

# ANNUAL REPORT

# 2019 - 2020



*Older Adults Moving Forward*

## SSM Member Organizations

Canada Post Heritage Club - Golden Sheaf Chapter

CARP - Regina Chapter

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

Vitalité 55+ 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

Hafford/Blaine Lake Health Advisory Network

Saskatchewan Association of Nurse Practitioners

Saskatchewan Association of Rural Municipalities

Saskatchewan Registered Nurses Association

## SSM Partner

Municipalities of Saskatchewan

## SSM Board

**President**

Randy Dove

**Past President**

Robert Wuschenny

**Vice President**

Brian Harris

**Treasurer**

André Nogue

## Members at Large

Pat Dean

Don Gabel

Wendy Johnson

Annette Labelle

Shan Landry

Nancy O'Donnell-Monk

Sunil Pandila

# Message from our

## President and Executive Director



Randy Dove  
President

This has been a year where SSM has continued to demonstrate the ability to adjust and be nimble with all the unexpected developments. With the declaration of a pandemic and the lock down of the country, many of the SSM plans had to be re-imagined.

After conducting major research about positive aging, the plans for engaging the public and government had to be adjusted. Moving to virtual meetings, developing a public service advertisement, shifting to social media and the weekly newspapers were all used to get the word out. Materials have been created for use in the coming provincial election and are available for members usage locally.

Highlighting the ongoing contributions of older adults to our communities is closely connected with positive aging. Ageism is very prevalent in our society and often takes us down a path of seeing older adults as people on the sidelines or seeing them as a 'health issue' for our society. Challenging the stereotypes and ageist attitudes is part of how we are supporting positive aging.

During the pandemic, SSM used the time to pivot and update materials for Age-Friendly by planning for future phases working with communities. Time was also used to build skills using social media and to begin the process of upgrading the SSM website to provide easier navigation for visitors.

Ongoing engagement with member organizations has been affected and has meant more contact virtually to interact in new, different ways. This may be part of the future to develop outreach initiatives that take SSM to consult with members more frequently, to gather views quickly to assist in formulating responses to issues.

Addressing isolation and supporting mental health of older adults continues to be a focus for SSM. The pandemic has highlighted the urgency and importance of this work and we are seeking to find creative ways to address this issue in times of social distancing.

Over the year, SSM continued to build, explore and position as the key resource and spokesperson for older adults. While adversity can be daunting, SSM has demonstrated resilience, resolve to build on a solid foundation that keeps us focused on our vision of "a quality life for all Saskatchewan older adults"!



Holly Schick  
Executive Director



*Older  
Adults  
Moving  
Forward*

## Vision Statement

Quality life for all older adults in Saskatchewan

## Mission Statement

The Mission of SSM 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

### Staff at SSM



Holly Schick  
*Executive  
Director*



Michel Sorensen  
*Promotions  
& Program*



Linda Anderson  
*Communications & Ageism  
Awareness*



Catherine Barnsley  
*Age-Friendly  
Communities*



Sybil Nugent  
*Administrative  
Assistant*



Lynne Couzens  
*Graphic  
Design*

# Table of Contents

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## **STANDING COMMITTEES**

Governance Page 6

## **ADVISORY GROUPS**

Communications Page 7

Ageism Awareness Award Page 8

Ageism Page 9

Celebrating Seniors Page 10

## **PROGRAM COMMITTEES**

Research & Issues Page 12

Age-Friendly Saskatchewan Page 14

## **OTHER PROGRAMS/EVENTS**

Century Club Page 16

Conference 2019 Page 18

## **GRANTS**

Page 19

## **DID YOU KNOW?**

Page 20

## **MEMBER ORGANIZATIONS**

Page 22

## **COMMITTEES**

Page 23

# GOVERNANCE

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## Governance Committee

Randy Dove - Chair  
Sunil Pandila  
Robert Wuschenny

The Governance Committee worked with the Board to reframe how we refer to our various supportive groups providing ideas, support and advice to both Board and management.

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During the year, this consultation resulted in shifting to a series of groupings including:

Standing Committees  
(as described in the SSM bylaws)

Program Committees  
(focused on a specific SSM priority)

Advisory Groups  
(focus or event based)

Ad hoc Working Groups  
(emphasis on a short term task)

The current “committees” were asked to review their mandates and adjust them to fit this changing direction. All stakeholders were provided with opportunities for consultation and feedback.

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During the year, the new mandates were presented to the SSM Board and approved. Adjustment and implementation have been affected by the current pandemic as most of the activities that are described in the new mandates have been delayed.

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During 2020-21 these supportive groups are anticipated to contribute to the direction of SSM.

# COMMUNICATION

The Communication Advisory Group provides advice and expertise as requested by SSM committees and staff. The purpose of SSM communication is to find creative and effective ways to reach and engage various audiences, including member/partner organizations and general public, with a focus on positive aging for older adults.

## SHIFT & ADJUST

Communication practices have changed considerably during COVID-19 pandemic.



Staff and volunteers learned how to meet using video-conferencing. We purchased Zoom Pro in late summer after researching all possibilities. We are expanding our use of Facebook and Twitter. We adopted the hashtag #olderadultscontributing for posts about those seniors.



The Communication Advisory Group worked with the Research & Issues Committee on the large *Strategizing for Positive Aging project*.

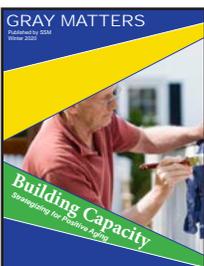
## TWO PUBLIC SERVICE ANNOUNCEMENT VIDEOS

Access Communications offered us the opportunity to produce **two public service announcement videos** that are being aired on US cable channels for Access7 and Shaw as Canadian content.

- The first PSA highlights the "Saskatchewan Advantage" provided by older adults
- The theme of the second PSA is "what the pandemic has revealed" and "Saskatchewan Needs a Plan!"

Both PSA's can be viewed on the SSM website.

## GRAY MATTERS



Themes for issues published between July 2019 and October 2020  
Spring 2019 - Planning for Life in Your Community  
Summer 2019 - Older Adults Moving Forward  
Fall 2019 – Resilience (we didn't know then how resilient seniors would have to be)

The following issues were part of the Strategizing for Positive Aging initiative

Winter 2020 – Building Capacity

Spring 2020 – Community Involvement, Transportation, Services

Summer 2020 – Housing, Healthcare, Finances

Fall 2020 – Pre-election issue

[www.skseniorsmechanism.ca](http://www.skseniorsmechanism.ca)

# AGEISM AWARENESS AWARD

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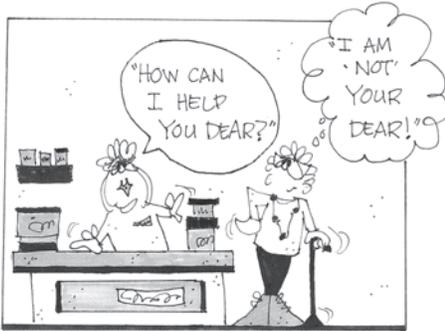
Accepting the award  
on behalf of SSM  
*Linda Anderson,  
Communications &  
Ageism Awareness Staff  
& Holly Schick,  
SSM Executive Director*

## SSM Received 2019 Vision Award

The Ageism and Media project received the 2019 Vision Award from the Canadian Academy of Geriatric Psychiatry(CAGP) and the Canadian Coalition for Seniors Mental Health(CCSMH) for the media monitoring research and advocacy from 2017 to 2019. The award was presented in October at the Annual Scientific Meeting in Banff and the following are the words of commendation: “The CAGP/CCSMH Vision Award recognizes any program, corporation, non-governmental organization or individual helping to combat ageism and stigma, and/or highlight and promote the strengths associated with aging and the potential and value of older adults to our society. The Awards committee recognizes your significant contributions and leadership in combatting ageism while celebrating the contributions and potential of an aging population through your project.”

# AGEISM

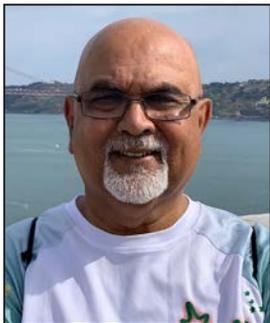
## Ageism Awareness



The Ageism & Media research project completed in 2019 provided valuable information about the prevalence of ageism in Saskatchewan society. SSM work regarding ageism has shifted its focus to raising awareness of the existence of ageism and the many ways it harms older adults' lives. We have chosen to emphasize positive understandings of the natural process of aging by publicizing examples, stories and images of Saskatchewan older adults.

## Blooming Perennials

Saskatchewan Blooming Perennials are older adults who choose how and when they are able to engage and contribute within their families and communities. Perennials aren't guaranteed to blossom year after year, but given proper conditions, good soil and nutrients, they can bloom for decades. These decades added to many lives increase their contributions to society.



Moses Kanhai,  
Age 75

*My senior years feel like the fulfillment of a life-long dream. Over the years, there have been many things I wanted to do, and I couldn't wait until retirement to do them. My greatest wish was to have time with my grandchildren and to watch them develop. I couldn't be happier with how they are engaged educationally, physically and creatively. I have also wanted to spend time with my wife, and we have enjoyed travelling around the world and still plan to do more. Finally, I have wanted to give back to the community, especially the faith community. I have been privileged to serve in my faith community locally and nationally, the inter-faith community and educational institutions in Regina and Saskatoon. I still feel there is so much to do and so little time.*

## Auntie Ageism column in Gray Matters



*Auntie Ageism highlights how anti-ageism critiques and challenges the ageist attitudes that are prevalent but often unrecognized in our society. Let's ALL do our part to challenge ageism.*

## Advertising

- In print media, including the Leader Post and Star Phoenix as well as all the Saskatchewan weekly newspapers.
- Posts on Facebook and Twitter

**AGING FOR LIFE**  
*Everybody is doing it!*

Old Age is **NOT** a Disease!

**OLDER PEOPLE** choose their **PURPOSE** for life!

**WHICH WOULD YOU CHOOSE WHEN YOU GET OLDER?**

Support & Enable **POSITIVE AGING!**

Saskatchewan **NEEDS A PLAN!**

[www.skseniormechanism.ca](http://www.skseniormechanism.ca)

# CELEBRATING SENIORS

## Celebrating Seniors Awards Sunday Sept 29, 2019

### Award Recipients

Award Category	Recipient
Teamwork	Elizabeth's Place, Humboldt
Centenarian	Babe McCullum, Denare Beach
Community Leadership (Urban)	Donna MacKay, Regina
Community Leadership (Rural)	Ron Paul, Carlyle
Arts & Entertainment	Jean Freeman, Regina
Intergenerational	Elaine Seifert, Lanigan
Fitness	Keitha Friesen, Gull Lake
Heritage and Culture	Arlene Walker, Regina
Education	Kay Antrobus, Regina
Lifetime Achievement	Tessa Whyte, Regina
Advocacy	Michael Kaminski, Invermay
Senior Friendly Business	Naicam Thrift Store, Naicam

Platinum Sponsor



INSURANCE  
TRAVEL  
AUTOMOTIVE  
REWARDS

Gold Sponsors



ALL SENIORS CARE  
LIVING CENTRES™

*SSM was pleased to honour the 2019 Celebrating Seniors Volunteer Awards nominees and award recipients at the Conexus Arts Centre, Regina on September 29, 2019. We want to thank all of these volunteers for the contributions they make to their respective communities across Saskatchewan. The evening was a showcase of the many older adults whose contributions are invaluable as they give of themselves to better the quality of life for others. Also a big thank you to our sponsors. Without them it would be impossible to host this prestigious evening.*



*It was a delight to honour 25 very worthy nominees from across the province at our 10th Annual Awards Evening. There were 240 in attendance.*



Silver Sponsors



Bronze Sponsors

- Access Communications**
- Affinity Credit Union**
- Barker's Trophies Ltd**
- Eden Care Communities**
- The Williston Harbour Landing**

Friend Sponsors

- Philips Lifeline**
- Saskatchewan Union Retirees Federation**
- Save-On-Foods Pharmacy**

# RESEARCH & ISSUES

## STRATEGIZING FOR POSITIVE AGING

### SURVEY

- 2,044 responses from all regions of the province
- Respondents were from a variety of age categories from younger than 55 years to older than 85 years
- 67% were 74 years or younger
- 57% were women; 43% were men, providing a reasonably gender balanced set of responses
- 34% of the respondents identified themselves as living in rural communities

### IN NOVEMBER 2019

Released findings from our research into Strategizing for Positive Aging

### RESOURCES PRODUCED:



Overview brochures in both French and English

One-page sheets on each of the key topics:

- Building Capacity
- Transportation
- Community Involvement
- Housing (including available and affordable services)
- Health Care
- Finance

Info sheets on:

- Ways to be involved
- Connecting with media

Toolkits – folders containing copies of the various resources

Resources are available on the SSM website

**As we move closer to the provincial election, we have adopted the theme “Positive Aging – Saskatchewan Needs a Plan.”**

The Saskatchewan Retirees Association (SRA) and SaskTel Pioneers have both contributed to our project, including SRA funding to cover costs of resources for all SSM Member Organizations.

# RESEARCH & ISSUES

## SASKATCHEWAN'S ADVANTAGE

Participants in the survey repeatedly spoke about ensuring that attention is paid to the “advantage” Saskatchewan has because of its older adult population – a large, vibrant, experienced cohort to utilize now and into the future.



Older adults are staying in the labour force longer than in the past. 53% of respondents indicated that they were still working for pay. With 24% of the respondents aged between 65-69 years, this result is not surprising. Even using the minimum wage and part-time participation, the economic contribution of older adults exceeds \$500 million each year.

Older adults make up a significant segment of eligible voters. In Saskatchewan, research has shown that 73.1% of older adults (65 years +) regularly vote in elections (compared with the overall average of 57%). In future elections, approximately 130,000 older adults are likely to vote – about 16% of eligible voters.

Older adults contribute to their communities through volunteering, and in turn benefit from an increased sense of satisfaction and overall better health. The community benefits through increased social interactions and creation of social networks that build resilience.

In the survey, 71% of respondents indicated that they were volunteering up to ten hours per week with their family and in their communities. From an economic development viewpoint this is providing close to \$400 million annually to the life of the province.



Older adults are very involved in caregiving, often providing inter-generational care to others. 23% of the survey respondents indicated that they were actively providing care to family or friends. This is an economic contribution that potentially amounts to about \$25 million annually in unpaid labour.

# 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.*

## Communities on Age-Friendly Journey

Cupar  
Humboldt  
Indian Head  
Kipling  
Moose Jaw  
Pasqua First Nation  
Ponteix  
Regina  
Regina Beach/Buena Vista  
/Kinookimaw  
Rosetown  
Saskatoon  
Southey  
Strasbourg  
Yorkton

## Support During the Pandemic

- Active Age-Friendly communities were contacted by staff or liaisons at least two times.
- Four fact-sheets were created for community contacts for distribution (Topics: Get Your Groceries Without Going to the Grocery Store, Ways to Physically Distance, Using Non-Medical Face Masks, Stay Connected on Special Holidays While Staying at Home).
- Research: Resources to support Age Friendly Communities During the Pandemic
- March Provincial Gathering in Moose Jaw was postponed due to the pandemic, and is rescheduled as online gatherings for the Fall/Winter of 2020-21.
- Revisions are planned for the Age-Friendly Website.

## Age-Friendly Newsletter

Four Age-Friendly Newsletters were distributed to community contacts to encourage committee work during the pandemic. Topics connected to the A-F Focus Areas and Covid-19 included: Ways to be Age-Friendly, Respect & Social Inclusion, How Age-Friendly Communities Stay Safe as SK Begins to Open-up, and Outdoor Spaces and Buildings.

## Committee Work

The SK Age-Friendly Committee: Robert Wuschenny (Chair), Doug Still, Linda Pratt, Shirley Dixon, Linda Anderson, Ron Monk, Nancy O'Donnell-Monk, Doug Sutherland, Michel Sorensen (Staff until January), Catherine Barnsley (Staff since February). Each meeting focuses on furthering an Age-Friendly focus area with Communication & Information as a current high priority.

# CITY OF SASKATOON RECOGNIZED AS AGE-FRIENDLY



On Tuesday, December 3, 2019, the Government of Saskatchewan recognized the City of Saskatoon as an age-friendly community. The City of Saskatoon worked hard along with the Saskatoon Council On Aging (SCOA) to achieve the required milestones. The event was held at the Legislative Building in Regina. Murray Scharf, the past co-chair of SCOA, was pleased to accept the award on behalf of the City of Saskatoon and SCOA.

Thank you to Warren Kaeding, Minister Responsible for Seniors, Linda Restau, Director, Continuing Care & Rehabilitation, Ministry of Health, for their presentations on behalf of the Government of Saskatchewan, and Ramona Furkert, Seniors Consultant, Continuing Care & Rehabilitation, Ministry of Health, for planning the event.



SSM  
Honourary Patron

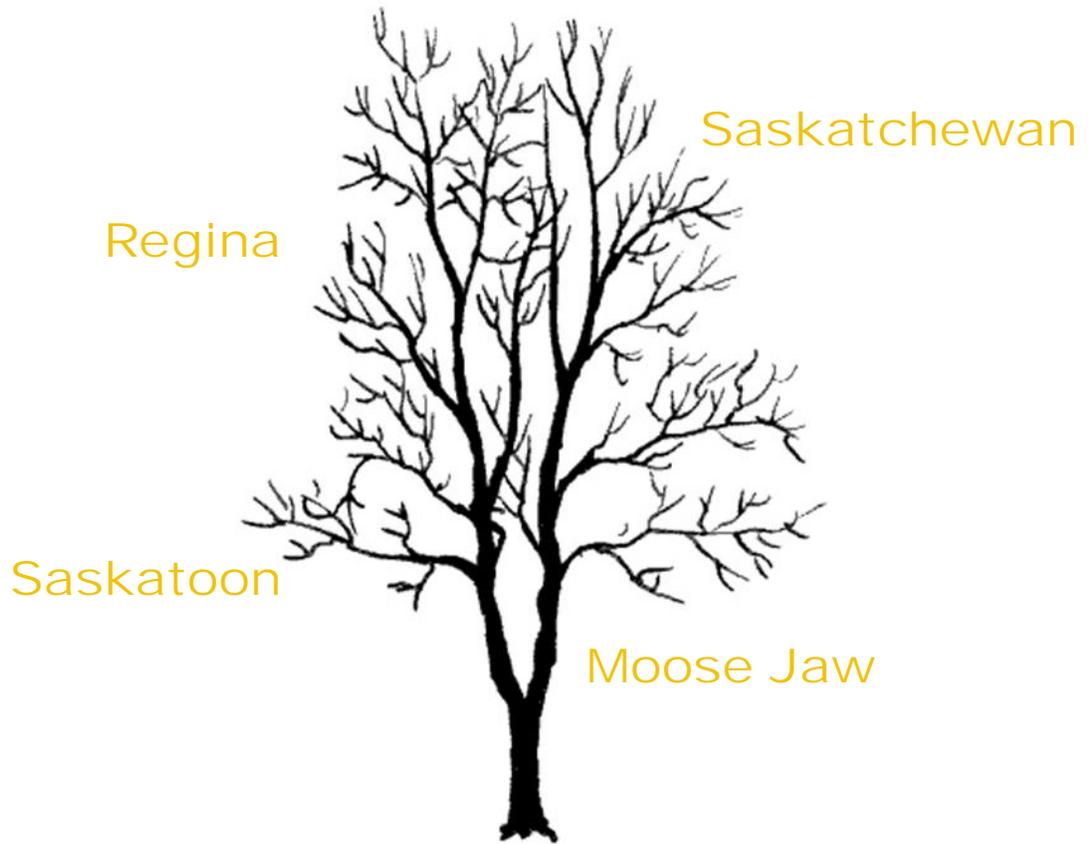
His Honour  
the Honourable  
Russ Mirasty  
Lieutenant Governor  
of Saskatchewan



# CENTURY CLUB

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325 Members/4 Branches





## Honourary Member of the Century Club

Her Majesty Queen  
Elizabeth II,  
Queen of Canada



### Regina Century Club

- St Patrick's Day Celebration  
*Harbour Landing Village*
- A Patio Party  
*Regina Renaissance Retirement Residence*
- Victorian Fashion Show  
*Broadway Terrace*
- A Christmas Celebration  
*College Park 1*
- Robbie Burns Event  
*Wintergreene Estates*

### Moose Jaw Century Club

Rock and Roll Elvis  
*West Park Crossing*

### 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

### Saskatoon Century Club

- Spring Tea  
*Stonebridge Crossing*
- Ice Cream Social  
*St. George's Senior Hall*
- Picnic in the Park  
*Preston Park I*
- Remembrance Day Themed Event  
*E.D. Feehan Collegiate*
- Christmas Story  
*McClure United Church*
- Valentine's Day  
*The Bentley*



# CONFERENCE 2019

May 21-22, 2019

**Theme:** Discovering the Treasure in Your Hometown which focused on the amazing contribution older adults can and could make in our communities.

**Purpose:** “Exploring the route to quality life for all older adults in Saskatchewan”.

121 attending

**Speakers:**



**Mariam Larson**  
Gerontologist from BC,  
Negative Effects  
of Isolation



**Kristine Greenaway**  
her play  
“Old Coots Commune”  
and why she wrote it



**Lorne Calvert**  
Resilience

**Other Presentations:**

**Ageism and Media Monitoring Report** – Angela Culham and Linda Anderson

**Rural Transportation and Older Adults** – Alexander Crizzle

**Seniors Strategy for Saskatchewan** – Brian Harris, Andre Nogue, Randy Dove, Doreen Sitter

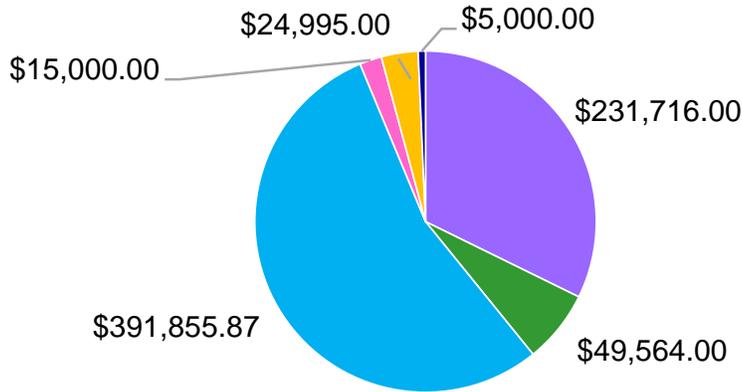
**Influenza Awareness** – Sanofi Pasteur



# GRANTS

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

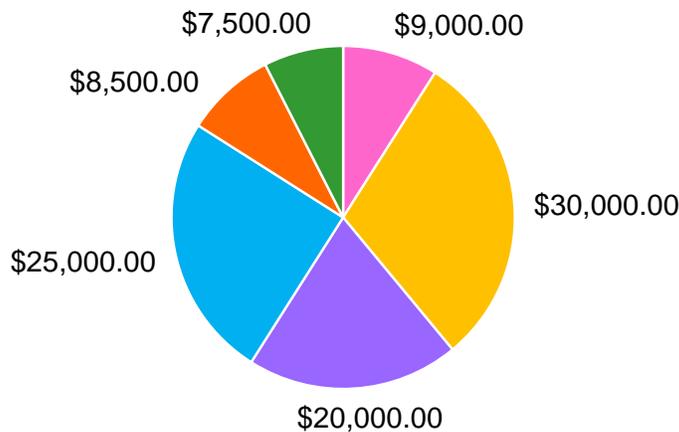
## Grants and Contribution Agreements



- Sask. Lotteries Trust (SPRA)
- Sask. Health
- Culture of Inclusion (New Horizons Pan Canadian)
- Senior's Strategy
- Ageism in Care Facilities
- Influenza Awareness

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



- Sask. Seniors Association Inc
- Lifelong Learning Centre
- Saskatoon Council on Aging
- Sask. Senior Fitness Association
- Fédération des aînés francsaskois
- Saskatoon Services for Seniors

# DID YOU KNOW?



Our project to reduce isolation of older adults through our Creating a Culture of Inclusion/Reducing Isolation of Seniors Collective (RISC) initiative – 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 - concluded at the end of 2019. We will be continuing working on many aspects of the project in other ways into the future.



The following chart shows the number of projects in communities over the course of the project.

Table 1b: Number of RISC projects in communities

RISC projects	# Communities
SSM Age-Friendly Communities	27
Fédération des Aînés Fransaskois AFC	11
SSM Ageism and Media	14
SSM Older Adult Abuse	17
Red Cross Friendly Visiting	27
ASOS ABC's Warning Signs	28
ASOS Dementia Friendly Communities	18
<b>TOTAL</b>	<b>142</b>



We participated in planning an event to be held in Saskatchewan by the Canadian Deprescribing Network. This event was scheduled for April 3, 2020 but had to be postponed due to COVID-19.

We worked with the National Association of Federal Retirees, Superannuated Teachers of Saskatchewan-Regina Branch, Saskatchewan Union Retirees Federation, and CARP Regina to hold a Federal Election Forum on September 19, 2019 in Regina.

SSM participates in Saskatchewan Mental Health Coalition, Saskatchewan Non-Profit Partnership, Active Aging Canada, Partnerships for Positive Aging, Disability Income Support Coalition, STOPS to Violence, University Social Work Community Advisory Board, Saskatchewan Parks and Recreation Association.



SSM meets regularly with the Community Care Branch of the Ministry of Health and with the Minister Responsible for Seniors.

# DID YOU KNOW?

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**SSM organized a group of seniors to participate in an Economic Development Focus Group for the City of Regina.**

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**The Executive Director was invited to and attended the State Funeral for Lieutenant Governor, His Honour the Honourable Thomas Molloy.**

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**We were invited to submit our ideas for the provincial government's Vision 2020 and Beyond planning process.**

---

**SSM President and Executive Director were special guests at the SUMA Convention and SSM had a display there.**

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**SSM participated in the Canadian Academy of Health Sciences (CAHS) Consultation on Dementia Strategy.**

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**We met with Jim Hamilton, member of National Seniors Council, to discuss concerns of older adults in Saskatchewan**



**SSM hosted a Focus Group with Elections Saskatchewan to give input regarding accessibility for older adults.**

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**We made 7 presentations on Older Adult Abuse and fraud prevention.**

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**We continued to work with the Better Business Bureau in distributing Seniors Safety and Fraud Prevention handbooks to various groups including libraries, police, and seniors' groups.**

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**SSM Office did some significant computer upgrades to bring everything up to current hardware and software standards, including a new server and backups for it.**

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**At the SPRA AGM in October 2019 we presented a resolution "Therefore be it resolved that the Saskatchewan Parks and Recreation Association call upon the Government of Saskatchewan to work with stakeholder groups to develop a comprehensive seniors' strategy." This was passed by SPRA.**

# MEMBER ORGANIZATIONS

## Member Organization Consultation and Education Workshop

November 14- 15, 2019

- 55 Participants

We held a two-day event in November for our annual Member Organization Consultation and Education Workshop. We continued with our focus on advocacy as we explored practical ways to collaborate on advocacy and action to promote a Strategy for Positive Aging in Saskatchewan.

Presentations:



**Engagement with Politicians - former Premier Lorne Calvert**



**Collaboration Sean McKenzie from Municipalities of Saskatchewan – formerly SUMA**



**His New Role in Government Minister Responsible for Seniors Warren Kaeding**



We sent out Notes from SSM, a short newsletter update, to our member organizations following Board Meetings and whenever we had info to share.

There was a presentation on Influenza by Dr. Johnmark Opondo. We also engaged in discussion about how member organizations can motivate their members to get involved in this work.

# COMMITTEES/ADVISORY GROUPS

Ex officio – Randy Dove

## STANDING COMMITTEES

### FINANCE AND AUDIT

Andrè Nogue - Chair  
Pat Dean  
Randy Dove  
Brian Harris  
Robert Wuschenny

### GOVERNANCE

Randy Dove - Chair  
Brian Harris  
Sunil Pandila  
Robert Wuschenny

### NOMINATIONS

Robert Wuschenny - Chair  
Randy Dove  
Brian Harris

## ADVISORY GROUPS

### CELEBRATING SENIORS

Kathy Lye - Chair  
Jeanne Alexander  
Chuck Ames  
Rose Anne Boucher  
Nancy O'Donnell-Monk  
Sunil Pandila  
Dale Williams  
Robert Wuschenny

### COMMUNICATION

Scott Wilson - Chair  
Jeanne Alexander  
Randy Dove  
Wendy Johnson  
Nancy O'Donnell-Monk  
Sunil Pandila

### AGESISM AWARENESS

Peter Dickinson  
Linda Gunningham  
Paige Kreutzwieser  
Greg McNamara  
Ray Purdie  
Robert Wuschenny

## PROGRAM COMMITTEES

### RESEARCH AND ISSUES

Brian Harris - Chair  
Chuck Ames  
Wendy Johnson  
Shan Landry  
Kathy Lye  
Les Lye  
Andrè Nogue  
Al Schell  
Robert Wuschenny

### AGE-FRIENDLY SASKATCHEWAN

Robert Wuschenny - Chair  
Shirley Dixon  
Carol Draper  
Annette Labelle  
Ron Monk  
Nancy O'Donnell-Monk  
Linda Pratt  
Doug Still  
Doug Sutherland

## Thank you

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

We appreciate all the hours of work and willingness to share your wisdom and ideas.

**SSM is a provincial organization that partners with other organizations to address issues and to promote quality of life for all older adults in Saskatchewan.**



*Older Adults Moving Forward*