



Saskatchewan
Seniors
Mechanism

Seniors Working Together

ANNUAL REPORT

2017 - 2018

Saskatchewan Seniors Mechanism



May 17, 2018

SSM Member Organizations

Canada Post Heritage Club - Golden Sheaf Chapter
CARP - Regina Chapter
Fédération des aînés fransaskois
Lifelong Learning Centre
Moose Jaw & District Seniors Association
National Association of Federal Retirees
Power Pioneers Association of Saskatchewan Inc.
Regina Senior Citizens Centre Inc.
Saskatchewan Retirees Association
Saskatchewan Union Retirees Federation
Saskatchewan Seniors Association Incorporated
Saskatchewan Senior Fitness Association
Saskatoon Council on Aging
Saskatoon Services for Seniors
SaskTel Pioneers - Chapter 59
Senior Power
Superannuated Teachers of Saskatchewan
Women of the Dawn

SSM Supporter Organizations

Association of Personal Care Home Operators of Saskatchewan
Eden Care Communities, Regina
Prince Albert Seniors Advocacy Centre
Saskatchewan Association of Nurse Practitioners
Saskatchewan Association of Rural Municipalities
Saskatchewan Registered Nurses Association

SSM Partner

Saskatchewan Urban Municipalities Association

SSM Board

President

Robert Wuschenny

Past President

Les Lye

Vice President

Randy Dove

Secretary

Margaret Gailing-Stepp

Treasurer

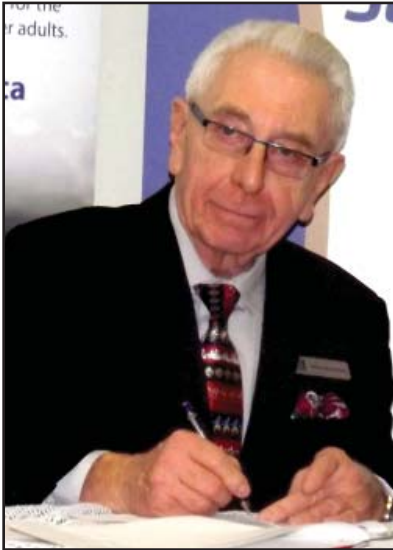
André Nogue

Members at Large

Brian Harris
George James
Nancy O'Donnell-Monk
Louise Nichol
Sunil Pandila
Mae Wesley

Message from our

President and Executive Director



Robert Wuschenny
President

The vision statement we adopted in 2016 *Quality life for all older adults in Saskatchewan* has proven to be an excellent guiding principle for all of our work. Quality of life for older adults is really at the heart of what SSM is all about.

We are just past the halfway mark of our work as part of the *Reducing Isolation of Seniors Collective*. It has been interesting to try to determine not only how to reduce isolation, thereby providing a better quality of life, but how to measure the effects of what we are doing. The biggest learning so far is that 3 years is too short a time to have a real social impact on such an enormous issue. We are currently working on sustainability plans for how this work can continue.

Saskatchewan Parks and Recreation, one of our core funders, has adopted a new three year funding model. This meant that SSM and our member organizations receiving grants have had to do detailed planning for the next three years. We spent a lot of time on the Funding Assessment Report Card (FARC), but it was a worthwhile look at the vast scope of our work.

Our Board of Directors met five times during the year. Our committees met regularly to fulfill their mandates. In addition we:

- Facilitated Age-Friendly Workshops and Presentations
- Made presentations on Reducing Ageism/Positive Portrayal of Seniors
- Made Older Adult Abuse Presentations
- Made presentations which included an overview of SSM and our work
- Published *Gray Matters* and articles in other publications
- Attended tradeshow with displays
- Participated in meetings with a variety of community groups
- Offered workshops on Planning Process and Advocacy
- Participated in meetings and planning sessions with our partners in the *Reducing Isolation of Seniors Collective (RISC)*



Holly Schick
Executive Director

Thanks to our SSM Staff Team and our Board of Directors for all of their thoughtful, creative, and encouraging leadership over the past year. We estimate that SSM volunteers provide approximately 1700 volunteer hours and we are grateful for all of their willing work on our behalf.



**Saskatchewan
Seniors
Mechanism**

Seniors Working Together

Vision Statement

Quality life for all older adults in Saskatchewan

Mission Statement

The Mission of Saskatchewan Seniors Mechanism is to bring together Saskatchewan seniors' organizations for the purpose of contributing to a better quality of life for seniors.

We do this by:

- researching and acting on issues affecting seniors
- being a unified voice advocating for seniors
- engaging and supporting member organizations
- partnering with member organizations and others
- creating awareness and co-ordination of resources and services for seniors

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CENTURY CLUB

314 Members/4 Branches



Honourary Member of the Century Club



**Her Majesty Queen Elizabeth II,
Queen of Canada**



Moose Jaw Century Club

Moose Jaw is our newest club. We were excited to have 2 events this year:

- A Step Back in Time
- Christmas Theme

Saskatoon Century Club

- 7 events
- Newsletters
- Each member receives a memory book/roster of members with personal stories and photos
- Intergenerational focus

Regina Century Club

- 6 events
- Themes included:
- Back to School
 - Victorian Tea
 - Christmas
 - Octoberfest
 - Robbie Burns Day
 - St. Patrick's Day

Saskatchewan Century Club

- Includes all members from other locations
- Those in the vicinity of Regina have the opportunity to participate in Regina Century Club events



CELEBRATING SENIORS

Celebrating Seniors Awards
Sunday October 1, 2017

Award Recipients

Award Category	Recipient
Teamwork	Bulyea District Lions Club
Centenarian	Kenneth Duffield
Community Leadership (Urban)	Charles Keple
Community Leadership (Rural)	Irvin Buffalo
Arts & Entertainment	Donna Rumpel
Contribution to a First Nations or Métis Community	Carl & Cathy Crane
Intergenerational	Bill Strongarm
Fitness	Lester Cook
Heritage and Culture	Stuart Bitternose
Education	Patricia Suchorab
Lifetime Achievement	Shirley Wolfe-Keller

Platinum Sponsor



Gold Sponsors



ALL SENIORS CARE
LIVING CENTRES™



This event was initiated to recognize and honour outstanding senior volunteers in Saskatchewan. Nominees are residents (55+) of Saskatchewan, who consistently contribute to the overall quality of life in their communities through their volunteer activities.

It was a delight to honour 23 very worthy nominees from accross the province at our 8th Annual Awards Evening. There were 270+ in attendance.



Speaker Heather Bishop



Silver Sponsors



Bronze Sponsors
Access Communications
Affinity Credit Union
Barker's Trophies Ltd

Friend Sponsors

GMS
Philips Lifeline
Saskatchewan Union Retirees Federation

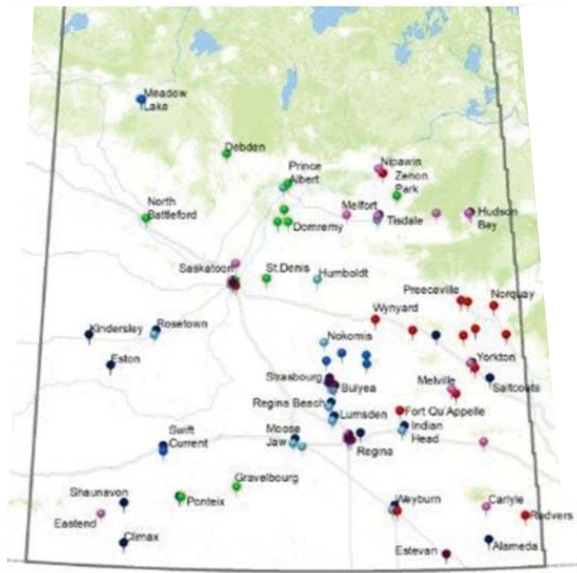
CREATING A CULTURE OF INCLUSION

This initiative is funded in part by the Government of Canada, New Horizons for Seniors Program, with the objective of reducing isolation of older adults in south and central Saskatchewan.

The intended outcomes of the project are to:

- increase the proportion of seniors who have support and help when they need it
- increase the proportion of seniors who participate regularly in activities
- increase the proportion of seniors who feel connected to family, friends and acquaintances
- increase the proportion of seniors who feel valued by family, friends and acquaintances

The Collective includes Alzheimer Society of Saskatchewan, Canadian Red Cross, Saskatchewan Population Health and Evaluation Research Unit and Saskatchewan Seniors Mechanism. Each group is working on a specific part of the project suited to their organization. Lifelong Learning Centre and Fédération des aînés francsaskois are also contributing to the project.



This map indicates the widespread impact of this project.

Survey Results

The main purpose of the Saskatchewan Seniors Impact Survey was to measure the social isolation of seniors in the province. The survey was taken in the early stages of the project and will be repeated at the end to measure any changes.

Levels of Isolation (1,679 respondents)

High	122	7.3%
Medium	278	16.6%
Low	1279	76.2%

This survey resulted in the following data:

	Feeling of Support		Feeling of Connectedness		Feeling of Value	
None of the time	29	1.9%	13	.8%	13	.8%
Little of the time	91	5.9%	67	4.3%	55	3.5%
Some of the time	254	16.3%	190	12.1%	196	12.5%
Most of the time	632	40.6%	549	34.9%	585	37.4%
All of the time	549	35.3%	755	48%	717	45.8%
Respondents	1555		1574		1566	

Frequency of Participation in Activities Outside the Home

Rarely	101	6.5%
1-2 times per month	129	8.2%
>3 times per month	141	9.0%
1-2 times per week	440	28.1%
>3 times per week	753	48.1%
Respondents	1564	

Experience Barriers When Trying to Access Activities or Socialize Outside of the Home (1549 respondents)

Yes	205	13.2%
Sometimes	296	19.1%
No	1048	67.7%

SUGGESTIONS TO PROMOTE COMMUNITY ENGAGEMENT

To identify opportunities for improving engagement of communities in addressing the social isolation experienced by seniors, 1,031 respondents identified areas where their community could do, or is currently doing something to assist in participation of community activities outside of the home.

AGE-FRIENDLY

<http://www.agefriendlysk.ca>

Age-Friendly Communities is a global initiative started by the World Health Organization. It promotes healthy, accessible, inclusive communities where all people are valued, included & supported. Age-friendly communities are those where the physical and social environment (the structures, settings, services and programs) support and enable active aging. They take into account obstacles citizens may face in day-to-day living, as well as the ease of getting from place to place. Moreover, they consider how safe the communities are for all citizens and what amenities are available. Urban governments have a host of considerations as they assess their communities to determine age-friendliness.



Age-Friendly Business Resource

It is important for the business community to be age-friendly so that all community members can access any business, be well-served, enjoy whatever the business has to offer, and feel well cared for and valued. An age-friendly business serves people of all ages and abilities. Available on the Age-Friendly Website.



Age-Friendly Recognition Program

Age-Friendly Communities that have achieved certain milestones are eligible for provincial recognition. **The Government of Saskatchewan is “pleased to be able to help the Age-Friendly Saskatchewan initiative by providing recognition to communities that have achieved the appropriate requirements”.** (Jim Reiter, Minister of Health) Saskatchewan Seniors Mechanism (SSM) will oversee the process for evaluation of communities and work with the Provincial Government on recognition.

10 Liaisons Trained

Liaisons are trained to work closely with one or more communities to guide them on their Age-Friendly journey.

Liaisons will:

- Email or phone once a month or when it suits the community.
- Encourage the communities to work towards the community milestones for Age-Friendly.
- Identify any blocks or issues that the community may have, and then help them move forward.
- Support and encourage a collaborative problem solving method.



Western Consultation

- 16 reps from the 4 Western Provinces.
- Each province shared their progress/challenges.
- Valuable discussion and networking.
- Jim Hamilton, National Seniors Council, shared relevant information on the workings of the revitalized National Seniors Council.
- Kathie Paddock, PHAC, listened to ideas/concerns to bring forward to her counterparts.

Community Gathering

A gathering of geographically close communities to share successes/challenges and renew their vision to pursue the Age-Friendly journey.

Communities on Age-Friendly Journey

Bellvue
Bulyea
Debden
Domremy
Humboldt
Indian Head
Kipling
Meadow Lake
Moose Jaw
Pasqua First Nation
Ponteix
Prince Albert
Regina
Regina Beach/Buena Vista
Rosetown
Saskatoon
Strasbourg
Tisdale
Touchwood Agency Tribal Council
Weyburn
Yorkton

AGEISM & MEDIA



Ageism & Media Committee continues to encourage journalists and media managers to accurately assess the most effective means to reach older adults and to retain their interest. Older adults have many differing interests and abilities and we are working with media to ensure that older adults and the aging process are represented in a contemporary and unbiased manner.



A foldout was created as a resource for journalists as they interview and write stories that include the voices of older adults.

Ageism & Media

Are older adults represented in the news?

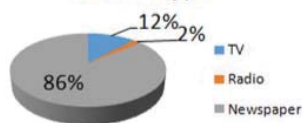
Monitors coded a total of 354 news stories over the two-week monitoring period.

- 42 Television
- 7 Radio
- 305 Newspapers

But...

- “I feel that older adults were left out of consideration.”
- “There was more ignoring of seniors than there was evidence of them.”

Total Coded Stories by Media Type



How do people interpret news stories?

The absence of older adults dismayed many monitors and led one to conclude that this signified “institutionalized discrimination by the media, regardless of topic.”

- “The only thing about older adults universally celebrated was birthdays. It was almost as if they were surprised you made it that far!”
- “...Writing them off as incompetent and unable to use modern technology.”
- “What was this journalist’s interaction with older adults?”

Monitoring Process:

- 39 monitors throughout Saskatchewan **quantitatively** coded 354 news stories between February 6 and 18, 2017.
 - 305 articles
 - 42 TV news stories
 - 7 radio news stories
- 18 items were qualitatively analyzed.

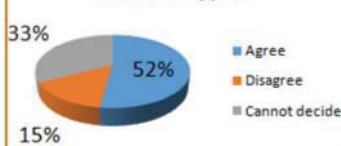


Goals arising from monitoring:

- See how older adults were portrayed in news media.
- Offer a glimpse into how individuals view reporting of older adults.
- Collaborate with media on how to improve coverage of older adults.

How are they represented?

Challenges Ageist Stereotypes



News items were viewed as:

- 52% *Neutral*
- 33% *Positive*
- 15% *Negative* about the challenges of ageing.

And...

- 52% Challenging ageist stereotypes
- 15% Not challenging
- 33% Cannot decide if challenging or not

Moving Forward

SJM will be working with journalists and media outlets to implement positive changes!

Some helpful tips to get started:

- Be cautious in *LANGUAGE* use. Avoid ageist terms and phrases.
 - Frail...elderly...geezers...
- Work to *DISCOVER* and correct any existing ageist tendencies in reporting.
 - Assumptions about what it means to age.
- Media works best in *COLLABORATION* with advocacy groups for older adults.

CONFERENCE 2017



Medical Assistance in Dying

What does it mean for me?

135+
attendees

Conference Purpose:

An opportunity for participants to explore implications related to medical assistance in dying.

Presenters included:

- **Legal perspective:** *Kevin Fenwick (former Saskatchewan Deputy Minister of Justice and former Deputy Attorney General)*
- **Advanced Care Directives:** *Rod McKendrick (Victim Services, Saskatchewan Ministry of Justice)*
- **Medical perspective:** *Patricia Hizo-Abes (physician and clinical assistant professor at the University of Saskatchewan); Maureen Klenk (geriatric primary care provider with Eden Care Communities)*
- **People Living with Dementia:** *Joanne Bracken (CEO of the Alzheimer Society of Saskatchewan)*
- **Accessing MAID:** *David Howland (Director of the Health System Policy and Innovation Unit at the Saskatchewan Ministry of Health)*
- **Faith Perspective:** *Uttam Barua (Buddhist); Mohamed Masloh (Muslim); Brett Salkeld (Roman Catholic); Dexter van Dyke (United Church)*
- **Caregivers Perspective:** *Nancy O'Donnell-Monk, Diane Johnson, Rod McKendrick*
- **Own Lived Experience:** *Charles Keple (living with chronic illness); Linda Pratt (living with chronic illness); Jennifer Cohen (living with disabilities); Jayne Whyte (living with mental illness).*

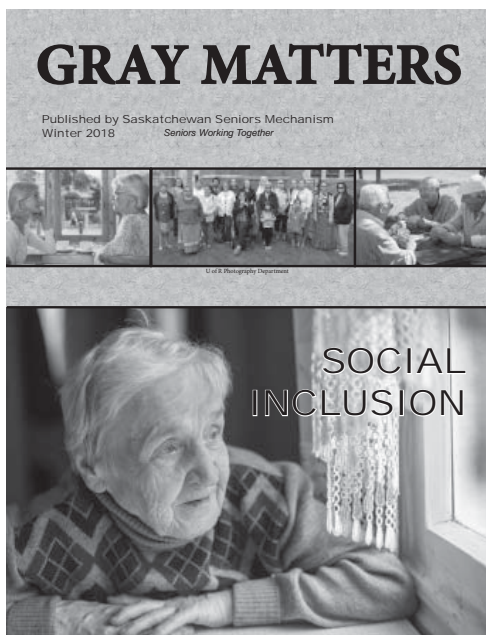
COMMUNICATION



The Communication Committee oversees all aspects of SSM communications including acting as the Gray Matters Editorial Board. A couple of highlights of the year include a more concentrated effort to post weekly on *Facebook* and the introduction of *Twitter* as a means to communicate. We also upgraded our SSM website to a new format which is very user friendly and secure.



www.skseniormechanism.ca



4 issues were published.

Themes were as follows:
 April 2017 - Ageism
 July 2017- Medical Assistance in Dying
 October 2017 - Brain Health
 January 2018 - Social Inclusion

News from SSM
April 2018

AGE ISM
...moving beyond ageism
May 16 & 17, 2018

Registration \$75.00

Isobell Mackenzie
 Seniors Advocate
 British Columbia

Michelle Porter
 Director of Centre
 on Aging

Other Topics
 • Media & Ageism
 • Recognizing Our Own Ageism
 • Personal Experiences of Aging
 • How Do We Move Beyond Ageism

Travelodge Hotel
 4177 Albert Street
 Regina, SK

Registration Deadline May 11, 2018
 For info or to register online: www.skseniormechanism.ca
 or phone: 306-359-9956

HONOURARY PATRON

His Honour the Honourable
 W. Thomas Malloy
 Lieutenant Governor
 of Saskatchewan

SSM AGM
May 17, 2018 @ 1 p.m.

NOMINATIONS
 At the May AGM we will be electing people to the SSM Board. Nominations are being accepted for President, Vice-president, four member-at-large positions for a two year term, and one member-at-large position for a one year term. Board Members must be nominated by a SSM Member Organization but do not have to be members of one of the organizations. All nominations must be at the SSM Office by 4:30 p.m. April 28, 2018.

RESOLUTIONS
 If Member Organizations have resolutions they would like presented at the AGM on May 17th, please submit these to the SSM Office by April 30th. The Resolutions Committee will review them and prepare them for consideration at the Annual Meeting. They will also facilitate dealing with emergent resolutions.

LOTTERIES

News from SSM is produced and distributed by email after each Board Meeting.

RESEARCH & ISSUES

Advocacy Class

We have been part of very exciting work with a University of Regina class on advocacy. The professor who teaches this class chooses a community based organization to work with each year. The class takes 5 issues that are of importance to the community organization and works on an advocacy strategy for each of these issues. Our involvement included working with Professor Gloria DeSantis to choose and describe 5 issues. Then the class came to our office to meet with 10 senior volunteers from our organization to discuss the issues. The class then developed strategies and returned to present them. The presentations were terrific and SSM will receive a copy of them.



Dr. Gloria DeSantis

Senior Strategy

SSM was approved for a New Horizons Grant for \$25,000.00 to develop a seniors strategy for Saskatchewan. (Feb 15, 2018 - Feb 14, 2019). The Research and Issues Committee is heading up the project. Forums & Focus Groups are being planned for several communities in Saskatchewan, followed by surveys.

Raising Issues

SSM raised concerns with members of the provincial government and opposition regarding changes brought forward in the 2017 provincial budget that would affect older adults. These included: ***reduced funding for health care services such as chiropractor, hearing aid and podiatry services, increased long term care charges, and PST on health insurance premiums; reduction of hospital chaplaincy services; loss of STC bus service; increased PST; loss of funding for libraries; and reduced funding for communities.*** In addition, we have raised concerns about the increased ***cost of drugs for older adults.***

We meet with the Minister of Health when we have a particular issue to discuss and regularly with members of the Community Care Branch of Saskatchewan Health.

We met with Jim Hamilton, newly appointed member of the National Seniors Council, to share some of the issues important to older adults in Saskatchewan.

On the invitation of Jean-Yves Duclos, Minister of Families, Children and Social Development, Linda Anderson participated on behalf of SSM in a National Roundtable on Social and Economic Isolation of Older Adults.

OLDER ADULT ABUSE

Older Adult Abuse Presentation Training

A workshop was held on June 12, 2017, planned by Rod McKendrick, Don Gemeinwieser, Michel Sorensen, and Holly Schick.

12 volunteer presenters were trained.

19 presentations since that time.

If you wish to have a presentation in your community, SSM may be able to facilitate this.



Older Adult Abuse Line

SSM continues to pursue the reality of a 24/7 older adult abuse line.



Fraud Prevention and Safety for Individuals

Presented By:

Saskatchewan Seniors Mechanism, Better Business Bureau of Saskatchewan, Government of Saskatchewan Financial and Consumer Affairs Authority, Regina Crime Stoppers, Saskatchewan Crime Stoppers, Regina City Police, Royal Canadian Mounted Police and the Saskatchewan Safety Council

Fraud Prevention &
Safety Handbooks
are continuing to be distributed.

GOVERNANCE

Updated and developed policy statements for:

sick leave



equal opportunity



hours of work



vacation leave



termination of
employment



statutory holidays



employee professional
development



employee
compensation



travel and expenses



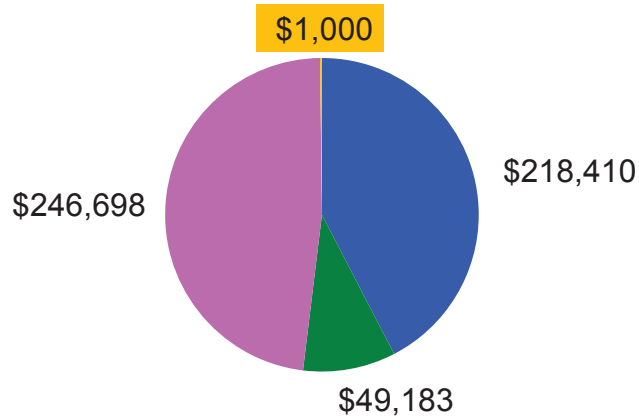
The Governance Committee also completed work on the following:

- Developed/updated all Committee Mandates
- Amended the Resolutions Process
- Completed a staff compensation study
- Completed job profiles for the SSM volunteer leadership and Executive Director

GRANTS

The SSM receives grants from various entities. Please see details below.

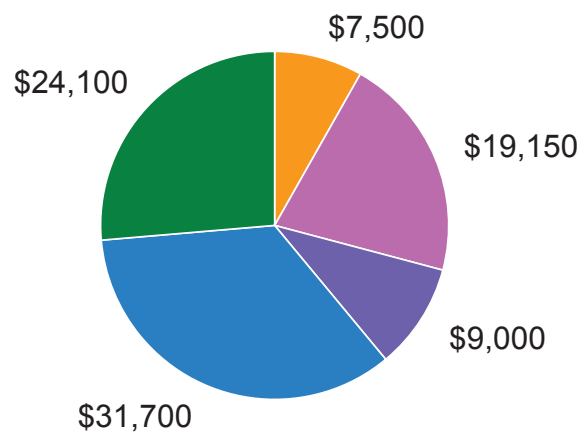
Grants & Contribution Agreements



- Sask Parks and Recreation/Lotteries Trust
- Sask Health
- Culture of Inclusion (New Horizons Pan Canadian)
- Senior's Strategy (New Horizons)

The SSM distributes grants to member organizations. This is a part of the funds received from Saskatchewan Parks and Recreation Association. Please see details below.

Grants to Member Organizations



- Fédération des aînés fransaskois
- Saskatoon Council on Aging
- Sask. Seniors Association
- Lifelong Learning Centre
- Sask. Senior Fitness

MEMBER ORGANIZATIONS

2 New Member Organizations

- CARP - Regina Chapter
- Saskatoon Services for Seniors

Member Organization Consultation

November 15, 2017

- 10 organizations represented
 - 9 Board Members
 - 4 SSM Staff

Advocacy Workshop

November 16, 2017

- 33 Attendees *plus*
- 9 Board Members
 - 3 Staff

News from SSM April 2018

Saskatchewan Seniors Mechanism Annual Conference

Registration \$75.00

AGE IS M
...moving beyond ageism
May 16 & 17, 2018

Ageism in the Medical System
Reframing Aging

Isobel Mackenzie
Seniors Advocate
British Columbia

Michelle Porter
Director of Centre
on Aging

HONOURARY PATRON

His Honour the Honourable
W. Thomas Molloy
Lieutenant Governor
of Saskatchewan

Other Topics

- Media & Ageism
- Recognizing Our Own Ageism
- Personal Experiences of Aging
- How Do We Move Beyond Ageism

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COMMITTEES

Ex officio – Robert Wuschenny, President

Finance and Audit Committee

André Nogue – Chair
Les Lye
Robert Wuschenny
Brian Harris
Randy Dove

Governance

Randy Dove – Chair
Sunil Pandila
Les Lye
Robert Wuschenny
George James

Resolutions

Robert Wuschenny
Brian Harris
Randy Dove

Research and Issues

Brian Harris – Chair
Kathy Lye
Al Schell
Ron Monk
Chuck Ames
Nancy O'Donnell-Monk
Les Lye
André Nogue
Maureen Klenk

Communication Committee

Margaret Gailing – Chair
Jeanne Alexander
Robert Wuschenny
Nancy O'Donnell-Monk
Sunil Pandila
Scott Wilson

Nominations

Les Lye – Chair
Robert Wuschenny
Randy Dove

Age-Friendly Saskatchewan

Robert Wuschenny – Chair
Kerrie Strathy
Ruth Robillard
Ron Monk
Wilma Mollard
Louise Nichol
Sharon Chicoose
Nancy O'Donnell-Monk
Brian Harris
Jane Grieve
Carol Draper
Shirley Dixon
Doug Sutherland

Ageism and Media

Linda Gunningham
Greg McNamara
Ray Purdie
Louise Nichol
Kim Antosh
Paige Kreutzwieser
Dave Morgan
Peter Dickinson
Robert Wuschenny

Celebrating Seniors

Kathy Lye – Chair
Jeanne Alexander
Fern Haight
Chuck Ames
Dale Williams
Robert Wuschenny
Jane Isinger

Century Club

Shelley Brenner
Mae Wesley
Jeanne Alexander
Ken Mitchell
Trevor Quinn
Jack Boan
Marilyn Lorence

Thank you

Thank you to all Committee Members for their diligent work this year!

Thank you also to outgoing President, Robert Wuschenny, and Board Members, Les Lye and Mae Wesley. We appreciate all the hours of work and willingness to share your wisdom and ideas.

