

Saskatchewan Seniors Mechanism



**Saskatchewan
Seniors
Mechanism**

Seniors Working Together

26th Annual General Meeting

June 2, 2016

**St. Mary's Ukrainian Catholic Parish Cultural Center
Yorkton, SK**

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AGENDA

2016 ANNUAL GENERAL MEETING

Thursday June 2, 2016

1:00 p.m.

1. Call the Meeting to Order—Robert Wuschenny, President
2. Introduction of SSM Board
3. Adoption of the Agenda
4. Approval of the Minutes of the June 11, 2015 Annual General Meeting
5. President's Report—Robert Wuschenny
6. Executive Director's Report—Holly Schick
7. Program & Steering Committee Reports
 - a. Century Club
 - b. Celebrating Seniors
 - c. Research & Issues
 - d. Seniors & Isolation
 - e. Age-Friendly Saskatchewan
 - f. Older Adult Abuse Education
8. Standing Committee Reports:
 - 7.1 Finance & Audit Committee Report—Andre Nogue
 - a. Auditor's Report: MWC Chartered Professional Accountants
 - b. Motion to Appoint the Auditor
 - 7.2 Governance Committee Report—Linda Anderson
9. Other Reports
 - 8.1 Grants
 - 8.2 Philips Lifeline Saskatchewan
 - 8.3 ALCOA Representative
10. Nominations
11. Resolutions
12. Closing Remarks

SASKATCHEWAN SENIORS MECHANISM
MINUTES OF PREVIOUS AGM - June 11, 2015

AGM Minutes
G. Marconi Canadian Italian Club
June 11, 2015
1 p.m.

Present:

President : Robert Wuschenny

Voting Delegates

Annette Labelle	Fédération des aînés fransaskois
Laurent Desrosiers	Fédération des aînés fransaskois
Marj Thiessen	Lifelong Learning Centre
Tamara Tucker	Lifelong Learning Centre
Roger Aessie	National Association of Federal Retirees
Brian Harris	National Association of Federal Retirees
Kathy Lye	National Association of Federal Retirees
Randy Dove	Saskatchewan Retirees Association
Margaret Gailing	Saskatchewan Senior Fitness Association Inc.
Pat Trask	Saskatchewan Seniors Association Inc.
Lorna Weldon	Saskatchewan Seniors Association Inc.
Ed Weldon	Saskatchewan Seniors Association Inc.
Fran Passmore	Saskatchewan Union Retirees Federation
Maureen Eckstein	Saskatchewan Union Retirees Federation
Richard Rosseker	Saskatchewan Union Retirees Federation
Wilma Mollard	Saskatoon Council on Aging
Dale Richardson	SaskTel Pioneers Chapter 59
Maxine Stinka	Superannuated Teachers of Saskatchewan
Sunil Pandila	Superannuated Teachers of Saskatchewan
Al Schell	Superannuated Teachers of Saskatchewan

Board Members (Voting)

Jeanne Alexander
Linda Anderson
Shirley Arnold
Mike Kaminski
Les Lye
Andre Nogue

Staff

Holly Schick
Lynne Couzens

Total attendance - 35

1. Call to Order

President Robert Wuschenny called the meeting to order at 1:02 p.m.

2. Adoption of Agenda

amendment to Agenda: Resolution #1 moved to 3a

Motion: Margaret Gailing/Jeanne Alexander that the agenda be adopted as presented. Carried.

3. Approval of the minutes of June 12, 2014 AGM

Correction: Page 11 item 7.1 – Motion read: **George Georget/Al Schell that Mintz & Wallace be reappointed as auditor for 2013/2014** corrected to read: **George Georget/Al Schell that Mintz & Wallace be reappointed as auditor for 2014/2015**

Motion: Kathy Lye/Shirley Arnold moved the minutes be adopted as circulated. Carried.

Moment of silence for Betty Pickering and others who have passed in the last year.

Business arising from the minutes: none

3a. **Submission of Resolution #1 – Voting Delegates**

Moved: Margaret Gailing

Seconded: Annette Labelle

To: SSM Resolution Committee

Sponsored by Saskatchewan Seniors Mechanism

BE IT RESOLVED that all members of the SSM Board of Directors have a vote at the Annual General Meeting.

Background

- According to the current SSM Bylaws, Board members do not have a vote at the AGM.
- Some individual Board Members may be named as voting delegates by an SSM Member Organization and would consequently have a vote while others would not
- If passed, this would be inserted as item 26.2 in Bylaws; the current item 26 would become 26.1

Question: Should effective date be added? Would take effect immediately as per SSM Bylaws.

Carried.

4. President's Report – presented by Robert Wuschenny
Motion: Robert Wuschenny/Marj Thiessen that the President's Report be accepted as presented. Carried.
5. Executive Director's Report – presented by Holly Schick
Motion: Kathy Lye/Jeanne Alexander that the Executive Director's Report be accepted as presented/circulated. Carried.
6. Program Reports – Questions received for each report
 - a) Century Club
 - b) Celebrating Seniors
 - c) Research & Issues
 - d) Seniors & Isolation – Executive Director, Holly Schick emphasized that SSM will be working more in this field and that other programs such as Age-Friendly are closely related. It was suggested that 'seniors and isolation' could be an issue forwarded to the Research & Issues Committee. Good suggestion however in this case we are talking about a particular SSM project. Noted that the U of R is working with rural people and quality of life.
 - e) Creating Age Friendly/Elder Abuse Free Communities – Report given by Robert Wuschenny
Spelling correction: Page 54 Pontix should be Ponteix
 - f) Seniors Neglect & Abuse Response Line

Motion: Annette Labelle/Brian Harris that Program Reports be accepted as circulated. Carried.

7. Committee Reports
 - 7.1 Finance Committee – presented by Andre Nogue
Motion: Andre Nogue/Kathy Lye that Finance & Audit Committee Report be accepted. Carried.
Questions:
Regarding how SSM assesses Member Organization Grant Applications:
 - A portion of SPRA Grant is given to member organizations who make a successful application.
 - A committee reviews and makes recommendation to the Board.
 - The Board has final decision as to amount and who receives grants.
 - Usually there is enough grant funds to give organizations amounts requested. Member organizations who get grants are usually the same ones and they are aware of the amount available.
 - Each applicant submits a budget.
 - Not all organizations make application.

- Organizations apply because they have a project which they describe, submit a budget and state expected outcomes. Organizations have to meet certain criteria and they report every 6 months to SSM.

Motion: Andre Nogue/Roger Aessie that the Financial Statements and the Auditor’s Report be accepted as presented. Carried.

Motion: Andre Nogue/Jeanne Alexander that MWC Chartered Professional Accountants be reappointed as auditor for 2015/2016. Carried.

7.2 Governance Report presented by Linda Anderson

Motion: Linda Anderson/Kathy Lye that the Governance Committee Report be accept as presented/circulated.

8. Other Reports - presented by Holly Schick

8.1 Grants Report

8.2 Philips Lifeline Saskatchewan

8.3 ALCOA Representative Report

Motion: Andre Nogue/Margaret Gailing that Other Reports be accepted as circulated. Carried.

9. Nominations Committee Report presented by Les Lye

Motion: Les Lye/Randy Dove that the Nominations Committee Report be accepted as circulated. Carried

Elections:

Nominee for Secretary: (2 year term)

Margaret Gailing

Les Lye declared Margaret Gailing as Secretary by acclamation.

Nominees for Treasurer: (2 year term)

Andre Nogue

Les Lye declared Andre Nogue as Treasurer by acclamation.

Members at Large:

Brian Harris – Interested in & active in Issues area for FSNA & in bringing issues to the attention of the provincial government where appropriate. Felt SSM was a perfect fit for him in this area.

Wilma Mollard – Has a nursing background and a long time interest in older adults in the community and in Long Term Care.

Louise Nichol – Unable to attend because of family emergency.

Les Lye declared Brian Harris, Wilma Mollard & Louise Nichol as Members at Large by acclamation.

Question re: Andre Nogue being re-elected as Bylaws state Board Members can only serve for 2 -2 year terms. Bylaw change pending and board has brought forward his name in anticipation of the Bylaw change. Will revisit if Bylaw change does not pass.

10. Resolutions – Presented by Robert Wuschenny

Blanket mover and seconder.

SUBMISSION OF RESOLUTION #2 — Ambulance Fees for Seniors

Moved: Linda Anderson

Seconded: Les Lye

To: SSM Resolution Committee

Sponsored by Saskatchewan Seniors Mechanism

BE IT RESOLVED that Saskatchewan Seniors Mechanism (SSM) request that the Government of Saskatchewan eliminate ambulance fees charged for seniors who require ambulance service.

Background:

- Currently, patients are charged a minimum of \$250 each time they are transported to a hospital for medical care or transferred from one medical facility to another - even when the transfer is not initiated by the patient.
- In addition to the ambulance charge, patients are charged \$2.30 per kilometre plus obligated to pay a “wait time” fee of between \$50 and \$100 per hour. These fees create a significant hardship for many patients.
- Across Canada, fees vary from a low of no out-of-pocket charge to patients to a high of \$385 if transported to a hospital in Alberta. Some provinces charge a lower rate if “medically necessary”.
- CBC Marketplace documented that many seniors hesitate to use ambulance service because of the cost.

Carried.

SUBMISSION OF RESOLUTION #3 — Ambulance Fees between Medical Facilities

Moved: Linda Anderson

Seconded: Les Lye

To: SSM Resolution Committee

Sponsored by Saskatchewan Seniors Mechanism

BE IT RESOLVED that Saskatchewan Seniors Mechanism (SSM) request that the Government of Saskatchewan eliminate ambulance fees when transferring anyone between medical facilities.

Background:

- Currently, patients are charged a minimum of \$250 each time they are transported to a hospital for medical care or transferred from one medical facility to another - even when the transfer is not initiated by the patient.
- In addition to the ambulance charge, patients are charged \$2.30 per kilometre plus obligated to pay a “wait time” fee of between \$50 and \$100 per hour. These fees create a significant hardship for many patients.
- Across Canada, fees vary from a low of no out-of-pocket charge to patients to a high of \$385 if transported to a hospital in Alberta. Some provinces charge a lower rate if “medically necessary”.
- CBC Marketplace documented that many seniors hesitate to use ambulance service because of the cost.

Discussion:

Difference between resolutions 2 and 3 brought forward – Resolution 2 indicates seniors only and Resolution 3 indicates everyone. This resolution was brought to SSM as one resolution and it was requested that it be split.
Carried.

SUBMISSION OF RESOLUTION #4 — MRI's**Moved: Linda Anderson****Seconded: Les Lye**

To: SSM Resolution Committee

Sponsored by Saskatchewan Seniors Mechanism

BE IT RESOLVED that SSM express concern to the Saskatchewan Government about any potential changes to MRI procedures that would give priority access based on an individual's financial resources. Further we encourage consultation with stakeholders before any changes might be made.

Background

- Everyone in Saskatchewan, regardless of ability to pay, should have access to timely MRIs when they need them.
- Legislation has been introduced by the provincial government which could pave the way for more people to get private scans, if they are able to pay for them.

Discussion:

- There is a fear we lose government health care system if paid for MRI's are allowed.
- Why are we afraid of people paying for their MRI's and therefore having access to a timely MRI?

- Concern arises from original concept of Medicare whereby everyone is entitled to the same service regardless of income.
- Problem is what happens after MRI when these people get bumped ahead in the line for treatment because of having access to an earlier MRI.

Carried.

Motion: Linda Anderson/Les Lye that the following Bylaw changes be accepted.

7.2 Directors

That it be changed to read:

“Directors, with the exception of the Treasurer, shall serve for no more than two (2) consecutive two year terms of office in any one position. The Treasurer may serve up to four (4) consecutive two year terms of office.”

(Previously read: “In principle, Directors shall serve for no more than two (2) consecutive two year terms of office.”)

Wilma Mollard, representing SCOA, asked for an amendment to delete phrase ‘in any one position’.

Robert Wuschenny, chair, ruled that this amendment would change the intent of the resolution. No one challenged the chair.

Further comment that restricting it from any one position may restrict pool of volunteers.

Carried.

22.1.2 Committees

That it be changed to read:

“Finance and Audit Committee chaired by the Treasurer”

(Previously read “Finance Committee chaired by the Treasurer”)

Carried.

22.2 Committees

That it be changed to read:

“The Board of Directors may appoint committee members from the members of the Board or may appoint others whose skills and interest would contribute to the work of the committee.”

(Previously read “The Board of Directors may appoint committee members from the members of the Board or may appoint participant from the general membership of any member organization(s)”).

Comments:

That Member Organization members should be majority of members on committees and if it was opened up this may not be the case.

Board appoints Committee Members and it is quite likely and hopeful that Committee Members would come from Member Organizations

13 in favor 11 AGAINST. Defeated (2/3's majority required to pass changes)

27 Alternate Delegates and 28 Quorum

That they be changed to read:

27. Alternate Delegates: "Where a voting delegate representing a member organization is unable to attend, an alternate may be named by the organization. This notification shall be made in writing to SSM."

(Previously read: "Where a voting delegate representing a member organization expects to be absent during voting called at the Annual General Meeting, each such absent member may, through proxy in writing, transfer his/her voting rights to another member representing a quorum.")

28. Quorum: "A simple majority of voting members personally present at the opening of the Annual General Meeting of SSM shall constitute a quorum."

Carried.

11. Closing Remarks – Robert Wuschenny thanked outgoing Board Members for their contributions as members of the Board.

Other business:

It was brought forward that it would be a good practice to introduce the Board at the AGM. Incoming and Outgoing Board Members were then asked to stand and were introduced.

Robert Wuschenny declared the meeting be adjourned @ 2:37p.m.

Robert Wuschenny, President

Lynne Couzens, Admin Assistant

SASKATCHEWAN SENIORS MECHANISM

CURRENT BYLAWS

SASKATCHEWAN SENIORS MECHANISM INC.
BYLAWS
June 2015

Preamble

WHEREAS Saskatchewan Seniors Mechanism (incorporated on July 24, 1989 under ***The Non-profit Corporations Act***, Saskatchewan) and the Saskatchewan Seniors Mechanism Charitable Trust (incorporated August 16, 1995 under ***The Non-profit Corporations Act***, Saskatchewan) amalgamated to form the Saskatchewan Seniors Mechanism incorporated as of June 20, 2011 under ***The Non-profit Corporations Act***, Saskatchewan; and

WHEREAS Saskatchewan Seniors Mechanism is empowered under the said ***Act*** to make bylaws;

THEREFORE Saskatchewan Seniors Mechanism makes bylaws as follows:

TITLE

Title

1. These bylaws may be cited as the ***Bylaws of Saskatchewan Seniors Mechanism, Inc.***

INTERPRETATION

Definitions

2. In these bylaws:
 - 2.1 “Mechanism” and “SSM” mean Saskatchewan Seniors Mechanism, Inc.
 - 2.2 “member organization” means an association of seniors which is non-discriminatory in relation to race, religion, sex, physical or mental abilities and which has been incorporated for at least two (2) years for the purpose of supporting and advancing the common interests of seniors.

OBJECTIVES

Aims and Purposes

3. **To promote the well-being and independence of seniors in Saskatchewan by:**
 - 3.1 Providing access to information and support services for seniors;
 - 3.2 Educating and training seniors regarding issues affecting them;
 - 3.3 Conducting research to identify issues affecting seniors, and solutions to address them.

MEMBER ORGANIZATIONS

- Categories* 4. Member organizations which may be represented on SSM may be province-wide, city-wide or area-wide in terms of membership, goals and objectives, and they will collectively provide a network of programs or services throughout the province.

MEMBERSHIP

- Membership* 5.1 Any organization that meets the definition of a member organization, pursuant to clause 2.2, and which has not been represented by any other existing member organization of SSM may apply for membership in SSM.
- 5.2 Every application for membership shall be subject to the approval of the Board of Directors of the SSM.
- 5.3 Any member organization may withdraw from membership in SSM by providing written notice to the Board of Directors of SSM.
- 5.4 After consultation with the member organization the Board has the right to revoke membership for just cause.

SUPPORTERS

- Supporters* 6.1
- 6.1.1 Notwithstanding the provisions of section 4 and subsection 5.1, there shall be a category known as “Supporters of SSM” which is open to any group or organization whose membership is composed primarily of persons who support and advance the interests of seniors.
- 6.1.2 Supporters of SSM may participate in activities of SSM but have no vote.
- 6.2 Every application to become a supporter shall be subject to the approval of the Board of Directors of SSM.
- 6.3 Any organization may withdraw from being a supporter of SSM by providing written notice to the Board of Directors of SSM.
- 6.4 After consultation with the supporter the Board has the right to revoke supporter designation for just cause.

DIRECTORS

- Composition of the Board* 7.1 The Board of Directors of Saskatchewan Seniors Mechanism shall be composed of twelve (12) members plus the Past President.
- 7.2 Directors, with the exception of the Treasurer, shall serve for no more than

two (2) consecutive two year terms of office in any one position. The Treasurer may serve up to four (4) consecutive two year terms of office.

7.3 The term of office of newly elected Directors shall take effect at the first meeting of the Board held after the Annual General Meeting of SSM.

**Duties &
Responsibilities**

8.1 Directors of SSM shall:

8.1.1 Act honestly and in good faith, consistent with the best interests of SSM;

8.1.2 Exercise due care, diligence and skill that a reasonably prudent person would exercise in comparable circumstances, to work and provide sound stewardship of the SSM resources entrusted to them; and

8.1.3 Protect confidentiality on matters and information provided to them in confidence at all board and committee meetings.

8.2 Any director who acts in a manner inconsistent with the interests and reputation of SSM shall be deemed in conflict of interest and shall be removed from the Board of Directors in accordance with the provisions of ***The Non-profit Corporations Act***, Saskatchewan.

NOMINATIONS AND ELECTIONS

Officers

9. The officers of SSM shall consist of the following:

(a) President;

(b) Vice-President;

(c) Secretary;

(d) Treasurer; and

(e) Past President.

Vacancies

10.1 Except for the Past President, all officers and members-at-large shall be elected for a 2-year term at the AGM.

10.2.1 Upon the prior approval of nomination by a member organization an individual shall be eligible to stand for election as an officer or member-at-large at the Annual General Meeting.

10.2.2 All nominations must be received by the Nominations Committee at least 30 days prior to the AGM.

- 10.3 The Past President shall chair the AGM during the election of officers and members-at-large.
 - 10.4 Election of officers shall be conducted beginning with the position of President and then continue through Vice-President, Secretary and Treasurer. The person who receives the majority of votes cast (50% + 1) shall be declared elected. If there is no clear majority then a second and subsequent ballot(s) will be held until a clear majority is achieved. In subsequent ballots, the person with the least votes will be removed from the ballot. Individuals who are not elected to one position are eligible to run for other positions.
 - 10.5 Elections for members-at-large shall occur following election of officers. Members-at-large will be elected on a single ballot. Those receiving the highest number of ballots will be deemed elected (up to the required number of members-at-large). In the event that any terms are only 1 year in duration the elected member(s)-at-large with the lowest number of votes will serve out the remainder of those terms.
 - 10.6 Where an officer vacancy occurs, such vacancy shall be filled by and from the Board of Directors to complete the term.
 - 10.7 Where a member-at-large vacancy occurs the Board of Directors may fill such vacancy to complete the term.
- Removals
& Expulsions**
- 11.1 The Board of Directors of SSM may remove any officer by a two-thirds (2/3) majority vote of the directors whenever, in the judgement of the Board, the best interests of SSM would be served.

OFFICERS AND THEIR DUTIES

President

- 12.1 The President shall:
 - 12.1.1 Assume his/her office immediately upon election.
 - 12.1.2 Be the principal executive officer of SSM and it shall be his/her duty to be vigilant and active in promoting the objectives of SSM;
 - 12.1.3 Generally supervise and control the business and affairs of SSM;
 - 12.1.4 Keep the Executive Committee and the Executive Director aware of all undertakings carried out on behalf of the Board of Directors;
 - 12.1.5 Preside at all meetings of the Board of Directors and the Executive Committee;
 - 12.1.6 Be an **ex officio** member of all committees; and

12.1.7 Perform such other duties which may, from time to time, be prescribed by the Board of Directors.

Vice-President

13.1 The Vice-President shall:

13.1.1 Assist the President in the performance of presidential duties and shall act as President *pro tempore* in the absence or inability of the President; and

13.1.2 Perform such other duties which may, from time to time, be prescribed by the Board of directors.

13.2.1 The Vice-President shall automatically assume the office of President when the present incumbent is permanently unable to carry out his/her duties.

13.2.2 The completion of the term of office referred to in clause 13.2.1 shall not be considered as a term of office of President.

Treasurer

14. The Treasurer shall:

14.1 If required by the Board of Directors, be bonded for the faithful discharge of his/her duties in such sums and sureties as the board may determine;

14.2 Be responsible for ascertaining the correctness of the financial status of SSM;

14.3 Report the financial status of SSM at all board meetings;

14.4 Perform all other duties incident to the office of Treasurer; and

14.5 Carry out such other duties as may be assigned, from time to time, by the Board.

Secretary

15. The Secretary shall attend all meetings of the Board of Directors and shall ensure that minutes are kept.

CONDUCT OF BUSINESS

Management

16.1 Official cheque signing authorities shall be any two of the executive director, president, treasurer, vice-president, and secretary of SSM.

16.2 As designated officers of the Board, Bylaw 16.1 shall apply to the signing of any deeds, mortgages, loans, contracts or other instruments which are authorized by the Board to be executed.

- Voting Authority** 17. Each director present at a meeting of the Board of Directors shall have one vote.
- Meetings** 18. There shall be at least four (4) meetings of the Board of Directors in each fiscal year.
- Fiscal Year** 19. The fiscal year of SSM shall commence on April 1 of a year and end on March 31 of the following calendar year.
- Quorum** 20. A majority of voting Directors personally present at a meeting of the Board of Directors shall constitute a quorum.
- Conduct of Meetings** 21. Where not otherwise expressly provided for in **The Non-profit Corporations Act**, or elsewhere in these bylaws, the conduct of meetings of the Board of Directors shall be governed by the latest revised edition of **Roberts Rules of Order**.

COMMITTEES

- Committees** 22.1 The following standing committees shall be struck at the first meeting of the Board after the Annual General Meeting of SSM:
- 22.1.1 Governance Committee chaired by the Vice President;
 - 22.1.2 Finance and Audit Committee chaired by the Treasurer;
 - 22.1.3 Membership Committee chaired by the Secretary;
 - 22.1.4 Nominations Committee chaired by the Past President; and
 - 22.1.5 Other Task Groups as needed to carry out the work of SSM.
- 22.2 The Board of Directors may appoint committee members from the members of the Board or may appoint participants from the general membership of any member organization(s).
- 22.3.1 There shall be a committee known as the Executive Committee which shall consist of the:
- (i) President;
 - (ii) Vice-President;
 - (iii) Secretary;
 - (iv) Treasurer; and
 - (v) Past President.

22.3.2 The Executive Committee shall have the authority of the Board of Directors of SSM as circumstances may dictate, but all actions of this committee shall be subject to the approval of the Board at the next Board meeting.

22.4 The Board of Directors may establish *ad hoc* task groups as may be required, and appointments of members to these task groups shall be ratified by the Board.

STAFF OF SSM

Executive 23. The staff position of Executive Director of SSM shall be **Director** an *ex officio*, non-voting member of the Board of Directors and of each committee.

Support Staff 24. The Board of Directors may engage such other support staff as may be deemed necessary to carry out the day-to-day functions and operations of the SSM office.

ANNUAL GENERAL MEETINGS

Annual General Meeting 25. The Annual General Meeting of SSM shall be held within three (3) months of the end of the fiscal year, and in no case shall it be held later than June 30.

Voting Delegates 26. 1 Except as provided in section 29, each member organization shall appoint in writing, the names of three (3) voting delegates for the Annual General Meeting. An-

26.2 All members of the SSM Board of Directors have a vote at the Annual General Meeting.

Proxy Voting 27. Where a voting delegate representing a member organization is unable to attend, an alternate may be named by the organization. This notification shall be made in writing to SSM.

Quorum 28. A simple majority of voting members personally present at the opening of the Annual General Meeting of SSM shall constitute a quorum.

BYLAWS AND AMENDMENTS THERETO

Directors may make, Amend or Repeal Bylaws 29.1 Voting Delegates of member organizations may, by a two-thirds (2/3) majority at the Annual General Meeting by resolution make, amend or repeal any bylaws that regulate the activities and affairs of SSM **as per terms of "The Non-Profit Corporations Act"**.

29.2 The Board of Directors or any Voting Delegate may submit any

Proposed bylaws or any amendments or repeal thereof to the voting delegates at the Annual General Meeting by giving 45 days notice in writing. The delegates may, by resolution confirm, reject or amend the proposed bylaws, amendments or repeals in accordance with 29.1

29.3 A bylaw, an amendment to a bylaw or a repeal of a bylaw shall be effective from the day of approval at the Annual General Meeting.

WIND-UP AND DISSOLUTION

Wind-up & Dissolution In the event of the wind-up and dissolution of the Saskatchewan Seniors Mechanism, all the property and assets shall, after the payment of all liabilities, be distributed to one or more qualified donees, and in accordance with the provisions of ***The Non-profit Corporations Act***, Saskatchewan.

SASKATCHEWAN SENIORS MECHANISM

PRESIDENT'S REPORT

President's Report

The 2015-2016 year at SSM has been very busy for the Board, staff and committees. Some of the highlights of the year are:

- The Board Orientation gave the SSM Board an opportunity to explore SSM structures, to share expectations, to strategize plans and to set priorities for 2015-16.
- The eleven committees each met regularly to plan activities, projects and events.
- Determined resources needed to be set aside to cover costs in case of wind-up of the organization
- Participated in the Day of Older Persons at the Provincial Legislature
- A successful Member Organization Consultation provided attendees an opportunity to share information about what their organization is doing, to receive an update on SSM happenings, to learn how organizations might connect with the Centre on Aging and Health as well as to discuss key topics in preparation for the provincial election.
- Held an All Candidates Forum, together with other member organizations, at the time of the federal election and an All Party Forum, also with other member organizations, at the time of the provincial election
- Presented awards in twelve categories at the annual Celebrating Seniors Gala.
- Distributed \$97,790.00 in grants to six member organizations for specific activities as outlined in their grant applications.
- Received a Pan-Canadian grant in the amount of \$727,900.00 over three years, to be shared, in part, with other groups.
- Produced a resource to support communities journeying on the path to becoming more Age-Friendly, inclusive communities
- Hosted a successful western provinces Age-Friendly Consultation with representatives from the four western provinces
- Met on a quarterly basis with Health Ministry officials and twice annually with the Minister of Health to discuss seniors' successes, issues and concerns
- Adjusted travel and meal rates and instituted reimbursement for parking.
- Added new supporter groups (Saskatchewan Registered Nurses Association and Prince Albert Seniors Advocacy Centre)

Every day at SSM is a beehive of activity, but, indeed, professional and enjoyable, making it a pleasure to serve. Thanks to Board members Jeanne Alexander, Linda Anderson, Shirley Arnold, Randy Dove, Margaret Gailing, Brian Harris, Les Lye, Wilma Mollard, Louise Nichol, and Andre Nogue for your hard work and cooperation. Thanks also to our capable and efficient staff, Holly Schick, Lynne Couzens, Rosemary Flaman and Beth Stilborn for your hard work and support.

Respectfully submitted,
Robert Wuschenny
SSM President

**SASKATCHEWAN SENIORS MECHANISM
EXECUTIVE DIRECTOR'S REPORT**

Executive Director's Report

Saskatchewan Seniors Mechanism 2016 Annual General Meeting

SSM continues to be a dynamic, growing organization. I am pleased to share with you some of the work of the past year. More detailed reports from our committees and on some of our programs and partnerships – Century Club, Celebrating Seniors, Age-Friendly Saskatchewan, Seniors and Isolation, ALCOA, and Philips Lifeline – are included later in this book.

Our annual conference took place on June 10-11, 2015 in Regina. The theme was ***Changing the Culture in Long-Term Care***. Mary Schulz from the Alzheimer Society of Canada was our keynote speaker. She focused on the idea of person-centered care and shared some of the work she has been part of as the Alzheimer Society looks at culture change in long-term care. The Alzheimer Society of Saskatchewan, the provincial Quality of Care Coordinator, and the Saskatchewan Ombudsman were part of a panel on how to address concerns in long-term care. Minister Dustin Duncan spoke on long-term care in Saskatchewan and responded to questions from the participants. Debra Morgan and Julie Kostenuik from the Canadian Centre for Health and Safety in Agriculture shared their study report “A multi-method investigation of dementia and related services in Saskatchewan: Final report and recommendations”. Another panel which included people from Eden Care, All Seniors Care, Orange Tree Village and the Gentle Persuasion approach shared information on different approaches to person-centered care. There was also time for participant discussion and input. At 177, it was the largest attendance we have had in recent years.

Our **Annual General Meeting** was held in June following the annual conference. We elected two new Board Members – Louise Nichol and Brian Harris. We are still fine-tuning some of the details re: our move to an elected Board. We updated our Bylaws to give all Board Members a vote at the AGM and clarified the terms of office for Board Members including extending the length of time our treasurer can serve in that position. Our Board Members continue to be eager and committed to attending meetings and getting involved with various committees and task groups.

A **Retirement Transitions** ‘train the trainer’ session was led by the Saskatchewan Union Retirees Federation as part of a project designed to provide new retirees and those soon to be retired with an opportunity to explore ways to make that transition as smoothly as possible. These trainers then provided workshops which included information on: finances, opportunities for meaningful activity including volunteering, mental and physical wellbeing.

Because SSM is a partner in the **Sask 211** project, we continue to offer input on possible issues and improvements that could better meet the needs of older adults.

In June of 2015, the New Horizons for Seniors Program put out a call for proposals under their **Pan-Canadian Projects**. Applicants were required to work in collaboration with other community groups to develop an overall Impact Plan for reducing social isolation of older adults. Within this impact plan, each of the partner organizations then submitted their own application for work that would help fulfill the objectives of the impact plan. We worked with SPHERU, the Saskatchewan Red Cross, the Saskatchewan Alzheimer Society, the Lifelong Learning Centre and the Fédération des aînés francosaskois to create a plan and submit our proposals. This all took a great deal of work, but was very interesting. I am pleased to report that the partners in our impact plan were successful and have received word that this three year funding will begin on June 1, 2016.

The **Research and Issues Committee** took the lead in organizing a federal candidates forum on seniors issues in Regina and in providing information for other areas of the province, including a brochure of questions, in the hope that others would organize similar gatherings. The forum was a collaborative effort with the Superannuated Teachers of Saskatchewan, the National Association of Federal Retirees, the Saskatchewan Union Retirees Federation and SSM. The candidates forum here in Regina had all the candidates from the three Regina ridings, except for the Conservative Party, who declined to attend. There were approximately 90 people in attendance.

A provincial **candidates forum** was organized and a brochure created for the provincial election. Attendance at the forum was approximately 80 and it was live streamed by CTV. This was also a collaborative effort with the Superannuated Teachers of Saskatchewan, the National Association of Federal Retirees, the Saskatchewan Union Retirees Federation and SSM.

Our **Governance Committee** continues to work on updating our policies, some of which haven't been looked at for quite a while. We have created a template for committees to use to create consistent terms of reference. We have also established terms for committee members.

We have established a **Communication Committee** which will work on our overall communication with member organizations and the wider community, including having oversight of Gray Matters and all advertising.

We have completed work on our book, ***A Century of Memories***, which contains stories we have received from people 90 years of age and older. The book is now available for sale.

We had a very successful **Member Organization Consultation**. This brought together approximately 35 people from the member organizations to share work they are doing, learn more about what SSM is doing, and discuss ways we can work together.

A small task group reviewed our member organization **Grant Applications** and

recommended grants for the coming year.

We prepared and sent out four issues of **Gray Matters**, our quarterly publication. In order to include all relevant information, we continue to print 28 pages on a regular basis. We have been including articles on fitness, fraud awareness, elder abuse and age friendly communities in each issue. We are also pleased that Minister Duncan has been putting in articles on a regular basis.

Senior Neglect and Abuse Victims Response Line – We are making more connections between this project and the Age-Friendly project. We have submitted another application for funding to the Victims Fund for a portion of the current fiscal year. We were approved for a small grant for a researcher through the Community Research Unit at the University of Regina. Meagan Taylor was hired and is working on research on the available services and gaps in Regina Qu'Appelle Health Region for victims of senior abuse and neglect.

We received a regional New Horizons grant to do some work on **Senior Abuse Education**. We were able to do a number of presentations and promotional items regarding this issue.

We continue to do presentations on **Fraud Awareness** and continue to supply Toolkits and Handbooks to various groups giving presentations, including libraries, police, superannuated teachers and seniors groups. We are working with the Better Business Bureau, Sask. Safety Council and Crime Stoppers to update, expand and reprint this resource.

We held a **Western Provinces Roundtable** on Age-Friendly Communities. We had 3 people in attendance from each of BC, Alberta and Manitoba, in addition to our representatives from Saskatchewan, including Ramona Furkert from the Ministry of Health. The sharing of information and ideas was excellent.

We were very pleased to see the vacancies in the Executive Director and Seniors Consultant positions in the Community Care Branch had been filled and have appreciated being able to meet with both the new and ongoing staff there – Janice Colquhoun, Linda Restau and Ramona Furkert. We look forward to ongoing meetings with **Saskatchewan Ministry of Health**. Minister Duncan has indicated a willingness to continue to meet with us and we intend to do that.

This year we welcomed two new **Supporter Organizations** – Saskatchewan Registered Nurses Association and Prince Albert Seniors Advocacy Centre.

We worked with the Mooshum and Kookum program on an **Aboriginal Fitness Project** to provide fitness opportunities for older aboriginal adults in Regina. They purchased and used passes to the Lawson/Fieldhouse and held a round dance. SSM is now a member of the **Disability Income Support Coalition**.

We continued to increase **publicity** about our organization and events including a ½ page ad in the TV Times every 4 weeks in both the Leader Post and Star Phoenix during the first half of the year. We are now shifting direction with our advertising and will be starting work with the Leader Post to develop Facebook advertising. We will try this out for 6 months and monitor its effectiveness.

We have done some updating to the content on the SSM **website** which makes it more relevant and informative. We haven't been making good use of the calendar and are in the process of shifting to a 'Google Calendar' for our own events and Board Meetings, and also member organization annual meetings or conferences. We will also include seniors' week activities in communities. The website is now much more informative on issues including position statements that SSM has made. We are looking into making sure our websites are 'mobile friendly'.

We are gradually moving into more use of **Facebook**. We now have a staff member who is familiar with Facebook, so we are using her skills to better use this social media.

We have continued with our **Seniors Information Phone Line**.

In addition to the above, SSM has been involved in the following:

- made presentation on SSM and seniors issues we are working on at Saskatchewan Seniors Association convention
- booth at Celebrate 50+ (Regina Senior Citizens Centre)
- supper and annual meeting with supervisor of Philips Lifeline, who we partner with
- spoke about SSM on community radio and on News at Noon
- executive director continues to act as an ALCOA Board Member and is now the vice-chair of that Board
- attended STOPS to Violence meeting
- attended meetings of the Saskatchewan Mental Health Coalition
- attended Regina Partnerships for Positive Aging Meetings
- corresponding participant with Saskatoon Falls Consortium
- provided feedback to media on various issues
- TV and radio spots on Celebrating Seniors and Annual Conference
- attended meetings of New Horizons Rural and Remote Advisory Board
- hosted a focus group on RQHR long-term care placement protocol
- display and presentation at Bengough Health and Wellness Fair
- display and presentation at Saskatchewan Association of Nurse Practitioners Conference
- display at Superannuated Teachers of Saskatchewan Conference
- display at Parkinson's Society Conference
- participated in SRNA/Saskatoon Council on Aging session on strategies to promote better health for older adults in Saskatchewan
- attended Ralph Goodale Town Hall on seniors issues

- participated in New Horizons grant workshop and webinar
- presentation on Century of Memories to Moose Jaw Branch of the Saskatchewan Genealogical Society
- participated in provincial government Advisory Group on Poverty Reduction roundtable
- presentation at RQHR built environment workshop
- Innoweave collective impact webinar
- presentation on Celebrating Seniors at Lifelong Learning Centre
- International Day of Older Persons – participated in a flag raising with Minister Duncan and then later a rally organized by the Saskatchewan Union Retirees Federation
- attended CARP chapter initiation meetings; met with CARP representative
- booth at Spotlight on Seniors in Saskatoon
- display at Northern Inter-Tribal Health Authority Conference
- met with Scott Wilson from the U of R Centre on Aging and Health; agreed to connect with them on an ongoing basis; they presented at our member organization consultation and we attended a ‘Meet and Greet’ with a speaker
- Age-Friendly Display at Lions Convention
- offered comments on the FTP proposed resource on Seniors and Isolation
- attended 2015 National Philanthropy Day Regina Awards Luncheon
- met with CEO at Eden Care
- held SSM Christmas Party
- attended Saskatchewan Safety Council Lunch - Conexus Arts Centre
- attended LLC Christmas Party
- attended CARP Election Forum
- attended Better Business Bureau Christmas Reception
- presentations at College Park and participation in their “games”
- luncheon with Wendell Clarke at College Park – proceeds donated to SSM
- workshop on volunteer recruitment and retention
- presentation on SSM and Age-Friendly to Social Work Students
- submitted the 2016-17 SPRA grant application, including recommendations for member organization grants

Thanks go out to everyone connected with SSM for their commitment, creativity and hard work. First of all the members of our staff team. Lynne Couzens, our Administrative Assistant, does excellent work in a variety of areas, including our graphic design work, and her wisdom and experience are invaluable. Our Program Coordinator, Rosemary Flaman, continues to provide dedicated, effective and creative leadership in the many and varied SSM program areas. The bad news is that she is moving to Alberta this fall and doesn't seem keen on commuting – we will miss her! Beth Stilborn is in her second year with us as Office Support Staff and her skills and diligence are an important part of our team.

Our Board Members and the people serving on various committees and task groups give

their time, energy and wisdom to make the work of SSM possible. We estimate that at least 1600 volunteer hours are contributed to SSM each year. A big thank you to all of them for their enthusiasm and dedication to the work of SSM. A special thank-you to our President, Robert Wuschenny, for his ongoing commitment and leadership.

Respectfully submitted,

Holly Schick
Executive Director

**SASKATCHEWAN SENIORS MECHANISM
PROGRAM REPORTS**

Century Club

Committee Members: Ken Mitchell
Trevor Quinn
Marilyn Lorence
Jack Boan
Jeanne Alexander
Kevin Krofchek

The Century Club is a province-wide association for people 90 years of age or older. It is free to join and offers a number of activities, projects, and outings for members during the year. All members receive 'Gray Matters' and birthday greetings. The Century Club is an opportunity for socialization, making new friends, and maintaining as full and active a lifestyle as they wish pursuing physical activity, mental agility, social and spiritual creativity.

The Saskatchewan Century Club has three chapters – one in Regina, coordinated through Saskatchewan Seniors Mechanism, one in Saskatoon, coordinated through the Saskatoon Council on Aging, and one that includes all other Saskatchewan communities.

The happenings of the Regina Chapter of the Century Club since June 2015 are as follows:

June 2 – Garden Party - Regina Floral Conservatory – Century Club members and their guests (totaling 60) came out to enjoy an afternoon in the beautiful, peaceful surroundings of the Regina Floral Conservatory. Also in attendance were Century Club members from the Strasbourg Last Mountain Pioneer Home. People enjoyed looking at the many varieties of flowers, trees and shrubs and listening to the gentle sound of the waterfall. Poetry, musical entertainment with everyone joining in, plus tea and snacks were enjoyed. We had awesome comments from our members, one being “I felt like I was on holidays in the Bahamas”.

October 28 – Halloween Party - Queen Victoria Estates

We had a great response of people dressing in Halloween costumes. Entertainment was provided by 'The Serenaders' with special guests 'The Munchkins'. It was a very interactive afternoon with dancing, jokes and socializing.

December 17 – Christmas Celebration - William Booth Special Care Home

The Century Club members were invited to the William Booth Special Care Home to enjoy the beautiful music of the Regina Symphony Chamber Orchestra. Santa made his visit reciting some Christmas poetry and stories along with handing out candy canes and oranges. Their chef tantalized our taste buds with a most delicious red velvet cheesecake with cherry sauce – yum!

2016

January 20 – Robbie Burns Event – Wintergreene Estates

Wintergreene Estates hosts this event for the Century Club annually. This event is always a crowd pleaser and approximately 75 individuals attended. Don & Ken Mitchell provided the Robbie Burns ceremony with the piping in of the haggis, recitation of the Ode to a Haggis and a toast to the poet. Jean Thomas, a Century Club member, provided piano musical entertainment.

March 23 - Easter Bonnets and Top Hats - College Park I

Ladies and gentlemen donned their Easter best which included a great array of hats – fascinator hats, top hats, picture hats, pot hats and other creations, some designed by their wearers. Entertainment was provided by Music Therapist, Rebecca Ann Coghlin, accompanied by her mother on piano, Sylvia Coghlin. College Park staff conducted a “What do you know” game and SSM provided some humorous Easter one-liner questions. Century Club members were treated to a phenomenal spread of food.

April 14 – Jane Austen Ball – College Park II

College Park II invited Century Club members to attend. Everyone was entertained with the music of the Jane Austen Era by a cellist and violinist from the Regina Symphony. College Park II provided refreshments, including lemonade, and a host of goodies for all to enjoy.

It is great to see so many facilities now wanting to host Century Club events. We now get calls from a variety of places wanting to host, rather than us looking for places to host. I thank our committee for coming up with great ideas of interest for our ‘super seniors’ to enjoy. It is an honor to plan these events for them as they are so appreciative and a joy to converse with.

A meeting with a number of interested individuals and organizations is being held on Tuesday, May 31 in Moose Jaw. We hope to encourage the start of a third chapter of the Century Club.

A Century of Memories

... recollections of Saskatchewan residents 90 and older is now a complete published book and available for purchase. It began with a grant from New Horizons for Seniors which was used for the initial collecting of stories. SSM has been working on the collection of these stories for the past five years. It is a book rich with the history of Saskatchewan through the eyes of those who saw many changes in their lifetime as portrayed by the stories and poems included. Thanks to the rest of the SSM staff for their hard work in accomplishing the completion of this project.

Respectfully submitted,
Rosemary Flaman
Program Coordinator
Saskatchewan Seniors Mechanism

Century Club – Saskatoon Branch Saskatoon Council on Aging

We have a healthy membership that hovers around 170 members at any given time. We have a 10-member volunteer committee and about 25 other volunteers who help out at events.

This past year a Century Club Committee member dropped off applications and a letter of welcome (for seniors over the age of 90) to all seniors care personal providers in Saskatoon so they could provide Century Club information to their clients. We have since seen an increase in membership.

All of our events are accessible for those with walkers or wheelchairs. We increased the number of volunteers at our events to help members with getting in and out of the taxis. United Blue Line and Radio Cab companies partner in working with office staff to coordinate transportation to the events.

We have a tracking report to track attendance as well as volunteers. As members are leaving the events we encourage them to give us feedback on the event. We often receive appreciation and sometimes suggestions for change or further ideas for us to think about. We made a concentrated effort this year to include more inter-generational activities at events and that has been very much appreciated by our CC members.

ACTIVITIES

Three regular events held this past year:

Bishop Klein School - involved interaction between the generations and was very much appreciated by Century Club members especially those who have no grandchildren of their own or whose grandchildren live in distant locations.

A Hawaiian theme event held at one of the Seniors residence facilities - members were encouraged to dress in Hawaiian garb. Some got up and did a few Hawaiian dances.

Another event was held at a Seniors Residence and some of our own Century Club members were the band who entertained the others. This gave the Century Club members in the band a sense of accomplishment and appreciation to be able to perform for their fellow CC members.

SPECIAL EVENTS

A special event was held for members who are more isolated in the community, either living in their own home or apartments or in small personal care homes. This event was held at Ideas Inc, a small start-up business incubator, which is right beside the Farmer's

Market. This allowed CC members to shop at the Farmer's Market for healthy food choices and then take a walk outside in the beautiful surroundings, feeling safe and secure assisted by our volunteers.

A Halloween Party was held at St. George's Seniors Hall where we invited Century Club members to dress up in Halloween costumes. About 20 CC members did wear a costume. A member who is 100 years old dressed up as a chicken and her friend came as a rooster, costumes they made themselves. The city archivist did a slide show with pictures of Saskatoon from the war years to the 60s.

December, of course is our annual Christmas event. We also celebrated the Saskatoon Century Club's 10th anniversary. We had a slide show presentation with pictures of events through the 10 years as well as performances by St Joseph's High School Choir.

February, a Valentine's Day tea was held at McClure with the Wildwood Elementary School children coming to entertain.

We continue to add member stories to the memory book "A Walk Down Century Lane". New members are given a free copy of this book when they join the club. This book allows them to get acquainted with existing members and possibly find old friends. Stories of members who have passed on are still kept in the book for posterity and to honor their memory. We now have over 250 member stories in the memory book.

Every other month, in between events, members are treated to the newsletter "Century Club Connections". Special member milestones such as turning 100 and anniversaries are usually featured on the front page. Poems, short stories and other member submissions are also regular additions to the newsletter. A recap of the last event with photos is also shared. It also keeps CC members up-to-date with welcoming new members and bidding goodbye to members who have passed on.

Respectfully submitted,

Saskatoon Council on Aging

Celebrating Seniors

Committee Members: Fern Haight (Chair)
Jeanne Alexander
Chuck Ames
Mike Kaminski
Kathy Lye
Robert Wuschenny
Dale Williams

The sixth annual Saskatchewan Seniors Mechanism (SSM) *Celebrating Seniors* provincial volunteer awards banquet was held at the Delta Regina Hotel on October 4, 2015. These awards were initiated by SSM to honour and celebrate the many outstanding senior volunteers (55+) who have contributed volunteer work towards a better quality of life in their communities and society. These awards also provide an opportunity for Saskatchewan people to be made aware of the contributions seniors make in all aspects of life and of work in the province.

The gala event began with a reception. Each nominee received a corsage, a gift bag and a certificate. They also had their photo taken individually and with the Lieutenant Governor, the Honourable Vaughn Solomon Schofield who presented each with a pin.

Our emcee was JC Garden, CTV, who welcomed everyone to the event. The guest speaker was Judith Krause, Poet Laureate for Saskatchewan. The evening started off with a blessing prayer from Elder Norma-Jean Byrd. Greetings were brought by the following: Her Honour the Honourable Vaughn Solomon Schofield, Lieutenant Governor of Saskatchewan; Honourable Mark Docherty, MLA Regina Coronation Park, Government of Saskatchewan; Mayor Michael Fougere, City of Regina; and Robert Wuschenny, SSM President.

The 2015 Celebrating Seniors Award recipients were:

- Teamwork – SaskTel Pioneers Community Volunteer Income Tax Clinic, Regina
- Education – Jack MacKenzie, Regina
- Advocacy – Prince Albert Seniors Advocacy Centre
- Arts & Entertainment – Gary Smith, Shaunavon
- Fitness – Robert King, Weyburn
- Community Leadership (Rural) – Judy McKay, Southey
- Community Leadership (Urban) – Marguerite Cunningham, Muenster
- Contribution to a First Nations or Métis Community – Bernice Saulteaux, Sintaluta
- Heritage and Culture – Jean Allen, Swift Current
- Centenarian – Madge Bennett, Moose Jaw
- Lifetime Achievement – Sheila Grace McDonald, Invermay

A special thank you is extended to all of the sponsors who support this awards program.

To the staff at SSM and the awards committee, thank you for your input, commitment and dedication to ensure the continued success of this very worthwhile seniors' awards program.

Respectfully submitted,

Fern Haight, Committee Chair

Research and Issues Committee

Committee Members: Les Lye (Chair)
Chuck Ames
Brian Harris
Kurt Holstein
Kathy Lye
Ron Monk
Andre Nogue
Al Schell
Robert Wuschenny

This report will list only the most pertinent issues.

Federal (October 2015) and Provincial Elections (April 2016):

A pamphlet was produced for each election “Engaging Candidates.” It listed questions that pertain to older adults that were deemed important to ask the various candidates from all parties.

Town Hall/All Candidates Meetings were held for both elections and moderated by Dave Morgan. Candidates were initially asked to respond to three questions compiled by the committee. Following the initial questions, questions were collected from the audience and were, in turn, posed to the candidates.

A question and answer session was sponsored by Ralph Goodale prior to the federal election writ.

Thank you to the committee members.

Respectfully submitted,

Les Lye,
Committee Chair

Seniors and Isolation

We are into our second year of a project on **Seniors and Isolation** funded through New Horizons. We embarked on pilot projects in three communities aimed at alleviating social isolation for older adults living in rural communities. Our goal was to develop a program which could be volunteer-led by seniors within the local community, thus promoting volunteerism among the older adults. Programming was designed by the community so it would best fit their needs.

The three communities involved in the pilot project are Hanley, Strasbourg and Lumsden. The SSM Program Coordinator made contact within each community asking if they would like to become involved in the isolation pilot project. They all agreed so dates were set for a Focus Group discussion in each community. Each community was asked to recruit individuals they felt would be interested in being involved with the focus group discussions. During each of the focus group discussions brainstorming ideas and prioritizing these ideas was a fairly simple process. Each community went away with their ideas, who was taking on the tasks and how they would accomplish them. The community of Lumsden was a unique situation because their project was done within their assisted living facility – the Lumsden Park Manor. Older adults living in assisted living, a care home or nursing home, where there are various activities offered, can still become isolated.

The three communities have all come up with a variety of creative activities for getting more older adults involved, thereby reducing isolation. We had no difficulty in getting active senior volunteers who were willing to take the lead in getting things happening in their community. Not only are those communities getting more seniors out and involved, but they are strengthening the community senior volunteer leadership which is the key to keeping things happening.

We decided we could make good use of a calendar for 2016 that highlighted the reality of isolation of older adults and encouraged communities and seniors to take action to address it. We distributed 5000 calendars in the pilot project communities and to other groups and individuals throughout Saskatchewan.

In addition to the three pilot projects we developed a resource for addressing isolation. It describes what isolation is, who is at risk, why it is important to address this issue, some simple solutions for communities or individuals, and how they can implement these ideas to alleviate isolation in their community, even if it is one person at a time. This resource will be introduced at the Conference.

Our 2016 Annual Conference was also part of this project. It was an opportunity to focus on this topic, highlight some of the work the three communities have been doing, and introduce the resource we created.

Respectfully submitted,

Rosemary Flaman and Holly Schick

Age-Friendly Saskatchewan

Committee Members: Robert Wuschenny, Chair
Linda Anderson
Brian Harris
Wilma Mollard
Ron Monk
Ruth Robillard
Pearl Yuzicappi
Kerrie Strathy
Louise Nichol

The Age-Friendly (AF) Saskatchewan Committee continues to make steady progress by presenting to and supporting Saskatchewan communities that plan to or are journeying toward becoming more age-friendly. The Committee has presented to over 20 communities. New connections the Committee has made this year are with: Rosetown, Davidson, Prince Albert, Strasbourg, the Regina Airport Authority (their request) and a Saskatoon hotel (their request). Another exciting new connection is that made with Pasqua First Nation. Committee members Ruth Robillard and Pearl Yuzicappi have interested and engaged the Pasqua First Nation Community in Age-Friendly Community discussions, a first for Saskatchewan. Pasqua First Nation is receptive to the AF initiative and is eager to proceed with the journey.

Eleven consultants representing a cross-section of geographic regions throughout Saskatchewan have been trained and are ready to assist a community with their Age-Friendly journey. They will do so on an ad hoc basis. A resource, written to reflect the realities in Saskatchewan communities, has been developed as another means of support. Moreover, representatives from the communities journeying toward Age-Friendly designation recently gathered in Regina for further clarification of the process of becoming an Age-Friendly community, for support and encouragement, as well as to discuss challenges and to learn from one another.

SSM also hosted a Western Provinces Consultation where representatives from the four western provinces participated in excellent dialogue concerning the Age-Friendly movement in their respective provinces. All but two Canadian provinces receive government recognition and funding to help them achieve Age-Friendly designation, something which our Committee aspires to for our province.

Last summer, Executive Director Holly Schick spent much time on a Pan-Canadian funding application. I am pleased to report that we were successful in obtaining funding amounting to \$727,900 over three years. This funding is part of a shared impact plan with the Saskatchewan Population Health and Evaluation Research Unit (SPHERU), the Red Cross and the Alzheimer's Society. The Lifelong Learning Centre of the University of Regina and the Francophone group (Fédération des aînés francosaskois) will be part of SSM's funding as well. Holly Schick will serve as Project Manager.

Last, but not least, I wish to thank the Age-Friendly Committee and Program Coordinator, Rosemary Flaman, for their work on the Committee.

Respectfully submitted,
Robert Wuschenny
Committee Chair

Older Adult Abuse Education

We received a small regional New Horizons grant to do presentations and provide resources on Older Adult Abuse and Neglect for service providers, older adults, and community members, sometimes as part of a larger presentation. We were able to provide resources and/or presentations on abuse of older adults, including awareness of financial abuse through frauds and scams, to groups in various locations throughout the province. These included the Saskatchewan Association of Nurse Practitioners, the Rivers West Recreation Association Recreation Practitioners in Wilkie, the Bentley Seniors Residence in Yorkton, the Northern Inter-Tribal Health Authority conference in Prince Albert, the Regina Monarchist League, the George Bothwell Library, the Lumsden Seniors Club, the Lumsden Heritage Manor assisted living facility, Saulteaux First Nation Council in North Battleford, Hanley Seniors Centre, and the Theodore/Springside Seniors Centre.

We met with the Alzheimer Society and the Lifelong Learning Centre in Regina to help coordinate the content for presentations on older adult abuse to RCMP recruits at the RCMP Academy in Regina.

We have been working with the Saskatchewan Safety Council, the Better Business Bureau, Crime Stoppers and Regina Police Services to update our Frauds and Scams Handbook. Part of the update of the resource is to include some additional information on safety for older adults, including raising awareness of various types of abuse. This resource will be valuable in future presentations on abuse and as a resource for individuals. It should be completed sometime this summer.

We have been including some information on older adult abuse and neglect in Gray Matters, at our Annual Conference and wherever possible in other publications and resources.

We are continuing to incorporate aspects of this work into our Age-Friendly Saskatchewan work.

Respectfully submitted,

Holly L. Schick
Executive Director

**SASKATCHEWAN SENIORS MECHANISM
STANDING COMMITTEE REPORTS**

Finance & Audit Committee Report

Committee Members: André Nogue, Chair
Les Lye
Robert Wuschenny
Brian Harris

During the past year, the Finance & Audit Committee usually met just prior to Board meetings for review of monthly financial reports before their presentation to the Board. The committee also met with the Auditor to receive his findings and recommendations as a follow-up to the audit of the Association's financial statements.

The committee did review the Association's financial commitments in the event of a possible wind-down and the adequacies of its restricted reserve to address such commitments. A report was made to the Board indicating that, at the present time, the restricted reserve can adequately meet those commitments.

The committee did a review of its travel expense reimbursement policy and recommended some minor adjustments to the Board for approval.

A review of the Proposed 2016-2017 budget was conducted and recommendations were made to the Board.

Finally, the committee, assisted by other members of the Board, completed a review of the grant applications from member organizations and presented the recommendations to the Board for approval.

I want to recognize the professionalism of both Holly and Lynne in guiding and supporting the committee in its work. I also want to thank our bookkeeper who continues to provide the staff with timely and accurate monthly financial reports.

Respectfully submitted

André Nogue
Treasurer

Appointment of Auditor

Motion: MWC Chartered Professional Accountants LLP be reappointed as auditor for 2016-2017

Moved by : Andre Nogue

Seconded by:

Governance Committee Report

Committee Members: Linda Anderson (Chair)
Les Lye
Wilma Mollard
Randy Dove
Robert Wuschenny

The Governance Committee is a standing committee with the role to review and recommend revisions of SSM policies and bylaws, and to research and recommend new policies if and when required. The Committee met three times since the 2015 SSM Annual meeting.

Actions taken in 2015 - 2016

- Researched and revised the Committee list, identifying the Standing Committees, Program Committees, Steering Committees and Task Groups. Each committee will have a chair that is a member of the Board or a named Board liaison that will facilitate reporting and communication with Board.
- The Board approved recommendations from the Governance Committee for terms of committees, with exceptions for unique committees (e.g. the Century Club). Usually members of Program Committees will serve 2 year terms, renewable twice. Committees or Board members may suggest names of persons who could add expertise and energy to a committee and its work. These suggestions go to the Nominations Committee that brings forward names to the Board for approval.
- Identified questions regarding the work of the Membership Committee in raising the profile of SSM and its relationship with all communication to and from SSM, including Gray Matters. As a result a Communications task group was formed and its recommendations were reviewed by the Board which established a Communication Committee to replace the Gray Matters Editorial Board and Membership Committee. The purpose of the Communication Committee will be to oversee and examine all facets of communication strategies and use of various communication tools and media, in order to: deepen and widen communication and connections with member organizations; promote SSM and attract organizations that might wish to become members; most effectively communicate internally and externally.
- Reviewed the Guidelines for approval of Supporter Organizations.

The expectation is that the Governance Committee will continue to work on reviewing SSM Policies as it develops a revised comprehensive Policy Manual.

Respectfully submitted,
Linda Anderson
Committee Chair

SASKATCHEWAN SENIORS MECHANISM

OTHER REPORTS

Grants Report

Saskatchewan Seniors Mechanism 2016 Annual General Meeting

CORE FUNDING for 2015-2016:

Saskatchewan Seniors Mechanism receives its core funding from:

Saskatchewan Parks and Recreation Association
Saskatchewan Health

Funding from these sources provides money for day-to-day operations and the delivery of certain core programs for seniors. Core SSM programming includes such things as: the quarterly publication of our newsletter *Gray Matters*, a Seniors Information Line, research and education on seniors issues, an annual conference to raise awareness about seniors concerns, bringing seniors groups together to facilitate opportunities to work together, the Century Club, events, and many others.

Saskatchewan Health	\$49,183
Saskatchewan Parks and Recreation Association (Sask. Lotteries)	\$205,887

Member Organizations' Program Funding:

A portion of the funding from Saskatchewan Parks and Recreation supports member organizations' programs that focus on active living.

In 2015-2016 those grants were distributed as follows:

Saskatchewan Senior Fitness Association: educating older adults about the benefits of fitness through workshops & information sharing; provide support for the Sask. 55+ games.	\$20,740
Lifelong Learning Centre: Sharing our Stories Project brings together U of R students and Aboriginal Grandmothers Caring for Grandchildren Support Network and other lower income older adults in Regina to learn how to record and share their stories with others in print, at events, and in media interviews, thus reducing isolation and ageism.	\$30,350
Saskatchewan Seniors Association Inc.: Member Newsletter	\$9,000
Saskatoon Council on Aging: Saskatoon Century Club	\$19,090

Regina Senior Citizens Centre: Celebrate 50+ Showcase \$10,000

Fédération des aînés fransaskois: French Seniors working to build Age-Friendly Communities project assist francophone communities to engage in recreational and educational programming in French to become more age-friendly. It includes encouraging French speaking athletes to participate in local games leading up the the Sask 55+ games. \$5,500

SSM Program Funding:

In addition to the Core Funding, SSM has received a variety of grants over the years which have enabled particular programs and projects. In 2015-2016 the following grants enabled specific pieces of work:

Senior Neglect and Abuse Response Line (Community Research Unit, University of Regina) – to do research into services and gaps for responding to older adult abuse and neglect in one of the Health Regions (Regina Qu’Appelle). \$3,000

Age Friendly/Elder Abuse Free Communities (federal government New Horizons for Seniors – Elder Abuse Awareness) – to raise awareness among older adults and communities to help make their communities better, healthier, and safer places. \$317,000 (over 3 years, completed May 2015)

Age-Friendly Communities (Community Initiatives Fund) – to carry out some aspects of the Age-Friendly Communities work. \$48,250

Senior Abuse Education (federal government New Horizons for Seniors) – to do a number of presentations and promotional items regarding this issue. \$23,413

Seniors and Isolation (federal government New Horizons for Seniors – Isolation Pilot Projects) – to pilot activities and develop resources that can be used to offer programs to reduce isolation of older adults in rural communities. \$64,323 (over 2 years)

Please note that this listing relates to work that occurred all or in part in the 2015-2016 fiscal year. In some cases the grant money and/or the work overlaps more than one year.

Respectfully submitted,

Holly Schick,
Executive Director

PHILIPS LIFELINE SASKATCHEWAN

Annual Report for SSM 2015-2016

**Terri Berglund
Program Manager
Lifeline Saskatchewan xc236**

Total Active Subscribers: YTD April 2016: 1087

2015 Achievements

Strong rapport has been established with our partner, Saskatchewan Seniors Mechanism, for over 16 years and has resulted in an increase in referrals and activations. Executive Director, Holly Schick, has given me the opportunity to present new innovations from Philips Lifeline and distribute marketing material to board members twice in 2015. SSM office staff, Holly, Lynne, Rosemary and Beth continue to refer people in need of the service via phone, email, and walk-ins as well as promoting our service at all events they attend. SSM board members and their organization members have also referred clients to the Lifeline service resulting in installations. I was not able to attend the SSM's Annual Conference in June 2015 but will in June 2016 when conference is in Yorkton. This will give me the opportunity to educate new attendees as well as update existing ones on the standard Lifeline service as well as introduce them to the new GoSafe mobile service with 6 advanced location technologies designed to help find a subscriber in an emergency. One page ads in Gray Matters Publications in all quarterly editions and our upgraded link to the SSM webpage have given Lifeline increased exposure and installations. I am proud to educate people in my travels about the value of the SSM and to support the SSM with partnership fees and rental fees paid quarterly.

Ongoing: Continue to build rapport with VAC (Veterans Affairs Canada) with sales calls and updates in Regina office only to 1.5 client service agents—this has drastically reduced the number of referrals of vets to Lifeline.

- Royal Canadian Legion—continue to build rapport with the 244 Legions in SK replenishing in my travels throughout SK and quarterly direct mail outs from Toronto office. Since Philips Lifeline's partnership with the Royal Canadian Legion nationally in Jan/08, Lifeline continues offering the Legion members 2 months free for the Lifeline service for themselves, family, or friends. Lifeline had a display at their conference in Prince Albert in Oct 2015 and next one is scheduled for 2017.
- I attended and had display booths at numerous national, provincial and local conferences, and education days for a variety of healthcare professionals—SAOT (SK Association of Occupational Therapists), SRNA (SK Registered Nurses

Association), Diabetes Association Tradeshow, Nurse Practitioners.

- Displays at numerous conferences and trade shows locally and provincially, attended primarily by seniors' organizations, seniors and their families/caregivers but also healthcare professionals
- Total of 40 Healthcare Professional in services completed in 2015.
- A total of 20 seniors' presentations in 2015
- Displays at wellness and falls prevention clinics/fairs/tradeshows in seniors' centers and residences urban and rural

Developing and maintaining provincial and community relationships through visits, emails, phone calls, and meetings to:

All hospitals and health centres (healthcare professionals-nurses, nurse practitioners, physicians, therapists, social workers, discharge planners) in SK Health Authorities

- Provincial Home Care
- Community Health Nursing Services in First Nations Communities
- Private Home Health Care Services
- Seniors Healthy Living Program
- Community Clinics/Family Services
- Physicians' offices
- Podiatrists
- Footcare clinics
- Pharmacies
- Day Programs/ Convalescent care, Extending/Transitional and Quick Response Units
- Allan Blair Cancer Centre
- Veteran Affairs Canada (VAC) Regina
- Emergency Medical Services
- Mental Health and Addictions Services
- Schools of Nursing-Regina and Saskatoon
- Physiotherapy and Rehabilitation Clinics in Community
- Caregiver Support Groups-Saskatoon and Regina
- Seniors Education Centres
- Other health-related organizations: Parkinson's Foundation, Canadian Diabetes Association, Alzheimers Society, Multiple Sclerosis Society, Arthritis Society, ALS Society, Osteoporosis Society, Saskatoon Balance and Dizziness Clinics, Post Polio Regina, Gerontology Association, CNIB, Stroke/Caregiver Education Program, Saskatchewan Voice of People with Disabilities, SK Aids to Independent Living
- Other groups—various seniors centres and groups in seniors' complexes and churches.
- First Nations: In services and sales calls to bands in SK, Directors and Home care nurses have resulted in installs, many being funded by the bands from the Community Development Corporation and the local casinos.

Philips Lifeline Marketing Resource Team: assisted with multiple pilot projects in introducing new marketing tools to referral sources and gathering information from referral sources to discover their needs.

Home Service Representatives (Lifeline installers): recruited prospects, collected resumes, and completed face to face interviews and orientation training. I have also trained some of my Home Service Representatives (Lifeline installers) to man Lifeline displays at tradeshows and present at seniors buildings.

Celebrated my 16th year of service with Lifeline and 16 years of partnership with SSM in Nov 2015.

Thank you SSM for the many opportunities you have given me to grow the Philips Lifeline program in Saskatchewan providing the people of SK with a better quality life and saving lives!

Respectfully submitted,

Terri Berglund,
Program Manager



ALCOA Representative Report

Saskatchewan Seniors Mechanism 2016 Annual General Meeting

I continue to serve on the Active Living Coalition for Older Adults (ALCOA) Board of Directors and have participated in their regular teleconference meetings. I am now the vice-chair of that Board. Our relationship to ALCOA continues to be an important partnership in which we have opportunities to share ideas on possible activities and resources, seeking to work together with other organizations across the country where possible.

However, this may be last time you will read a report from ALCOA because their name is changing! This needs to be approved at the AGM this fall. Watch for the details after that. Plans are for the old logo to be retained with the new name in place of the old.

Work on a new name meant revisiting the ALCOA vision and mission to make any revisions that seemed appropriate at this time. These, too, need to be ratified by the membership. What is proposed is:

Vision: Healthy living for life

Mission: Support lifelong healthy active aging of adult Canadians through participation, education, research, and promotion.

Funding was received from the Ontario Trillium Foundation for a Wheel and Walk Mall Program in the enclosed malls in Toronto. The project is continuing and more malls are joining the program.

ALCOA worked with Health Canada to distribute *Is Your Home Healthy? Easy Steps to Maintaining a Healthy Home: Environmental Health Guide for Seniors at Home*. SSM took on the task of the actual distribution in Saskatchewan.

For more information you can visit the ALCOA website at www.alcoa.ca

Respectfully submitted,

Holly Schick
ALCOA Representative

**SASKATCHEWAN SENIORS MECHANISM
NOMINATING COMMITTEE REPORT**

Nominating Committee Report

Committee Members: Les Lye, Chair
Robert Wuschenny
Linda Anderson

Those leaving the board are Jeanne Alexander and Shirley Arnold.
Thank you for your participation.

The Board membership will be comprised of:

President: Robert Wuschenny (re-elected by acclamation)
Past President: Les Lye
Vice President: Linda Anderson (re-elected by acclamation)
Treasurer: André Nogue
Secretary: Margaret Gailing-Stepp

Members At Large:
Randy Dove (re-elected by acclamation)
Brian Harris
George James (elected by acclamation, 1 year term)
Wilma Mollard
Louise Nichol
Nancy O'Donnell-Monk (elected by acclamation)
Sunil Pandila (elected by acclamation)
Mae Wesley (elected by acclamation)

Respectfully Submitted.

Les Lye
Past President

**SASKATCHEWAN SENIORS MECHANISM
RESOLUTIONS**

SUBMISSION OF RESOLUTION #1 — Cardiac Rehabilitation

To: SSM Resolution Committee

Sponsored by Superannuated Teachers of Saskatchewan

BE IT RESOLVED that the Saskatchewan Seniors Mechanism urge the Government of Saskatchewan to provide physician ordered cardiac rehabilitation at no cost for seniors.

Background:

- The availability and cost to cardiac patients varies widely in Saskatchewan.
- Three-month rehabilitation costs include:
 - ◇ Regina \$440.00
 - ◇ Saskatoon \$90.00
 - ◇ Prince Albert \$70.00
 - ◇ Moose Jaw \$60.00
 - ◇ North Battleford and Melfort free.

SSM Resolutions passed at June 2015 AGM

The three resolutions (listed below) passed at last year's AGM were presented to the Saskatchewan Ministry of Health.

Ambulance Fees for Seniors

That Saskatchewan Seniors' Mechanism (SSM) request that the Government of Saskatchewan eliminate ambulance fees charged for seniors who require ambulance service.

Ambulance Fees between Medical Facilities

That Saskatchewan Seniors' Mechanism (SSM) request that the Government of Saskatchewan eliminate ambulance fees when transferring anyone between medical facilities.

MRI's

That SSM express concern to the Saskatchewan Government about any potential changes to MRI procedures that would give priority access based on an individual's financial resources. Further we encourage consultation with stakeholders before any changes might be made.

SASKATCHEWAN SENIORS MECHANISM

OTHER

SASKATCHEWAN SENIORS MECHANISM

VOTING DELEGATES

SSM ANNUAL GENERAL MEETING – 2015

- | | |
|---------------------------|--|
| 1. Kathy Lye | National Association of Federal Retirees |
| 2. Albert Kildaw | |
| 3. | |
| 1. Ghislaine Lepage | Fédération des aînés francsaskois |
| 2. Raymond Lepage | |
| 3. Joanne Perrault | |
| 1. | Regina Senior Citizens Centre Inc. |
| 2. | |
| 3. | |
| 1. Randy Dove | Saskatchewan Retirees Association |
| 2. Alf Zimmerman | |
| 3. Ken Lozinsky | |
| 1. Fern Haight | Saskatchewan Seniors Association Inc. |
| 2. Lorna Weldon | |
| 3. Isobel Fowler | |
| 1. Hertha Kay | Lifelong Learning Centre |
| 2. Maria Reardon | |
| 3. Marj Thiessen | |
| 1. Lorraine Garratt | Saskatchewan Senior Fitness Association Inc. |
| 2. Gordon Garratt | |
| 3. Margaret Gailing-Stepp | |
| 1. George James | Saskatoon Council on Aging |
| 2. Wilma Mollard | |
| 3. | |
| 1. | Senior Power |
| 2. | |
| 3. | |

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Sunil Pandila 2. Mike Kaminski 3. | <p>Superannuated Teachers of Saskatchewan</p> |
| <ol style="list-style-type: none"> 1. Nancy O'Donnell-Monk 2. Shirley Dixon 3. Maureen Eckstein | <p>Saskatchewan Union Retirees Federation</p> |
| <ol style="list-style-type: none"> 1. 2. 3. | <p>SaskTel Pioneers Chapter 59</p> |
| <ol style="list-style-type: none"> 1. Brenda Longman 2. Joanne Lerat 3. Ivy Kennedy | <p>Women of the Dawn</p> |
| <ol style="list-style-type: none"> 1. 2. 3. | <p>Canada Post Heritage Club – Golden Sheaf Chapter</p> |
| <ol style="list-style-type: none"> 1. 2. 3. | <p>Moose Jaw & District Seniors Association</p> |
| <ol style="list-style-type: none"> 1. 2. 3. | <p>Power Pioneers Assoc. of Saskatchewan Inc.</p> |

Appendix A