



# Celebrating Seniors

## Provincial Volunteer Awards

SUNDAY, OCTOBER 1, 2023 • CONEXUS ARTS CENTRE, REGINA, SK

### NOMINATION FORM

See page 2 for Nomination Instructions.

Late and incomplete submissions will not be accepted.

Please PRINT information above each line.

SSM is happy to announce that **Celebrating Seniors** will be an *in-person event* this year.

We want to ensure that the efforts of older adults who contribute significant time and effort to help others are recognized. Examples of activities to assist others in maintaining good physical and mental health may be related to things such as: education, exercise, supporting communities, social inclusion, community leadership, heritage, and culture, and senior friendly business.



Older  
Adults  
Moving  
Forward

112-2001 Cornwall Street  
Regina, SK S4P 3X9  
Phone: 306-359-9956  
<https://skseniorsmechanism.ca/>

#### Nominee:

\_\_\_\_\_  
Name of individual or group nominated

\_\_\_\_\_  
Award they are being nominated for (see categories on pg 3)

\_\_\_\_\_  
Complete Mailing Address

\_\_\_\_\_  
Town/City

\_\_\_\_\_  
Postal Code

\_\_\_\_\_  
Email Address

\_\_\_\_\_  
Telephone

\_\_\_\_\_  
Date

#### Person/Organization(s) that is Nominating:

\_\_\_\_\_  
Name

\_\_\_\_\_  
Title (if applicable)

\_\_\_\_\_  
Organization (if applicable)

\_\_\_\_\_  
Complete Mailing Address

\_\_\_\_\_  
Postal Code

\_\_\_\_\_  
Email Address

\_\_\_\_\_  
Telephone

\_\_\_\_\_  
Signature



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## NOMINATION INSTRUCTIONS

SSM is hosting an *in-person* event to recognize and celebrate the work that older adults do as volunteers. If you feel someone has done an outstanding job as a volunteer, please nominate them.

When nominating someone, please contact the individual to let them know you would like them to be recognized at the event. Interview the person to find out more about their volunteer activities.

### What Do I Include:

- I. **A typewritten summary (of the nominee's achievements) by the person submitting the nomination:**
  1. Double spaced not to exceed 5 pages.
  2. Specific to the category they are being nominated for (see page 3 for the list of categories)
  3. What makes you think this person/group deserves to be recognized?
  4. Include only things that pertain directly to the nomination
    - In what ways have they supported individuals in the community - locally, provincially, nationally, and/or internationally?
    - Have they worked on any special projects? If so which ones and how were they involved?
    - How has the community benefited from their volunteer work?
  
- II. **Four or Five Photos of the Nominee:**
  1. An individual photo of the nominee(s).
  2. Photo(s) that show them in their volunteer role.
  3. Optional: You can include a family photo with the individual.
  4. **Photos cannot be faxed nor can they be photocopies. Digital photos preferred.**
  5. These will be used for a power point presentation at the recognition event.
  6. Actual photos will be returned following the event.
  
- III. **How and to whom do I submit my nomination:**
  1. Saskatchewan Seniors Mechanism, 112-2001 Cornwall Street, Regina, SK S4P 3X9
  2. Email to: [ssm@skseniorsmechanism.ca](mailto:ssm@skseniorsmechanism.ca)

**COMPLETED NOMINATIONS MUST BE SUBMITTED BY:  
FRIDAY, JULY 14, 2023. No exceptions will be made.**





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### AWARD CATEGORIES

#### **Community Leadership (Urban)**

Awarded to an older adult who best exemplifies the qualities of leadership within an urban community such as vision, dedication, integrity, and the respect of others; and who regularly participates in the development and well-being of their community.

#### **Community Leadership (Rural)**

Awarded to an older adult who best exemplifies the qualities of leadership within a rural community such as vision, dedication, integrity, and the respect of others; and who regularly participates in the development and well-being of their community.

#### **Community Leadership (First Nations or Métis)**

Awarded to an older adult who best exemplifies the qualities of leadership within a First Nations or Métis community such as vision, dedication, integrity, and the respect of others; and who regularly participates in the development and well-being of their community.

#### **Advocacy**

Awarded to an older adult, or a group of older adults, who aim to influence political, economic or social aspects of society, with the goal of improving individual and community life.

#### **Arts & Culture**

Awarded to an older adult for their active participation in or support of the fine arts, entertainment and/or inter-cultural awareness.

#### **Blooming Perennial (90+)**

Blooming Perennials are older adults who engage and contribute within their families and communities. Awarded to an older adult who is 90 years of age or older and continues to use their accumulated wisdom and skills as a Blooming Perennial.

#### **Intergenerational Award**

Awarded to an individual older adult or older adults' organization who works with youth and/or volunteer groups that inspire and create positive interaction and learning between younger and older generations.

#### **Well-being**

Awarded to an older adult who promotes and encourages regular physical activity and other aspects of well-being in their community.

#### **Education**

Awarded to an older adult who fosters learning in their community and is a lifelong learner.

#### **Older Adult Friendly Business**

Awarded to a business that demonstrates an awareness of the needs of older adults and goes above and beyond their basic services to meet these needs.

