

Saskatchewan Seniors Mechanism



**Saskatchewan
Seniors
Mechanism**

Seniors Working Together

27th Annual General Meeting

June 1, 2017

**Travelodge Hotel & Convention Centre
Regina, SK**

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AGENDA

2017 ANNUAL GENERAL MEETING

Thursday June 1, 2017

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 2, 2016 Annual General Meeting
5. President's Report—Robert Wuschenny
6. Executive Director's Report—Holly Schick
7. Program Committee Reports
 - a. Century Club
 - b. Celebrating Seniors
 - c. Communication
 - d. Research & Issues
 - e. Age-Friendly Saskatchewan
 - f. Media & Ageism
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—Randy Dove
9. Other Reports
 - 8.1 Grants
 - 8.2 Philips Lifeline Saskatchewan
10. Nominations
11. Resolutions
12. Closing Remarks

SASKATCHEWAN SENIORS MECHANISM
MINUTES OF PREVIOUS AGM — June 2, 2016

AGM Minutes
St. Mary's Ukrainian Catholic Parish Cultural Centre
Yorkton, SK
June 2, 2016
1 p.m.

Present:

President : Robert Wuschenny

Voting Delegates

Ghislaine Lepage	Fédération des aînés fransaskois
Raymond Lepage	Fédération des aînés Fransaskois
Louis Leblanc	Fédération des aînés Fransaskois
Marj Thiessen	Lifelong Learning Centre
Hertha Kay	Lifelong Learning Centre
Maria Reardon	Lifelong Learning Centre
Albert Kildaw	National Association of Federal Retirees
Kathy Lye	National Association of Federal Retirees
Randy Dove	Saskatchewan Retirees Association
Ken Lozinsky	Saskatchewan Retirees Association
Maxine Stinka	Saskatchewan Senior Fitness Association Inc.
Lorraine Garratt	Saskatchewan Senior Fitness Association Inc
Gordon Garratt	Saskatchewan Senior Fitness Association Inc
Fern Haight	Saskatchewan Seniors Association Inc.
Lorna Weldon	Saskatchewan Seniors Association Inc.
Isobel Fowler	Saskatchewan Seniors Association Inc.
Nancy O'Donnell-Monk	Saskatchewan Union Retirees Federation
Maureen Eckstein	Saskatchewan Union Retirees Federation
Shirley Dixon	Saskatchewan Union Retirees Federation
Wilma Mollard	Saskatoon Council on Aging
Doreen Rathbeger	Superannuated Teachers of Saskatchewan
Sunil Pandila	Superannuated Teachers of Saskatchewan

Board Members not listed above (Voting)

Les Lye
Andre Nogue
Brian Harris

1. Call to Order
President Robert Wuschenny called the meeting to order at 1:00 p.m.

2. Introduction of SSM Board

3. Adoption of Agenda

Motion: Kathy Lye/Randy Dove that the agenda be adopted as presented. Carried.

4. Approval of the minutes of June 11, 2015 AGM

Motion: Andre Nogue/Isobel Fowler moved the minutes be adopted as circulated. Carried.

Business arising from the minutes: none

5. President's Report — presented by Robert Wuschenny

6. Executive Director's Report – presented by Holly Schick

- Pan Canadian Grant - 1.7 million over 3 years and includes projects by Canadian Red Cross, Alzheimer Society and SPHERU
- Rosemary Flaman is moving to Alberta and will no longer be employed by SSM as of end of Sept 2016
- Thanks to volunteers, staff, board members and president Robert Wuschenny for their work over the year.
- SSM advertising on FACEBOOK
- Retirement Transitions – project with SURF – for more info contact SURF or speak to Shirley Dixon after meeting

7. Program & Steering Committee Reports

a) Century Club — presented by Rosemary Flaman

- working on establishing a chapter in Moose Jaw
- Rosemary Flaman expressed how much she was going to miss SSM and all the people connected

b) Celebrating Seniors — presented by Fern Haight

- Fern Haight encouraged attendees to go home and submit a nomination by June 10, 2016
- Kathy Lye commented that the Education Award includes the broader definition of education, not just teachers

c) Research & Issues — presented by Les Lye

d) Seniors & Isolation — presented by Holly Schick

e) Age-Friendly Saskatchewan — presented by Robert Wuschenny

f) Older Adult Abuse Education — presented by Holly Schick

Motion: Kathy Lye/Albert Kildaw that the President's, Executive Director's, Program & Steering Committee Reports be accepted as circulated/presented. Carried.

8. Standing Committee Reports

8.1 Finance & Audit Committee Report — presented by Andre Nogue

Motion: Andre Nogue/Maxine Stinka that the Financial Statements and the Auditor's Report be accepted as presented. Carried.

Travel review reimbursement policy – SSM uses provincial travel policy – hadn't been amended for 10 years and when dealing with volunteers need to make adjustments. Meal stipend adjusted slightly so we are between provincial and federal standard, paying by receipt for cost of meals to maximum \$50.00 per day.

Motion: Andre Nogue/Isobel Fowler that MWC Chartered Professional Accountants be reappointed as auditor for 2016/2017. Carried.

8.2 Governance Committee Report presented by Robert Wuschenny

Motion: Wilma Mollard/Randy Dove that the Standing Committee Reports be accepted as presented. Carried.

9. Other Reports — presented by Holly Schick

9.1 Grants Report

9.2 Philips Lifeline Saskatchewan

9.3 ALCOA Representative

Motion: Albert Kildaw/Kathy Lye that the Other Reports be accepted as circulated/presented. Carried.

10. Nominations Committee Report presented by Les Lye

The following nominees were declared by past president, Les Lye, to their respective positions by acclamation.

Each nominee was allowed to speak for 2 minutes.

President: Robert Wuschenny (re-elected by acclamation)

Vice President: Linda Anderson (re-elected by acclamation)

Members At Large:

Randy Dove (re-elected by acclamation)

Nancy O'Donnell-Monk (elected by acclamation)

Sunil Pandila (elected by acclamation)

Mae Wesley (elected by acclamation)

George James (elected by acclamation, 1 year term)

Motion: Les Lye/Brian Harris that the Nominations Committee Report be accepted as circulated/presented. Carried

11. 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

The resolution passed by a show of hands.

Other business

Correction to AGM Book 2015 - page 75 – year should be 2016 not 2015.

12. Closing Remarks – Robert Wuschenny thanked outgoing Board Members (Jeanne Alexander, Shirley Arnold) for their contributions as Members of the Board.

Motion: Robert Wuschenny declared the meeting be adjourned @ 2:30 p.m. Carried.

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.
- 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

Saskatchewan Seniors Mechanism

2017 Annual General Meeting

2016 – 2017 has been a busy and productive year for SSM. Some of the year's highlights are:

- The September Board Orientation was an opportunity to welcome and acquaint new Board members with SSM procedures and structures and for the Board to set goals for the year.
- We bid a fond farewell to Program Coordinator Rosemary Flaman and welcomed her replacement Michel Sorensen as well as Media and Ageism Coordinator Linda Anderson.
- Held a Town Hall Meeting on a potential Canadian Health Accord together with three of our organizations.
- Met with the House of Commons Standing Committee on Finance at their request. We raised issues on Age-Friendly Communities, Home Care, pensions and a National Pharmacare Program.
- Met with the House of Commons Standing Committee on Operations and Estimates regarding possible changes to Canada Post mail delivery.
- We continued to meet with the Ministry of Health on a regular basis, putting forth issues of concern to seniors. We also met with Minister of Health, the Hon. Jim Reiter.
- Following the provincial election, we were invited to attend a roundtable on accessibility to voting and to participate in a focus group to identify observations regarding the federal election.
- We requested and received approval for Caregivers Week, March 19 – 25, 2017.
- Revised the Frauds and Scams Handbook in collaboration with the Saskatchewan Safety Council, Saskatchewan Business Bureau, R.C.M.P., Crime Stoppers, Regina City Police and the Financial and Consumer Affairs Authority.
- Continued to encourage and promote Age-Friendly communities and created a Saskatchewan resource, in both French and English, as well as a video for use in Age-Friendly communities presentations.
- Monitored Saskatchewan media to assess ageism in the media.
- Committees each met regularly to plan and execute their committee tasks.
- The Governance Committee drafted a template for committee mandates, a number of which were presented to the Board for approval. Included were Board Duties and Responsibilities, job profiles for the Executive Director and for Board Officers. Several policies were also approved: Hours of Work, Stat Holidays, Vacation Leave, Sick/Compassionate Leave, Travel and Expenses, Equal Opportunity, Termination of employment. Governance continues as “work in progress”.
- Accepted Association of Personal Home Care Operators of Saskatchewan as a Supporter Organization.
- Developed a new Vision Statement: “Quality Life for All Older Adults in Saskatchewan”.

- An Age-Friendly resource currently available in both French and English is in place and an Age-Friendly Brochure is currently available in English with a French version in the works.
- Member Organization Consultation once again provided an opportunity for SSM and organizations under its umbrella to consult with one another and to exchange information on work being done in the respective organizations.
- Presented Volunteer Awards to celebrate seniors.
- Distributed \$97,970.00 to member organizations for activities and programs as outlined in their grant applications.
- Hosted another successful four western provinces Age-Friendly consultation.
- Received the Better Business Bureau of Saskatchewan Torch Award for an ethical non-profit organization.

Thanks to Board members Randy Dove, Margaret Gailing, Brian Harris, George James, Les Lye, Wilma Mollard, Louise Nichol, Andre Nogue, Nancy O'Donnell-Monk, Sunil Pandila and Mae Wesley for your hard work to ensure the continued success of SSM. Thanks also to our capable staff Linda Anderson, Lynne Cousins, Holly Schick, Michel Sorensen and Beth Stilborn for your diligence and support.

Respectfully submitted,

Robert Wuschenny
SSM President

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

Executive Director's Report

Saskatchewan Seniors Mechanism 2017 Annual General Meeting

SSM continues to be a dynamic, growing organization. I am pleased to share some of the work of the past year with you. More detailed reports from our committees and on some of our programs and partnerships are included later in this book.

Our annual conference took place on June 1-2 in Yorkton. The theme was *Alone or Lonely? - Seniors and Isolation*. Speakers included Suzanne Allen, New Horizons for Seniors speaking about Why We Need to Focus on Addressing Social Isolation of Older Adults and Ways Social Isolation of Older Adults is being Addressed; Nuelle Novik, Research Faculty, SPHERU speaking about Rural Older Adults and the Impacts of Social Isolation; Joanne Bracken, Alzheimer Society of Saskatchewan speaking about Dementia and Isolation; Rob Cozine, speaking about Saskatchewan Crime Stoppers; Yvette Crane and Sandra Leitch from the Red Cross speaking about their Friendly Visiting Program; and Linda Restau and Bernie Gibson from the Community Care Branch sharing an Overview of Programs and Services for Older Adults. We also heard from communities that have been involved in pilot projects around reducing isolation in rural communities, and we introduced the resource we created as part of the Seniors and Isolation project. There were also displays and time for participant discussion and input.

Our **Annual General Meeting** was held in June following the annual conference. We elected four new Board Members – Mae Wesley, Suniel Pandilla, Nancy O'Donnell-Monk, and George James. Our Board Members continue to be eager and committed to attending meetings and getting involved with various committees and task groups.

We have received funding for Creating Inclusive Communities – which includes ongoing work on Age-Friendly Communities, work on media and ageism, and elder abuse – through a New Horizons Pan-Canadian Contribution Agreement. We are working with the Alzheimer Society, the Red Cross, Saskatchewan Population Health and Evaluation Research Unit, the Lifelong Learning Centre and the Fédération des aînés francosaskois as part of an overall impact plan collaborative and each of us has one or more projects that we will be working on.

In August we completed our project on **Seniors and Isolation** funded through New Horizons. As part of this project we developed a resource that can be used to offer programs for seniors in rural communities. We worked with the communities of Hanley, Lumsden and Strasbourg to pilot ideas. We are very pleased that all three pilot projects continue to be very active and successful in getting more older adults out to events in their communities. One of the interesting learnings seems to be that the key factor in getting something happening in these communities is the initial focus group meeting where people are given an opportunity to think about their community,

who they need to reach out to, and have a chance to think about some ideas of how to get things going and the types of activities they could look at. This seems to provide a kind of jump start to get things going in the community.

We had no difficulty in getting active senior volunteers willing to take the lead in getting things happening in their community. Not only are more seniors out and involved, but we strengthened the community senior volunteer leadership which is the key to keeping things happening.

We published our book, ***A Century of Memories***, which contains stories we received from people 90 years of age and older. We printed 500 copies and have sold approximately 450 so far..

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

We continue to do presentations on **Fraud Awareness** and continue to supply Handbooks to various groups including libraries, police, superannuated teachers and seniors groups. We have worked with the Better Business Bureau, Sask. Safety Council, Financial and Consumer Affairs, and Crime Stoppers to update, expand and reprint the handbook as "Fraud Prevention and Safety for Individuals". The revised edition is now available.

Senior Neglect and Abuse Victims Response Line – We completed a small research project through the Community Research Unit at the University of Regina. The research is on the available services and gaps, in Regina Qu'Appelle Health Region, for victims of senior abuse and neglect.

This year we welcomed one new **Supporter Organization** – The Association of Personal Care Home Operators in Saskatchewan.

We worked with the Fédération des aînés fransaskois and the Alzheimer Society of Saskatchewan to host a roundtable discussion on the possibility of starting a **caregiver respite program** here in Saskatchewan that could be similar to the Québec program, Baluchon Alzheimer. Guylaine Martin, Executive Director of Baluchon Alzheimer, spoke about the Québec program and participated in the discussion. We continue to work on this exciting possibility.

We were pleased that Minister Reiter responded positively to our request to have a week in March declared **Caregivers Week**. We put some basic ideas for the week on our website. We are planning to make the same request next year and to have additional resources for it. Sask. Health made sure the information about the week was distributed through their networks and made available on their website.

We worked with the National Association of Federal Retirees, the Canadian Medical

Association, the Saskatchewan Union Retirees Federation and the Regina Branch of the Superannuated Teachers of Saskatchewan to host a **Town Hall on the Canada Health Accord and Older Adults**.

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.

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

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.

We installed a new **phone system** in our office. Our old phones had been around for several years and we didn't have really good phones for a couple of the staff. The new system has additional features we are making good use of.

We have hired **two new staff people**. Michel Sorensen is our new Program Coordinator, replacing Rosemary Flaman who retired and moved to Alberta. Linda Anderson has been hired to work ½ time for three years on the Media and Ageism project. Both are proving to be excellent additions to our staff team.

In addition to the above SSM has been involved in many other activities, some of which are:

- Hosted an Elections Saskatchewan Focus Group on voting accessibility
- Participated in Sask. Health Physician Assisted Dying Engagement Session
- Presentation on SSM and seniors issues we are working on at Saskatchewan Seniors Association convention – focus was on seniors and isolation
- Display at Celebrate 50+ (Regina Senior Citizens Centre)
- Display at Spotlight on Seniors in Saskatoon
- Member of and attended STOPS to Violence meetings
- Member of and attended meetings of the Saskatchewan Mental Health Coalition
- Attended Regina Partnerships for Positive Aging meetings
- Corresponding participant with Saskatoon Falls Consortium
- TV and radio spots on Celebrating Seniors, Annual Conference, books published, issues important to older adults, what SSM does, etc.
- Attended meetings as a member of the New Horizons Rural and Remote Advisory Board
- Meeting with CARP Regina advocacy coordinator
- Participated in DISC meetings
- Display booth at Moose Jaw Seniors Trade Show
- Attended SCOA 25th Anniversary Luncheon
- Nominated for Better Business Bureau Torch Award and attended awards banquet
- Attended Revera Ground Breaking

- Participated in Regina Foodbank Info Fair
- Attended built environment meeting with City of Regina and RQHR
- Attended FAF Conference and AGM
- Display at Saskatchewan Retirees Association AGM
- Met with representative of Greystone Bereavement Centre regarding possible collaboration on workshops, etc.
- Presentations at College Park Retirement residences and participation in their “games”
- Met with medSask about possible ways to work together
- Made an Age-Friendly Presentation to the SRNA Conference
- Display at SANP Conference
- Provided feedback to media on various issues
- Held SSM Xmas Party
- Attended Sask. Safety Council Lunch - Conexus Arts Centre
- Attended Lifelong Learning Centre Christmas Party
- Attended Prairie Heart Mobility Christmas Party
- Attended Better Business Bureau Christmas Reception
- Presentation on SSM and Age-Friendly to U of R Social Work Students
- Member of Active Aging Canada (formerly ALCOA)
- Attended lectures sponsored by Centre on Aging and Health, invited to attend their pre-lecture meet and greet, participated in selection committee for their awards
- Display booth at Southey Trade Show
- Display booth at Cupar Health Fair
- Made an Age-Friendly Presentation to the SPRA Conference
- Meeting with Sun Country Health District on seniors activities
- Presentation on SSM and Century Club at Queen Victoria Estates
- We were invited to contribute to *Impacting Seniors Health* produced by the Saskatchewan Health Research Foundation and to speak at the media release of this report.
- Attended Alzheimer Society event launching their Dementia Friendly Communities Project
- Participated in Sask. Safety Council Seniors Safety Summit
- Presentation on SSM and Age-Friendly Communities to Eastside women’s group
- Fraud awareness presentations in Semans, Punnichy, Swift Current and other locations
- Invited by the House of Commons Standing Committee on Finance to make a presentation to them on priorities for older adults
- Invited by the House of Commons Standing Committee on Operations and Estimates to make a presentation on proposed changes to Canada Post

Thanks go out to everyone connected with SSM for their continuing commitment, creativity and hard work. First of all the members of our staff team. Lynne Couzens, Administrative Assistant, continues to do excellent work in a variety of areas, including

our graphic design work. Our Program Coordinator, Michel Sorensen, is proving to be a creative and enthusiastic member of our team, providing leadership in the many and varied SSM program areas. Beth Stilborn is our Office Support Staff person and continues to use her skills in a variety of areas, including creating Facebook posts for us. Linda Anderson is our Media and Ageism Project Coordinator and brings considerable experience and expertise in communications to this work, including the work on the Age-Friendly Video.

Each of our Board Members and the people serving on various committees and task groups are a gift to SSM because of their willingness to give of 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 dedication and leadership.

Respectfully submitted,

Holly Schick
Executive Director

**SASKATCHEWAN SENIORS MECHANISM
PROGRAM REPORTS**

Century Club

Committee Members: Shelly Brenner
Ken Mitchell
Marilyn Lorence
Mae Wesley
Trevor Quinn
Jeanne Alexander
Jack Boan
Photographer: Dale Williams

I became involved with the Century Club in October of 2016 — in fact it's been one of the most rewarding parts of my job. I have enjoyed planning each event with the committee members who have been great to work with.

The Century Club was formed to honour seniors who have reached the age of 90 and who are determined to continue living life in as full and active a lifestyle as possible to the age of 100 and beyond.

The Saskatoon Century Club is administered by the Saskatoon Council on Aging.

Since the fall we have had many great celebrations with the Regina Century Club: Fall Art Show at The Bentley, Christmas Show at College Park, Robbie Burns Day at Wintergreene Estates, St. Patrick's Day was celebrated at Orange Tree Intergenerational Living and a Victorian Theme was celebrated in May at the Regina Floral Conservatory. We appreciate the involvement of the many facilities that host our events.

In October we met with some community members in Moose Jaw regarding starting up a Century Club in Moose Jaw. January 18th was the first Century Club gathering in Moose Jaw, hosted by The Bentley. There were 15 members who signed up. The residents of Moose Jaw loved this event and that led to the next one being held April 20th at West Park Crossing. To date we have about 25 Moose Jaw members and are excited to welcome more.

I have enjoyed meeting our members and getting to know their stories. Each gathering, I'm amazed at what I learn from these amazing folks. I love their smile, their sense of humour, that twinkle in their eyes.

One very exciting announcement I want to leave you with is the introduction of the newest Century Club member. In April our SSM staff wrote a letter to Her Majesty Queen Elizabeth inviting her to join our Century Club. On May 17th, we received a letter back that the Queen has accepted our request and has now become an honorary member of the Saskatchewan Century Club.

As we move forward, I want to keep expanding our Century Club throughout our great province of Saskatchewan. I want every senior 90+ to have the chance to celebrate their life, to gather together, and meet new people and connect with old friends. Our Century Club members have so much to offer, and it's important that we let them tell their story.

Respectfully submitted,

Michel Sorensen
Program Coordinator

Celebrating Seniors

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

The 7th annual Saskatchewan Senior Volunteer Awards was held at the Conexus Arts Centre in Regina on September 25, 2016. These awards recognize and honour the outstanding senior volunteers in Saskatchewan

To start off the evening the nominees were welcomed at the door with a beautiful corsage as well as receiving a gift bag. Each nominee had their photo taken individually and also with the Guest Speaker, Alvin Law.

M. C. J.C. Garden thanked everyone for coming. The evening started off with greetings from the Government of Saskatchewan and Mayor Michael Fougere. Following that the President of SSM, Robert Wuschenny, welcomed everyone.

Our Platinum sponsor for the night, CAA Sask, introduced Alvin Law. The guests enjoyed hearing about the life of Alvin Law and the many obstacles that he has overcome, and enjoyed his entertainment.

The **2016 Celebrating Seniors Award** recipients were:

Heritage and Culture — Amber MacLeod

Advocacy — Anne Chase

Teamwork — Regina Lutheran Home Ladies Auxiliary

Community Leadership-Urban — Joan Lidington

Education — Jean Kurbis

Community Leadership-Rural — Annette Labelle

Fitness — Betty Blair

Arts & Entertainment — Shirley Arnold

Centenarian — Herbert Duncan

Intergenerational — Saskatoon Council on Aging

Senior Friendly Business — Medicine Shoppe on 33rd—Saskatoon

Lifetime Achievement — Om Kochar

A special thank you to all the sponsors who provide support to our Awards. Also to the selection committee, the organizing committee and the staff at SSM for all your work making our **Celebrating Seniors Awards** a huge success.

Respectfully submitted,

Fern Haight
Committee Chair

Communication Committee

Committee Members: Margaret Gailing (Chair)
Jeanne Alexander
Nancy O'Donnell-Monk
Robert Wuschenny
Linda Anderson
Holly Schick
Lynne Couzens

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. This year, the committee worked on developing its mandate which was approved by the Board. It lists the responsibilities as:

Oversee all aspects of SSM communications:

- * Use of various communication tools and media;
- * Deepen and widen communication and connections with member and supporter organizations;
- * Promote SSM and attract organizations that might wish to become members and supporters;
- * Effectively communicate within the SSM networks and beyond to the general public;
- * Act as the Gray Matters Editorial Board.

The committee reviewed all the various forms of communication SSM uses to communicate with member and supporter organizations, governments, other organizations, and the public. We now have a comprehensive list of all of our means of communication and can assess where we need to put more effort.

We prepared and sent out four issues of **Gray Matters**, our quarterly publication. In order to include all relevant information, we continue to print 28-32 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 Reiter is continuing to submit articles. We are trying to follow a particular theme for each issue and believe this is making it an even better publication.

We continue to regularly update the content on the SSM **website** and the Age-Friendly Saskatchewan website. We had a new SSM website built after ours was hacked repeatedly and we found that the program we were using was just too old to be adequately protected. Both our websites are now 'mobile friendly'.

We are making more use of **Facebook**. We now have a several staff members who

are familiar with Facebook, so we are posting more about SSM. We are also working with the Leader Post on paid SSM ads on Facebook.

At the request of the Board, this committee worked on creating a new vision statement for SSM. This was then approved by the Board. The final result is “Quality life for all older adults in Saskatchewan”.

Respectfully submitted,

Margaret Gailing
Committee Chair

Research and Issues Committee

Committee Members: Les Lye (Chair)
Chuck Ames
Brian Harris
Kathy Lye
Ron Monk
Andre Nogue
Nancy O'Donnell-Monk
Al Schell

On November 9, 2016, a Town Hall Meeting on the Canada Health Accord was held and jointly sponsored by the National Association of Federal Retirees (NAFR), the Canadian Medical Association (CMA), Saskatchewan Seniors Mechanism (SSM), Superannuated Teachers of Saskatchewan (STS), and the Saskatchewan Union Retirees Federation (SURF).

The panel members were Dr. Guruswamy Sridhar (CMA), Maureen Klemp (Nurse Practitioner), and Louise Simard (former Minister of Health in Saskatchewan). The Town Hall was moderated by Dave Morgan, a volunteer broadcaster with Regina Community Radio.

Over 100 people attended the Town Hall.

A final report is being compiled by NAFR's national office and will be presented to the provincial and federal governments. Similar Town Halls were held in Kelowna, Edmonton, Ottawa, Halifax and Charlottetown.

We assisted in planning the Conference on Medical Assistance in Dying.

Thank you to our committee members: André Nogue, Brian Harris, Chuck Ames, Ron Monk, Nancy O'Donnell-Monk, Al Schell, and Kathy Lye.

A special thank you to our Executive Director, Holly Schick for her valuable contributions.

Respectfully submitted,

Les Lye,
Committee Chair

Age-Friendly Saskatchewan

Committee Members: Robert Wuschenny, Chair
Sharon Chicoose
Brian Harris
Wilma Mollard
Ron Monk
Nancy O'Donnell-Monk
Ruth Robillard (on leave to June 30, 2017)
Jane Grieve
Kerrie Strathy
Louise Nichol

The Age-Friendly Saskatchewan Committee continues to progress by presenting to and supporting Saskatchewan communities as they journey toward becoming more age-friendly. The Committee has presented to over 20 communities. New connections have recently been made with Rosetown, Strasbourg, Meadow Lake, Nokomis, Humboldt, Tisdale, Swift Current, Regina, Fort Qu'Appelle, Indian Head, Weyburn, Radville, Bulyea and Pasqua First Nation. We have begun tracking communities in order to ascertain where each is in their age-friendly journey.

New Horizons Pan Canadian Grants funding is in place for creating inclusive communities, including work on Age-Friendly communities, media and ageism, and elder abuse. We are working with the Alzheimer Society, Red Cross, Saskatchewan Population Health and Evaluation Research Unit, Lifelong Learning Centre and the Fédération des aînés fransaskois as part of an impact plan collaborative.

This past winter, we held a gathering with representatives from communities involved in the age-friendly initiative where we shared what communities are doing with respect to age-friendly as well as ways to address challenges. It was a great opportunity to learn from one another. Similar gatherings are planned in different areas of the province.

SSM is also working to reduce isolation through age-friendly communities. In order to do so, we recently tested out an idea in the communities of Strasbourg and Bulyea with a seniors and school children pen pal project that involved 26 seniors and 22 students. This culminated in a windup on March 10, 2017 when a potluck lunch was held for seniors and students, involving other community members, the school division literacy coordinator, the school principal and the president of SSM. This brought to the fore the intergenerational aspect of Age-Friendly. Project evaluations were very positive and seniors were unanimous in their belief that it reduced their isolation by better connecting them with the community. The experience was documented in our *Gray Matters* publication with the goal of encouraging other communities to try something similar.

Currently, we are in the process of developing a resource for measurement and evaluation of communities to determine their progress toward age-friendly milestones in order to be able to recognize them as having done so. As well, we are working on a resource for businesses to help them understand and work toward becoming age-friendly. The resource is meant to be used by any business in any community, but will be introduced in the particular communities with which we are working.

Our SSM Executive Director continues to be part of the PHAC Age Friendly Communities Reference Group. Ref-

Our Age-Friendly Communities Video has been completed and we are now starting to use it as a way of sharing what some communities (Regina Beach, Buena Vista, Moose Jaw, Ponteix, Strasbourg, Saskatoon, Prince Albert, Pasqua First Nation) are doing to reduce isolation of older adults by creating healthy, accessible, inclusive and safe communities where seniors are valued, included and supported. Hopefully, this will encourage more communities to be involved.

Again, SSM hosted a Western Provinces Roundtable on Age-Friendly Communities with representatives from the four western provinces attending. Also attending was Ramona Furkert from the Ministry of Health. Excellent sharing of information and ideas took place. The group is becoming more cohesive and intends to find ways to stay in touch over the coming year.

Respectfully submitted,

Robert Wuschenny
Committee Chair

Media and Ageism

Committee Members: Robert Wuschenny
Ray & Judie Purdie
Louise Nichol
Barb MacNaughton
Kim Antosh
Linda Gunningham
Greg McNamara
Tiffany Cassidy

The Media & Ageism committee is somewhat amorphous as volunteers with particular skills are needed for specific phases of the Media & Ageism project. For the first year members reviewed and edited the materials that were used for the media monitoring phases. Most also took part in the monitoring. Some members were kept informed but will become more active in the second phase of the project which includes the planning and implementation of outreach with the media and awareness raising with the public.

As part of the Creating a Culture of Inclusion plan, Media and Ageism planned and implemented the Media Monitoring research which took place in the second and third weeks of February, 2017. Approximately 35 communities' newspapers and/or other media were monitored. While the original group of monitors totalled 65 people, some monitors were unable to complete the task because of various life events. Those who monitored radio found an amazing lack of any stories about or affecting older adults.

Media Monitoring research has gathered the raw data about the the kinds of stories about older adults and the roles they play in the news. Data also will reveal where the voices of older adults are ignored even when the subject has implications for them. Qualitative monitoring found data on stories that were age positive or conveyed an ageist message, subtly or blatantly.

During the summer of 2017, with the help of the Saskatchewan Public Health Evaluation and Research Unit, I will work with Angela Culham, a graduate student research assistant. Angela will scan back copies of rural newspapers that were not monitored and add quantitative data from that source to our collection. She will then use her experience and skills to collate and record the data, do analysis and write research reports that will identify the reality of the media coverage for that period in February.

From September 2017 to October 2018, the Media and Ageism committee members and other consultants will plan and implement outreach to professional journalists and media management in various locations in south and central Saskatchewan. Outreach will include awareness raising and training using print, AV and social media objects. Using these resources and intentional publicity initiatives will also contribute to awareness raising with the general public.

Respectfully submitted,

Linda Anderson
Media & Ageism Coordinator

**SASKATCHEWAN SENIORS MECHANISM
STANDING COMMITTEE REPORTS**

Finance & Audit Committee Report

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

As in the past, the Finance & Audit Committee met on an 'as needed basis', usually prior to a Board or Annual General Meeting. The Committee met with the Auditor to receive his findings and recommendations following his audit of the association's financial statements.

The committee did review its mandate, structure and reporting mechanism. The revisions were then presented by the Governance Committee to the Board for approval.

The Committee reviewed the 2017-2018 budget prepared by the Executive Director before it was presented to the Board for approval.

Again this year, the Finance & Audit Committee, assisted by a few other members of the Board, conducted a review of the grant applications received from member organizations and prepared funding recommendations to the Board.

The committee wants to recognize publicly the work and the professionalism of both Holly and Lynne in guiding and supporting the committee in its work.

Respectfully submitted,

André Nogue
Treasurer

Appointment of Auditor

Motion: MWC Chartered Professional Accountants LLP be reappointed as auditor for 2017-2018

Moved by : André Nogue

Seconded by:

Governance Committee Report

Committee Members: Randy Dove (Chair)
Les Lye
Wilma Mollard
George James
Robert Wuschenny

The Governance Committee is a standing SSM Committee with the role to review and recommend revisions of SSM policies and bylaws, and to research issues and recommend new policies as needed.

Priorities – 2016-17

- Managed the transition of the change in Committee composition and leadership
- Introduced more structure to the Committee meetings, meeting records and reporting
- Updated SSM human resources policies to ensure they accurately reflected organizational practice and current legislation
- Introduced new SSM policies related to human resources management, business travel
- Developed position profiles for the Officers of the Board
- Developed mandate statements for the Executive, Governance, Finance and Audit, Nominations, Research/Issues and Communications Committees using the standard template approved previously
- Drafted mandate statements for Age Friendly, Century Club, Celebrating Seniors, and Senior Abuse and Neglect Committees, and circulated them to the Committees for comment
- Updated the Board Structure and Responsibilities statement
- Drafted a position profile and authorities statement for the SSM Executive Director
- Identified a quick reference guide for meeting leadership with Robert's Rules

During the next year, the Committee is committed to completing the review tasks and continuing to fulfil its mandate.

The Committee members would like to express their special thanks and gratitude to Linda Anderson for her leadership and energy during part of the reporting period.

Respectfully submitted,

Randy Dove
Chair

SASKATCHEWAN SENIORS MECHANISM

OTHER REPORTS

Grants Report

Saskatchewan Seniors Mechanism 2017 Annual General Meeting

CORE FUNDING for 2016-2017:

SSM receives core funding from Saskatchewan Parks and Recreation Association and Saskatchewan Ministry of 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, workshops, etc.

Saskatchewan Health	\$49,183
Saskatchewan Lotteries Trust Fund (SPRA)	\$212,053

Member Organizations' Program Funding:

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

In 2016-2017 those grants were distributed as follows:

SSFA: Educating older adults about the benefits of fitness through workshops & information sharing; events held to encourage participation in the Sask. 55+ games.	\$24,100
LLC: Opportunities for the Aboriginal Grandmothers Caring for Grandchildren Support Network and other lower income older adults in Regina to focus on increasing their own cultural knowledge as a way to become stronger advocates for and teachers to the children and teens under their care.	\$31,700
SSAI: Member Newsletter	\$9,000
Saskatoon Council on Aging: Saskatoon Century Club	\$19,150
Fédération des aînés fransaskois: Wellness programs to increase the diversity of recreational programs for French seniors. Part of the work on creating age-friendly communities; involves seniors working with municipal authorities to implement programs.	\$7,500

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 2016-2017 the following grants enabled specific pieces of work:

Age-Friendly Communities Video Project (federal government New Horizons for Seniors) – Creating a video to promote age-friendly communities. \$24,700

Creating a Culture of Inclusion (federal government New Horizons for Seniors) – Reducing Isolation of seniors in south and central Saskatchewan. Includes funding for age-friendly, media and ageism, and older adult abuse presentations. \$733,300
(over 3 years)

Age-Friendly Communities (Community Initiatives Fund) – to carry out some aspects of the Age-Friendly Communities work. \$48,250
(1 year, Jan.—Dec. 2016)

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 for 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 2016-2017 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 2016-2017

**Terri Berglund
Program Manager
Lifeline Saskatchewan xc236**

Total Active Subscribers: YTD April 2017: 1,145

2016 Achievements

Strong rapport has been established with our partner, Saskatchewan Seniors Mechanism, for over 17 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. SSM office staff, Holly, Lynne, Beth and Michel 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 attended the SSM's Annual Conference in June 2016 in Yorkton and I will attend 2017 SSM Conference in June in Regina. 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 PMD and refresh the GoSafe mobile service. One page ads in Gray Matters Newsletters 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 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 42 Healthcare Professional in services completed in 2016.

A total of 20 seniors' presentations in 2016

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, Extenders/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 17th year of service with Lifeline and 17 years of partnership with SSM in Nov 2016.

**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

**SASKATCHEWAN SENIORS MECHANISM
NOMINATIONS COMMITTEE REPORT**

Nominations Committee Report

Committee Members: Les Lye, Chair
Robert Wuschenny
Randy Dove

There is one person leaving the board, Wilma Mollard. Thank you for your participation.

The Board membership will be comprised of:

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

Members At Large:
Brian Harris (re-elected by acclamation)
George James (re-elected by acclamation)
Louise Nichol (re-elected by acclamation)
Nancy O'Donnell-Monk
Sunil Pandila
Brenda Selinger (elected by acclamation)
Mae Wesley

Respectfully Submitted.

Les Lye
Past President

**SASKATCHEWAN SENIORS MECHANISM
RESOLUTIONS**

SUBMISSION OF RESOLUTION

To: SSM Resolutions Committee

Date: April 17, 2017

Sponsored by: Board of Directors, Saskatchewan Seniors Mechanism

Moved by _____ Seconded by _____

BE IT RESOLVED that:

The Saskatchewan Seniors Mechanism carry out ongoing and multifaceted advocacy on behalf of its member organizations and older adults in Saskatchewan to demonstrate to the Government of Saskatchewan that the 2017 provincial budget has an adverse affect on the health and wellbeing of older adults.

Background Information:

Age-Friendly Communities encourages older adults to be involved in decision making in their communities, and encourages government leaders at all levels to take seriously the opinions of older adults.

Addressing the current provincial deficit is important. However, it is equally important to ensure that the needs of the people of Saskatchewan, particularly the most vulnerable, are being met. Our measure as a society comes from our ability to provide for a good quality of life for our citizens. Not all decisions can be made based on financial cost – the cost to our physical, mental and spiritual health must also be taken into account.

Funding for health care services

Good health is key to being able to live a full and active life. To maintain good health requires access to a variety of services as part of our health care system or at affordable costs.

Many older adults have fixed incomes not protected from inflation and cost increases. The recent provincial budget has made significant changes to funding that may affect the health and wellbeing of older adults and others.

Included in the changes are:

- Increased long term care charges
- Loss of funding support for chiropractor services
- Loss of support for hearing aid and podiatry services
- Introduction of PST on health insurance premiums
- Uncertainty about service levels with the merger of the health regions

Loss of STC Bus Service

Transportation is an essential service for people to allow them to access services, participate in the life of their communities, and stay connected with family and friends. Transportation needs change for many older adults. Driving may be restricted. Mobility issues may affect walking. Connecting to services requires affordable, appropriate transportation. With STC service no longer available, how will the provincial government address the need to provide the valuable services STC has offered? These include:

- Transportation to appointments e.g. medical
- Transportation to access services only available in another centre
- Accessible, affordable transportation, particularly for people in rural communities
- Freight service e.g. cancer medications to be administered locally for those too frail to travel
- Transportation of library books for the interlibrary loan system
- Providing the sole public transportation option in many areas

Reduction in Funding for Library Services

Older adults can become isolated due to ageism, chronic health problems, lack of transportation, low income, living at a distance from family, and critical life transitions. Libraries provide a valuable service that assists in reducing isolation of older adults. Library materials help older adults stay connected with current issues in the world, and provide a source of education and entertainment. Libraries are places where older adults can learn about and try out technology. Local libraries often provide programming that helps build stronger community connections for older adults and others.

Increases in PST

For older adults on low and/or fixed incomes, increases in the costs of goods and services can have a significant effect on their ability to access some of the things essential to their lives. It can also mean having to cut back on the sort of activities that help increase their quality of life.

Reduction of Hospital Chaplaincy Services

Overall health and wellbeing includes access to spiritual care. People in hospitals, and their family, are usually stressed and often facing a time of crisis in their lives. Some of these people are not regularly associated with any faith community, or may be a long way from their home faith community. Government supported chaplaincy services ensure that spiritual support is available to all people in hospital and their families. Government supported chaplaincy services also help to provide the listing of names of those in hospital who want spiritual care from local faith visitors.

Reduced Funding for Communities

Strong communities ensure a healthy population and high quality of life. The loss of SaskPower and SaskEnergy payments in lieu from local communities has left many communities struggling to address this reduction in resources. The shortfall in funding to communities is likely to result in:

- Reduced services
- Increased taxes

SUBMISSION OF RESOLUTION

To: SSM Resolutions Committee

Sponsored by Superannuated Teachers of Saskatchewan

Moved by _____ Seconded by _____

BE IT RESOLVED that the Saskatchewan Seniors Mechanism urge the Government of Saskatchewan to increase preventative and supportive resources for community-based seniors and those with chronic disease, promoting long term independence and well-being.

SUBMISSION OF RESOLUTION

To: SSM Resolutions Committee

Sponsored by Superannuated Teachers of Saskatchewan

Moved by _____ Seconded by _____

BE IT RESOLVED that the Saskatchewan Seniors Mechanism work with the STS and other organizations to advocate for expanded seniors' health care in Saskatchewan that would include increased funding specific to senior health care, a prescription drug plan that ensures affordable access to prescribed medicine, and the expansion of home care as well as regulated and affordable care homes.

SASKATCHEWAN SENIORS MECHANISM

OTHER

SASKATCHEWAN SENIORS MECHANISM

VOTING DELEGATES

SSM ANNUAL GENERAL MEETING – 2017

1. Sybil Nugent 2. Charles Keple 3. Judy Mazur	National Association of Federal Retirees
1. Jacqueline Plante 2. Jocelyne Poirier 3. Agathe Gaulin	Fédération des aînés fransaskois
1. Maxine Boyle 2. Thor Spagrud 3. Cathy Theriault	Regina Senior Citizens Centre Inc.
1. Ken Lozinsky 2. Randy Dove 3.	Saskatchewan Retirees Association
1. Fern Haight 2. Pat Trask 3.	Saskatchewan Seniors Association Inc.
1. Kerrie Strathy 2. Marj Thiessen 3. Darlene Marchuk	Lifelong Learning Centre
1. Sheldon Kraus 2. Ollie Marciniuk 3. John Keeler	Saskatchewan Senior Fitness Association Inc.
1. George James 2. Wilma Mollard 3.	Saskatoon Council on Aging
1. 2. 3.	Senior Power

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| <ol style="list-style-type: none"> 1. Jane Isinger 2. Mike Kaminski 3. Doreen Rathgeber | <p>Superannuated Teachers of Saskatchewan</p> |
| <ol style="list-style-type: none"> 1. Robert Walker 2. Fran Passmore 3. Kathy Lang | <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. Ivy Kennedy 2. Joanne Lerat 3. Melvina Poorman | <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. Elaine Parsons 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