



Saskatchewan Seniors Mechanism

20th Annual General Meeting

May 26, 2010

**Moose Jaw & District Seniors Centre
101-510 Main Street N.
Moose Jaw, SK S6H 3K3**

MECHANISM

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AGENDA

2010 ANNUAL GENERAL MEETING

Wednesday, MAY 26, 2010

1:15 p.m.

1. Call the Meeting to Order—Allen Morrison, President
2. Adoption of the Agenda
3. Approval of the Minutes of the May 26, 2009 Annual General Meeting
4. President's Report—Allen Morrison
5. Executive Director's Report—Holly Schick
6. Committee Reports:
 - 6.1 Finance Committee Report—Les Lye
 - a. Auditor's Report: Mintz & Wallace, Chartered Accountants
 - b. Motion to Appoint the Auditor
 - 6.2 Public Relations/Membership Committee Report—Wayne Ruten
 - 6.3 Issues Committee Report —Allan Stamler
 - 6.4 Bylaws Committee Report—Jim Sough
 - 6.5 Grants Report
7. Program Reports:
 - a. Century Club—Holly Schick
 - b. Certified Fitness Leadership Program —Tracy Thompson
 - c. FRAUD CENT\$ Toolkit—Tracy Thompson
 - d. Excursions for Congregate Housing Seniors—Tracy Thompson
8. Other Reports
9. Nomination of President—Fern Haight
10. Receiving Resolutions—Allan Stamler
11. Closing Remarks

SASKATCHEWAN SENIORS MECHANISM
MINUTES OF PREVIOUS AGM - May 26, 2009

**SASKATCHEWAN SENIORS MECHANISM
ANNUAL GENERAL MEETING
Cathedral Neighbourhood Centre
2900 13th. Avenue, REGINA, SASK.
MAY 26, 2009**

Present:

Al Morrison, SSM President
Les Lye, National Association of Federal Retirees
Andre Nogue, National Association of Federal Retirees
Bill Taylor, National Association of Federal Retirees
Adrienne Sawchuk, Federation des Aines Fransaskois
Carmelle Beaudry, Federation des Aines Fransaskois
Line LeRuyet, Saskatchewan Seniors Education Corporation
Pierre Schweda, Regina Senior Citizens Centre Inc.
Cathy Theriault, Regina Senior Citizens Centre Inc.
Graham Tuer, Saskatchewan Retirees Association
Alf Zimmerman, Saskatchewan Retirees Association
Frank May, Saskatchewan Retirees Association
Bob Walker, Saskatchewan Seniors Association Inc.
Margaret Gailing, Saskatchewan Senior Fitness Association
Myrtle Bell, Saskatchewan Senior Fitness Association
Gordon Garratt, Saskatchewan Senior Fitness Association
Allan Stamler, Saskatoon Council on Aging
Yvonne Mitchell, Senior Power
Linda Tate, Senior Power
Jim slough, Superannuated Teachers of Saskatchewan
Peter Wiebe, Superannuated Teachers of Saskatchewan
Al Schell, Superannuated Teachers of Saskatchewan
Betty Pickering, Saskatchewan Federation of Federal Retirees
Chuck Ames, Saskatchewan Federation of Union Retirees
Fiona Bishop, Saskatchewan Federation of Union Retirees
Norm Lorenz, Sask Tel Pioneers Chapter 59
Wayne Rutten, SaskTel Pioneers Chapter 59
Lorraine Siniawski, SaskTel Pioneers Chapter 59
Ivy Kennedy, Women of the Dawn
Carmilita Agodmar, Women of the Dawn

The Annual General Meeting was called to order by Al Morrison at 10:00 a.m.

1. Adoption of the agenda.
Motion: Peter Wiebe/Allan Stamler that the agenda be accepted. Carried.
2. Approval of the Minutes of the Annual General Meeting, May 07, 2008.
Motion: Margaret Gailing/Linda Tate that the minutes be accepted as circulated.
Carried.

3. President's Report – Al Morrison presented report as circulated.
Motion: Al Morrison Wayne Rutten that the report be accepted as circulated. Carried.
4. Executive Director's Report – Bev MacLeod presented report as circulated.
Motion: Bob Walker/Betty Pickering that the report be accepted as circulated. Carried.

Committee Reports:

Finance Committee Report – Les Lye presented the Financial Reports as circulated.

Auditor's Report: Mintz & Wallace, Chartered Accountants. Les Lye presented the Auditor's Report.

Motion: Les Lye/Wayne Rutten that the Auditor's Report & Financial report be accepted as circulated. Carried.

Motion: Yvonne Mitchell/Linda Tate that Mintz & Wallace be reappointed as auditor for 2009/2010. Carried

Grants Committee Report - as circulated. **Motion:** Chuck Ames/Betty Pickering that the Grant's Committee report be accepted as circulated. Carried.

Issues Committee Report – Allen Stamler presented the Issues Committee Report as circulated.

Motion: Allan Stamler/Chuck Ames that the Issues Committee Report be accepted as circulated. Carried.

Public Relations/Membership Committee Report – Bev. MacLeod presented the Public Relations report as circulated.

Motion: Wayne Rutten/Alf Zimmerman that the report be accepted as circulated. Carried.

ByLaws Committee Report – No action. **Motion:** Betty Pickering/Jim Slough that the report be accepted as circulated. Carried.

5. Program Reports.
 Seniors' Friendship Program, Certified Fitness Leadership for Seniors, Fraud Awareness Toolkit and Excursions for Seniors Congregate Housing – reports submitted by Tracy Thompson. Bev MacLeod extended thanks to staff, Tracy Thompson and Lynne Couzens for their work.
Motion: Peter Wiebe/Alf Zimmerman that reports be accepted as circulated. Carried.
6. Other Reports: Philips Lifeline in Saskatchewan – circulated as information.
 ALCOA Representative Report – circulated as information.
Motion: Wayne Rutten/Chuck Ames that the reports be accepted as circulated. Carried.
7. Nomination of President. Joanne McDonald presided over the nominations.
 Nomination for President – Allen Morrison (accepted)
 Joanne McDonald called for nominations from the floor. **Motion:** Wayne Rutten/Peter Wiebe that nominations cease. Carried. Allen Morrison, was re-elected as President by acclamation.
Motion: Bill Taylor/Ivy Kennedy that the Nomination Report be accepted as circulated. Carried.

Joanne McDonald turned the meeting over to Allen Morrison.
Allen Morrison thanked the Board for their support.

8. Resolutions. - Allan Stamler.

Resolution #1: The Saskatchewan Seniors Mechanism (SSM), actively promote the expansion and enhancement of the Canada Pension Plan (CPP), the Old Age Security (OAS) and the Guaranteed Income Supplement (GIS) to have the base amounts as a cost effective measure that would help keep seniors out of poverty.

Motion: Al Stamler/Bob Walker that this resolution be accepted. Carried.

The motion was amended to read:

The Saskatchewan Seniors Mechanism (SSM) lobby actively the Government of Canada to promote the expansion and enhancement of the Canada Pension Plan (CPP), the Old Age Security (OAS) and the Guaranteed Income Supplement (GIS) to have the base amounts increased as a cost effective measure that would help keep seniors out of poverty.

Motion: Fiona Bishop/Wayne Rutten to amend the motion as above. Carried.

Motion: Betty Pickering/Chuck Ames that this resolution be accepted as amended. Carried.

Resolution #2: The Saskatchewan Seniors Mechanism (SSM) actively support SFUR in their efforts to fight for improved protection for workers and retirees in Defined Benefit Plans by advocating for a ban on employers taking contribution holidays; and, in dealing with solvency deficiencies the employers need to be made responsible for making up these deficits by setting up separate trusts for making these payments and, by ensuring that short term relief for dealing with solvency deficiencies be assessed on a case-by-case basis only.

Motion: Fiona Bishop/Betty Pickering that this resolution be accepted. Carried.

Resolution #3: The Saskatchewan Seniors Mechanism (SSM), actively support SFUR in their efforts to fight for Pension Plan protection for retirees in Defined Benefit and Defined Contribution Plans by fighting for Good Governance practices including clear disclosure of pension finances; accountable and transparent practices for ethical and responsible investments; and lobbying the federal government to implement stronger regulations for managing pension fund money and financial markets; and

BE IT FURTHER RESOLVED that

The SSM along with the SFUR advocate on behalf of retirees to ensure retirees have a say in how their pension plans are run; and

BE IT FURTHER RESOLVED that

The SSM and SFUR support efforts to establish an Employer Funded National System

of Pension Insurance to ensure working people and retirees' pension plan protection.

Motion: Fiona Bishop/Betty Pickering that the resolution be accepted. Carried.

Resolution # 4: The Saskatchewan Seniors Mechanism actively support and promote the Primary Health Care Model; a model particularly well-suited for rural areas that focuses on early intervention, health promotion with a holistic, patient driven, team work approach to the delivery of services; that is a more efficient delivery model offering comprehensive and accessible services under one roof; and is a cost saving measure for the health care system.

Motion: Fiona Bishop/Betty Pickering that this resolution be accepted. Carried.

Resolution #5: The Government of Saskatchewan be lobbied toward providing an office know as the Seniors Secretariat that would steer governmental policy direction for seniors. Government services for seniors in Saskatchewan would also be enhanced by centralization in a Seniors Secretariat.

Motion: Wayne Rutten/Ivy Kennedy that this resolution be accepted. Carried.

Resolution #6: The Government of Saskatchewan be lobbied to complete a Legislative & Policy Review for appropriateness with respect to senior abuse.

Motion: Wayne Rutten/Chuck Ames that this resolution be approved. Carried.

Resolution # 7: The Government of Saskatchewan should set aside a week to recognize caregivers.

Motion: Allan Stamler/Yvonne Mitchell that this resolution be accepted. Carried.

Resolution #8: The Government of Saskatchewan moves to more standardization, accreditation, regulation and supervision of care in long-term care facilities, private or public.

Motion: Allan Stamler/Al Schell that this resolution be accepted. Carried.

Resolution #9: The Government of Saskatchewan institute training initiatives on the needs and care of older adults.

Motion: Allan Stamler/Wayne Rutten that this resolution be accepted. Carried.

Al Morrison provided closing remarks.

Meeting was adjourned at 11:35 by Betty Pickering.

President: Al Morrison

Secretary, Margaret Gailing

SASKATCHEWAN SENIORS MECHANISM

CURRENT BYLAWS

SASKATCHEWAN SENIORS MECHANISM INC.

BYLAWS

May 2008

Preamble

WHEREAS Saskatchewan Seniors Mechanism was founded on January 11, 1990 and incorporated 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:
 - (1) "Mechanism" and "SSM" mean Saskatchewan Seniors Mechanism, Inc.
 - (2) "senior" and "seniors" mean any person or persons of age fifty-five (55) or more.
 - (3) "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.

OBJECTS

Aims and Purposes

3. The objects of the Mechanism are:
 - (1) To provide a united voice for seniors;
 - (2) To research and take action on issues affecting seniors; and
 - (3) To create an awareness of, and coordinate, resources and services for seniors.

MEMBER ORGANIZATIONS

Categories 4. Member organizations which may be represented on the Mechanism shall consist of those falling into one of the following categories:

- (1) Province-wide in terms of:
 - (a) membership;
 - (b) goals and objectives; and
 - (c) providing a network of programs or services throughout the province.
- (2) City-wide in terms of:
 - (a) membership;
 - (b) goals and objectives; and
 - (c) providing a network of programs and services throughout a city in the province.

MEMBERSHIP

- Membership 5.**
- (1) Any organization that meets the definition of a member organization, pursuant to clause 2(c), and which has not been represented by any other existing member organization of SSM may apply for membership in the Mechanism.
 - (2)
 - (a) Notwithstanding the provisions of section 4 and subsection 5(1), there shall be a special category known as "Associate Membership: which is open to any group or organization whose membership is composed primarily of persons who support and advance the interests of seniors.
 - (b) An associate member has neither a position on the Board of Directors nor a vote in the operations of the Mechanism.
 - (3) Every application for membership shall be subject to the approval of the Board of Directors of the Mechanism.
 - (4) Any member organization may withdraw from membership in the Mechanism by providing written notice to the Board of Directors of SSM.

DIRECTORS

- Composition 6. of the Board** (1) The Board of Directors of Saskatchewan Seniors Mechanism shall be composed of no less than seven (7) and no more than twenty (20) members.

- (2) Except for the category of associate membership, each member organization, approved pursuant to section 5, shall annually appoint a delegate and an alternate to serve on the Board. Delegates and alternates shall be appointed by June 30th of each year.
- (3) In principle, delegates shall serve for no more than two (2) consecutive two year terms of office.
- (4) Unless otherwise requested by a member organization, the appointment of new delegates to serve on the Board shall take effect at the first meeting of the Board held after the Annual General Meeting of the Mechanism.

Duties & Responsibilities

- 7. (1) Directors of the Mechanism shall:
 - (a) Act honestly and in good faith, consistent with the best interests of SSM;
 - (b) 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
 - (c) Protect confidentiality on matters and information provided to them in confidence at all board and committee meetings.
- (2) (a) Any director or alternate who acts in a manner inconsistent with the interests and reputation of the Mechanism 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.
- (b) Except in the case of the President, where a director or alternate is removed from the Board of Directors pursuant to clause (a), SSM may request in writing that the member organization which the removed director or alternate represented, to appoint a replacement director or alternate, as the case may be.

OFFICERS AND THEIR DUTIES

Officers

- 8. The officers of the Mechanism shall consist of the following:
 - (a) President;
 - (b) First Vice-President;
 - (c) Second Vice-President;

- (d) Secretary;
- (e) Treasurer; and
- (f) Past President.

- Vacancies** 9. (1) Except for the President and Past President, all officers of the Mechanism shall be elected by and from the Board of Directors at a meeting of the board within ten (10) days following the Annual General Meeting of the Mechanism.
- (2) The Past President shall chair the nominating committee for the election of officers.
- (3) Where an officer vacancy occurs between Annual General Meetings of the Mechanism, such vacancy shall be filled by and from the Board of Directors.
- (4) Where the vacancy is the office of the President and the First Vice-President assumes the office, pursuant to subsection 12 (2), this shall be deemed as the completion of the term of the vacant office of President.

- Removals & Expulsions** 10. (1) The Board of Directors of the Mechanism 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.
- (2) Where an officer is removed from an office by the Board, pursuant to subsection (1), that officer shall be replaced by another delegate or Alternate of the Board, as the case may require.
- (3) Where the Board of Directors contemplates the removal of an officer from the Board, the provisions of subsection 7 (2) apply.

- President** 11. (1) The President shall:
- (a) Assume his/her office immediately upon election at the Annual General Meeting.
 - (b) Be the principal executive officer of the Mechanism and it shall be his/her duty to be vigilant and active in promoting the objects of SSM;
 - (c) Generally supervise and control the business and affairs of the Mechanism;
 - (d) Keep the Executive Committee and the Executive Director aware of all undertakings carried out on behalf of the Board of Directors;

- (e) Preside at all meetings of the Board of Directors;
 - (f) Be an **ex officio** member of all committees; and
 - (g) Perform such other duties which may, from time to time, be prescribed by the Board of Directors.
- (2) (a) Subject to the other provisions of this subsection, any senior, (a person fifty-five years of age or more), upon the prior approval of nomination by the member organization he/she represents, shall be eligible to stand for election to the office of President at the Annual General Meeting, and upon a subsequent prior approval of nomination by the member organization he/she represents, be eligible to stand for re-election as President at a subsequent Annual General Meeting.
- (b) The President shall serve for no more than two (2) one-year consecutively elected terms.
- (c) The completion of office of President, pursuant to subsection 12 (2), shall not be considered as an elected term of office for the purposes of clause (b).
- (d) Each member organization shall have a representative on the Saskatchewan Seniors Mechanism Board of Directors. The President of the Mechanism shall not represent his/her organization while holding the office of President. Therefore, provision for representation of that organization shall be made through the appointment of an additional delegate to the Board of Directors.

**First
Vice-President**

12. (1) The First Vice-President shall:
- (a) 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
 - (b) Perform such other duties which may, from time to time, be prescribed by the Board of directors.
- (2) (a) The First Vice-President shall automatically assume the office of President when the present incumbent is permanently unable to carry out his/her duties.
- (b) The completion of the term of office referred to in clause (a) shall not be considered as a term of office of President.

- Second Vice-President** 13. The Second Vice-President shall assume the duties of the President or First Vice-President in their absences or inability to carry out their duties.
- Treasurer** 14. The Treasurer shall:
- (a) 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;
 - (b) Be responsible for ascertaining the correctness of the financial status of the Mechanism;
 - (c) Report the financial status of the Mechanism at all board meetings;
 - (d) Perform all other duties incident to the office of Treasurer; and
 - (e) 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 maintain an accurate record of the proceedings.
- Assistants** 16. The Board of Directors may, as the need arises, appoint an Assistant Treasurer and an Assistant Secretary, and such appointees when acting in their respective capacities as appointed, shall have the full authority and responsibility of the Treasurer or Secretary, as the case may be.

CONDUCT OF BUSINESS

- Management** 17. (1) Official cheque signing authorities shall be any two of the executive director, president, treasurer, first vice-president, and secretary of the organizations.
- (2) As designated officers of the Board, Bylaw 17 (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** 18. (1) The President shall be a non-voting member of the Board.
- (2) Each director or alternate present at a meeting of the Board of Directors shall have one vote.
- (3) Where both a director and an alternate who represent the same member organization attend a meeting of the Board, the alternate may participate in all discussions, studies and proceedings of the Board, but shall not be entitled to vote on any question submitted to a vote of the Board.
- (4) Where a director who was appointed by a member organization to serve

on the Board of Directors is absent from a meeting of the Board, the alternate appointed by that member organization shall have all the power and authority, including the full voting rights, accorded to the absent director for that meeting.

(5) A motion shall be deemed defeated in the event of a tie vote.

- Meetings** 19. There shall be at least six (6) meetings of the Board of Directors in each fiscal year.
- Fiscal Year** 20. The fiscal year of the Mechanism shall commence on April 1 of a year and end on March 31 of the following calendar year.
- Quorum** 21. A majority of voting members personally present at the opening of a meeting of the Board of Directors shall constitute a quorum.
- Conduct Meetings** 22. Where not otherwise expressly provided for in ***The Non-profit Corporations of Act***, or elsewhere in these bylaws, the conduct of meeting of the Board of Directors shall be governed by the latest revised edition of ***Roberts Rules of Order***.

COMMITTEES

- Committees** 23. (1) The following standing committees shall be struck at the first meeting of the Board after the Annual General Meeting of the Mechanism:
- (a) Bylaws Committee;
 - (b) Finance Committee;
 - (c) Issues Committee; and
 - (d) Public Relations and Membership Committee.
- (2) The chair of each standing committee shall be a director of the Mechanism.
- (3) 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).
- (4) (a) There shall be a committee known as the Executive Committee which shall consist of the:
- (i) President;

- (ii) First Vice-President;
 - (iii) Second Vice-President;
 - (iv) Secretary;
 - (v) Treasurer; and
 - (vi) Past President.
- (b) The Executive Committee shall have the authority of the Board of Directors of the Mechanism as circumstances may dictate, but all actions of this committee shall be subject to the approval of the Board at the next Board meeting.
- (5) The Board of Directors may establish **ad hoc** committees as may be required, and appointments of members to these committees shall be in accordance with the provisions of subsection (3).

STAFF OF THE MECHANISM

- | | | |
|---------------------------|-----|---|
| <i>Executive Director</i> | 24. | The staff position of Executive Director of the Mechanism shall be an ex officio , non-voting member of the Board of Directors and of each committee. |
| <i>Support Staff</i> | 25. | 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 Mechanism office. |

ANNUAL GENERAL MEETINGS

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|-------------------------------|-----|---|
| <i>Annual General Meeting</i> | 26. | The Annual General Meeting of the Mechanism 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. |
| | 27. | The President shall be elected at the Annual General Meeting by a simple majority of voting delegates. |
| <i>Voting Delegates</i> | 28. | 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. |
| <i>Rotated Voting</i> | 29. | Where a member organization considers it desirable to rotate its three allowable votes among several of its participants at the Annual General Meeting, it shall complete a declaration of this intent on a form prescribed by the Mechanism for this purpose, but in no case shall the total number of votes cast by any member organization on any question exceed three (3) in number. |

- Proxy Voting** 30. 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, transfer his/her voting rights to another member representing that member organization.
- Quorum** 31. A simple majority of voting members personally present, including proxy holders, at the opening of the Annual General Meeting of the Mechanism shall constitute a quorum.
- Membership Fees** 32. Membership fees, if any, shall be approved by the voting members of the Annual General Meeting on the recommendation of the Board of Directors.

BYLAWS AND AMENDMENTS THERETO

- Directors May Make, Amend or Repeal Bylaws** 33. (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 the Mechanism **as per terms of The Non-Profit Corporations Act.**
- (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, and the delegates may, by resolution confirm, reject or amend the proposed bylaws, amendments or repeals in accordance with 33 (1).
- (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 disposed of in accordance with the provisions of **The Non-profit Corporations Act**, Saskatchewan.

SASKATCHEWAN SENIORS MECHANISM

PRESIDENT'S REPORT

President's Report

Saskatchewan Seniors Mechanism

2010 Annual General Meeting

The past year has seen some ups and downs with the organization. It started shortly after last years AGM with the resignation of our Executive Director, Bev MacLeod and then having to go through the hiring process to find another person to fill that position. Several people applied, but after establishing a short list and interviewing each we came up with our new Executive Director, Holly Schick. She started on August 1st and is proving to be a excellent choice for the Saskatchewan Seniors Mechanism. Lynne Couzens and Tracy Thompson are to be given a lot of credit for holding the fort during this transition time with their dedication and work during this period. Thanks to the selection committee did a very good job during this difficult time.

In mid August, myself along with Holly and Al Stamler met with Liberal MP, Hedy Fry to discuss senior issues in Saskatoon. I also helped with the display table at the Spotlight on Seniors event in late September in Saskatoon. Next came our first SSM Retreat which was held in Watrous in mid October. It was very well attended and a lot of ideas and sharing of information was achieved. Four issues were identified: Finances, Elder Abuse, Health and Housing. I feel there is value in these retreats and there should be serious considerations towards holding others in the not too distant future.

Teleconferences are proving to be a helpful tool in saving time and travel costs not only for the Mechanism, but for the participants also. I hope they are continued as we move forward. At our last board meeting in April we accepted a new member to the Board. We now have 16 member organizations on our Board of Directors. As the Mechanism is growing and getting more known around the province, it could be time to start looking at changes to our meeting structure, schedule and membership options to meet the issues and concerns the seniors of Saskatchewan on a more provincial level

On a very sad note, Joanne MacDonald, our Past President passed away in March. She was a credit to the Mechanism and she is missed greatly by all our board members and staff.

We did not have the problem of bad weather like last year so all our meetings happened as per our schedule. I only ran into one situation of bad weather and couldn't get home after I attended a meeting in April with the Federal Minister of State (for Seniors), Diane Ablonczy along with Holly and some members of the Board to discuss the issues seniors have here in Saskatchewan. She was very interested in what we had to say and related some of the areas she is looking into regarding the help seniors are needing all across the country. In my opinion, it was a very good meeting and gave the Mechanism more exposure. I also had a meeting with my local MP, Kelly Block, previously in February and I wondered if that had anything to do with the Minister calling on the Mechanism to have this meeting. Also in April my wife and I attended the Lt. Governor's Tea for the Saskatchewan Century Club in Saskatoon. Holly acted as emcee for the event.

I would be remiss in not giving the current Board of Directors congratulations for doing an excellent job this past year, exchanging information with each other and addressing the tasks in a business-like way to form a consensus on the various motions that were made. I had the feeling that everyone is taking a common interest in making the Mechanism the organization to belong to and represent the Seniors of Saskatchewan.

In closing, I also have the feeling that the Saskatchewan Seniors Mechanism is growing in stature on the provincial level as the main organization to represent Saskatchewan seniors in the quest to bring a better quality of life for Saskatchewan's older adults. I am sure the growth will continue under the incoming Executive and I wish them all the success in the coming year.

Al Morrison
President

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

Executive Director's Report

Saskatchewan Seniors Mechanism

2010 Annual General Meeting

I am very pleased to be making my first report as Executive Director. I started work with SSM on August 1st, 2009 and the first few months were very busy as I learned about this organization, its work, its mission, and its member organizations. I have enjoyed getting to know the people involved and have appreciated the help of so many people.

The Board invited Bev McLeod, former Executive Director, to join them for a farewell lunch at one of their meetings. Bev was thanked for her excellent work at SSM.

We were saddened during the year by the death of one of our Board Members, our Past President Joanne McDonald. Her contributions to SSM over the years have been tremendous and we will miss her. Fern Haight, our previous Past President has stepped in to fill this role on the Board which includes nominations work. We are grateful to Fern for helping us in this way.

It has been a busy and exciting year at SSM. We welcomed three new member organizations – Moose Jaw and District Seniors Association, Canada Post Heritage Club (Golden Sheaf Chapter), and Catholic Family Services. This brings our total number of full member organizations to 16.

I want to share with you some of the work of the past year. More detailed reports on some of our programs and partnerships – FRAUD CENT\$ Toolkit, RIPP, Regina Housing Outings, Century Club, ALCOA, and Philips Lifeline – are included later in this book.

Annual Conference May 2009 – *United Against Elder Abuse*. The conference was followed by a 2 day working forum. Organizations from across the province were invited to showcase best practices. This was concluded with goal setting for the near future. One of the results was a decision to seek funding for establishing an elder abuse network.

Retreat – In October 2009, we had an excellent retreat involving our member organizations. In addition to their representative on the Board, each member organization was invited to send two other representatives. We had an opportunity to build community among our member organizations and to define some areas of focus for SSM for the coming 1-3 years. We identified four areas of primary concern at this time—healthcare, elder abuse, housing, and finances. Many aspects of these issues are not unique to seniors, but there are particular aspects that take on more significance for seniors. We are presently working on these areas.

Elder Abuse Network – On April 1, 2010 we began a two year project which will involve working toward establishing a provincial network of service providers in the area of elder abuse. It will also include working toward creating a directory of elder abuse service providers. We are particularly partnering with the Saskatoon Council on Aging, Prince Albert Community Against Family Violence, the Seniors Education Centre, and the

Southwest Council on Aging in this work. The funding is from New Horizons for Seniors. We held our first meeting of the Steering Committee for this project at the end of March 2010 to get a bit of a head start on the project. The first roundtable gathering is planned for early June.

Putting Your Wisdom to Work...Again – This project was part of the Targeted Initiative for Older Workers Program (TIOW) funded by Human Resources and Skills Development and Advanced Employment Education and Labour. The goal of the program is to provide basic training in career assessment, writing resumes, job interview skills, etc. for persons over 50 who wish to enter/re-enter the workforce. Our project was the first time these government agencies partnered with a community based organization for the TIOW program. We partnered with Dimension 11 to provide the actual training in Regina. SSM hosted the orientation session, did publicity for the project, submitted reports, led one of the sessions during the training, and participated in the graduation. This particular project ended with the successful graduation of 15 participants (the maximum allowed in any one intake) in mid April.

Primary Health Care – We partnered with the Saskatchewan Federation of Union Retirees (one of our member organizations) to put on a very successful Primary Health Care Conference in Southey in early March of 2010. There were approximately 165 people in attendance (registration was over 200 but some were unable to attend due to very poor weather early in the day). A DVD was produced which can be used to help various groups better understand what primary health care means and how it may be a benefit to their communities.

Policy Updates – We have been doing some work on updating some of SSM's policies. This has also involved looking at some bylaws changes. We are presenting one aspect of these changes at this AGM which will make the categories of "full" and "associate" member organizations clearer. Later in this book you will find an item for consideration at next year's AGM regarding a possible change in board structure. This is an important consideration as SSM continues to grow. Part of the updating work included updating our Performance Review material and adopting a salary scale for staff.

Housing Task Group – We have put in place a Housing Task Group which will continue to meet in 2010-11. At present they are gathering information in order to get some idea of where we might put our efforts in the area of affordable and appropriate housing for seniors for various stages of their lives and needs.

Membership – We are working on trying to promote SSM to potential "full" and "associate" members so as to increase our partnerships and find more ways to work on cooperation with others.

Government Connections – Advocacy is an important part of our mandate and it involves maintaining lines of communication with government wherever possible. In the past year we have had a number of opportunities to meet with government officials on a variety of topics and to be present at a variety of government events:

- met with MP Hedy Fry regarding issues of concern to seniors

- attended the consultations on a Seniors' Care Strategy which MLA Laura Ross hosted throughout the province
- attended a meeting with MP Ralph Goodale regarding affordable housing
- attended the Provincial Government's announcement of ongoing lottery funding for SK Parks and Recreation, SK Culture, and SK Sport
- attended presentation on pensions by Jack Layton
- present at the Legislature for the presentation of petitions on affordable housing for seniors
- Kerrie Strathy represented SSM at the governments' announcement about the Targeted Initiative for Older Workers Program
- attended the budget speech at the Legislature
- met with MP Diane Ablonczy, federal Minister of State (seniors), regarding issues of concern to Saskatchewan seniors
- attended a meeting with Health Minister Don McMorris, as part of a group put together by the Saskatchewan Voice of People with Disabilities, to discuss Individualized Funding
- attended and submitted a written presentation to a consultation on pensions being hosted by 3 local Conservative MPs

We were pleased to have a number of government representatives attend the Primary Health Care Conference, our Christmas Open House and our Annual Conference.

Workshops and other events – Throughout the year, SSM has had the opportunity to participate in various workshops, events, meetings and tradeshow, some sponsored by member organizations and some by other groups. Some of these were:

- Spotlight on Seniors (Saskatoon Council on Aging)
- Gerontology Institute (Seniors Education Centre)
- Saskatchewan Parks and Recreation AGM
- National Housing Day Luncheon
- "Rec-opoly" workshop for Research Education and Advocacy Project (SK Parks and Recreation)
- Better Business Bureau Torch Awards (we were nominated in the non-profit category)
- *On the Road to Awareness* Conference in Winnipeg
- Embracing Retirement Showcase (Regina Senior Citizens Centre, Seniors Education Centre and SSM)
- Social Work Field Instructor Training
- Distinguished Canadian Awards Dinner (Seniors Education Centre)
- Police Service Strategic Planning Session

Gray Matters – We have continued to publish our quarterly newsletter *Gray Matters*. We have found that we are consistently running out of room for everything we would like to include. During the coming year, watch for *Gray Matters* to increase in size by four pages for some issues to address this concern.

Our most recent book ***Precious Memories of Prairie War Heroes*** continues to be ordered by several people every month.

The operation of a **Seniors Information Line** continues to provide information and/or assistance on a variety of issues, including financial abuse, mental or physical abuse, scams, health, recreation, etc. All calls are answered by an individual who is able to access information and refer the individual to the proper channels.

Web site – We continue to develop this. We are planning to get more of the overall information about what resources are available for seniors throughout Saskatchewan up on the site this year.

Celebrating Seniors – This is a new initiative which we are very excited about. We are planning an awards banquet, *Celebrating Seniors*, which will be the first Saskatchewan Senior Awards. The plan is to make this an annual event. It will be held on October 3rd, during Seniors Week. We are pleased that the Lieutenant Governor, the Honourable Dr. Gordon L. Barnhart, has agreed to speak at the awards and to be Honourary Patron. These awards will provide an opportunity to celebrate the contributions seniors make to our society and to honour them for those contributions. The awards will also provide an opportunity for Saskatchewan to be made aware of the contributions of seniors in all aspects of the life and work of our province, therefore also making them aware of the potential in the senior population. Overall, we hope to enhance a positive image of seniors, their gifts and abilities.

The most exciting thing about SSM is the possibility it offers for various seniors organizations to work together and to support one another. Cooperation and collaboration are the keys to making our voices heard on issues of concern to seniors and to addressing these issues through our programs and projects. I look forward to opportunities to build new partnerships and strengthen ongoing ones in the coming year.

I want to close by thanking everyone connected with SSM for being so helpful and supportive during my first months here as Executive Director. Lynne Couzens, our Office Administrator, and Tracy Thompson, our Program Coordinator, are a delight to work with and have been willing to share their wisdom and experience in helping me learn what SSM is all about.

I appreciate all the hard work of the members of the Board of Directors and those on various committees and task groups. I want to thank them for their ongoing diligence and commitment to the work of SSM. I especially want to thank our outgoing President Al Morrison for his leadership in SSM and the support and encouragement he has provided to me. I also want to thank our outgoing treasurer Les Lye for all of his help on the financial aspects of SSM.

Respectfully submitted,
Holly Schick

**SASKATCHEWAN SENIORS MECHANISM
COMMITTEE REPORTS**

Finance Committee Report

Saskatchewan Seniors Mechanism 2010 Annual General Meeting

Committee Members: Les Lye, Chair
Frank May
Andre Nogue

The committee continues to review monthly financial statements and recommend amendments to the presentation of statements. An example would be defining deferred income. The organization has finalized the procurement of a “Global Payment” card. This will eliminate the necessity of staff using their personal credit card for SSM business. SSM remains in a sound financial position.

Thank you to Frank May; André Nogue; Holly Schick, Executive Director; and Debbie Giesinger, bookkeeper.

A special thanks to Frank May who is leaving the Board. Your expertise was a valuable asset to the committee.

Respectfully submitted,
Les Lye
Treasurer

Note: Auditor’s Report 2009-2010—See Appendix A

Appointment of Auditor
Saskatchewan Seniors Mechanism
2010 Annual General Meeting

Motion: Mintz and Wallace be reappointed as auditor for 2010-2011

Moved by : Les Lye

Seconded by:

Public Relations/Membership Committee Report

Saskatchewan Seniors Mechanism 2010 Annual General Meeting

Committee Members: Wayne Rutten, Chair
Kerrie Strathy
Norm Lorenz

The SSM communication committee continues to work with other members of SSM in promoting SSM in communities in Saskatchewan along with senior related projects and events.

The needs and objectives of SSM from a communications point of view are:

- (1) SSM is to be an organization to provide support, assistance and awareness of seniors and senior organizations in Saskatchewan.
- (2) SSM continues to develop a communication strategy that reflects communication and awareness internally between members and externally to the public, government and other organizations / stakeholders.

Actions that have taken place:

- (1) Executive Director Holly Schick, distributes a summary of highlights of Board Meetings to members of SSM and other interested parties.
- (2) A successful SSM workshop was held in Watrous in October 13th to 15th, 2009 which the following objectives:
 - i) It allowed an opportunity for members of SSM to share with others who they are, where they are and numbers, what are their objectives, goals, mission statement, vision, through a 3 to 5 minute visual or handout presentation.
 - ii) It allowed discussion among members as to the issues and needs of seniors in Saskatchewan and to their members as impacting the general senior population.
 - iii) It allowed the Board of Directors opportunity to discuss the value of future conferences, activities, any action items and to assist in developing a Business Plan for SSM for 2009-2010 and future years.
- (3) Members of SSM participate in various community functions, projects and workshops promoting, supporting and assisting with identifying and developing action plans to meet the needs of seniors in the Province of Saskatchewan.
- (4) Communications and promotion of the Celebrating Seniors Annual Awards Banquet scheduled for October 3rd, 2010 will be a major focus for the upcoming months.

- (5) Thanks to a donation from SaskTel Pioneers, we were able to purchase a display board and banner. This has greatly enhanced our presence at various trade shows and events.
- (6) We welcomed three new member organizations this year. They are Moose Jaw & District Seniors Association, Canada Post Heritage Club-Golden Sheaf Chapter and Catholic Family Services.

Respectfully submitted,
Wayne Rutten
Co-chair

Issues Committee Report

Saskatchewan Seniors Mechanism

2010 Annual General Meeting

Committee Members: Allan Stampler, Chair
Wally Coates
Charles Ames
Charles Keple

At our retreat in October 2009, we identified four issues of primary concern at this time—healthcare, elder abuse, housing, and finances. This year we had a number of small groups working on various issues. The following is a brief listing of ways we are working on these particular issues.

Elder Abuse

- Annual Conference May 2009 – *United Against Elder Abuse*.
- We just began a two year project to establish a provincial network of service providers in this area. It will also include working toward creating a directory/inventory of elder abuse service providers. We are particularly partnering with the Saskatoon Council on Aging, Prince Albert Community Against Family Violence, the Seniors Education Centre, and the Southwest Council on Aging in this work. This is funded through Human Resources and Skills Development Canada's New Horizons for Seniors Program.
- We have an Elder Abuse Protocol that was developed by SSM and is on our website.

Housing

- We have formed a Housing Task Group which is presently looking at what is currently available, what might be needed, and what we might be able to do.
- We have given support to a provincial petition on affordable housing for seniors.

Finances

- The theme of our annual conference in May is \$eniors and Their Money.
- We are in the midst of a major project to develop a Fraud Awareness Toolkit geared toward seniors, but which will benefit everyone and which we hope to have available in most, if not all, of the communities in Saskatchewan. This is funded through Human Resources and Skills Development Canada's New Horizons for Seniors Program.
- Some of our member organizations are very involved in working on how to raise the levels of CPP, GIS and OAS to provide a more reasonable level of income for seniors.
- We attended and submitted a written presentation to a consultation on

- pensions being hosted by 3 local Conservative MPs.
- We are involved in the Targeted Initiative for Older Workers program which is jointly funded by Human Resources and Skills Development Canada (federal) and Advanced Education Employment and Labour (provincial). This is the first time this program has worked with a community based organization like ours.

Heath Care

- A number of people connected to SSM attended the consultations on a Seniors' Care Strategy which MLA Laura Ross hosted throughout the province.
- We held a Primary Health Care Conference in early March which was attended by approximately 160 people. We will continue to work in this area.
- We have an ongoing relationship with Philips Lifeline which provides a medical alarm and personal response service.
- Saskatchewan Seniors Mechanism and many of our member organizations are actively involved in encouraging seniors to live a lifestyle that is active physically, mentally, and socially.
- The Executive Director attended a meeting with Health Minister Don McMorris, as part of a group put together by the Saskatchewan Voice of People with Disabilities, to discuss Individualized Funding
- We are a member of ALCOA

Bylaws Committee Report
Saskatchewan Seniors Mechanism
2010 Annual General Meeting

Committee Members: Jim Slough, Chair

Proposed Changes to SSM Board Structure
For consideration in 2011

The policy task group has had conversation about the need to look at changes to the structure of our Board. As the number of member organizations increases, the size of the Board continues to grow. We are currently at a point where the size of the Board is becoming too large. We want to continue to grow our membership and build a stronger network of seniors organizations. We have developed a recommendation for changing the structure to present at this Annual Meeting. The intent is to spend the coming year discussing this recommendation, developing it further and then presenting it for a decision at the 2011 Annual Meeting.

The recommendation is as follows:

Instead of having each organization name one representative to the Board, the Directors would be elected at the Annual Meeting each year. Any vacancies occurring during the year would be filled on an interim basis by the Board. All Directors will be elected for a two or three year term. Terms would be arranged so that not all Board Members would change at the same time.

The President, Vice President, Treasurer and Secretary will be elected by the Annual Meeting. Each will serve a two or three year term.

All full member organizations would continue to name three voting delegates to the Annual Meeting. In addition to the Annual Meeting, there would be one or two other gatherings of the full membership in each year. (Perhaps similar to our retreat in 2009.)

Any member organization with an item to put before the Board may have access to the Board at any time by means of a written submission or by attendance as a corresponding member. Written submissions will receive a written response from the Board.

All member organizations are invited to discuss these proposed changes. We hope to have a "town hall" sort of meeting of all those interested to discuss this at some point during the coming year.

Grants Report
Saskatchewan Seniors Mechanism
2010 Annual General Meeting

Core Funding:

Saskatchewan Seniors Mechanism receives its core funding from:
Saskatchewan Parks and Recreation Association, and
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 on seniors issues, advocacy, an annual conference to raise awareness about seniors concerns, bringing seniors groups together to facilitate opportunities to work together, a resource/service library for seniors, the Century Club, events, retreats, and many others.

CORE FUNDING for 2009-2010:

Saskatchewan Health	\$46,172
Saskatchewan Parks and Recreation Association (Sask. Lotteries)	\$156,880

Member Organizations' Program Funding:

Fifty percent of funding from Saskatchewan Parks and Recreation supports member organizations' programs that focus on active living.
In 2009-2010 those grants were distributed as follows:

SSFA: 55 Plus Games / Workshops, Clinics & Meetings / Walking Program	\$18,825
SSEC: Aging Well Outreach Program	\$31,050
SSAI: Member Newsletter	\$9,000
Federation des Aînés Fransaskois: Health Conference	\$725
Saskatoon Council on Aging: Saskatoon Century Club	\$9,940
Regina Senior Citizens Centre: Embracing Retirement Showcase	\$7,500
Women of the Dawn: Kokum and Moshum Project	\$1,400

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 2009-2010 the following grants enabled specific pieces of work:

Fraud Awareness (federal government New Horizons for Seniors – Elder Abuse Awareness) – development of a Fraud Cent\$ Toolkit with materials be disseminated to seniors groups throughout province	\$300,000 (over 3 years)
Recreation Information for Positive Participation (provincial government Sask. Parks and Recreation Association) – a program to reduce the barriers for certified fitness leadership for a provincial Older Adult Exercise program	\$50,000 (over 2 years)
Strategic Planning (provincial government SK Parks and Recreation Association)	\$3,000
Regina Housing Authority Outings (City of Regina Community Initiative) – recreation coordination in seniors’ buildings at Regina Housing Authority	\$7,500
Elder Abuse Conference (federal government New Horizons for Seniors) – bringing together interested provincial stakeholders at a conference to create a provincial action	\$24,625
Elder Abuse Network (federal government New Horizons for Seniors – Elder Abuse Awareness) – to establish a provincial elder abuse network and resource directory/inventory	\$101,967 (over 2 years)

Please note that this listing relates to work completed in the 2009-2010 fiscal year or work that has begun in the 2010-2011 fiscal year prior to this AGM. In some cases the grant money and/or the work may overlap more than one year.

**SASKATCHEWAN SENIORS MECHANISM
PROGRAM REPORTS**

Century Club

The Century Club was formed to honour seniors who have reached the age of 90 and are determined to continue living in as full and active a style as possible to the age of 100 and beyond. The Club provides a network for nonagenarians who wish to establish new friendships and provide mutual support. Approximately 200 people are members of the Century Club. The Saskatoon Council on Aging facilitates the operation of the Saskatoon Chapter of the Century Club.

Teas hosted by the Lieutenant Governor to honour the centenarians have become an annual event. In April 2010, the Honourable Dr. Gordon Barnhart hosted the tea at the Western Development Museum in Saskatoon.

We have dedicated a page in *Gray Matters* to tell the stories of these centenarians. Every club member receives a copy of *Gray Matters* on a quarterly basis. Each of them also receives a birthday card each year. We have recently created a new birthday card and have also redesigned the provincial brochure for the Century Club.

We are working on ways to provide more interaction with Century Club members and to find ways to encourage more sharing of their stories and experiences. We will be sending out a one page letter to each of them a couple of times each year in connection to a particular holiday or event. The first will be for Canada Day. It will invite them to share memories about Canada Days/Dominion Days of the past. This sort of sharing of memories is something we want to do more of and relate the sharing to particular topics.

2009 statistics tell us that there are 9,350 Saskatchewan residents who are 90 years of age or older. These seniors have a great deal of wisdom and experience to share. We are hoping to do more to connect with those seniors to encourage them to join the Century Club and to share some of their memories/stories. We are waiting to hear about grant possibilities to help us with this. The hope would be that once we have collected enough of these stories we might create a book called *A Century of Memories*.

Respectfully submitted,
Holly Schick
Executive Director

Certified Fitness Leadership for Seniors

In Partnership with Saskatchewan Parks and Recreation Association
(Recreation Information for Positive Participation)

This program straddles two fiscal years. It began in 2008 and was completed in June, 2009. Its intention is to facilitate training opportunities for seniors to become certified fitness leaders. SPRA promotes the value of properly qualified fitness leaders to lead fitness activities for seniors to minimize risk to the senior population.

The outcomes of this project have been positive. We completed and printed the fitness theory correspondence course, advertised for participants throughout the province and arranged for CPR and older adult fitness modules to be taught in locations across the province.

Thirty three participants registered for our program and were very excited to complete the training. As the training went on, many of our participants faced challenges. We ended the program with fifteen participants who passed the entire program. Some of the participants chose to go through varying levels and once that was completed they discontinued with our program.

SSM believes that having more certified trainers to lead exercise programs for seniors will not only reduce the risk of injury, but ensure more of our seniors, particularly in rural areas, stay active. Ultimately, this will contribute to improved quality of life for seniors in Saskatchewan.

Respectfully submitted,
Tracy Thompson
Program Coordinator

Fraud Awareness Toolkit (FRAUD CENT\$)

Purpose:

This is a 3 year project. The toolkit will be designed so that anyone in Saskatchewan, no matter where they live, will be able to request this **FREE toolkit**. The toolkit will be a complete road map of how to start a community anti-fraud presentation group. It will teach community based organizations how to create their own volunteer group and their goal will be to learn how to present an interactive FRAUD CENT\$ presentation. These presentations will be geared to seniors. The volunteers will teach seniors how to avoid possible frauds and scams in their communities. We believe that knowledge is power! Our goal is to get the information out to all Saskatchewan seniors so that they can avoid financial & emotional devastation.

Completed:

This year has been a very busy year for the Fraud Cent\$ Toolkit. In early 2009, we were busy working with committees to get pieces of the manual put together. We created an experts committee that met twice and shared what each of their organizations were doing and they passed along information that we could add to our manual. We created a presentation committee made up of volunteers from the ABC's of fraud program. Volunteers went out and did some test presentations that were videotaped. The videos were used to discern what type of presentations and skits worked best for each audience. We formed a volunteer committee that included people from other non-profits, who worked with volunteers on a regular basis. Their job was to put some information together on how to work with volunteers.

As the year progressed, the coordinator did extensive promotion of the toolkit throughout the province. Some of the methods she used were SSM Gray Matters, SSM website and giving presentations to any organization that requested one. This proved to be very successful as there is currently a waiting list for the toolkit and over 14 organizations that are willing to test the toolkit in 2010.

In November, we hired an author to help write the manual. Using the information that was compiled by the committees, the author and coordinator worked together and finished the first draft of the toolkit manual.

In March, 2010, we found people who were interested in working as actors and actresses to tape our very first FRAUD CENT\$ presentation and skits. This is a resource that people across the province will be able to access in their toolkit. It will give volunteers a visual of how a presentation is supposed to look and help them to learn the proper format. The coordinator has also finalized agreements with Access Communications, Shaw Cable and SaskTel to have the short skits play on their community channels so that even if people do not come out to the presentations, they can become informed on how to protect themselves by watching local TV.

Respectfully submitted,
Tracy Thompson
Program Coordinator

EXCURSIONS FOR SENIORS CONGREGATE HOUSING

This grant supported many different outings for seniors in Regina Housing Authority (RHA) buildings. This year we extended our bus route to include 4 more seniors buildings within Regina. We had a fabulous year!

We had regular scheduled outings to the Lawson Aquatic Centre & Fieldhouse. We took a cultural trip to different venues once per month. The trips included a visit to the Floral Conservatory, RCMP museum, Imax & Science Centre to list a few.

Attendance at each of these trips ranged from 20-55 people per trip. We had amazing feedback from participants and most participants wrote wonderful letters of support for our final grant report.

This year was exciting because we were able to build on the relationships that we formed last year and create new relationships with people who participated for the first time this year. We know that by creating relationships with these participants, we are encouraging them to get out and become more active while feeling secure and safe with our program guides.

Many participants have expressed interest in what is planned for next year. They feel safe to come out and volunteer with us at the Mechanism and expressed interest in helping organize next year's outings.

At the end of the day, we know we improved the quality of life for these seniors.

Respectfully submitted,
Tracy Thompson
Program Coordinator

SASKATCHEWAN SENIORS MECHANISM

OTHER REPORTS

Philips Lifeline Saskatchewan

Saskatchewan Seniors Mechanism

2010 Annual General Meeting

Terri Berglund

Program Manager

Total Active Subscribers:

YTD March 2010: 1,103

A. 2009-2010 Achievements and Projected Performance

Strong rapport has been established with our partner of ten years, Saskatchewan Seniors Mechanism, and has resulted in an increase in referrals and organic growth since Nov, 1999. Executive Director, Holly Schick and past executive director, Bev MacLeod have given me the opportunity to present new innovations from Philips Lifeline and distribute marketing material to board members twice in 2009-2010. Holly also was very influential in having me attend and display at the Rural Primary Care Conference in Southey in March/10. Saskatoon Council on Aging in Saskatoon has had me to their caregiver support group meetings and displays in various facilities in Saskatoon. They have invited me to their yearly Conference in Saskatoon "Spotlight on Seniors" with attendance of 600+ seniors and their families (rural and urban). Senior Power, Wally Coates, (who has Lifeline) has given me a half hour slot on Access TV viewed by the entire province in April/09. Regina Senior Citizens Centre-presentations and displays at various events-Falls Clinics, Flu clinics, yearly tradeshow "Embracing Retirement". Saskatchewan Seniors Association Inc- Len Fallows has invited me to their conference, presenting the services and display booth in June/10. SSM Administrative Assistant, Lynne Couzens, a longtime advocate for Lifeline, refers people in need of the service via phone, email, and walk-ins. SSM Fraud Awareness Program's coordinator, Tracy Thompson, is an advocate for Lifeline in her presentations to seniors throughout the province. One page ads in Gray Matters in all quarterly editions, our link to the SSM webpage and all the above have given Lifeline great exposure and increased installations. In turn, 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.

First Nations: In services and sales calls to over 20 bands in SK, to Directors and Home care nurses have resulted in installs, many being funded by the bands with Federal Community Development monies and other monies are recently coming out of the Community Development monies through the local casinos.

SFIPS (SK Falls Injury Prevention Strategies)- Board member since its inception in Nov/06 to develop provincial strategies for prevention of seniors' falls.

Regina and area Seniors Falls Prevention Committee-co-chair of committee with Shelly McEwen of RQHR.

Ongoing: In-services to Continuing Care Assistants at Saskatchewan Institute of Applied Arts and Sciences (SIAS) in Regina as part of their curriculum module, "Safe Environment" and completed annually.

Home Service Representatives (Lifeline installers): recruited prospects, collected resumes, and completed face to face interviews and orientation training. Also actively participated and helped organize 2 successful HSR Workshops annually in Regina and Saskatoon in June/09.

Assisted with training of new Philips Lifeline Community Representatives in MB and AB.

Continue to build rapport with VAC (Veterans Affairs Canada) in Regina and Saskatoon with sales calls and updates.

Royal Canadian Legion- continue to build rapport with the 200 Legions in SK through presentations to the larger ones in Saskatoon, Regina, and Prince Albert and replenish the other legions in my travels throughout SK. 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.

Philips Lifeline Marketing Resource Team: as a member assisted with 2 pilot projects in introducing new marketing tools to referral sources and gathering information from referral sources to discover their needs.

Attended numerous provincial and local conferences and education days for a variety of healthcare professionals-SAHO (SK Association of Health Organizations), SGNA (SK Gerontological Nurses Association), SSOT (SK Society of Occupational Therapists), Interprofessional Geriatrics Conference, SRNA (SK Registered Nurses Association), Renal Dialysis Nurses Conference, Heart and Stroke, Palliative Care Conference, Diabetes Educators Education Day, Nurse Practitioners, Primary Health Care Rural Conference

Attended numerous conferences and trade shows locally and provincially which are attended primarily by seniors organizations, seniors and their families/ caregivers but also healthcare professionals-Spotlight on Seniors, Embracing Retirement, Caregiver Support groups in Saskatoon and Moose Jaw, absent from SSM conference in 2009 as was already registered for SRNA conference on the same dates as SSM.

Increased number of presentations to senior living residences and seniors

organizations.

Displays at wellness and falls prevention fairs in seniors' centers and residences have drawn large numbers of attendees and activations.

Developing and maintaining provincial and community relationships:

All hospitals and health centres (healthcare professionals-nurses, nurse practitioners, Drs. Therapies, social workers, discharge planners)

Provincial Home Care

Community Health Nursing Services in First Nations Communities

Private Home Health Services

Seniors Healthy Living Program

Private Duty nurses-primarily Regina and Saskatoon

Community Clinics/Family Services

Physicians' offices

Podiatrists

Footcare clinics

Pharmacies

Day Programs/ Convalescent care, Extendicare/Transitional and Quick Response Units

Allan Blair Cancer Centre

Veteran Affairs Canada (VAC) Regina and Saskatoon offices

Saskatchewan Safety Council

Emergency Medical Services

HealthLine

VON-Saskatoon and Moose Jaw

Schools of Nursing

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, Arthritis Society, ALS Society, Osteoporosis Society,

Saskatoon Balance and Dizziness Centres, Post Polio Regina, Gerontology Association, CNIB, Stroke/Caregiver Education Program, Saskatchewan Voice of People with

Disabilities, Canadian Paraplegic Association, SK Aids to Independent Living

Other groups - various seniors centres and groups in seniors complexes and churches.

Kiwanis clubs

Networking with any other health related organizations-home health aid stores

Philips Lifeline acquired competitor, Parkland Ambulance Personal Response Services in Prince Albert. Swap outs with Lifeline equipment were completed in Feb/10



ALCOA Representative Report

Saskatchewan Seniors Mechanism

2010 Annual General Meeting

Activity: During the 2009/10 year, as SSM Representative to ALCOA, I participated in two “Round Table” teleconferences. Having also been elected as an ALCOA Guardian (i.e. member of the *Board of Directors*) I attended a one-day Strategic Planning Session and I participated in eight monthly teleconferences.

Status: In common with almost all other non-profit agencies, ALCOA remains vulnerable to the overall economic recession and to unforeseen cuts to government programmes. As a consequence, ALCOA has entered into formal negotiations with a corporate sponsor in order to defray some of the publication and distribution costs. Concurrently, ALCOA has been able to reduce some minor expenses and to broker several relatively small partnership projects with Roundtable members. Nonetheless, the Guardians approved a net loss for the fiscal year, to cover “survival” pending some key decisions from the Public Health Agency of Canada PHAC.

ALCOA Future: The major 2008/09 ALCOA research project was related to Active Living for Canadians with diabetes. In April 2010 it was learned that the ALCOA proposal for Phase II had been accepted by PHAC, and that would be sufficient to postpone “survival” decisions at least until beyond 2012!

ALCOA Priorities: For over a year, Guardians have been surveying current and prospective members about the relative need for different ALCOA activities and products. Based on national returns, Communication Strategies have been prioritized, and priorities will emphasize communications to and with Roundtable members and will moderate communications with the Public, Media and Government. The general consensus is that ALCOA successes have been to facilitate research, and to coordinate (or at least harmonize) partnerships amongst Roundtable members.

Recommendation: Since the SSM / ALCOA relationship is mutually beneficial, the SSM should continue as a Roundtable member. Moreover, to the extent that much of the ALCOA Executive Director’s energies are focused on identifying new activities or renewed partnerships, it is appropriate that the SSM Representative to ALCOA should be Holly Schick, the SSM Executive Director, and also appropriate that Holly accept a nomination as an ALCOA Guardian for the 2010/12 period (renewable).

Miscellaneous: I thank the SSM Board for having giving me the opportunity to serve as their representative to ALCOA for the past three years. If I can assist Holly as an *ad hoc* volunteer researcher (or alternate representative from time to time) I would be pleased to do so.

Respectfully submitted,
Charles Keple
ALCOA Representative

**SASKATCHEWAN SENIORS MECHANISM
NOMINATING COMMITTEE REPORT**

Nominating Committee Report

Saskatchewan Seniors Mechanism 2010 Annual General Meeting

Chair: Fern Haight

Report to the Annual General Meeting

Nominee for President - Les Lye

Les has served as 1st Vice President of the Saskatchewan Seniors Mechanism Board before becoming Treasurer. Over the past five years Les has served as Treasurer of the SSM Board.

Note: Nominations will be called for at the AGM. If there are members nominated from the meeting and a nominee agrees to let his or her name stand, there will be a ballot by secret vote.

Report to the Board Meeting immediately following the AGM

Nominees for the Executive Committee of the Board:

Betty Pickering
Alf Zimmerman
Allan Stamler
Margaret Gailing
Allen Morrison

Respectfully submitted,
Fern Haight
Nominations Chair

**SASKATCHEWAN SENIORS MECHANISM
RESOLUTIONS**

SUBMISSION OF RESOLUTION

#1

To: SSM Resolutions Committee

Date: March 31, 2010

Sponsored by Saskatoon Council on Aging (SCOA)

Moved by _____

Seconded by _____

BE IT RESOLVED that
Saskatchewan Seniors Mechanism (SSM) call upon the Government of Saskatchewan to enact
legislation to provide financial support to low-income seniors requiring the level of care provided by
Personal Care Homes.

Background Information:

The Government of Saskatchewan provides financial assistance for low-income seniors through
subsidies for housing, home care and long-term care. However, they do not provide subsidies to low
-income seniors for **Personal Care Homes.** These low-income seniors, who need the level of care
provided by the **Personal Care Home** sector, find it necessary to live at risk because of inadequate
financial resources to access the care provided in **Personal Care Homes.**

Saskatchewan Seniors Mechanism
Resolutions Committee
112-2001 Cornwall St. Regina, SK S4P 3X9

SUBMISSION OF RESOLUTION

#2

To: SSM Resolutions Committee

Date: April 27, 2010

Sponsored by Saskatchewan Seniors Association Inc (SSAI)

Moved by _____

Seconded by _____

BE IT RESOLVED that

Saskatchewan Seniors Mechanism (SSM) join with SSAI in requesting core funding from the Government of Saskatchewan which will enable senior centers across the province to remain open and viable.

Background Information:

The increasing cost of energy, power, water and telephones is making it extremely difficult for these centers to provide the much needed recreational and social activities so vital to seniors, especially those living in rural Saskatchewan. Without the senior centers many seniors would not be able to take part in those activities that promote a healthy and independent life style.

Saskatchewan Seniors Mechanism
Resolutions Committee
112-2001 Cornwall St. Regina, SK S4P 3X9

SASKATCHEWAN SENIORS MECHANISM

OTHER

SASKATCHEWAN SENIORS MECHANISM

VOTING DELEGATES

SSM ANNUAL GENERAL MEETING – 2010

1. Les Lye 2. Andre Nogue 3. Sharon Cole	National Association of Federal Retirees
1. Laurent Desrosiers 2. Annette Labelle 3.	Fédération des Aînés Fransaskois
1. Wendy McDermid 2. Cathy Theriault 3. Bill McLean	Regina Senior Citizens Centre Inc.
1. 2. 3.	Saskatchewan Retirees Association
1. Len Fallows 2. Fern Haight 3.	Saskatchewan Seniors Association Inc.
1. Kerrie Strathy 2. Marj Thiessen 3.	Saskatchewan Seniors Education Corporation
1. Margaret Gailing 2. Myrtle Bell 3. Ollie Marciniuk	Saskatchewan Senior Fitness Association Inc.
1. Allan Stamler 2. Candace Skrapek 3.	Saskatoon Council on Aging
1. Wally Coates 2. 3.	Senior Power

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. Jim Slough 2. Peter Wiebe 3. Al Schell | Superannuated Teachers of Saskatchewan |
| <ol style="list-style-type: none"> 1. Wes Norheim 2. Betty Pickering 3. Lynn McCaslin | Saskatchewan Federation of Union Retirees |
| <ol style="list-style-type: none"> 1. Wayne Rutten 2. Jen Bryski 3. Gerard Faulkner | SaskTel Pioneers Chapter 59 |
| <ol style="list-style-type: none"> 1. Ivy Kennedy 2. Lamar Scales 3. Delphine Bitternose | Women of the Dawn |
| <ol style="list-style-type: none"> 1. Kurt Holstein 2. 3. | Canada Post Heritage Club – Golden Sheaf Chapter |
| <ol style="list-style-type: none"> 1. 2. 3. | Moose Jaw & District Seniors Association |
| <ol style="list-style-type: none"> 1. 2. 3. | Catholic Family Services |

Appendix A