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BATTLEFORDS PROBUS CLUB

Official Newsletter of the Battlefords Probud Club



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PRESIDENTS MESSAGE

Another great meeting of the Battlefords Probud Club is in the books. The snow and wind didn't keep most members away, which is comforting to see. It's clear that people truly want to attend, whether to engage in meaningful conversations, ask thoughtful questions of our presenter, or simply enjoy the social aspect of gathering together.



This meeting felt especially personal for me, as I shared the story of how my mother was scammed over the phone. My mom lives in Yorkton, and being unable to be there with her during the ordeal left me feeling helpless. Thankfully, no money was lost, but the experience certainly took a toll on her. Other members also shared stories of scams, reminding us that these situations are happening everywhere. I hope we can all take these experiences to heart and stay vigilant. As Gerry wisely says, it's important to turn up our "BS meter."

Our speaker, Johann Engelke, presented on Social Prescribing and how it is targeted to seniors aged 55+. This program is already operating in some communities across Saskatchewan, and Johann is hopeful it will soon be introduced in The Battlefords. Watch for more information in the coming months.

With February nearly behind us, I think we can all agree that spring can't arrive soon enough. Seeing photos and videos from members who are enjoying warmer weather down south does make it a little hard not to feel envious! Our next meeting is March 17. See everyone then!

George Plews

MANAGEMENT COMMITTEE

George Plews
President

Evelyn Skotniski
Vice President

Deb Breiman
Secretary

Johanne Stolz
Treasurer

**Sharon Spence/
Becky Stroo**
Membership Chair

Chris Pollard
Speaker Chair

Susan McLean Tady
Events and Activities

**George Plews
Lane Jackson**
Webmasters

Gerry Walker
Past President

VOLUNTEER OF THE MONTH

Virginia
& Sandy



Thank you, Virginia and Sandy, for making coffee, greeting members, and cleaning up afterwards.

Next month, Darlene and Adele have offered to volunteer.



FEBRUARY MEETING

George called the meeting to order, introduced himself, and welcomed everyone. Becky presented new name tags. We currently have 78 members, and name tags were presented to Jean Brehon and Doug Brehon. Volunteers are needed to arrive at 9:00 a.m. to start the coffee and greet members and guests as they arrive. Darlene and Adele volunteered for the next meeting.

George gave an eye-opening presentation about his mother's recent experience with scammers. She was on a three-hour phone call with people claiming to be from her bank. They convinced her to download apps, send a photo of herself, and provide all of her personal information. Although they were verbally abusive at times, she believed the call was legitimate. Fortunately, Royal Bank of Canada (RBC) detected unusual activity, stopped an \$11,000 withdrawal, locked her account, and prevented another \$6,000 withdrawal. As a result, all her devices had to be erased and cleaned, her passwords were changed, and new bank cards were issued. The computer shop that completed this work said they see this type of scam about once a week. Members were reminded to call their bank's Fraud Department immediately if they notice suspicious transactions, as quick action can reverse them. Credit monitoring services such as Equifax Canada and TransUnion Canada can also monitor accounts and send alerts about suspicious activity. Gerry informed members about another scam in which someone calls claiming to be from the bank, says there is suspicious activity, and offers to send a courier to pick up your bank card. Members were warned not to give their card to anyone.

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FEBRUARY MEETING

George reminded everyone that the Grey Cup will be at the Don Ross Centre for those interested in seeing it and taking photos. The next meeting will be held on March 17, and the speakers will be Sharon Mohagen and Judy Der, who will speak about Alzheimer's. George also mentioned that a new management committee will be needed and encouraged members to consider joining. Adele reported that she visited Linda Shepherd while she was ill and brought her cookies and a card.

After a break for coffee and visiting, Johann Ingelke, Director of Primary Health, spoke about Social Prescribing and strengthening healthy aging through community connection. He noted that one in five people over age 65 report loneliness and that connection helps relieve loneliness and improve health. Better health outcomes occur when non-medical needs are met, such as transportation or joining community groups. A "Connector" would help match individuals with appropriate services or groups. The program does not yet exist, but a steering committee will be formed, and it is hoped that a Probus member will sit on the committee. The Community Connector role would be a 20-hour-per-week position. Chris thanked Johann for his presentation and presented him with a gift. George mentioned that he brought a hard copy of the survey for those who had not yet seen it and reminded members to return their name tags.



FEBRUARY GUEST SPEAKER

Johann Engelke is the Director of Primary Health for the Saskatchewan Health Authority in the Battlefords and surrounding area. His current work includes Home Care, Public Health, the Kids First program as well as the physician clinics in the region.

Johann's background is in Mental Health, being a Registered Psychiatric Nurse (RPN) by trade. Johann got into the business as a CCA right after high school in 1999. In 2009 he graduated from Grant MacEwan University as a diploma Registered Psychiatric Nurse and later got a bachelor's degree from the Saskatchewan Polytechnic for the same thing.

Johann's family moved here when he was 2 years old from the UK and he's spent nearly his whole life in the community. He is very pleased to be here today to share some insights with out in regard to Social Prescribing and how it might enhance the continuum of care in our city.

Johann gave an insightful presentation on Social Prescribing which will soon be starting in The Battlefords. Social Prescribing is a form of community health practice supporting healthcare professionals to connect patients with local, non-clinical services. Social prescriptions are sent to the local "Community Connector" who works closely with the client to develop their health and well-being. I'm sure we will be hearing more of Social Prescribing in the future.





NEXT MEETING

Location: Don Ross, Room 101

Date: March 17th, 2026

Time: 10am

NEXT SPEAKER

Our next speakers will be Sharon Mohagen and Judy Der. They will be doing a presentation on Alzheimer's.

THANK YOU

Thank you to Aidan, our designer, for the time and effort you put into every newsletter.

You're Welcome! :) Aidan

GROUP UPDATES

Walking group walks every Wednesday at the Field House at 10am with coffee at 11am in places TBD.

Spades meet the first and third Monday of every month at 1pm at the Pioneers Association building.

Lane and other Probus members got to see the Grey Cup which made a visit at the Don Ross Auditorium on February 17th.

