis of New Haven, Connecticut, who calls himself a "poet of paratransit." I met Richard in Nashville, Tennessee last year at the Community Transportation Expo and he has a great sense of humour.

"Old chums grow remote, not in memory, mind you, but in actual geography. The geography of our separate winters

So we board the bus to bring those faces into focus: our lifetime friends, our means, our ends."



Mary Tate is Executive Officer of both the Ontario Advisory Council on Senior Citizens and the Ontario Advisory Council for Disabled Persons

"No Excuses"

*Words of encouragement to seniors from Canada's
"jogging" Governor General*

**The Rt. Honourable Roland Michener, Canada's
former Governor General**

I am going to talk very briefly about how I fell into fitness for myself, and then how I began to encourage older people to do the same, or at least to do something like it in the form of fitness by way of exercise. As a young boy of 12 or so I became very much interested in physical culture, as it was called in those days. There was a man named Bernard, whose last name I cannot think of, that was the advocate of physical culture. He published a magazine in the United States and boasted that he himself would never grow old following his formula. I followed it for a bit, but in any event, I didn't need to because I was so full of spirit and go.

I played all the games there were until I got up to the point of practising law in Toronto. Then a different life began. I played squash and tennis. I hadn't many clients so I had lots of time.

As I got older, up until the first 20 years of my practice, I found I was getting too busy to exercise. That was something I had to cure if I was going to follow my ideals. These I will tell you are simply personal things up to the point when I became Governor General.

When I was 40 I consulted my wife and my doctor and said, "I am not getting enough time for exercise. I have to have some formula to follow in the next few years otherwise I won't get it done". We worked out a very good formula. Before breakfast I had to do physical exercises for 12 minutes. That I have done ever since. It was 45 years ago that I started, I think I have missed only the occasional Sunday, and none of the nights after. I never took an excuse from myself not to do my exercises in the morning.

That carried me along very well. I played squash and tennis as well as my exercise until I came to Government House. Then I discovered I was in quite the new life. In our centennial year you will remember we received most of the world. There were 52 formal state visits to Government House in Ottawa. You can imagine in about four months that meant about two and a half a week. It was a great period when everybody came to Canada. They came with such enthusiasm that one couldn't help but welcome them. They talked always about our future. It was very encouraging. Expo added a great deal to the year.

I discovered that life would be largely entertaining people and being entertained. It is all right to have one entertainment in your life, but if you have two every day you have to do something about it. So I decided that jogging was the answer.

I began jogging a mile and a half to two miles before breakfast. That was all right for me, but I will tell you my aide-de-camp didn't like it. Some of them couldn't run very well. Those who did I told, "You daren't run ahead of me". The mounted police stood nobly aside to make sure nobody interfered.

That became part of my life with the tennis and other things I had. I jogged through the seven years of Government House. I jogged from coast to coast, from the peninsula in Halifax to Stanley Park at the other end.

I stopped once in Calgary in the winter, which was pretty serious. The mounties were commissioned to find me grass to run on. I got up at six o'clock, it was dark, my cars were in the station. I got up in the dark, put on my running clothes and went out. There was

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I jogged from coast to coast, from the peninsula in Halifax to Stanley Park at the other end.

nothing but ice on the track, so I ran down the track on the ice. Nobody was there. Unfortunately a cameraman caught me on the way back. He published that picture in the Calgary press. It went all over Canada. So I got a reputation for being a fitness fan, particularly a jogger.

*...I discovered that being
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the aging people in
Canada.*

Up until that time that had been my own business. Then I discovered that being Governor General I had a responsibility to all the aging people in Canada. So I began to play on it as much as I could.

That is what happened. I became known as a jogger, but I didn't become known as a scientist or a pundit in the problems of the aged. I found in the 45 years from the time I started that I was a missionary — I guess missionary is not the word. I should have said an exhibit, which is what I was because I was pretty healthy. I still am, I must say, at almost 90. I expect to get there. It is largely due to the rigid regime I followed. I emphasize the word "rigid" because so many people start with good intentions. They find that they are very busy and tired and skip a day or two, then they skip a week or two and don't get started again.

My little secret, which I am sure you all know, is you can't keep fit without being regular. Although I know it is not an issue, we have the problem of how to keep up physical activities of the elderly in cold weather. Much of the time they will have to be in warm houses. When they come out they will have to be fleet of foot, and steady of foot or they will fall down and break a bone, which is the worst thing that can happen to the elderly. I am very careful of my bones.

What I can contribute is outdoor games. I think that is a good part of the solution with old people who are good on their feet and able to move around a bit. There is skiing over land, skating and a good many things of that kind that can be exercise and also be very invigorating. I expect to hear many more.

I could name a good many indoor games, such as bowling and all of those things. But the problem is to adapt to more outdoor work. That is the way I look at it today.



Keeping Seniors Active

A Municipal Perspective

Private - Public Options

by Sue Hall

Seniors at the municipal level are targeted anywhere from age 50 and up. The diversity of an age group that can span 40 or more years certainly makes planning recreational programs a challenge. When you add in the changeable winter weather, the programming becomes more creative. Every municipality is unique in how they provide recreational opportunities for their residents - based on history, available dollars, staff allocations, population distributing and political priorities!

Despite all these diversities, there is a similarity of opportunity for seniors.

Historically, parents have always formed groups to provide their children with better recreational opportunities. Examples are hockey, softball and soccer associations. Special interest groups have also been formed by adults and youth in schools, to further their interests in activities, such as photography, running, painting and square dancing.

Well, just because people reach that magic age called "Golden", "Retired" or "Plus", they don't stop participating in their previous recreational interest groups. In fact, they often branch out and start daytime leagues or clubs, with or without connections to the previous organization. Examples include the "Sunshine Boys Curlers" or the "Bowl-a-thons". They participate with friends old and new who have the same available time and home expectations -always combining social time with the activity. Unless the theme of the group is geared to a summer season activity, you will find the majority of these clubs function between September and May, with perhaps less attendance in the middle of winter, when the odd bad snow-storm or the annual trip south, keeps the people away!

Social clubs are a phenomena of

the senior population. They meet regularly, be it weekly or monthly, to share an afternoon of informal activity with a similar age group. Usually there is a mixture of business meeting, future planning of events, a period with Euchre and Bingo as the prime activity, following by refreshments! The groups function out of community centres, village halls and arenas. Each municipality has several social groups for seniors, usually geographically oriented. They are usually self-sufficient, surviving on membership fees, event tickets and small fund raisers such as book sales and strawberry socials. Municipalities often provide free facilities and operating grants to these clubs - service groups are another good source of funds. These groups regularly use car pools to get everyone together, which means if the driver can't go, the rest also stay home.

With the growing numbers of seniors in our population, and in some areas, a decrease in the preschool and school age categories, some municipalities are targeting seniors as a group that needs programs. At the same time a push to keep seniors active and physically fit has afforded an opportunity to work with seniors in providing specialized fitness programs. Fitness being achievable from many different activities, you can now find special time for seniors at skating and swimming facilities, courses in Tai Chi and yoga, along with aquafit and senior fit classes.

Walking is an easy and inexpensive activity. It has been popularized for seniors by organizing clubs, outings and even distance programs that provide incentives as you walk your way to the moon!

As an acknowledgement to our Canadian climate and city architecture, new walking programs in Shopping Malls have become the latest "In" activity. Shopping Malls are



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year-round facilities, with a daily changing scene, companionship, long hours and it's FREE! Registration is done to provide the participant with guidelines and distance maps and charts and you can compute your way to the 100 and 200 kilometre club or take that imaginary journey across Ontario or the world!

Indoor facilities for outdoor activities is how Canadians are by-passing the winter weather problem, and not just for the seniors benefit. Indoor pools, arenas and curling rinks have for years given traditional outdoor activities a longer season, more consistent playing surface, extended hours and a more pleasant climate. Seniors have taken advantage of these facilities to ice skate, curl, and swim - often at reduced rates or FREE!

The success of bubbles and summer facilities has also provided year-round tennis for all ages. In many recreational facilities you might look down and find shuffleboard courts painted on the floors in hallways or on dance floors. The artificial turf experience is even reaching to some municipal governments such as Richmond Hill where you will find an indoor lawn bowling/soccer facility used year-round. In Nepean an artificial outdoor lawn bowling area was opened this summer, and I'm sure if the site becomes a busy one, the possibilities of a bubble would be raised!

An activity that is gaining popularity in Ontario and Canada, perhaps with some help from the Ontario Senior Games Program - is Carpet Bowling. Played on a carpet 6 feet wide and 30 feet long with 2, 3 or 4 players per team, you roll it up at the end of the day and store it! With an initial outlay of \$800.00 - \$1,000.00 for carpet and bowls, it is an easy acquisition for a club and can also be played from a wheelchair.

Recreational departments and school boards offer courses and workshops on a wide range of topics. These programs, usually geared to adults, are often provided for a reduced fee for senior participants.

Seniors' drop-in centres also find the interest to try new things or to organized recreation makes the short 5-10 week courses popular with sen-

iors. You can find courses on languages, crafts, arts, financial management and self-improvement on the list of available programs.



In areas where the seniors have become a vocal lobbying group - local government has responded with dollars and programs.

Line dancing is a good example of an adapted program. Unlike ballroom dancing, where a partner is essential and one who knows the steps is preferable. Line dancing is done in a line, your partner can be beside you, if you have one, or on the sidelines, if they don't like to dance. An equal number of males and females is not required. A set pattern of steps, usually few in number, is repeated until the song ends. Taught to specific songs, the more proficient dancers learn to suit steps to rhythms and any song will do. A by-product of line dancing is good physical fitness.

Volunteers are a necessity in many seniors' activities and they are found in a variety of roles - club executives, drop-in centre board members, car pool drivers and food preparers. Many are seniors and it becomes an additional part of their leisure activities.



The ability to organize activities also extends the possibilities, and the self-help groups give both users and providers great satisfaction.

Volunteers also extend the possibilities for those seniors who are limited in resources or skills to get them to programs.

The home support programs developing across the province help the elderly citizens of an area remain as independent as possible and able to live in their own homes. A variety of services are offered by these volun-

teers such as shopping buses, transportation services, Meals on Wheels, friendly visiting programs and daily telephone calls.

Another senior program that is in its development stage is the previously mentioned Ontario Senior Games. An initiative of the Older Adults Centres Association of Ontario and the Ministry of Tourism and Recreation, the program has divided the province into 39 districts. Each district holds games annually in 15 different events - bridge, cribbage, carpet bowling, darts, euchre, 5 pin bowling, golf, horseshoes, lawn bowling, snooker, swimming, shuffleboard, tennis and triathlon. The organizing committees function year-round to organize the well attended event, usually held in May. Throughout the fall and winter, leagues and clubs practice and compete with participation in the local, district and by-yearly provincial games as their goal. The future direction of these games is to continue to a national level and if funding and staff priorities increase, to introduce a winter games program as well.

As you can see, the variety of program opportunities available to seniors depends on the area they live in or the places they can get to. Many seniors may be limited to social clubs, while others, usually urban residents have a much wider range of possibilities. In areas where the seniors have become a vocal lobbying group -local government has responded with dollars and programs. The ability to organize activities also extends the possibilities, and the self-help groups give both users and providers great satisfaction.

Seniors' recreational programming is on the rise and will continue to grow along with the population, but for the individual who doesn't join or participate, or who hibernates for the winter this boom in recreation will go unnoticed as they continue to lead their individual and separate lives - away from the crowd.

Seasonal Moods and the Senior Citizen

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The seasons have great impact upon on all living systems. The major variables that produce the seasons are the duration of light and the range in temperature. Because the effects of seasons are most clearly manifested within the temperate zones, which includes most of Canada and all of the continental U.S.A., approximately 300 million people are exposed to this slowly waxing and waning yearly cycle.

In most mammals the seasonal rhythms are displayed as changes in activity. The most well known examples are hibernation and aestivation; both are associated with a reduction in metabolism and general movement. When human beings experience these general biological changes, there are profound psychological correlates that occur as well. The most general manifestation is called psychological depression.

It should not be surprising then that recurrent seasonal winter depression is a clear clinical entity (there is also a summer depression but the symptoms are different and the incidence is much less frequent, ie., less than 1% of the population). People who suffer from this form of seasonal variation report less energy, more oversleeping, increased appetite, a kind of carbohydrate craving (jams, honey) and weight gain. The pervasive low level lethargy generalizes to social activity. During periods of seasonable depression these individuals withdraw even further from social contact.

This collection of symptoms has been called the seasonal affective disorder or SAD. However, this insidious, slowly creeping process that often begins in November and dominates the personal psyche by January or February, is not an abnormal reaction. The most recent scientific literature indicate that this seasonal variation is very normal. Only the extreme conditions are referred for medical treatment.

There is a spectrum of severity of seasonal changes. Conservative estimates indicate that between 15 to 20% of the population may experience subclinical seasonal variations in their mood. They too show a preference for more sleep, a decrease in sexual drive, more social withdrawal, weight gain and a general characteristics of all depressions. Females are more frequently influenced than males and people with a history of depression (often without knowing it) show the seasonal enhancement. The more northern the latitude, the more frequent and extreme the intensity of the seasonal symptoms.

People who are prone to flattened winter affect are also perturbed about specific aspects of the winter time. Both patients with full blown and subclinical seasonal mood complications find the winter distasteful because of the shorter days and the preponderance of gray days. The lack of light is more aversive than (or certainly as aversive as) the contact with cold.

The personality of the person is another important variable that predicts the occurrence of the winter affect. Individuals who are more obsessive-compulsive, dependent and passive-aggressive are more prone to seasonal mood variations. You probably can immediately identify a person that you know who is obsessive; they are prone to perfectionism, preoccupation with details and schedules, show an unreasonable insistence that others submit to his or her manner of doing things and are restricted in their affection. The winter season interferes with their schedule.



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A dependent individual is unable to make everyday decisions, agree with people even when he or she believes they are wrong because of fear of being rejected and feel devastated when close relationships end. For this type of person the winter often removes vital social contact; during this season these people become preoccupied with fears of being abandoned.

The passive aggressive individual procrastinates, becomes sulky and irritable when asked to do something he does not want, often works deliberately slowly in order to obstruct the efforts of others and even resents useful suggestions. The vagaries of the winter season (that range from the unpleasantness of cold to scraping ice off from the car window) are sources of frustration that elevate this type of person's general irritability.

Unlike people at the severe end of the spectrum, the majority of people with subclinical seasonal variations in their mood - even the ones with the personality characteristics that were mentioned - can still organize their behaviour. They attempt to reduce the bad feeling and impaired function by intentional outside activity and more social contacts.

Unfortunately, the effects of the normal Christmas holidays satiate the desire for social interaction and the result is an intensification of the January low. This low is further depressed because the slowly slipping drop in mood that begins in November is often inflated during the anticipation of the Christmas - New Years holidays. When they are finished the mood drops, suddenly - within a couple of weeks, to where it would have been if the holidays had not occurred. The rate of change is so great that the accompanying impaired function becomes obvious, even to the person experiencing the alteration. It is at this point that substance abuse of euphoria-producing agents, such as in creased level of ethanol consumption, becomes a problem as the person attempts to eliminate the negative mood.

The senior citizen (in general) is particularly prone to the seasonal affective disorder. Some studies have not reported an increased incidence of these symptoms among senior citizens because they often do not complain about their problems. However, if general psychological depression is a primary predictor of the intensity and frequency of the winter blahs, when the senior population should have a disproportionate increase in seasonal symptoms; general depression among the elderly is much more common than suspected and is often masked by complications from physical ailments (arthritis, partial immobility or consequences of cardiovascular accidents).

During the winter months, especially January and February, there is coerced immobility as the snow and ice hampers ambulation. Other factors add to the functional withdrawal of sensory input (a kind of "forced hibernation): fewer social contacts (primarily because of the weather), more reliance upon house lighting (which is often reduced in intensity in order to reduce costs or because the house is an older model), and the greater sensitivity to cold. The net effect is a general reduction in mood. But, as noted, the senior has learned, often reluctantly and with little choice, to cope and to adapt to this condition. Consequently, the severity and incidence of the seasonal flattening is underestimated.

Light therapy is only one of the many methods that has been used to treat some cases of the more severe forms of seasonal affective disorder. Recent data indicate that people who experience mild or subclinical forms, that is about 15-20% of the population, benefit even more frequently from the application of about 2500 lux of full spectrum light for a minimum of two hours, typically during the initial hours of awakening. There appears to be some degree of variability depending upon whether or not the person is (on a free cycling schedule, i.e., no work or family obligations) a robin (day animal) or an owl (night animal).

The rationale for this form of "phototreatment" is that the seasonal pattern of hormonal changes is strongly programmed within use all during the winter time, as the cold becomes more intense and the light duration and intensity are reduced, critical chemicals or hormones from the pineal organ are elevated. The pineal organ, situated almost in the middle of the human brain, is a vestigial light-sensitive organ that was actually a kind of functional "third eye" in ancient lizards. In the mammal, including the human being, this organ receives input from a special component of the optic pathway. Effectively, the duration and intensity of daily light "drive" the activity of this organ.

The major hormone that has been implicated in seasonal affective problems is melatonin. It is only two chemical steps away from the neurotransmitter serotonin. Serotonin cells in the brain are intimately involved with sleep cycles; decreased serotonin levels in the brain stem, to some degree affected by the amino acid tryptophan (e.g., found in milk), are one of the most correlates of non-seasonal depression. Elevated levels of

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melatonin are associated with sleepiness, decreased sexual activity and a type of mental blahness that is closely correlated with depression.

It is now evident that one of the enzymes that makes melatonin is extremely sensitive to light; when the appropriate white light is given the circulating melatonin levels drop. Because normally the light on-off period shows a distinct or quasifixed schedule, the variation in this compound's circulating levels displays a more or less fixed periodicity.

Seniors are particularly prone to erratic or desynchronized melatonin fluctuations, the severity of which is correlated with the psychological symptoms. Although pineal function does tend to decrease with age, there are factors that affect the instability. For example, critical life events that range from retirement to bereavement, evoke substantial changes in the melatonin system - often the effects can occur for months and winter factors are superimposed upon them. The fact that the health of about two-thirds of widows declines during the first year of bereavement indicates the biological potency of these effects.

Of course the solution to winter mood flattening among seniors is not going to be a singular inclusion of the appropriate lighting schedule - unless one is considering the permanent increase in light intensity and duration by vacationing in Florida. Other factors, such as climate-resistant, comfortable environments that allow social access and free ambulation are equally as important. However, there is strong evidence that inclusion of a fixed, bank of full spectrum lights (especially when the person first awakens) can facilitate adaptation. Even in cases of failing eye sight (which is primarily due to loss of retinal resolution, the light could be beneficial because the critical part of the eye for this response involves the peripheral visual sensors.

Les aînés et les changements d'humeur selon la saison

par Michael A. Persinger, Ph D, C. Psych.
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ANALYSE

Chez la plupart des mammifères, un changement de saison donne lieu à un changement d'activités. Chez les humains, la manifestation la plus commune est la dépression psychologique. Il ne serait donc pas étonnant que la dépression qui survient avec l'hiver soit une entité médicale bien définie. On a appelé cette succession de symptômes la "variation saisonnière d'humeur", ou SAD en anglais. Selon des estimations prudentes, de 15 à 20 pour cent de la population peut connaître des variations saisonnières infracliniques au niveau de l'humeur. Plus on vit au nord, plus l'intensité des variations saisonnières est fréquente et marquée.

Les aînés sont en général particulièrement enclins à ce genre de syndrome. La dépression générale chez les aînés est beaucoup plus commune qu'on croit et est souvent camouflée par des troubles physiques comme l'arthrite, l'immobilité partielle ou les conséquences d'un incident cardiovasculaire. Les aînés ont appris, souvent à contrecœur, mais avec résignation, à endurer cette condition et à y faire face.

On a proposé de recourir à la lumière pour traiter certaines des formes les plus graves de ce syndrome. L'exposition à des niveaux de lumière d'environ 2 500 lux s'avère bénéfique pour les personnes atteintes de ce syndrome. Le corps pinéal, situé dans le mésencéphale, peut avoir conservé une certaine sensibilité à la lumière. Des niveaux de lumière élevés peuvent contribuer indirectement à réduire les niveaux de mélatonine, une hormone qui provoque certains des symptômes de la dépression. Les aînés sont particulièrement enclins à des fluctuations irrégulières ou désynchronisées de mélatonine.

A eux seuls, des niveaux de lumière élevés ne permettront pas de guérir ce syndrome chez les aînés. D'autres facteurs, tels que la résistance au climat, un milieu confortable qui permet la socialisation et la liberté de mouvement, sont tout aussi importants.

Getting The Facts

A survey of 1,000 seniors results in recommendations for improvements to programmes and facilities for better winter accessibility.

by **Sheila Pepper**
Ottawa-Hull and Area Chapter

Over the past few winters in particular, the mobility needs and problems of the older and youngest citizens of our communities have been noted and some publicized. In 1987 a Winter Cities Task Force was established in Ottawa to study a typical winter city's ability to cope with winter conditions. From this broad perspective, the Task Force, consisting of Winter Cities Association members, some City of Ottawa aldermen and several interested professionals in the fields of housing, transportation, and social services, chose to focus on seniors living in the Ottawa-Hull area. This Task Force group, with the assistance of several local seniors groups and the Seniors' Independence Programme of the Department of Health and Welfare, developed a survey for seniors living in or near urban areas.

The survey of nearly 1000 seniors was undertaken during the summer and early fall of 1989 to ascertain how well seniors cope with some aspects of our area's winter living. Residents of the cities of Ottawa, Nepean, Gloucester, Kanata, Hull and Alymer, in addition to many from rural areas around these cities, replied to questions about their general mobility during the winter months, and their accessibility to various services, programmes and facilities throughout the region. They were also asked about their attitudes to, and use of specific recreational facilities and programmes.

Seniors were approached by volunteer interviewers by mail, a few by telephone and most in person at seniors' residences, community groups, shopping malls, and some in their homes. The results were tabulated and a comparison was made between the age of the respondent and their living situations: in particular, if they lived alone or not, the type of home accommodation, and whether their homes were downtown, suburban, outlying, or rural; the assistance they required outdoors was an important factor - from a companion, to equipment of various types, to services in and around the home.

It was found that the majority of seniors responding were between the ages of 60 and 85. Many responders did not specify where they lived, hence the wide spacing of Ottawa-Vanier to those of other local cities. Most between the ages of 65 and 75 replied that they were less inclined to go out and usually disliked winter, going out primarily only when necessary.

Seniors' attitudes to winter and preferences of leaving or staying in the Ottawa area the entire winter were compared with their ages. Most, of course, had no choice of where to live at the time of year, but preferences were interesting to compare as a large number of respondents did change their locations for part of the winter.

It was found that seniors who do go out frequently in winter, walk a short distance for pleasure or necessity. Most of them live in urban areas, travel by bus, and preferably with someone.

Attitudes to winter were also evident in comparisons of preferred type and extent of outdoor activities throughout the winter: from daily activities in various sports, to quite sedentary and a preference to stay inside if possible. The location of home and existence of companions to go out with also had a bearing on the extent of winter activity. The various reasons seniors go out in winter - of necessity or of choice, was compared with the severity

Residents ... replied to questions about their general mobility during the winter months, and their accessibility to various services, programmes and facilities throughout the region.

of winter conditions they would attempt, their general health, or specific health problems requiring some or frequent medical attention, - in a hospital, in a clinic or not, were major factors in the type of regular outdoor activity. It was found that most seniors regularly visit their doctors and get some modest exercise in winter - outside and/or inside malls and public buildings.

The respondents were next asked how they maintained their mobility outdoors all year and what suggestions they had for their communities, municipalities and caregivers in order to improve such mobility and accessibility to services. Included were questions regarding various private or public transportation situations, and what recreation facilities were used, required and preferred during the winter months. Replies indicate the frequency of suggestions for improved mobility such as bus service and shelter additions, better clearing of roads and sidewalks, and improved lighting. Sidewalk maintenance and easier bus scheduling were the most prominent recommendations.

One of the questions was asked in order to establish if seniors can and do choose the winter weather to go out - sunny and clear, windy, stormy, etc. A surprisingly high number go out in any weather, feeling they should get out regularly, though relatively few "just love it". Various confining factors of the survey surfaced during interviews; some of the most notable ones were:

- *Respiratory problems - most are relieved in winter; it's necessary only to cover the face at the coldest times. There's less humidity and cooler temperatures are better for heart conditions - (if its not too cold)*
- *Those with back problems and osteoporosis fear falling unless road and paths are all cleared of ice*
- *Motorized wheelchairs can be used only when sidewalks are clear*
- *There are several 'windy tunnel' areas in downtown - difficult to walk*
- *Less disruption and noise pollution in winter with fewer bicycles, skateboards and motorcycles to compete with on roads and pathways*
- *Though more organized social activities in winter, its less easy to get to them.*

The profile of the average respondent was as follows: She is between 65 and 75 years, living with at least one other family member in a single or double house, in one of Ottawa's suburbs. She finds winter beautiful but is less inclined to go out than in other seasons. She would take a winter vacation occasionally if possible. She frequently walks outside for pleasure or necessity and does not need the assistance of a cane, etc. Her mobility is most reduced by uncleared paths and roads and she can do everything necessary to use a car in winter. Health wise, she visits her doctor regularly, but is rarely in hospital. Recreationally, she engages in few regular sports, but enjoys walking, birdwatching, etc. and goes out regardless of the weather, but preferably not when it is too windy or cold. She feels she needs the exercise of getting outside in winter and the number and type of recreational facilities available are adequate for her needs, but sometimes too far away. She'd prefer more recreational paths and benches in her area of the city. In summary, she's mobile, though somewhat hampered by her environment and therefore some extra efforts primarily by municipal services would make her winter more agreeable, comfortable and easier in which to move around.

Open-ended questions under each of the three sections revealed numerous suggestions and recommendations for local improvements to services and facilities for each city. Recommendations for improvements to transportation and recreation facilities were numerous and varied for each municipality surveyed.

Returning to an earlier question in the survey, it also shows a concern for better street lighting. A remarkable number of seniors were satisfied with their local situations, but related stories of friends and neighbours who had difficulties with public transportation services. Detailed surveys of a number of seniors in each municipal area and age range revealed many specific suggestions for the improvements to programmes and facilities both indoors and out for better winter accessibility.

...she's mobile, though somewhat hampered by her environment and therefore some extra efforts primarily by municipal services would make her winter more agreeable, comfortable and easier in which to move around.

Sondage sur la situation des personnes âgées en hiver

par Sheila Pepper
 Section Ottawa-Hull et banlieues

En hiver, et plus particulièrement au cours des derniers hivers, nous avons été sensibilisés aux besoins et aux problèmes que connaissent les citoyens âgés et même les jeunes citoyens de nos collectivités au niveau de leurs déplacements pendant la saison froide. En 1987, un Groupe de travail sur les villes en hiver a donc été constitué à Ottawa pour analyser la capacité des villes à atténuer les conditions rigoureuses de l'hiver. Dans cette vaste perspective, le Groupe de travail formé de membres de l'Association des villes en hiver, de conseillers municipaux de la ville d'Ottawa et de plusieurs professionnels des domaines du logement, du transport et des services sociaux, ont choisi de se pencher sur la situation des personnes âgées vivant dans la région d'Ottawa-Hull. Ce groupe de travail, épaulé par plusieurs groupes de personnes âgées de la région et par le Programme pour l'autonomie des aînés de Santé et Bien-être social Canada, ont effectué un sondage auprès des personnes âgées vivant en milieu urbain ou en banlieue.

Ce sondage a été mené auprès d'environ 1 000 personnes âgées au cours de l'été et du début de l'automne 1989. Il cherchait à voir la mesure dans laquelle les personnes âgées réussissent à s'ajuster à certains aspects de nos hivers. Les résidents des villes d'Ottawa, de Nepean, de Gloucester, de Kanata, de Hull et d'Aylmer et d'autres régions périphériques ont répondu à un questionnaire au sujet de leur mobilité générale pendant les mois d'hiver et de la facilité d'accès qu'ils ont aux divers services, programmes et installations disponibles dans la région. On les a également interrogés au sujet de leurs attitudes face à l'hiver et l'utilisation qu'ils font de certaines installations récréatives et de certains programmes de loisirs.

Les personnes ont été approchées par des intervieweurs bénévoles au moyen d'une lettre, parfois d'un appel téléphonique, mais la plupart par des rencontres dans des résidences pour personnes âgées, des groupes communautaires, des centres commerciaux et des résidences privées. Les résultats ont été compilés et une comparaison dressée au niveau de l'âge des répondants et répondantes et leur situation de vie, à savoir s'ils vivent seuls ou non, leur cadre de vie, leur lieu de résidence : centre-ville, banlieue, suburbain, secteur périphérique ou rural. L'aide dont ils ont besoin à l'extérieur constituait un facteur important — cette aide pouvait être assurée par un compagnon ou une compagne, des appareils divers, des services à l'intérieur et à l'extérieur de la résidence.

La majorité des personnes qui ont répondu au questionnaire du sondage étaient âgées entre 60 et 85 ans. Beaucoup de répondants et répondantes n'ont pas spécifié l'endroit où ils habitaient, ce qui explique l'écart marqué entre Ottawa-Vanier et les autres villes. Ce sont surtout des personnes âgées de 65 à 75 ans qui ont répondu qu'elles n'aimaient pas l'hiver, ne sortant que lorsque vraiment nécessaire.


Les attitudes des personnes âgées face à l'hiver et leurs préférences entre passer ou non tout l'hiver dans la région d'Ottawa-Hull ont été comparées en fonction des groupes d'âge. De toute évidence, la plupart des répondants et répondantes n'avaient pas de choix quant à l'endroit où passer cette période de l'année, mais il était intéressant de comparer leurs préférences en ce sens qu'un grand nombre de répondants et répondantes passent une partie de l'hiver ailleurs.


Les personnes âgées qui vont réquement à l'extérieur au cours de l'hiver le font pour une courte distance par plaisir ou par obligation. La plupart de ces personnes vivent en milieu urbain et voyagent par autobus, de préférence en compagnie d'une autre personne.


Les attitudes des personnes âgées face à l'hiver étaient également assez évidentes sous l'angle de leurs activités hivernales préférées et le temps passé à l'extérieur durant les mois d'hiver : certaines pratiquent quotidiennement un sport durant l'hiver tandis que d'autres, plutôt sédentaires, préfèrent rester à l'intérieur. L'emplacement du lieu de résidence et la disponibilité de compagnons et de compagnes avec qui sortir influent aussi sur la fréquence des sorties à l'extérieur. Les raisons pour lesquelles les personnes âgées ont dit sortir à l'extérieur en hiver, par choix ou par obligation, ont été analysées en fonction de la rigueur du temps, de leur état général de santé et de problèmes de santé particuliers qui exigent une attention médicale ponctuelle ou fréquente — à l'hôpital, dans une clinique ou à l'extérieur d'une clinique. La plupart des personnes âgées voient régulièrement leur médecin et font un peu d'exercice au cours de l'hiver - à l'extérieur et à l'intérieur, dans les centres commerciaux et les édifices publics.


On a demandé aux répondants et répondantes comment ils assurent leurs déplacements à l'extérieur pendant toute l'année et de suggérer des moyens que pourraient prendre les collectivités, municipalités et fournisseurs de services de santé pour améliorer la mobilité des personnes âgées et faciliter leur accès aux services. Le sondage prévoyait également des questions concernant diverses situations de transport privé et en commun ainsi que sur les installations récréatives qu'ils utilisent pendant les mois de l'hiver, qu'ils aimeraient pouvoir utiliser ou qu'ils préfèrent. La fréquence des suggestions allant de l'amélioration de la mobilité au moyen de services d'autobus plus fréquents et par l'installation d'abris, à un meilleur nettoyage des chemins et des trottoirs, et à un meilleur éclairage. L'entretien des trottoirs et un réaménagement des horaires d'autobus ont été les recommandations les plus souvent formulées.


On a demandé si les personnes âgées assujettissent leurs sorties à l'extérieur au temps qu'il fait — temps ensoleillé et clair, vents forts, tempête de neige, etc. Un nombre étonnamment élevé de personnes âgées sortent qu'importe le temps qu'il fait à l'extérieur, estimant qu'elles doivent sortir régulièrement, mais très peu ont répondu ne sortir à l'extérieur que pour le simple plaisir d'être à l'extérieur. Divers facteurs qui retiennent les personnes âgées à l'intérieur de leur logis au cours des mois d'hiver ont été mis en lumière au cours des entrevues, dont les plus importants sont les suivants :


 problèmes respiratoires - ils sont moins aigus en hiver; il suffit de se couvrir la figure par temps froid. Un taux moins élevé d'humidité et des températures plus froides sont meilleures pour le coeur (si le froid n'est pas trop intense)

 problèmes de dos et d'ostéoporose. Les personnes ayant de tels problèmes craignent de perdre pied et de tomber lorsque la chaussée n'est pas complètement nettoyée.

 fauteuils roulants motorisés. Ces fauteuils ne peuvent être utilisés à l'extérieur que lorsque les trottoirs sont tout à fait bien déblayés.

 beaucoup de "rafales d'air" se forment entre les édifices du centre-ville, rendant la circulation à pied difficile pour les personnes âgées.

 moins de dérangements et de pollution par le bruit du fait qu'il y ait moins de bicyclettes, de planches à roulettes et de motocyclettes sur les chemins et sentiers.

 même s'il y a, en hiver, plus d'activités sociales organisées, il est plus difficile de s'y rendre.

Le profil du répondant et de la répondante à notre sondage était le suivant : il s'agit d'une femme âgée entre 65 et 75 ans, qui vit en banlieue d'Ottawa avec au moins un membre de sa famille dans une maison unifamiliale ou dans un duplex. Cette personne trouve l'hiver magnifique quoi qu'elle soit moins portée à sortir à l'extérieur que pendant les autres saisons. Elle aimerait pouvoir à l'occasion passer une partie de l'hiver sous un climat plus

clément. Elle sort fréquemment à l'extérieur pour le plaisir ou par obligation et n'utilise pas de canne, etc. Sa mobilité est essentiellement réduite par les trottoirs et les chaussées mal déblayés et est capable de se débrouiller avec son véhicule automobile pendant l'hiver.* Côté santé, elle visite régulièrement son médecin, mais est rarement hospitalisée. Quant à ses activités récréatives, elle ne fait à peu près pas de sport sur une base régulière, mais aime beaucoup marcher à l'extérieur, observer les oiseaux, etc. et sort peu importe le temps qu'il fait, mais préfère lorsqu'il ne vente pas trop ou qu'il ne fait pas trop froid. Cette personne estime qu'elle a besoin de faire de l'exercice à l'extérieur et diverses installations récréatives existent pour combler ce besoin, mais ces installations sont parfois trop éloignées de son lieu de résidence. Le répondant ou la répondante type préférerait avoir accès à davantage de sentiers et de bancs dans un parc de son voisinage. Bref, il s'agit d'une personne mobile, quoique limitée dans une certaine mesure par son environnement. Les services municipaux pourraient facilement rendre ses hivers plus agréables et faciliter ses déplacements à l'extérieur.

Des questions à réponse ouverte ont permis de recevoir diverses suggestions et recommandations visant à améliorer les services et installations dans chacune des villes. Les répondants et répondantes ont notamment recommandé de nombreuses améliorations à apporter aux services de transport en commun et aux installations récréatives des diverses villes (de plus amples renseignements sont donnés dans le rapport final).

On y relève un besoin d'améliorer l'éclairage des rues. Un nombre remarquablement élevé de personnes âgées se sont dites satisfaites de la situation qui prévaut dans leur localité, mais ont fait état de cas d'amis et de voisins qui connaissent des problèmes au niveau des services de transport en commun. Des sondages plus en profondeur effectués auprès d'un certain nombre de personnes âgées de chaque municipalité et de différents groupes d'âge ont permis de relever diverses suggestions spécifiques touchant l'amélioration des programmes et des installations tant à l'intérieur qu'à l'extérieur.



THE WINTER CHECK LIST

Dispel winter myths!
A checklist of facts and practical tips

Dr. Josee Verdon
Dr. Cyril Gryfe
Baycrest Centre for Geriatric Care

Canada is among the few countries where temperatures vary greatly between seasons. From warm summer to cold winter, there can be a temperature difference of 40 to 45 degrees Celsius. All year round, one has to adapt physically and socially to these major changes. Generally speaking, cold climate seems to be more of a stress on the individual than a warmer one. Hence, for the majority of people, winter is perceived as the hardest period of the year. This probably explains the yearly migration of people to warmer climates in the winter time.

Seniors are no different from the general population. Most of them would be more than happy to spend all winter in sunnier and warmer climates. Some of them actually do so every year, as long as their health and finances can allow them. But for the majority, although winter is a beautiful period of the year, the clean, cold air brings numerous risks and fears, some of them legitimate, others not.

The belief that winter is more stressful for the elderly person is certainly widely held. The fact that the number of seniors admitted to hospital increases every winter, generally confirm it. This increase is mainly related to a rise in frequency of pneumonia and other infectious diseases, and these are quite serious in this population. Other possible reasons for the numerous admissions of seniors in the winter, have been the high risk of falling outdoors, with an increased number of fractures; difficulties in

home heating, leading to abnormally low body temperature or hypothermia; and impaired nutrition in some elderly people who become housebound and unable to shop for food. These are often issues of discussion among health care workers, and need to be brought to public awareness. Other factors involving the elderly in the winter are as important, but are not as well documented. These include the depressing effects of social isolation and the lower natural light levels for example.

A review of the main problems for seniors in the winter will be done, and tips on attempting to avoid or prevent them will be given.

INFECTIONS IN THE WINTER

Beliefs: Everybody can see the beginning of the common cold season. Symptoms may vary from runny nose to cough and pneumonia. They might last for days and recur more than once in the same season. Everybody is aware of the seriousness of pneumonia in the older population.

Facts: The frequency of infection in seniors certainly increases in winter, especially the common cold and pneumonia. Elderly people are not only more prone to catch any infection, but they also seem to have a more severe illness related to it.

It is important to remember that pneumonia and influenza together constitute not only the leading infectious cases of death in the elderly, but also the most common of all causes of death among them. That is why these

conditions should be monitored closely and effective treatment is necessary.

As there is no specific treatment yet available for the virus which causes influenza, the current goal is mainly to prevent it. The institution of routine vaccination against influenza has been shown to reduce both the incidence (the number of attacks) and the severity of influenza related illness, in those at risk. This includes every person over 65 years of age, and younger people with chronic diseases. It is recommended that they receive one dose of influenza vaccine in the fall of each year.



Tips on Prevention:

- 1.) Obtain influenza vaccination every fall.
- 2.) Advise your physician of any "cold" symptoms that persist (fever, chills, cough, etc.).

NUTRITION IN THE WINTER:

Beliefs: For many seniors, winter is a time to build up food reserves, including frozen products and canned food. Fresh products tend to be excluded from a winter diet, because of their greater cost, lesser quality and difficulties in physical shopping. Supplementation with vitamins is regarded as compensation for the lack of fresh produce.

Facts: Very little is known about seasonal variation in nutrition of sen-



for citizens. All essential nutrients are available year-round in Canada, and major deficiencies in protein, glucose, fat, vitamins are uncommon in a well balanced diet. Malnutrition has been found in a small percentage of independent, elderly people living in England, but most of them were house-bound for different reasons. No statistics are available for Canada.

Recent interest has been shown in the importance of Vitamin D for the elderly population. Vitamin D is unique in that it is produced after sunlight exposure, and can also be found in a normal diet. Blood vitamin D levels have been found to vary greatly in the older population, from abnormally low levels in the winter to a normal level in the summer. The exact meaning of this finding is unclear at this point and there is some debate about the risks and benefits of taking vitamin D supplements. The recommended dose does not seem to effect the vitamin D blood level significantly, so as yet, there is no consensus on routine supplementation.

Vitamin C is also of interest. It was first thought to decrease the frequency of colds in the winter, but there has not been any conclusive studies on its ability to either prevent or shorten the course of the common cold.



Tips on Prevention

- 1.) Eat a balanced diet according to Canadian standard. Make an effort to include fresh fruit and vegetables for their essential nutrients and vitamins. If this cannot be achieved, enquire about agencies that bring food to houses, such as Meals-on-Wheels, etc.
- 2.) Small doses of multivitamin preparations might be of use in the over 75 year old population.
- 3.) Large doses of Vitamin D are not of any proven benefit as of yet and might actually be harmful.

HYPOTHERMIA IN WINTER

Beliefs: Seniors often notice that their tolerance of cold is not what it used to be. They feel the need to dress more heavily in winter and usually like to keep the room slightly warmer than their younger peers. For some of them keeping adequate heat in the house is difficult. Since their rooms remain cold day and night, they don't ever seem to warm up and as a result they become weak and vulnerable to diseases.

Facts: Over the last few decades, abnormally low body temperature, or hypothermia, has been found to be a relatively common problem among elderly people living alone. Causes implicated are abnormally low room temperature, and a decreased response to cold stress.



Tips on Prevention

- 1.) Keeping room temperatures as recommended by the W.H.O.: minimum 18 degrees C. for active people, 20 to 21 degrees C. for sedentary elderly, remembering that a comfortable temperature might be higher, depending on the individual.
- 2.) Wear proper winter outfits when doing outdoor activities.

It is well recognized that low environmental temperatures can be harmful to the elderly. This seems to be an especially major problem in England, but has not been as important in America, where most houses have central heating. The World Health Organization recommends a minimum indoor temperature of 18 degrees C. for active people and of 20 - 21 degrees C. for rooms occupied by sedentary elderly. Below those temperatures, the risk of hypothermia and complications such as infections leading to death is very high. These temperatures are minimum and a comfortable temperature depends on the physical activities and the concomitant illnesses of each individual.

Response to cold in old age has been looked at very carefully in a few studies, and found to vary greatly among individuals. Some seniors

respond to cold like younger people do, while others only react to more extreme changes in temperature. A minority are not about to recognize stressfully cooler temperatures, and their bodies are even less capable of responding to it normally. In these cases, the body temperature might go down to a level that might be very harmful

FALLS IN THE WINTER

Beliefs: Winter conditions can be very precarious for senior citizens. Stairways, sidewalks and streets are often covered with snow and ice and very slippery. Handrails do not always assure safety and the use of a cane or a walker outdoors can be very difficult. Winter coats can be so cumbersome that they might contribute to the cause of falling.

Facts: Studies on falls themselves have not shown any significant seasonal variation but deaths due to falls increase in the winter. No studies have proven that the independent senior citizens living at home are at greater risk of falling and suffering fractures in the winter. The most numerous outdoor falls occur in the summer months. The failure to demonstrate any increase in falls among



Tips on Prevention

- 1.) Keep the outside steps of the house and the sidewalk clear of snow and ice, using municipal or other local services.
- 2.) Wear winter outfits (including boots) that are light and properly fitting, that do not prevent free movement and are warm and windproof. The newer fabrics, assure that these criteria can be fulfilled at an affordable price in most stores.
- 3.) Enquire about special devices (to be put at the end of a cane for example), which can make canes more effective.
- 4.) Use public transportation or taxis if weather conditions appear unsafe.

the elderly in winter might reflect the facts that most falls (70-80%) happen indoors in all seasons and seniors tend to stay indoors in the winter, and/or are very careful when walking outside. Nevertheless it seems reasonable to conclude that winter conditions increase the risk of falling

CONCLUSION

Winter remains a beautiful season, despite associated difficulties, especially for senior citizens. We have reviewed, some of the scientific facts behind the common beliefs, and have offered tips on preventing some of the special problems in winter, such as infections, malnutrition, falls and hypothermia.

Recommendations from
FORUM '89: OUR WINTER CITY


*A Senior's point of view.
 Held by the Elisabeth Bruyere Health Centre, Ottawa
 October 26, 1989*

Participants concluded that seniors have the ability, desire and right to enjoy winter, and that obstacles to their enjoyment result from dysfunctions in systems and facilities, generally caused by lack of consideration of the needs of seniors in winter.

Recommendations for local authorities:

1. Planning bylaws and building codes should be coordinated to ensure that all public spaces are accessible to those with mobility and sensory impairments in all seasons; generally the current regulations do not ensure barrier-free facilities.
2. Environmental impact analysis should be conducted for all new building projects to ensure that the negative impacts of shading, wind tunnelling, and snow accumulation are minimized.
3. Property owners and developers and the municipalities should increase the number and range of public amenities for winter (ie. bird feeders, winter gardens, public toilets and sheltered seating).
4. Services to clear snow and ice from areas frequented by seniors and at seniors' homes should be subsidized or run by volunteer groups (including students). Sidewalks should be sanded after they are cleared of snow.
5. Transportation authorities should work toward universal access; meanwhile, para-transit should adjust its criteria according to the weather conditions (school buses could be used during the mid-day). They should also ensure that normal services are frequent, shelters and stations are clear of snow and ice and preferably heated, and include a bench.

6. Doctors and other care givers, (as well as libraries etc.) should be encouraged to make house calls to seniors. Flu vaccines should be given annually to seniors. Seniors should be advised that some medicine has adverse effects in winter.
7. Fitness programs should be developed to allow persons to continue keeping fit after the program. Schedules and facilities need to be flexible to suit the less regimented lives of most seniors.
8. Leisure activities should be promoted through seniors' newspapers and community centres.
9. Shopping malls and other public spaces should be planned to accommodate the social and leisure needs of seniors.
10. Media should cover the positive aspects of winter (ie. weather reports should not dwell on negative, rather, give advice on how to keep warm).
11. Programs such as Neighbourhood Watch should be expanded to look out for the needs of seniors.



Participants concluded that seniors have the ability, desire and right to enjoy winter, and that obstacles to their enjoyment result from dysfunctions in systems and facilities, generally caused by lack of consideration of the needs of seniors in winter.

Recommendations for Provincial Governments:

1. Building codes should be revised to better provide for the needs of seniors in winter.
2. Transportation systems should be subsidized to provide universal access.
3. Educational facilities should teach the importance of social responsibility and respect.
4. Planning acts should empower municipalities to control the negative impacts of development through environmental impact reviews (particularly for sunlight and wind).

Recommendations for the Federal Government

1. Health & Welfare Canada should ensure coordination between the fitness, health promotion and health care components of its programs as they relate to seniors.

2. Health & Welfare Canada should encourage the provision of a variety of housing and health care options for seniors (the Oct. '88 conference, Housing Options for Older Canadians, should be repeated and include health care).

3. Information should be collected on the needs of seniors in winter.

Recommandations de FORUM '89 : UN REGARD DES PERSONNES AGÉES SUR NOS VILLES EN HIVER

Tenu au Centre Élizabéth Bruyère, Ottawa
le 26 octobre 1989

Conclusion générale :

Les participants et participantes sont arrivés à la conclusion que les personnes âgées ont la capacité, le désir et le droit de profiter de l'hiver et que les obstacles qu'elles connaissent à ce niveau sont généralement attribuables à un manque de considération à l'égard des besoins des personnes âgées pendant l'hiver.

Recommandations à l'intention des gouvernements municipaux :

1) Que soit coordonnés les règlements en matière d'urbanisme et les codes du bâtiment pour que tous les lieux publics deviennent accessibles en toute saison aux personnes dont la mobilité est restreinte. La réglementation actuelle en matière d'urbanisme ne prévoit pas cet aspect.

2) Que tous les nouveaux projets fassent l'objet d'une analyse d'impact sur l'environnement afin de minimiser les incidences négatives de l'ombrage, des courants d'air entre deux édifices et de l'accumulation de neige.

3) Que les propriétaires et promoteurs immobiliers aménagent plus d'installations publiques qui pourraient être utilisées pendant l'hiver (par ex. mangeoires d'oiseaux, jardins intérieurs, toilettes publiques et abris avec bancs).

4) Que l'on subventionne les services d'enlèvement de la neige et de la glace aux endroits que fréquentent les personnes âgées ainsi qu'à leurs résidences ou que ces services soient dispensés par des groupes de bénévoles (y compris les étudiants et étudiantes). On devrait aussi mettre du sable sur les trottoirs après les avoir déblayés.

5) Les autorités responsables du transport en commun devraient veiller à offrir un accès universel à leurs services. Dans l'intervalle, les services de transport par transit devraient établir leurs critères en fonction des conditions climatiques (des autobus scolaires pourraient être utilisés pendant le jour). Ils devraient également assurer une bonne fréquence du service régulier, des abris et des stations bien déblayés et, si possible, chauffés.

6) Les médecins et autres fournisseurs de soins (sans oublier les bibliothèques et autres services du genre)

devraient être encouragés à offrir leurs services au domicile des personnes âgées. Les personnes âgées devraient également être informées, lorsqu'il y a lieu, des effets secondaires de certains médicaments en hiver.

7) On devrait élaborer des programmes de conditionnement physique que les personnes âgées pourraient pour se maintenir en forme, même après le programme. Les horaires et les lieux des cours de conditionnement physique devraient être assez flexibles pour ainsi s'adapter au régime de vie habituellement plus libre des personnes âgées.

8) Les activités récréatives devraient être annoncées par le truchement des journaux s'adressant aux personnes âgées et des centres communautaires.

9) Les centres commerciaux et autres endroits publics devraient être planifiés de manière à répondre aux besoins sociaux et récréatifs des personnes âgées.

10) Les médias devraient faire valoir les aspects positifs de l'hiver (les bulletins de météo ne devraient pas insister sur les aspects négatifs de l'hiver, mais plutôt donner quelques conseils sur la façon de bien se protéger du froid).

11) Les programmes tels que les programmes de surveillance de quartier devraient être élargis pour tenir compte des besoins des personnes âgées.

Recommandations à l'intention des gouvernements provinciaux

1) Les codes du bâtiment devraient être révisés afin de mieux répondre aux besoins des personnes âgées pendant l'hiver.

2) Les systèmes de transport en commun devraient être subventionnés afin d'y assurer un accès universel.

3) Les écoles devraient s'efforcer d'inculquer aux jeunes le sens des responsabilités sociales et du respect des personnes âgées.

4) Les lois en matière d'urbanisme devraient habiliter les municipalités à exercer un contrôle sur les incidences négatives du développement par le truchement des analyses des impacts sur l'environnement (d'une façon particulière au point de vue de la luminosité et du vent).

Recommandations à l'intention du gouvernement fédéral

1) Santé et Bien-être social devrait assurer une coordination entre des composantes de ses programmes portant sur le conditionnement physique, la promotion de la santé et les soins de santé qui touchent les personnes âgées.

2) Santé et Bien-être social Canada devrait encourager la prestation aux personnes âgées de diverses options de logement et de soins de santé. (La conférence Choix de logements pour les Canadiens âgés d'octobre 1988 devrait être reprise en y incluant cette fois le sujet des soins de santé).

3) De plus amples renseignements devraient être colligés sur les besoins des personnes âgées en hiver.

From Saddles to Skywalking

*A Northern "Mountain Man" shares his delight with
Calgary's much discussed and often maligned
Plus 15 systems*

By Andy Russell

For many city seniors living in cold climates, winter is not a time for the greatest enjoyment of life. There is little fun in being a prisoner shut indoors by inclement weather. The bravest pay for their outdoor forays onto the streets by exposure to bitter cold winds, flying snow, the dangers of icy sidewalks and the daunting experience of using crosswalks when the flow of traffic is often downright dangerous.

Most of us are fully aware of being slower on our feet than we once were; traffic lights push us to the limit for sometimes the change to red comes too fast for comfort and safety. Ramps sloping down over curbs at intersections are wonderfully helpful in summer, but now icy under a skin of new snow they turn into traps for the unwary. Even on good days, snow melting in the sun drops water from our overhanging roof onto an otherwise dry sidewalk forming a low ridge of transparent ice on the cold concrete that is a real menace. It is a time to pray and a time to dream of palm trees, white sand beaches and a comfortable lawn chair in the warm sun.

But not all winter cities are oblivious to the comforts of pedestrians old and young. The one I know best is Calgary, Alberta, Canada, where one can take public transport service to a downtown destination, debark at the door of warm buildings and go for blocks without ever coming out into winter weather. Shopping and looking after personal items of business is a pleasure. Lunch can be a leisurely affair in big warm herbariums, where the air is fresh and redolent with the smell of tropical growth reaching high to a glass roof and transporting a diner to a dream climate at no extra cost.

But the real magic is enjoyed when the pedestrian decides to cross the street. Then all one has to do is go to the entrance of a walk-way crossing a full story above the flowing river of vehicles on wheels.

We call them Plus 15's and they are the brainchild of Harold Hanen, one of Canada's most respected and innovative architects. These well lit, warm walk-overs are completely enclosed with lots of glass affording good views of the city and plenty of room for people walking both ways. They are just as unique as they are practical and turn large sections of the downtown area into a huge, indoor shopping mall with choices of about urban service enjoyed by city people and visitors and no exposure to cold weather and slippery footing.

Many the time I have walked across a wintry street looking down on the traffic through snow flying on the wind when the temperature was far below zero.

Calgary's senior citizens are indeed fortunate as are all pedestrians for the city's Plus 15's are a real blessing of artistic practicality.

*Plus 15's are a real
blessing of artistic
practicality.*



*Andy Russell, an Alberta senior, is a noted
environmentalist, lecturer and highly
acclaimed author*



WINTER - A NEW EXPERIENCE

Chinese senior's dream of personal space

By Xianfeng Qiu

Calgary is a winter city where the cold weather stays more than six months. The lowest temperature goes down to -40 degrees C., a fact that I heard ten years ago. I am a person who never liked cold weather and hated wearing a thick and heavy coat. So Calgary wouldn't become a good place for me.

I come to America in 1987, settling temporarily in San Francisco.

At the time of the moon festival last year, I asked my wife to move to San Francisco, but she preferred that I come to Calgary. With a willingness to try, I arrived in the winter city and have stayed here for five months already.

Calgary is a new and blooming city. Its history goes back only several decades. Like any new city, it is reasonably planned. Tranquil residential districts balance with concentrated, flourishing downtown areas. The curvaceous Bow River runs throughout the city and gives the undulating land infinite views.

Joining many of the high rise buildings in downtown Calgary is a walking system called Plus 15. The name refers to covered bridges which span the streets at an elevation of approximately fifteen feet above ground. They reminded me of the two level walking bridge which string up the five centres of Embarcaders in central San Francisco, a fantastic built environment for outdoors. It was created for the purpose of commerce by enterprise. In contrast, Plus 15 is an indoor environment created by the City. It is an ingenious solution to protect pedestrians from the cold and automobiles. Walking the Plus 15 routes, one passes through one building and transfers to another smoothly, conveniently and comfortably amidst varied settings. In the interchanges and pathways are places to shop, to lounge or to commune. Although not yet completed, this accommodation for pedestrians seems very functional. It belongs to the city and its people.

Calgary is a city of modern facilities and spirit. It is not as deliberate

as Washington D.C. or as chaotic as New York City. Nor does it have the beauty of San Francisco, but it is modern without being arrogant, a peaceful and simple city. I understand why my wife likes Calgary. The weather became colder and colder. Looking outside during the short daylight hours, everything was covered with white snow. Since I am in charge of clearing the snow from the walkway, steps and pavement in front of my house, I needed a break to warm myself when the temperature is under -20 degrees C. I have only regular shoes for my feet as boots are quite expensive. Besides I left a pair of boots in San Francisco. That is a funny story. In my hurry to catch the plane, I forgot to change into my shoes so I arrived with only slippers on my feet.

Winter is gradually leaving. Every spring snowfall forecasts the warmer future. The humidity in Calgary is quite low. Therefore, a temperature at -10 degree C. is not too uncomfortable. However, -20 degree C. is rather dreadful and at -30 degree C., I try to stay indoors. Fortunately, I haven't yet met -40 degree C. One of the delightful characteristics about winter in Calgary is that the cold is not stable. It is always broken suddenly by warm, spring-like winds called a Chinook. The Chinook not only warms our bodies, it raises our spirits as it brings a feeling of spring to the white land. Winter in Calgary is very special. Though challenging, it is full of warmth and hope as well. This fact may reflect the mental attitude of Calgarians.



...warm, spring-like winds called a Chinook. The Chinook not only warms our bodies, it raises our spirits as it brings a feeling of spring to the white land.

Winter in Calgary is very special.

I know little about the life of the elderly people in North America. I notice that most of the elderly people prefer living an independent life in their own house. The problem of some who are lonely seems still unsolved. I am of the opinion that social support is a progressive one, and family support is only good for a static society. Generally, in China it is not parents that live with the married son or daughter, it is son or daughter's family that remain in

parents' dwelling. An old idiom said, "Even an upright official finds it hard to settle a family quarrel." You can guess from the metaphor what has happened under the roof. Inevitably, the family support system is (will be) gradually disintegrated following the pace of development in economy and society. Even in China now, the elderly who have high education will not live together with their family members if they can. The dream is: Elders can enjoy full rights of social support in pension, medicine, housing and necessary social-care. They also desire to live within several doors from their family members or in the

same apartment but different suite or under same roof but not on the same floor with a separate entrance. Thus the disturbance to both sides will be avoided and the family happiness can be perfectly remained. It may be really a dream for most of the elderly. But what about in Canada? The Garden Suite Demonstration Project 1988 in Alberta would be a good idea.

Mr. Qiu, a new Canadian, is an architect from the People's Republic of China

HELP OR HINDRANCE

Discussion of winter benefits and liabilities by Tromsø seniors.

Hege Sirkka, Manager
Senior Day Centre, Tromsø, Norway

In this paper I will tell you the main problems of the elderly during the winter in Tromsø of today. I will talk about the problems with the icy roads, darkness, isolation and high costs during the winter.

Tromsø is indeed a geographically large Winter City with its 2500 km² wide community. Scattered over such a large space we find approximately 5000 elderly of which 90% still live in their own homes. From these 90%, 10% need help from the Homeservice. Most of the elderly live in Tromsø. But we also find them on islands, small villages and in the countryside.

Approximately seven months of the year Tromsø is a Winter City. It may vary a little of course, but on the average I think the winter lasts this long. Thus the seniors have been used to snow, cold, icy roads etc. right from the day they were born. At the same speed as the technical development increased, the easier it became to be a citizen of Tromsø. Snowploughs clear the roads, and electric and oil heating system make daily life easier. Warmer clothes, better shoes

and not to forget better houses are good assets to the elderly. Today some streets even have warm pavements here and there.

But as old age reaches us one by one we feel more and more that ice and snow are not quite as fun as when we were young.

Part of my work today is to help elderly people with their problems. The last six years I have worked as the manager in the only public Senior Day Centre in this community. Almost every month during the winter single persons or organizations give me a call on the telephone offering their help to the elderly. Unfortunately, there is no office organizing voluntary service to the elderly people in Tromsø.



WHAT DID THE ELDERLY TELL ME?

There was too much snow!

They all felt that there was too much snow and that the winter lasted too long. In this beautiful snow filled part of Norway, the view of the arctic light and the cosy homes are not

enough to compensate for the fact that there is too much snow and that the winter lasts too long. But this is difficult to change.



SHOVELLING THE SNOW

Many old people get heart attacks while they are shovelling snow, but it is useless to tell them it is not wise for their heart condition to shovel snow. To some extent it may happen that shovelling is the last thing they do in life. As long as they don't feel any pain some go on until they collapse. A lot of both young and old are suffering from aching backs in the struggle with the snow. Today snowblowers may do the job, but they are expensive and the ladies don't like to handle them. Most old people shovel snow by hand.

Elderly old women often have great difficulties in getting rid of the snow unless they have younger relatives to give them a hand.

So what about a booking service for the elderly where they can hire a man or a youngster with a snowblower?



HOW ARE THE FACILITIES IN DOWNTOWN TROMSØ?

Along the main streets there are often large heaps of snow pushed there by snowploughs. It is stored on the pavements for the lorries to take it away. Too often the lorries never show up. Pedestrians such as mothers with prams and elderly people have difficulties in passing the heaps without great struggle. Too often they are forced out onto the streets with heavy traffic.

This and the traffic lights with the fast "green man" cause problems for the elderly. In Tromsø we have had traffic lights for two years and the elderly are having difficulties in the traffic as never before. They have not got used to them yet. Tromsø have always had nice and polite drivers, stopping their cars waiting till people have passed and taken their time. Today the situation has changed. The cars are driving at higher speeds, the traffic as a whole is more aggressive and "the green man" is not friendly with the senior citizens. He gives them six seconds to hurry across the street. Except outside the Senior Day Centre where the "green man" is very nice and gives them seventeen seconds to cross. That gives even the most handicapped time to cross. This is a result of negotiations between the road officials and some of the elderly. So why not go on with further negotiations about "green men" with the officials who are concerned?



THE STREETS AND ROADS ARE ICY AND DANGEROUS

Some of our senior citizens break arms, legs and hips during the winter. Some fall and may hurt themselves seriously. Concussion is a common diagnosis during the winter. Approximately 53% of all accidents among the elderly in the winter are on icy roads.

What do the elderly do about this? Most of them stay at home if they don't have the opportunity to join the transportation service both for the elderly and the handicapped. I will come back to this subject later. Some still

take the risk and go out to find someone to talk to.

The town officials do not do enough in spreading sand or gravel on the ice to protect the citizens from falling. Tromsø is a town with a lot of hills, during the the wintertime it is a town full of icy hills! Those who dare go out are mostly using snowgrips on their boots. They who do not have too far to go are using their "spark" to keep themselves steady on the road. The "spark" can also carry their shopping bag. But if they spread sand, one cannot use the "spark". It may be difficult to choose, but I think the sand is preferable.



INCREASING COSTS

The winter is cold, dark and almost "everlasting". For approximately two months the sun does not help much to heat the houses from the outside, because there is no sun at all in the middle of the winter. From the middle of November to the middle of January the sun is underneath the horizon. We don't see the sun until the 21st of January if the weather is good.

The costs of oil for the heater, the wood for the ovens and even the electricity, which is quite cheap in Norway, make the expenses almost unbearable. In the dark months they also need a lot of electricity to give light in the houses. The elderly need the lamps on day and night to find their way. Old people need more light to find their way than younger people. In return no one needs the electricity much in the summer when it is light outside and the sun is shining day and night for two months.



LACK OF SLEEP

As we already know there are a lot of people in the north of Norway who lack a good nights sleep during the dark days in the middle of winter. Most senior citizens take sleeping tablets. Almost 40% of the population in northern Norway are suffering from the lack of sleep, old people as well as

young ones. This may result in confusion to some. When they are ready to go out shopping, the shops are closed and shopkeepers are asleep. Anyway it is difficult to a lot of us whether we are young or old when we suddenly don't want to go to bed at night.

A good walk in the open air will often help.



IS LIFE MISERABLE AS A WHOLE FOR THE SENIOR CITIZENS OF TROMSØ?

No, it is not. The younger of senior citizens don't feel the problems as difficult as the older ones do. Most of the old ones who are living in their private homes have quite a good life. They enjoy going out to see others, they go to dances if possible. Theatres, concerts, social visits and so on. There are few problems as long as they can solve their transportation problems.

Some still enjoy going cross country skiing. This city have wonderful ski tracks and I meet many elderly persons when I go skiing on Sundays with my family.

But as it comes to the oldest of the elderly the problems are bigger and the isolation feels harder. The important task in today's CARE for the elderly is to make it possible to stay at home as long as possible. But to remain in their own homes is not satisfying to them if they don't feel that life has anything to give them of social life, joy and vitality.

Practical service both outside and inside of the house if necessary summer as well as winter.



WHAT CAN WE DO FOR THE ELDERLY TO TAKE AWAY THEIR WINTER PROBLEMS

We can organize mentally handicapped youngsters who are able to work and proud of being useful to others to help the elderly in giving them a hand outside the house. Let the elderly be part in a booking system that will not cost more than subscrib-

T H E M E

ing to a newspaper for a year.

A service office may take hand of the booking, organize the helpers and take care of the costs.

The Senior Day Centre is very popular and attracts many seniors and may be in charge of the booking.



TO SOLVE THE WINTER PROBLEMS IS NOT IMPOSSIBLE AND NOT TOO EXPENSIVE.

The investment in doing so will pay us back by having a city with happy citizens, happy and vital elderly. If they are happy, they make happiness around themselves and thus they become a resource to their nearest whether they are friends or family.

Their feeling of well-being will increase, their health will be better and the feeling of loneliness and isolation will fade away.

The transportation service is really the key to most of these problems. If we can solve this problem, we can save a lot of other problems as well.





Balthazar Korab

Photography courtesy of Zeidler Roberts Partnership/Architects

SHERWAY GARDENS TORONTO

The fabric tent-roofed expansion wing of Sherway Gardens represents an evolution for both the architects, The Zeidler Roberts Partnership, and the makers of its roof, O.C. Birdair of Buffalo, New York.

The new 125,000 square foot wing, anchored by Bretton's two-storey fashion store, opened August 28, 1989.

The design creates an urban event with its garden and food court. Sherway Gardens is a successful shopping centre in West Toronto. Built in 1970, the 800,000 square foot mall lost its visual prominence when the interchange of Highway 401 and Queen Elizabeth Way was elevated. To regain the centre's profile, its owners planned a distinctive 170,000 square foot addition featuring extra retail space, a department store and a new Food Court.

The architects solved the problem by placing the Food Court on the roof level of the one storey centre, covering it with a unique fabric tent roof, and creating a luxuriant indoor garden echoing the name of the mall. The translucent fabric roof transforms the inner space, bringing a light, open feeling into the building and a sense of orientation which was missing before the renovation. The dramatic design of the roof acts as a beacon, making Sherway Gardens visible from the highway once again.

Roof Structure

The unique fabric roof at Sherway Gardens, 112 ft. by 238 ft. in plan, is the first such roof over a retail building in

Canada. The outer fabric is teflon coated fibreglass which is the same material used at Canada Place and Expo '86 in Vancouver - also designed by Zeidler Roberts Partnership. An inner translucent liner of vinyl coated polyester provides a vapour barrier and improved thermal comfort. Warm air is circulated between the inner and outer fabrics to prevent condensation.

The roof is supported by three pairs of 75 ft. high masts, each pair crowned by a 40 ft. long glass skylight. At the perimeter, the fabric is clamped to a continuous steel beam raised above glass clerestory windows.

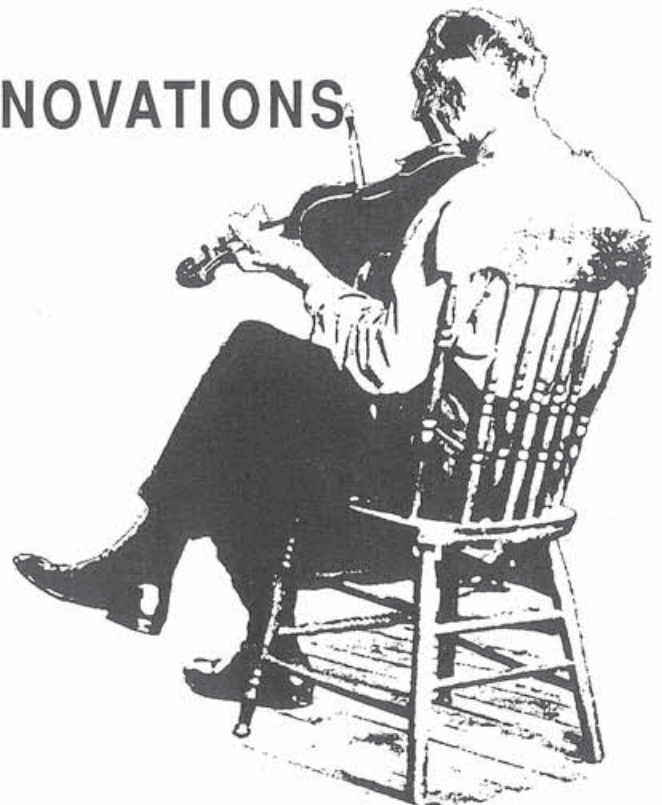
"The new structure acts as a visual anchor to Sherway Gardens and as a beacon along the highway." "It produces an exceptional play of light through the combination of soft, diffuse light passing through the translucent fabric roof and sharp, bright light issuing through the skylight".

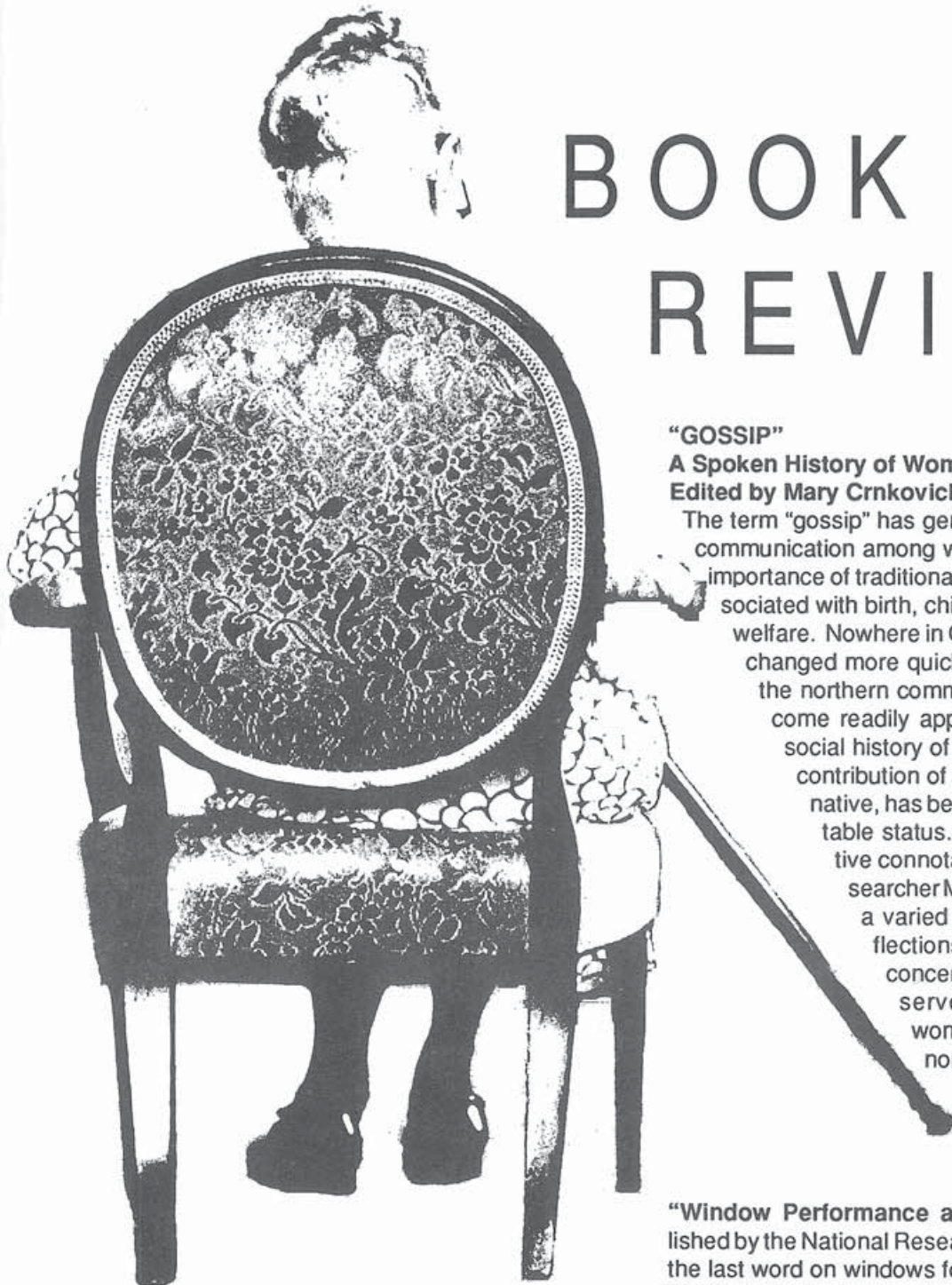
Says Sherway Gardens General Manager, Jim Hedrich, "We wanted a building that uniquely reflected the city and what better than one with a roof that evokes the lake and sailboats, and one that is light-filled and luxurious."

O.C. Birdair, founded in 1953 to commercialize the fabric structure technology developed for the BEW line's early warning radar enclosures, soon developed shelters to service extremes of a sub-polar climate. From swimming pool covers and tennis court pavilions, Birdair's technology was viewed at the 1964 New York, 1970 Osaka and 1986 Vancouver world fairs.

Natural daylight from the three skylights atop the three 75-foot-high masts fills the courtyard. Even more light is provided by the 65 percent translucent fabric and windows at the base of the roof. At night, the translucent roof may be seen from downtown Toronto.

INNOVATIONS





BOOK REVIEWS

"GOSSIP"

A Spoken History of Women in the North
Edited by Mary Crnkovich

The term "gossip" has generally been used to discredit communication among women and to downgrade the importance of traditional roles and responsibilities associated with birth, childrearing, nursing, and family welfare. Nowhere in Canada has the role of women changed more quickly or more dramatically than the northern communities; moreover, it has become readily apparent that the contemporary social history of the North is one in which the contribution of women, both native and non-native, has been accorded a less-than-equitable status. Looking beyond the pejorative connotations of "gossip", feminist researcher Mary Crnkovich has assembled a varied collection of writings and reflections that not only reveal the concerns of northern women but also serve to confirm the place of women's work at the centre of northern life.

"Window Performance and New Technology" published by the National Research Council Canada, must be the last word on windows for winter city buildings. Write the Council in Ottawa and ask for NRCC 29348 "Proceedings of Building Service Insight '88".

On Blue Ice, the Inuvik Adventure
Jane McNichol, editor

Softcover \$9.95 ISBN 0-919315-06-2

Nothing in the north but frozen wasteland? No way. Here's a pictorial history of the building of Inuvik, enhanced by lively text, that dispels the myth of a frozen wasteland once and for all. 80 pages, colour and black and white photographs.

Christmas in the Big Igloo
Kenn Harper, editor

Hardcover \$14.95 ISBN 0-919325-07-0

Recommended by the Book of the Month Club and the Children's Book Centre. Here's a book for the whole family that deserves a place on every shelf. Drawn from 20 sources, historical and contemporary, these vignettes are a joy to read. 64 pages, 18 line illustrations by John Allerston.

Crossroads to Greenland.
3000 years of prehistory in the Eastern High Arctic

by Peter Schledermann

Crossroads to Greenland is the story of the first 3,000 years of the human presence in Canada's Eastern High Arctic. It describes the archaeological evidence of paleo-Eskimo cultures that has been systematically excavated on prehistoric sites in the Bache Peninsula Region on the central east coast of Ellesmere Island, Northwest Territories, between 1977 and 1988. This provides the reader with a detailed description and analysis of the different stages of human settlement, beginning with the nearly 4,000-year-old Independence 1 culture and ending with the Late Dorset culture about 1,000 years ago. Combined with the research data is a discussion of the many ecological and environmental factors that shaped and to some extent determined the lives of the prehistoric High Arctic hunters through time.

Peter Schledermann is a former director and presently research associate and fellow of the Arctic Institute of North America, University of Calgary. He has carried out archaeological research in Alaska, Canada and Greenland since 1965. Dr. Schledermann has published a number of articles in both scientific and popular journals and magazines and has taught courses in arctic prehistory at the Universities of Calgary and Victoria. In 1989 he presented a series of lectures as the Visiting Chair in Northern Studies at Trent University.

Available from: The Arctic Institute of North America, The University of Calgary, 2500 University Drive N.W., Calgary, Alberta Canada T2N 1N4



The Arctic: Choices for Peace and Security

by Thomas R. Berger, Soviet Ambassador Alexei Rodionov, Douglas Roche and 21 other speakers.
Published by Gordon Soules Book Publishers Ltd.

This new book presents the proceedings of the 1989 public inquiry on the Arctic, the second public inquiry sponsored by The True North Strong and Free Inquiry Society of Edmonton, Alberta.

The far-reaching issues presented in this book affect us all. The fate of the Arctic, as this book makes clear, is inextricably connected to the fate of the whole planet. This book is essential reading for all who want to learn about or influence, the future of the Arctic and the Earth.

The public inquiry on the Arctic, took place in an unprecedented climate of geopolitical tensions, not the familiar anxieties of the Cold War, but new ones, many arising from chain reactions to glasnost, perestroika and "new thinking" applied to international relations by the Soviet Union. The meeting was a lively one, bringing political leaders, diplomats and experts face to face with informed members of many public interest groups as well as concerned citizens. As a record of the meeting, this timely book explores options for dealing with the current, vital issues of disarmament, sustainable development and environment in the circumpolar Arctic, after a long era of strategic confrontation.

The True North Strong & Free?, presents the proceedings of the 1986 public inquiry sponsored by The True North Strong and Free Society of Edmonton, Alberta.

It includes contributions by David Suzuki, Ambassador Douglas Roche, George Ignatieff, representatives from Canada's three federal political parties and fifteen other experts on Canadian defense and world peace.

The book asserts that Canada can be a powerful force for creating international peace and that every Canadian has a place in realizing Canada's role as a peace-making nation.

Both **The Arctic: Choices for Peace and Security** and **The True North Strong & Free?** are available from The North Strong & Free Inquiry Society, #15 - 9930 106th Street, Edmonton, Alberta, Canada T5K 1C7

BULLETIN BOARD

WINTER LIGHT

Public and Private Light in Northern Climates

The Winter Cities Association of Minnesota, St. Thomas College, and the Minnesota Energy Council are organizing a conference and exhibition to be held in January, 1991 on lighting for public and private places, with emphasis on the winter season in northern cities. Improved lighting of indoor and outdoor spaces can enhance the livability of northern cities. Recent studies have shown the importance of light in human psychological health and well-being, as well as safety and security. Efficient lighting is important for energy conservation.

The first day of the conference will focus on the natural daylight and design for the the greatest extent possible, with atria, sunrooms, skylights, and strategically oriented window areas, to enhance daytime light in buildings. Examples of public and commercial buildings and community spaces with naturally lighted courtyards, malls, and conservatories will be shown. Design of sunrooms, greenhouses and other natural daylight areas of residences and



small buildings will be presented. Natural light directionality as a factor in urban design will be discussed, for spaces open to the weather as well as enclosed or semi-enclosed spaces. High-performance insulating glazing will be emphasized in the technical sessions, for use in enclosed spaces.

Multi-media presentations are invited to show outstanding examples in United States, Scandinavia, northern Europe, Canada, Soviet Union, Japan and other northern nations. Urban designers, architects, glazing experts and lighting engineers and interior designers are invited to prepare presentations.

Manufacturers of insulated glazing systems, structures, skylights, windows and high-efficiency indoor and outdoor electric lighting and fixtures are invited to display in an exhibition which will be held with the conference.

To receive Call for Papers, write to Professor Steven Hoffman, St. Thomas College, 2115 Summit Avenue, Mail #4322, St. Paul, MN 55105.

PRODUCTS

A CATALOGUE OF HOME PRODUCTS FOR SENIORS

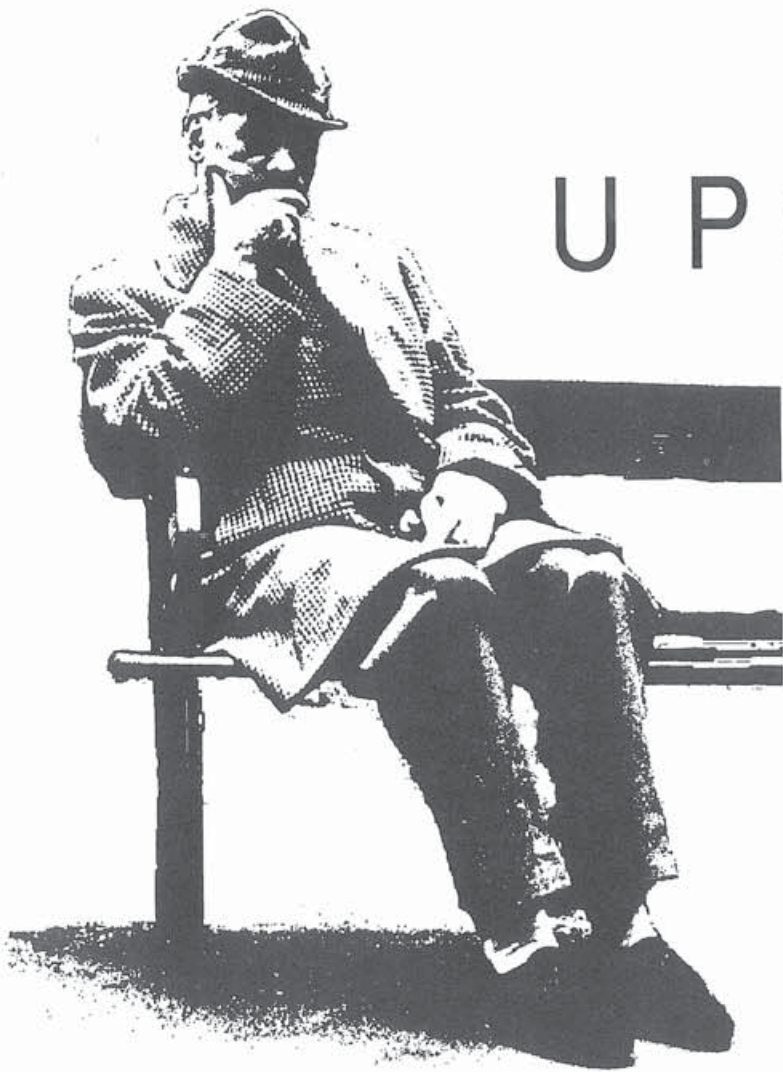
The Easy Living Catalogue, distributed by Innovative Home Products, features items that will make life easier and safer for seniors.

Many of the kitchen, bathroom and grooming products listed in the 28-page catalogue are designed specifically for people who have decreased mobility, flexibility and dexterity, and they were chosen after consultation with an occupational therapist.

For a copy of the catalogue, contact: Joel Kornblum, Innovative Home Products, 82 Winding Lane, Thornhill, Ontario L4J 5H9 (416) 886-9187.

210, 10190 - 104 St.
Edmonton, Alberta
Canada T5J 1A7
Tel: (403) 423-6606

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U P C O M I N G

Institute of Transportation Engineers 1990 Annual Conference

June 3-6, 1990, Skydome Hotel, Toronto

The Transportation Profession: A Moving Experience
As we enter the 1990's the demands on the transportation professional are becoming increasingly varied. In order to address the human element involved in all facets of the field, areas such as computerization, professional development and information sharing will be addressed.

Second International Conference on Ice Technology

18-20 September 1990, Cambridge, England

Contact: Liz Newman, Conference Secretary, CMI, Wessex Institute of Technology, Ashurst Lodge, Ashurst, Southampton, S04 2AA, U.K.; phone (0703) 292853.

"Planning for Special Places"

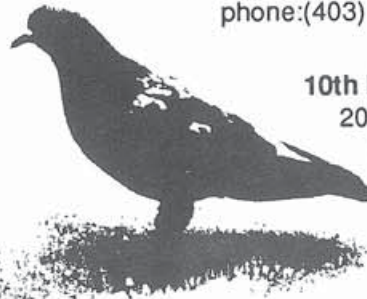
Annual Conference of the Canadian Institute of Planners, May 13-16, 1990, Banff, Alberta. Contact: Dr. Walter Jamieson, Program Chairman, c/o Faculty of Environmental Design, The University of Calgary, 2500 University Drive N.W., Calgary, Alberta T2N 1N4; Telephone:(403) 220-6604 or fax: (403) 284-4399.

Call for Papers
Eleventh International Pedestrian Conference
Boulder, Colorado and Bellevue, Washington
October 3-6, 1990

The Cities of Boulder and Bellevue invite you to attend a joint Pedestrian Conference. This year, for the first time, both cities will host the Pedestrian Conference. Each city will be a "living laboratory" of exciting sessions, workshops, forums and panel discussions addressing current issues affecting the Pedestrian. Both cities will be linked via teleconferencing sessions.

Schedule of Call for Papers:

- Titles and abstracts of 250 words or less must be submitted by May 15, 1990
- Notification of acceptance of abstracts will be made by June 1, 1990
- Speakers whose papers are selected will be required to submit camera-ready copy, preferably on disc, by September 3, 1990. Guidelines for copy will be included with acceptance letter.



10th IAHR Symposium on Ice

20-23 August 1990, Helsinki, Finland
Contact: Mauri Maattanen, Helsinki University of Technology
Otakaari I, Sf02150, Espoo, Finland

Fifth Canadian Permafrost Conference

6-8 June, 1990, Quebec City, Quebec, Canada
Contact: Mike Boroczki, Fifth Canadian Permafrost Conference,
National Research Council of Canada, Ottawa, Ontario, Canada K1A 0R6; phone (613) 993-9009; telex 053-3145; fax (613) 952-7928.

The Arctic: Canada and the Nordic Countries; 3rd International Conference of the Nordic Association for Canadian Studies

August 9 - 12, 1990, Oslo Norway
Contact: Conference Secretariat, Canadian Studies Conference 1990, Lund University, Box 117,221 00 Lund, Sweden; fax 46-46104720

E V E N T S

International Symposium on Cold Region Development, 1991.

Edmonton Convention Centre, June 16-21, 1991

The theme of ISCORD91 is "Growing, Buidling, Moving - Scientific and Engineering Advances in Cold Climates". Specialists from many parts of the globe representing a universality of interest in cold region engineering, technology and management are gathering to discuss and present solutions to mutual problems. The conference will offer participants the opportunity to exchange new ideas related to agriculture, forestry, housing and building technology; community planning and management; materials, fabrication and construction techniques; transportation; communications; and arctic offshore and environmental engineering.

ISCORD91, P.O. Box 8330, Postal Station "F", Edmonton, Alberta T6H 5X2; Telephone: (403) 450-5218; Fax: (403) 450-5198; Telex: 0372147.

Seventh Inuit Studies Conference

August 19 - 23, 1990, Fairbanks, Alaska

Enquiries To: Dr. Lydia Black, Department of Anthropology, University of Alaska Fairbanks, Fairbanks AK 99775. Telephone: (907) 474-6760 or Fax: (907) 474-7720.

International Conference on the Role of the Polar Regions in Global Change

11-15 June 1990, Fairbanks, Alaska

Contact: Dr. Gunter Weller, Geophysical Institute, University of Alaska-Fairbanks, Fairbanks, Alaska 99775-0800, U.S.A.; phone (907) 474-7954; telex 35414

International Downtown Association Annual Conference

September 8-12, 1990, Edmonton, Alberta

Contact: Nancy Huggins, Conference Coordinator International Downtown Association, 915 - 15th Street N.S., Suite 900, Washington, D.C. 20005 Tel: (202) 783-4963, fax: (202) 347-2161 or Armin A. Preikasaitis, President, Edmonton Downtown Development Corporation Suite 1803, Canada Trust Tower 10104 - 103 Avenue, Edmonton, Alberta T5J 4A4 tel: 424-9001

13th Polar Libraries Colloquy - Man's Future in Arctic Areas

10-14 June 1990, Rovaniemi, Finland

Contact: Liisa Kurppa, Arctic Center, University of Lapland, P.O. Box 122, 96101 Rovaniemi, Finland; phone +358-60-324-275; telex 19205519; fax +358-60-324-270



The Annual General Meeting of the Winter

Cities Association will be held on June 15, 1990 at 1933 - 5th Street, S.W. Calgary, Alberta, Canada from 4:00 - 6:00 pm. In keeping with our by-laws, an election of officers for the 1990/91 term will be held at this time. An open session to discuss strategy and issues will be held Saturday, June 16, 1990 from 9:00am - 12:00 noon.

Members of the Winter Cities Association, interested in allowing their name to stand for nomination to either **Vice President of Director** are asked to contact Myrna Grimmon, Winter Cities Association Nominating Committee, 1933 - 5 Street S.W., Calgary, Alberta T2S 2B2, Telephone: (403) 229-0696 or FAX (403) 245-9701





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